The Enneagram

Brief description of each type:

1. **Perfectionists**: realistic, conscientious, and principled. Strive to live up to their high ideals.
2. **Helpers**: warm, concerned, nurturing, and sensitive to other people’s needs.
3. **Achievers**: energetic, optimistic, self-assured, and goal orientated.
4. **Romantics**: have sensitive feelings and are warm and perceptive.
5. **Observers**: have a need for knowledge and are introverted, curious, analytical, and insightful.
6. **Questioners**: responsible, trustworthy, and value loyalty to family, friends, groups and causes. Their personalities range broadly from reserved and timid to outspoken and confrontative.
7. **Adventurers**: energetic, lively and optimistic. They want to contribute to the world.
8. **Asserters**: are direct, self-reliant, self-confident, and protective.
9. **Peacemakers**: are receptive, good-natured, and supportive. They seek union with others and the world around them.

The Three Centres:

**The Heart or Feeling Centre**
2 (Helpers): are interested in people and in nurturing - want to present a loving image.
3 (Achievers): like to be seen in a good light, according to socially agreed norms.
4 (Romantics): have strong needs to express themselves and to be seen as original.

**The Head or Thinking Centre**
5 (Observers): rely on their own resources and find safety in knowledge.
6 (Questioners): seek relief from fear through the permission and approval of authority figures or through rebelling against authority.
7 (Adventurers): active and optimistic – shun unpleasant emotions, including fear.

**The Gut or Instinct Centre**
8 (Asserters): present a strong image and are not afraid to express their anger.
9 (Peacemakers): agreeable, accommodating and can often be out of touch with their anger.
1 (Perfectionists): see anger as a characteristic flaw and try to hold it back. They follow standards of behaviour closely and/or try to better the world.
Enneagram Diagram
One: Perfectionist

Ones are motivated by the need to live their life the right way, including improving themselves and the world around them.

<table>
<thead>
<tr>
<th>At their best</th>
<th>At their worst</th>
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<tbody>
<tr>
<td>Ethical</td>
<td>Judgemental</td>
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<tr>
<td>Reliable</td>
<td>Inflexible</td>
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<tr>
<td>Productive</td>
<td>Dogmatic</td>
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<tr>
<td>Wise</td>
<td>Obsessive-compulsive</td>
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<tr>
<td>Idealistic</td>
<td>Critical of others</td>
</tr>
<tr>
<td>Fair</td>
<td>Overly serious</td>
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<tr>
<td>Honest</td>
<td>Controlling</td>
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<tr>
<td>Orderly</td>
<td>Anxious</td>
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<tr>
<td>Self-disciplined</td>
<td>Jealous</td>
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How to get along with a One:
- Take your share of the responsibility so they don’t end up with all the work
- Acknowledge their achievements
- They tend to be hard on themselves, so reassure them they are fine the way they are
- Tell them that you value their advice
- Be fair and considerate in the way they are
- Apologise if you have been unthoughtful, it will help them to forgive
- Gently encourage them to lighten up and to laugh at themselves when they get uptight, but hear their worries first

“What I like about being a One…”:
- Being self-disciplined and able to accomplish a great deal
- Working hard to make the world a better place
- Having high standards and ethics; not compromising myself
- Being reasonable, responsible, and dedicated in everything I do
- Being able to put facts together, coming to good understandings, and figuring out wise solutions
- Being the best I can be and bringing out the best in other people

“What I find hard about being a One…”
- Being disappointed with myself or others when my expectations are not met
- Feeling burdened by too much responsibility
- Thinking that what I do is never good enough
- Not being appreciated for what I do for people
- Being upset because others aren’t trying as hard as I am
- Obsessing about what I did, or what I should do
- Being tense, anxious, and taking things too seriously

Career
- Ones are efficient, organised, and always complete the task. The more analytical and tough-minded Ones are found in management, science, and law
enforcement. The more people-oriented Ones are found in health care, education and religious work.

- Since they do things in a professional, honest, and ethical manner, you would do well to have Ones as your car mechanic, surgeon, dentist, banker, and stockbroker.

Comments about Ones:

- “My employee is efficient and patient. When she can’t complete an assignment, she’ll take it home. If she ever leaves, I’ll have to hire two people to take her place.”
- “My friend quit his job because his boss wanted him to do something that was unethical. He is committed to living by his principles and will never sacrifice his morals. He practices what he preaches.”
- “My One friend is a teacher. It’s hard on her because she is determined to read every single word of every paper and write down every criticism possible. The students love her because she is interesting, inspiring and fair.”
- “When I need help with anything, he’s always ready to lend me a hand. He stays until the job is completely finished.”
Two: Helper

Twos are motivated by the need to be loved and valued and to express their positive feelings towards others. Traditionally society has encouraged Two qualities in females more than in males.

<table>
<thead>
<tr>
<th>At their best</th>
<th>At their worst</th>
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<tbody>
<tr>
<td>Loving</td>
<td>Martyr like</td>
</tr>
<tr>
<td>Caring</td>
<td>Indirect</td>
</tr>
<tr>
<td>Adaptable</td>
<td>Manipulative</td>
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<tr>
<td>Insightful</td>
<td>Possessive</td>
</tr>
<tr>
<td>Generous</td>
<td>Hysterical</td>
</tr>
<tr>
<td>Enthusiastic</td>
<td>Overly accommodating</td>
</tr>
<tr>
<td>Tuned in to how people feel</td>
<td>Overly demonstrative (extroverted Twos)</td>
</tr>
</tbody>
</table>

How to get along with a Two:
- Tell them that you appreciate them – be specific
- Share fun times with them
- Take an interest in their problems, though they will probably try to focus on yours
- Let them know they are important and special to you
- Be gentle if you decide to criticise them

“What I like about being a Two…”
- Being able to relate easily to people and to make friends
- Knowing what people need and being able to make their lives better
- Being generous, caring, and warm
- Being sensitive to and perceptive about others’ feelings
- Being enthusiastic and fun-loving, and having a good sense of humour

“What’s hard about being a Two…”
- Not being able to say no
- Having low self-esteem
- Feeling drained from overdoing for others
- Not doing things I really like to do for myself for fear of being selfish
- Criticizing myself for not feeling as loving as I think I should
- Being upset that others don’t tune in to me as much as I tune into them
- Working so hard to be tactful and considerate that I suppress my real feelings

Careers:
Twos usually prefer to work with people, often in the helping professions, as counsellors, teachers, and health workers. Extroverted Twos are sometimes found in the limelight as actresses, actors, and motivational speakers. Twos also work in sales and helping others as receptionists, secretaries, assistants, decorators, and clothing consultants
Comments about Twos:
“She is loved by many because she gives to generously of herself. When a friend had cancer, she was the main support system for the family while still managing to put energy into her career”
“My Two Friends are easy for me to be around. They are lighthearted and playful as well as having tremendous depth and wisdom. I wish I could articulate my feelings as well as they can”
“He is a wonderful father. He showers his children with attention, generosity, and love”
“When I have a problem, I call my Two friend. She’s always perceptive, sympathetic, and non-judgemental”
Three: Achiever

Threes are motivated by the need to be productive, achieve success, and avoid failure

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<thead>
<tr>
<th>At their best</th>
<th>At their worse</th>
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<tbody>
<tr>
<td>Optimistic</td>
<td>Deceptive</td>
</tr>
<tr>
<td>Confident</td>
<td>Narcissistic</td>
</tr>
<tr>
<td>Industrious</td>
<td>Pretentious</td>
</tr>
<tr>
<td>Efficient</td>
<td>Vain</td>
</tr>
<tr>
<td>Self-propelled</td>
<td>Superficial</td>
</tr>
<tr>
<td>Energetic</td>
<td>Vindictive</td>
</tr>
<tr>
<td>Practical</td>
<td>Overly competitive</td>
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</tbody>
</table>

How to get along with a Three:
- Leave them alone when they are doing work
- Give them honest, but not unduly critical or judgemental, feedback
- Help them keep their environment harmonious and peaceful
- Don’t burden them with negative emotions
- Tell them you like being around them
- Tell them when you are proud of them or their accomplishments

“What I like about being a Three…”
- Being optimistic, friendly, and upbeat
- Providing well for my family
- Being able to recover quickly from setbacks and to charge ahead to the next challenge
- Staying informed, knowing what’s going on
- Being competent and being able to get things to work efficiently
- Being able to motivate people

“What I find hard about being a Three…”
- Having to put with inefficiency and incompetence
- The fear of not being – or of not being seen as – successful
- Comparing myself to people who do things better
- Struggling to hang on to my success
- Putting on facades in order to impress people
- Always being “on,” it’s exhausting

Careers:
Threes are hardworking, goal orientated, organised, and decisive. They are frequently in management or leadership positions in business, law, banking, the computer field, and politics. Being in the public eye, as broadcasters and performers, is also common. The more helping-orientated Threes tend to go into teaching, social services, or the health field. They also become homemakers who put tremendous energy into their responsibilities.
Comments about Threes:
- “She writes down the clearest and most concise reports in my company and inspires us with her work habits, enthusiasm, and sunny disposition”
- “He is charming and has a way of making everyone feel special and important”
- “My friend is self-assured and confident, has a lot of drive, and does more in a day than most people can do in a week”
- “She is the most focused and purposeful person I know. She has made such great improvements in our community that I hope she runs for president”
Four: The Romantic

Fours are motivated by the need to experience their feelings and to be able to be understood, to search for the meaning of life, and to avoid being ordinary

<table>
<thead>
<tr>
<th>At their best</th>
<th>At their worst</th>
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<tbody>
<tr>
<td>Warm</td>
<td>Depressed</td>
</tr>
<tr>
<td>Compassionate</td>
<td>Self-conscious</td>
</tr>
<tr>
<td>Introspective</td>
<td>Guilt-ridden</td>
</tr>
<tr>
<td>Expressive</td>
<td>Moralistic</td>
</tr>
<tr>
<td>Creative</td>
<td>Withdrawn</td>
</tr>
<tr>
<td>Intuitive</td>
<td>Stubborn</td>
</tr>
<tr>
<td>Supportive</td>
<td>Moody</td>
</tr>
<tr>
<td>Refined</td>
<td>Self-absorbed</td>
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</tbody>
</table>

How to get along with Fours:
- Give them plenty of compliments – they mean a lot to them
- Be a supportive friend or partner – help them to learn to love and value themselves
- Respect them for the special gifts of intuition and vision
- Although they don’t always want to be cheered up when they are feeling melancholy, sometimes they do like to have someone lighten them up a little
- Don’t tell them they are too sensitive or that they are overreacting

“What I like about being a Four…”
- My ability to find meaning in life and to experience feelings at a deep level
- My ability to establish warm connection with people
- Admiring what is noble, truthful, and beautiful in life
- My creativity, intuition, and sense of humour
- Being unique and being seen as unique by others
- Having aesthetic sensibilities
- Being able to easily pick up the feelings of people around me

“What I find hard about being a Four…”
- Experiencing dark moods of emptiness and despair
- Feelings of self-hatred and shame; believing I don’t deserve to be loved
- Feeling guilty when I disappoint people
- Feeling hurt or attacked when someone misunderstands me
- Expecting too much from myself and life
- Fearing being abandoned
- Obsessing over resentments
- Longing for what I don’t have

Careers:
Fours can inspire, influence, and persuade through the arts (music, fine art, dancing) and the written or spoken word (poetry, novels, journalism, teaching). Many like to help bring out the best in people as psychologists or counsellors. Some take pride in the small businesses they own. Often Fours accept mundane jobs to support their creative pursuits.
Comments about Fours:
“He has a very deep soul. I value him for being my wittiest and most insightful and intellectually stimulating friend”
“The Fours I know have an interesting mixture of qualities: intensity, depth, spirituality, and rebelliousness”
“He runs a very successful business due to his perseverance, determination, and originality”
“She has her own innovative day-care centre. She is committed to making it a healthy and creative environment for children”
“She’s a real character. She can usually be found inventing new recipes, floating gardenias in her bathtub, or giving crazy parties”
Five: Observers

Fives are motivated by the need to know and understand everything, to be self-sufficient, and to avoid looking foolish.

<table>
<thead>
<tr>
<th>At their best</th>
<th>At their worst</th>
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</thead>
<tbody>
<tr>
<td>Analytical</td>
<td>Intellectually arrogant</td>
</tr>
<tr>
<td>Persevering</td>
<td>Stingy</td>
</tr>
<tr>
<td>Sensitive</td>
<td>Stubborn</td>
</tr>
<tr>
<td>Wise</td>
<td>Distant</td>
</tr>
<tr>
<td>Objective</td>
<td>Critical of others</td>
</tr>
<tr>
<td>Perceptive</td>
<td>Unassertive</td>
</tr>
<tr>
<td>Self-contained</td>
<td>Negative</td>
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</table>

**How to get along with a Five:**
- Be independent and not clingy
- Speak in a straightforward and brief manner
- Give them time to process their feelings and thoughts
- Remember if they seem aloof, distant, or arrogant, it could be because they are feeling uncomfortable
- Make them feel welcome, but not too intensely, or they may doubt your sincerity
- If they become irritated when they have to repeat things, it may be because it was an effort to get their thoughts out in the first place
- Don’t come over like a bulldozer
- Help them to avoid their pet peeves: big parties, other people’s loud music, overdone emotions, and intrusions of their privacy

**“What I like about being a Five…”**
- Standing back and viewing life objectively
- Coming to a thorough understanding; perceiving causes and effects
- My sense of integrity: doing what I think is right and not being influenced by social pressure
- Not being caught up in a material possessions and status
- Being calm in a crisis

**“What’s hard about being a Five…”**
- Being slow to put my knowledge and insight out in the world
- Feeling bad when I act defensive or like I know-it-all
- Being pressured to be with people when I don’t want to be
- Watching others with better social skills, but less intelligence or technical skill, do better professionally
- Having trouble expressing some of my thoughts succinctly

**Careers:**
Fives are often in scientific, technical, or other intellectually demanding fields. They have strong analytical skills and are good at problem solving. Those with a well-
developed Four wing are more likely to be counsellors, musicians, artists, or writers. Fives usually like to work alone and are independent thinkers.

Comments about Fives:
- “She enjoys her own company. I marvel at the hours she spends by herself reading, gardening, playing music, and analyzing the universe”
- “His voice is soft, calm, and soothing. He has a different perspective on things, for example, regarding an insult from someone as an interesting event”
- “She is full of information and innovative ideas. I also like her dry and whimsical sense of humour”
- “I was always impressed by how much my Five friend could contribute to any conversation on any subject”
Six: The Questioner

Sixes are motivated by the need for security. Phobic sixes are outwardly fearful and seek approval. Counterphobic sixes confront their fear. Both of these aspects can appear in the same person.

<table>
<thead>
<tr>
<th>At their best</th>
<th>At their worst</th>
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<tbody>
<tr>
<td>Loyal</td>
<td>Hypervigilant</td>
</tr>
<tr>
<td>Likeable</td>
<td>Controlling</td>
</tr>
<tr>
<td>Caring</td>
<td>Unpredictable</td>
</tr>
<tr>
<td>Warm</td>
<td>Judgemental</td>
</tr>
<tr>
<td>Compassionate</td>
<td>Paranoid</td>
</tr>
<tr>
<td>Witty</td>
<td>Defensive</td>
</tr>
<tr>
<td>Practical</td>
<td>Rigid</td>
</tr>
<tr>
<td>Helpful</td>
<td>Self-defeating</td>
</tr>
<tr>
<td>Responsible</td>
<td>Testy</td>
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How to get along with a Six:
- Be direct and clear
- Listen to them carefully
- Don’t judge them for their anxiety
- Work through things with them
- Reassure them that everything is OK between you
- Laugh and make jokes with them
- Gently push them towards new experiences
- Try not to overreact to their overreacting

“What I like about being a six…”
- Being committed and faithful to family and friends
- Being responsible and hard working
- Being compassionate towards others
- Having intellect and wit

“What I like about being counterphobic…”
- Being a nonconformist
- Confronting danger bravely
- Being direct and assertive

“What’s hard about being a Six…”
- The constant push and pull involved in trying to make up my mind
- Procrastinating because of fear of failure
- Having little confidence in myself
- Fearing being abandoned or taken advantage of
- Exhausting myself by worrying and scanning for danger

Careers:
- Though sixes can be found in almost any career; they are often found in the justice system, the military, the corporate world, and academia. Sixes are often part of a team. Many are in healthcare and education.
- Counterphobic sixes sometimes have jobs that involve risk. Those who lean toward the antiauthoritarian side are usually happier when self-employed.
- If sixes are unhappy with their work situation, they are likely to become rebellious and secretive.

Comments about sixes:
- “Lieutenant Holmes never misses a thing! He’s been responsible for solving more crimes than anyone else in the department”
- “He is the most reliable, trustworthy, and hardworking manager my company has ever had. And he keeps morale high with his terrific sense of humour”
- “She was a great teacher. Her warmth and insight inspired me to work hard and get into a good college”
- “She’s an intelligent, loyal, and loveable friend and has never failed to keep her word or to give me support when I need it”
Seven: The Adventurer

Sevens are motivated by the need to be happy and plan enjoyable activities, to contribute to the world, and to avoid suffering and pain.

<table>
<thead>
<tr>
<th>At their best</th>
<th>At their worst</th>
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<tbody>
<tr>
<td>Fun-loving</td>
<td>Narcissistic</td>
</tr>
<tr>
<td>Spontaneous</td>
<td>Impulsive</td>
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<tr>
<td>Imaginative</td>
<td>Unfocused</td>
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<tr>
<td>Productive</td>
<td>Rebellious</td>
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<tr>
<td>Enthusiastic</td>
<td>Undisciplined</td>
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<tr>
<td>Quick</td>
<td>Possessive</td>
</tr>
<tr>
<td>Confident</td>
<td>Manic</td>
</tr>
<tr>
<td>Charming</td>
<td>Self-destructive</td>
</tr>
<tr>
<td>Curious</td>
<td>Restless</td>
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</tbody>
</table>

How to get along with a Seven:
- Give them companionship, affection and freedom
- Engage with them in stimulating conversation and laughter
- Appreciate their grand visions and listen to their stories
- Don’t try and change their style. Accept them the way they are
- Be responsible for yourself. They dislike needy and clingy people
- Don’t tell them what to do

“What I like about being a Seven…”
- Being optimistic and not letting life’s troubles get me down
- Being spontaneous and free-spirited
- Being outspoken and outrageous. It’s part of the fun
- Being generous and trying to make the world a better place
- Having the guts to take risks and to try exciting adventures
- Having such varies interests and abilities

“What’s hard about being a Seven…”
- Not having enough time to do all the things I want
- Not completing things I start
- Not being able to profit from the benefits that come from socialising
- Not making a commitment to a career
- Having a tendency to be ungrounded
- Getting lost in plans or fantasies
- Feeling confined when I’m in a one-to-one relationship

Careers:
Many Sevens have several careers at once or jobs where they travel a lot (as pilots, flight attendants, or photographers, for example). Some like using tools or machines or working outdoors. Others prefer solving problems as entrepreneurs or trouble-shooters. Still others are in the helping professions as teachers, nurses, or counsellors. Sevens are not likely to be found in repetitive work (in assembly lines or accounting, for instance). They like challenges and think quickly in emergencies.
Comments about Sevens:
- “When I need cheering up, I call my Seven friend and get dose of her sparkle and optimism. It never fails to work”
- “He’s hooked on new ideas and possibilities; he’s interested in jazz now and has practically ever CD there is. Last year he was exploring caves for three months and before that went to cooking school in France”
- “Her life is inspiring: She went to Africa, set up a clinic, and saved hundreds of babies. Now she volunteers at the hospital to hold crack babies. On weekends she hikes in the mountains, when she isn’t throwing parties or going to the hot springs”
- “He was a perfect grandfather! We worked side by side in his workshop for hours. They we’d go to a baseball game, visit his cronies downtown, and take a ride in the country. At night he’d tell stories about the old gold-mining days. He used to crack me up when he’d take out his false teeth and rattle them at me”
Eight: The Asserter

Eights are motivated by the need to be self-reliant and strong and to avoid feeling weak or dependent.

<table>
<thead>
<tr>
<th>At their best</th>
<th>At their worst</th>
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<tbody>
<tr>
<td>Direct</td>
<td>Controlling</td>
</tr>
<tr>
<td>Authoritative</td>
<td>Rebellious</td>
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<tr>
<td>Loyal</td>
<td>Insensitive</td>
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<tr>
<td>Energetic</td>
<td>Domineering</td>
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<tr>
<td>Earthy</td>
<td>Self-centred</td>
</tr>
<tr>
<td>Protective</td>
<td>Sceptical</td>
</tr>
<tr>
<td>Self-confident</td>
<td>Aggressive</td>
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How to get along with an Eight:
- Stand up for yourself, and for them
- Be confident, strong, and direct
- Don’t gossip about them or betray their trust
- Be vulnerable and share your feelings. See and acknowledge their tender and vulnerable side
- Give them space to be alone
- Acknowledge the contributions they make, but don’t flatter them
- They often speak in an assertive way. Don’t automatically assume it’s a personal attack
- When they scream, curse, and stomp around, try to remember that’s just the way they are

“What I like about being an Eight…”
- Being independent and self-reliant
- Being able to take charge and meet challenges head on
- Being courageous, straightforward, and honest
- Getting all the enjoyment I can out of life
- Supporting, empowering, and protecting those close to me
- Upholding just causes

“What’s hard about being an Eight…”
- Overwhelming people with my bluntness
- Scaring people away when I don’t intend to
- Being restless and impatient with others’ incompetence
- Sticking my neck out for people and receiving no appreciation for it
- Never forgetting injuries or injustices
- Putting too much pressure on myself
- Getting high blood pressure when people don’t obey the rules or when things don’t go right

Careers:
Eights are good at taking the initiative to move ahead. They want to be in charge. Since they want the freedom to make their own choices, they are often self-employed. Eights have a strong need for financial security. Many are entrepreneurs, business
executives, lawyers, military and union leaders, and sports figures. They are also in teaching and the helping and health professions. Eights are attracted to careers in which they can demonstrate their willingness to accept responsibility and take on and resolve difficult problems.

**Comments about Eights:**
- “I can be honest and say what is on my mind when I am with him”
- “She is so outrageous! She dresses however she pleases and doesn’t care what anyone else thinks. I admire her attitude and individuality”
- “She is vibrant, intense, and earthy. She says things that nobody else has the courage to say, and she inspires me to speak my mind”
- “His style of running the company is very practical. He knows how to delegate responsibility, and he always shots straight from the hip. Because you know exactly what he wants you to do, he is a very effective boss”
Nine: The Peacemaker

Nines are motivated by the need to keep the peace, to merge with others, and to avoid conflict. Since they, especially, take on quality of the other eight types, Nines have many variations in their personalities, from gentle and mild-mannered to independent and forceful.

<table>
<thead>
<tr>
<th>At their best</th>
<th>At their worst</th>
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<tbody>
<tr>
<td>Pleasant</td>
<td>Spaced-out</td>
</tr>
<tr>
<td>Forceful</td>
<td>Forgetful</td>
</tr>
<tr>
<td>Generous</td>
<td>Stubborn</td>
</tr>
<tr>
<td>Patient</td>
<td>Obsessive</td>
</tr>
<tr>
<td>Receptive</td>
<td>Apathetic</td>
</tr>
<tr>
<td>Diplomatic</td>
<td>Passive-aggressive</td>
</tr>
<tr>
<td>Open-minded</td>
<td>Judgmental</td>
</tr>
<tr>
<td>Empathic</td>
<td>Unassertive</td>
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</table>

How to get along with a Nine:

- If you want them to do something, how you ask is important. They especially don’t like expectations or pressure
- They like to listen and to be of service, but don’t take advantage of this
- Listen until they finish speaking, even though they may meander a bit
- Give them time to finish things and make decisions. It’s OK to nudge them gently and non-judgmentally
- Ask them questions to help get them clear
- Tell them when you like how they look, they are not averse to flattery
- Hug them and show physical affection – it opens them up to their feelings
- They like a good discussion, but not a confrontation
- Let them know when you like what they have done or said
- Laugh with them and share their enjoyment of life

“What I like about being a Nine…”

- Being non-judgmental and accepting
- Caring for and being concerned about others
- Being able to relax and have a good time
- Knowing that most people enjoy my company – I’m easy to be around
- My ability to see many different sides of an issue and to be a good mediator and facilitator
- My heightened awareness of sensations, aesthetics, and the here and now
- Being able to go with the flow and feel one with the universe

“What’s hard about being a Nine…”

- Being judged and misunderstood for being place and/or indecisive
- Being critical of myself for lacking initiative and discipline
- Being too sensitive to criticism – taking every raised eyebrow and twitch of the mouth personally
- Being confused about what I really want
- Caring too much about what others will think of me
- Not being listened to or taken seriously
**Careers:**
Nines listen well, are objective, and make excellent mediators and diplomats. They are frequently in the helping professions. Some prefer structured situations, such as the military, civil service, and other bureaucracies. When Nines move toward points Three or Six, or their One or Eight wing is strong, they are more competitive and competitive.

**Comments about Nines:**
- “I always feel at home and comfortable when I’m with her. She’s the friend who accepts me for exactly who I am”
- “My boss is the most patient and perceptive person I know. I never feel that he is judging me, which makes me want to put out all the more work”
  ”My friend listens to me carefully and perceives the real issues, the ones that I myself often don’t see”
- “My closest friend keeps me on my toes by taking me on bike trips, river rafting, whale watching, and dolphin riding. In the winter we attend lectures on the environment, peace, new scientific developments, and anthropology”
Recommended Readings

- The Enneagram made Easy – Renee Baron and Elizabeth Wagele
- The Spiritual Dimension of the Enneagram – Sandra Maitri
- The Enneagram – Helen Palmer
- The Wisdom of the Enneagram – Don Riso and R Hudson