

# ENNEAGRAM

## Commons Terms and Theories

The Nine Types	Need	Virtue	Vice
<b>1: Reformer/Perfectionist/Good person</b>	To be perfect	Serenity	Anger
<b>2: Helper/Giver/Loving Person</b>	To be needed	Humility	Pride
<b>3: Achiever/Performer/Effective Person</b>	To succeed	Truthfulness	Deceit
<b>4: Individualist/Romantic/Original person</b>	To be special/unique	Equanimity/ balance	Envy
<b>5: Investigator/Observer/Wise person</b>	To understand	Nonattachment/ knowledge	Avarice (withholding)
<b>6: Loyalist/Loyal Skeptic</b>	To be certain/secure	Courage/faith	Fear
<b>7: Enthusiast/Joyful person</b>	To avoid pain	Sobriety	Gluttony (want more)
<b>8: Challenger/Protector/Powerful person</b>	To be against	Innocence	Lust
<b>9: Mediator/Peacemaker</b>	To avoid	Action	Sloth

### The three centers

8/9/1: Instinctive center/the gut

2/3/4: Feeling center/the heart

5/6/7: Thinking center/the head

### Main emotions of the three centers

8/9/1: anger

2/3/4: shame

5/6/7: fear

### Motivations & fears of the centers

8/9/1: power and control

“I’ve had enough” “I haven’t done enough”

2/3/4: approval and affection

“I am not enough”

5/6/7: security and survival

“I won’t have enough”

## Wings

The numbers on either side of your number; we can have aspects of one or both of these numbers; wing(s) help explain variations in those with the same number and can help identify subtypes (see below).

## Arrows

Arrow language is about where we tend to go when we move in the direction of stress/unhealthiness/disintegration and when we move in the direction of security/health/integration.

In stress	In security
8 goes to low/unhealthy side of 5	8 goes to high/healthy side of 2
9 goes to low side of 6	9 goes to high side of 3
1 goes to low side of 4	1 goes to high side of 7
2 goes to low/unhealthy side of 8	2 goes to high/healthy side of 4
3 goes to low side of 9	3 goes to high side of 6
4 goes to low side of 2	4 goes to high side of 1
5 goes to low/unhealthy side of 7	5 goes to high/healthy side of 8
6 goes to low side of 3	6 goes to high side of 9
7 goes to low side of 1	7 goes to high side of 5

## Instinctual Subtypes

the theory of subtypes is about our three basic survival techniques and says that each Enneagram type (number) has one of the following three “subtypes” (totaling 27 subtypes and also explaining why same types can be so different).

- **Self-preservation** – responding to perceived threats and needs is more important than the other two survival techniques;
- **Social** – involvement in social structures/communities more important
- **One-to-one** – primary relationships more important

## Harmony Triads (one in each center)

Accessing the best of the other two numbers in our harmony triads help us to be our healthiest/more wholistic selves:

**3/6/9 1/4/7 2/5/8**

## Stances

Enneagram master teacher Suzanne Stabile does a lot of work with stances, which she sees as a vital, but understated part of the value of the Enneagram: stances are about being thinking, feeling, or doing repressed, resulting in moving toward, away, or against others. Note that each number in the following clusters is in a different center (one in head, one in heart, one in gut).

**1/2/6: Dependent stance:** moves toward; thinking is repressed

**4/5/9: Withdrawing stance:** moves away; doing is repressed

**7/8/3: Aggressive stance:** moves against; feeling is repressed