the ENNEAGRAM

PEACEMAKER
9

CHALLENGER
8

REFORMER
1

BODY WISDOM

anger

ENTHUSIAST
7

HELPER
2

THINKING WISDOM

fear

FEELING WISDOM

shame

LOYALIST
6

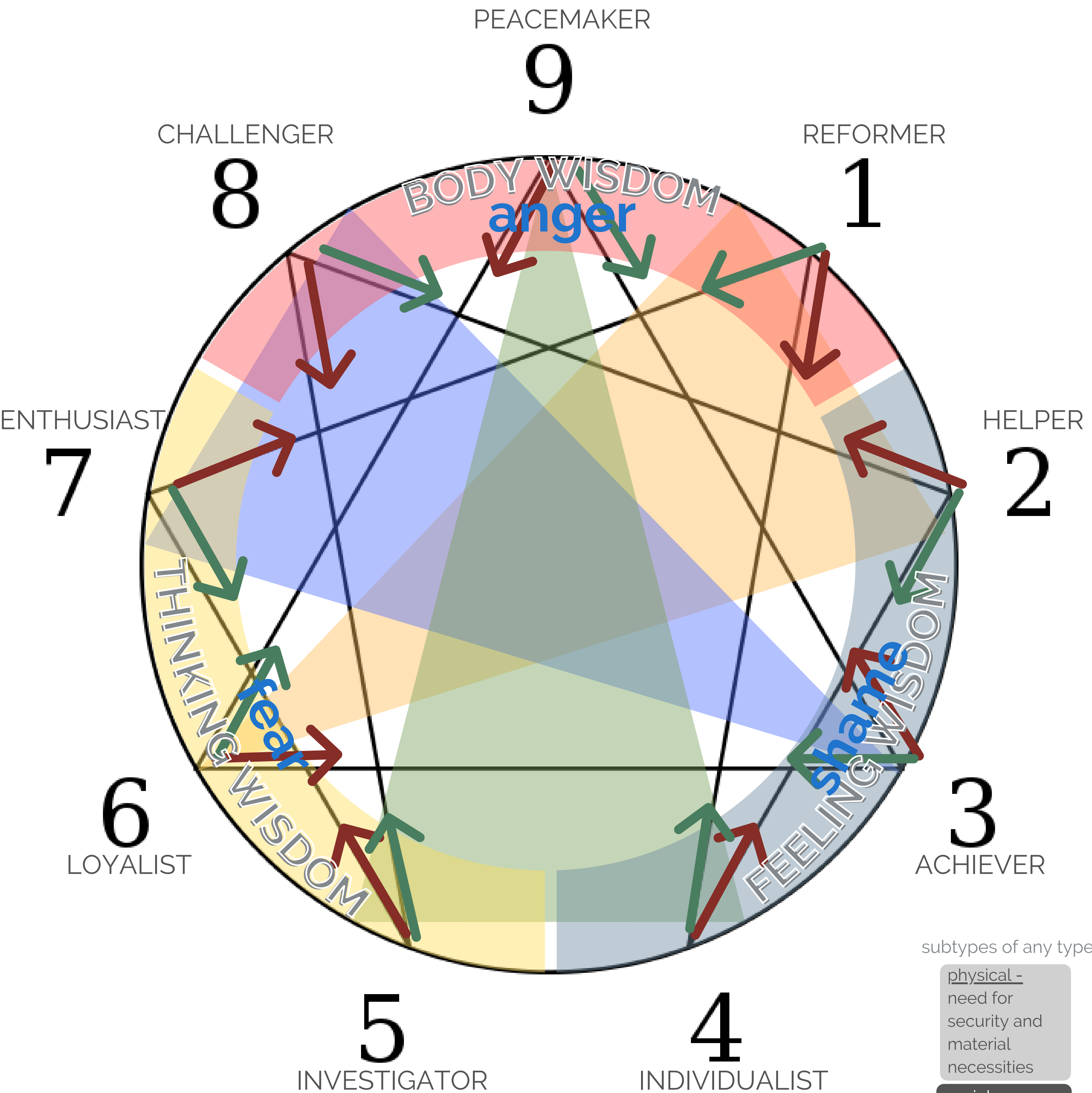ACHIEVER
3

INVESTIGATOR
5

INDIVIDUALIST
4

subtypes of any type

physical - need for security and material necessities

social - need for group belonging and social status

connective - need for meaningful connections and experiences

core emotions to overcome

moves toward others - compliant

moves away from others - withdrawn

moves against others - assertive

brings balance and stability →

← **resembles during stress**