

Enneagram Personality Type Indicator

Instructions: Check 1 or 2 paragraphs that most accurately describe you most of your life. For this exercise to be most effective, I ask you to reflect on significant decisions you have made throughout your adult life regarding such things as education, professional career path, job changes, relationships, etc., as you review the paragraphs below. Choose 1 or 2 paragraphs that best reflect you throughout your adult life, not just recently.

- Being the best at what I do is a strong motivator for me. I have received much recognition for my accomplishments. I am adaptable, self-assured, ambitious and charming. I get a lot done and identify strongly with what I do. I often do several things at once because I always have more to do than will fit into the time available. I set aside feelings and self reflection in order to get things done. I do tasks quick and like to feel and appear "on top" of any situation. I like to compete and am also a good team player. **3**
- I am an optimistic, enthusiastic, spontaneous person who enjoys thinking of new and interesting things to do. My mind is very active and moves quickly between different ideas. I tend to be playful, high spirited and have a lot of energy to devote to things that interest me. I have a harder time sticking to repetitive and unrewarding tasks. I like to be in on the beginning of a project when there are many fascinating options to consider. If something gets me down I prefer to shift my attention to more pleasant ideas. I believe people are entitled to an enjoyable life. **7**
- I approach issues that matter to me in an all or nothing way. I place a lot of value in being strong, honest and dependable. What you see is what you get. I don't trust others until they have proven themselves to be reliable. I can tell when someone is manipulative or devious and like people to be direct with me. I have a hard time tolerating weakness in people. I prefer to be my own boss and have a hard time following orders, especially if I disagree with the person in authority. I stick up for friends and relatives as their protector. When I am angry, I find it difficult not to show my feelings. If you have been in a battle with me, you will know it. **8**
- I am conscientious, idealistic and have high internal standards for correctness. I expect myself to live up to these standards. I can easily see what is wrong with things as they are and how they can be improved. It is hard for me to ignore or accept things that are not done the right way and I may be perceived as overly critical or demanding perfection. If I am responsible for something, you can be sure that I will do it right. When others act irresponsible or unfairly I have feelings of resentment although I usually try not to show it to them openly. For me, work comes before pleasure, and I suppress my desires as necessary to get the work done. **1**
- I am sincere, warm hearted and very sensitive to other people's feelings. I can see what they need even when I don't know them. It's easy for me to give of myself. I sometimes wish I were better at saying no because I put more energy into caring for others than into taking care of myself. I am people oriented, friendly, generous and self-sacrificing. It hurts my feeling if people think I'm trying to manipulate or control them when all I'm trying to do is understand and help them. I like to be seen as a good person, but when I'm not taken into account or appreciated I can become very emotional or even demanding. Good relationships mean a great deal to me and I am willing to work hard to make them happen. **2**

I have a vivid imagination especially when it comes to what might be threatening to safety and security. I can usually spot what could be dangerous or harmful and may experience as much fear as if it were really happening. I am loyal, committed, reliable, trustworthy and likable. I either always avoid danger or always challenge it head on. My imagination also leads to my ingenuity and a good sense of humor. I would like for life to be more certain but in general I seem to doubt the people and things around me. Some people may consider me very astute because I can usually see the shortcoming in the view someone is putting forth. I tend to be suspicious of authority and am not particularly comfortable being seen as the authority. Because I can see what is wrong with the generally held view of things, I tend to identify with underdog causes. **6**

I am a sensitive person with intense feeling. I sometimes feel misunderstood and lonely because I feel different from others. I am intuitive, self aware, sensitive and gentle. I sometimes am moody and my behavior can appear like a drama to others. I have been criticized for being overly sensitive and over-amplifying my feelings. I long for deep emotional connections and deeply felt experience of relationships. I have a tendency to want what I can't have and to disdain what I do have. I have experienced melancholy and I sometimes wonder why other people seem to have happier lives and better relationships than I do. I have a refined sense of aesthetics and I experience a rich world of emotions and meanings. **4**

I am a perceptive, quiet, insightful, cuprous, analytical person who needs more time alone than most people do. I usually prefer to observe what is going on than to be involved in the middle of it. I don't like people to place too many demands on me or to expect me to know and report what I am feeling. I am able to get in touch with my feelings better when alone than with others. I often enjoy experiences I have had more when re-living them than when actually going through them. I am almost never bored when alone because I have an active mental life. I am independent, innovative and inventive. It is important to me to protect my time and energy, live a simple uncomplicated life and be as self sufficient as possible. **5**

I seem to be able to see all points of view pretty easily. I may appear indecisive at times because I can see advantages and disadvantages on all sides. I am good at helping people resolve their differences. This same ability can sometimes make me more aware of other people's positions, agendas and personal priorities than of my own. I am easy going, accommodating, trusting and stable. I tend to be good natured, optimistic, straight forward and supportive, but can also be willing to go along with others to keep the peace. I have a hard time knowing what is really important to me. It is not unusual for me to become distracted and get off task. When this happens, my attention is drawn to trivial, unimportant facts. I like life to be comfortable, harmonious and accepting. **9**

**Want to learn more about your results?
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