

*“Your Enneagram type is
not who you are.
It is what keeps you from
being who you are.”*



I. One Center

RED Body Center

INSTINCTUAL

8 - 9 - 1

ANGER



Wants

Respect

Independence

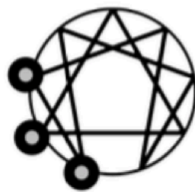
Control of their Environment

BLUE Head Center

THINKING

5 - 6 - 7

FEAR



Wants

Safety

Security

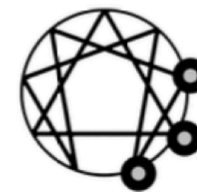
Support

GREEN Heart Center

EMOTIONAL

2 - 3 - 4

SHAME/
GRIEF



Wants

Validation

Attention

Approval

II. One Energy



Active Energy



8 - 3 - 7



Receptive Energy



5 - 9 - 4



Reconciling Energy



2 - 6 - 1

III. One Problem Resolution Method



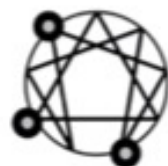
Positive Outlook



2 - 9 - 7



Emotional Honesty



8 - 6 - 4



Efficiency



5 - 3 - 1