

Name - _____

Date - _____

total score

The One - _____

The Two - _____

The Three - _____

The Four - _____

The Five - _____

The Six - _____

The Seven - _____

The Eight - _____

The Nine - _____

The Enneagram

Please rate the following statements based on how well they apply to you.

Does not apply 0	Seldom applies 1	Sometimes applies 2	Normally applies 3	Consistently applies 4	Always applies 5
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The One

- ___ 1. I have the ability to see potential in people others can't see.
- ___ 2. When I know I am right nothing can stand in my way.
- ___ 3. I am very honest.
- ___ 4. Being a good person is extremely important to me.
- ___ 5. I can easily see a better way of doing things.
- ___ 6. I feel compelled to speak out against injustice.
- ___ 7. Others often see me as rigid.
- ___ 8. I am self-disciplined.
- ___ 9. I get angry when people don't do their best.
- ___ 10. I have high expectations of a partner.
- ___ 11. Others see me as controlling.
- ___ 12. I believe if I don't take care of things, no one else will.
- ___ 13. It's fair to say I'm hard on myself.
- ___ 14. I am highly sensitive to criticism.
- ___ 15. I am a perfectionist.
- ___ 16. I only make decisions after a great deal of thought.
- ___ 17. I sometimes feel the weight of the world on my shoulders.
- ___ 18. I get more than my share of resistance from others.
- ___ 19. Others' lax standards irritate me.
- ___ 20. I hold myself to the same high standards I expect of others.
- ___ 21. Even as a kid I made a conscious effort to be good.
- ___ 22. At times I feel like I am the only grown-up around.
- ___ 23. I was a grown-up at an early age.
- ___ 24. I hate to make mistakes.
- ___ 25. I long for the perfect mate.
- ___ 26. I have a mission to improve the world.
- ___ 27. I am fastidious.
- ___ 28. I often think I should work more.
- ___ 29. I have to get away from home to relax.
- ___ 30. I have a clear perception of what is right and what is wrong.

_____ Total Score

Continue to rate the following statements based on how well they apply to you.

Does not apply 0	Seldom applies 1	Sometimes applies 2	Normally applies 3	Consistently applies 4	Always applies 5
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The Two

- ___1. I see myself as helpful to others.
- ___2. I make it a habit to go out of my way to please others.
- ___3. I have a very positive self-image.
- ___4. I have been a helper since an early age.
- ___5. It's hard for me to ask for help.
- ___6. People come to me with their personal problems.
- ___7. I am very sensitive to the pain in others.
- ___8. At times my caring has been misunderstood.
- ___9. I have numerous close friends.
- ___10. I am great at networking.
- ___11. I put others first.
- ___12. I am proud of the years I've spent helping others.
- ___13. I intuitively know what others need.
- ___14. I know a lot of very important people.
- ___15. I have a tendency to get jealous easily.
- ___16. I feel that I have a special gift.
- ___17. At times I resent the fact that others' needs come first.
- ___18. I believe you've got to give a little to get a little.
- ___19. Rejection is one of my greatest fears.
- ___20. I love learning new skills to help others.
- ___21. I don't understand why people doubt themselves.
- ___22. People are drawn to me when I listen to their problems.
- ___23. I am good at staying in touch with my friends.
- ___24. I am comfortable around very important people.
- ___25. It's easy for me to compliment others and I do it often.
- ___26. I enjoy talking intimately with others.
- ___27. It's difficult for me to admit that I need help.
- ___28. At times other people seem afraid or put off by my needs.
- ___29. It is difficult for me to let someone take care of me.
- ___30. One of my greatest personal pleasures is helping others.

___ Total Score

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The Three

- ___1. I am goal-oriented.
- ___2. Success is very important to me.
- ___3. Achievement is more important to me than money.
- ___4. Success energizes me.
- ___5. I am known for my good mind.
- ___6. I do several things very well.
- ___7. One of the things I do best is help others be their best.
- ___8. I need tangible rewards to be happy at work.
- ___9. Efficiency is high on my list of priorities.
- ___10. Workaholic is a word that has been used to describe me.
- ___11. It's difficult for me to slow down and just enjoy life.
- ___12. I have a strong need to prove myself.
- ___13. I am highly competitive.
- ___14. I work hard to create a certain image.
- ___15. It's important to me to stand out from the crowd.
- ___16. I need positive feedback from others to enjoy my job.
- ___17. I feel better about myself when I am succeeding.
- ___18. People think of me as a star.
- ___19. I have put my work before more important things.
- ___20. What I want gets lost in the drive to achievement.
- ___21. I am successful.
- ___22. As time passes I get less satisfaction from my work.
- ___23. I hate to be interrupted when I'm busy.
- ___24. I play to win all the time.
- ___25. I often have several tasks going at once.
- ___26. Looking good is very important to me.
- ___27. I am an effective leader.
- ___28. Money represents security to me.
- ___29. I strive to be the top performer.
- ___30. I feel more confident at work than in love relationships.

___ Total Score

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The Four

- ___1. I see myself as different from other people.
- ___2. It's rare to find someone who understands me.
- ___3. I have good taste.
- ___4. Creative expression is very important to me.
- ___5. I fantasize about being more well known for my talent.
- ___6. I love refinement and sophistication.
- ___7. I am hard on myself.
- ___8. My lifestyle is somewhat out of the ordinary.
- ___9. I have experienced falling madly in love.
- ___10. I am easily irritated by others.
- ___11. I focus on what I don't have more than what I do have.
- ___12. I often feel like something is missing in my life.
- ___13. I long to have someone who truly understands me.
- ___14. Social situations often remind me how different I am.
- ___15. I have difficulty letting go of feelings from the past.
- ___16. At times I feel there is something fundamentally wrong with me.
- ___17. I have had more than my share of suffering.
- ___18. At times I doubt that I'll ever be content.
- ___19. Some people see me as temperamental.
- ___20. I feel different than anyone in my family.
- ___21. I have been known to alienate others with my emotional demands.
- ___22. I was aware of my uniqueness at a young age.
- ___23. I experience a range of feelings on any given day.
- ___24. Others' good fortune makes me envious.
- ___25. I often replay conversations trying to determine what was meant.
- ___26. At present I am at odds with someone I deeply care for.
- ___27. It's fair to say that I have at least one self-indulgent habit.
- ___28. It seems that others have an easier time in life than I do.
- ___29. I can be seen as eccentric.
- ___30. Life's mundane chores get in the way of my creative self.

_____ Total Score

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The Five

- ___1. You might say I have a relentless pursuit of knowledge.
- ___2. Privacy is very important to me.
- ___3. I am quite self-sufficient.
- ___4. I have a strong need to understand how the world works.
- ___5. People tend to see me as the intellectual type.
- ___6. The more I know about something the more confident I feel.
- ___7. I do a lot more thinking and studying than socializing.
- ___8. I'm quite independent.
- ___9. I enjoy solitude.
- ___10. I tend to collect, hoard, accumulate things.
- ___11. I dislike small talk.
- ___12. I conserve my energy and use it wisely.
- ___13. I find my own thoughts more interesting than many conversations.
- ___14. I prefer predictability over surprises.
- ___15. I like discussing complex ideas.
- ___16. Social interactions take a lot of energy.
- ___17. I find it difficult to get close to most people.
- ___18. People sometimes see me as detached.
- ___19. I need a lot of uninterrupted time alone.
- ___20. I am uncomfortable with being in the limelight.
- ___21. Others expectations can easily overwhelm me.
- ___22. I have difficulty expressing affection.
- ___23. I get uncomfortable if people try to get too close to me.
- ___24. I resent intrusions and interruptions.
- ___25. I often feel invisible.
- ___26. I don't feel understood by many people.
- ___27. Being obligated to other people makes me uncomfortable.
- ___28. Under stress I withdraw into my own world.
- ___29. I like my physical surroundings to be simple.
- ___30. I feel a strong need to conserve my energy and resources.

___ Total Score

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The Six

- ___1. I am a very loyal friend.
- ___2. I worry a lot.
- ___3. I always feel better if I know someone has the same fears as I do.
- ___4. I have difficulty trusting my own judgment.
- ___5. Even though I worry about the future, I'm not good at planning for it.
- ___6. I feel more secure when I feel attractive.
- ___7. It's difficult for me to completely trust another person.
- ___8. Even though I am very competent, I often shy away from challenges.
- ___9. Though loyal myself, I frequently question the loyalty of others.
- ___10. I can easily see the dark side of life.
- ___11. I tend to question my decisions.
- ___12. I work hard because I'm afraid not to.
- ___13. I need a stronger support system.
- ___14. Seems like if anyone is going to be left out, it will be me.
- ___15. I like the idea of success but not all the responsibility that goes with it.
- ___16. I am more aware of my feelings than most people.
- ___17. I like having a social schedule planned out for a few days in advance.
- ___18. I don't do well with sudden changes in schedule or plans.
- ___19. By all standards I should feel more secure than I do.
- ___20. I can readily see the pitfalls in any situation.
- ___21. Under pressure I become negative and pessimistic.
- ___22. I can easily lose my self-confidence.
- ___23. In a group I'm often concerned about fitting in.
- ___24. I frequently find myself in a state of indecision.
- ___25. Big decisions are often easier for me to make than small ones.
- ___26. I remember the bad times more than the good times.
- ___27. It's difficult to admit but I need a lot of reassurance.
- ___28. I can usually tell when something bad is going to happen.
- ___29. Even slight misunderstandings with people I care for upset me.
- ___30. Seems like no matter how hard I try to keep things running smoothly, something always happens to disrupt my life.

Double your score for the next three questions

- ___31. I am a daredevil.
- ___32. Nothing scares me.
- ___33. I take risks that would greatly frighten others.

___ Total Score

Continue to rate the following statements based on how well they apply to you.

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The Seven

- ___ 1. I have so many interests it's hard for me to focus on just one.
- ___ 2. Learning excites me more than just about anything.
- ___ 3. At times my mind just explodes with creative ideas.
- ___ 4. I like to check out all possible options before making a decision.
- ___ 5. Anticipating an event is often more exciting than participating in it.
- ___ 6. I am usually a fast learner.
- ___ 7. It's hard for me to sit still.
- ___ 8. If I don't have continual stimulation I get depressed.
- ___ 9. I try to cram as many activities into life as I can.
- ___ 10. In my haste and impatience I have been frequently insensitive to others.
- ___ 11. I have lots of energy.
- ___ 12. I have a great deal of enthusiasm for life.
- ___ 13. I get irritated when people don't keep up with my pace.
- ___ 14. I am captivated by interesting people, places and things.
- ___ 15. If I don't have enough to keep me busy I get anxious.
- ___ 16. "When all else fails, follow directions," seems to apply to me.
- ___ 17. I'm often the life of the party.
- ___ 18. I am easily distracted.
- ___ 19. I am always looking for greener pastures.
- ___ 20. It's difficult for me to stay focused on one thing at a time.
- ___ 21. I am more apt to avoid an uncomfortable situation than face it head on.
- ___ 22. For much of my life I have adhered to the "more is better" principle.
- ___ 23. I am often scattered.
- ___ 24. It's important to me to have options.
- ___ 25. I am impatient.
- ___ 26. I don't give enough of my undivided attention to the people I love.
- ___ 27. I am excessive in more than one area of my life.
- ___ 28. I get bored easily.
- ___ 29. When I am under stress I tend to get demanding.
- ___ 30. I often get excited about something, then get bored with it and don't follow through.

___ Total Score

Continue to rate the following statements based on how well they apply to you.

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The Eight

- ___ 1. I am self-confident.
- ___ 2. I thoroughly enjoy a challenge.
- ___ 3. I have an abundance of energy.
- ___ 4. Independence is extremely important to me.
- ___ 5. I can usually get others to do what I want them to.
- ___ 6. People see me as powerful.
- ___ 7. I am a risk-taker.
- ___ 8. I have a can-do attitude.
- ___ 9. I don't shy away from conflict.
- ___ 10. I am a good provider.
- ___ 11. I enjoy a heated debate.
- ___ 12. I use my strength to help and protect others.
- ___ 13. I am basically a no-nonsense person.
- ___ 14. A person has to prove their loyalty before I consider him/her a friend.
- ___ 15. I'm better at giving orders rather than taking them.
- ___ 16. I am sexually passionate.
- ___ 17. At times I underestimate the affect I have on other people.
- ___ 18. Others think I am under extreme pressure, but I don't feel that way.
- ___ 19. I believe you really have to be on the lookout, or people will con you.
- ___ 20. Once I get mad, I have a hot temper.
- ___ 21. I have a passion for life.
- ___ 22. I like straight talk and don't like it when others beat around the bush.
- ___ 23. I'm proud of the fact that I am self-sufficient.
- ___ 24. I am uncomfortable with my own and others' neediness and vulnerability.
- ___ 25. I take care of the people I am responsible for.
- ___ 26. If I fear rejection, I reject first.
- ___ 27. I don't relish the fact that love gives people power over you.
- ___ 28. I am an action-oriented person.
- ___ 29. I have been told that I can be intimidating.
- ___ 30. Although they like the benefits, people close to me complain about the amount of time and attention I give my work.

___ Total Score

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The Nine

- ___1. I am good at seeing others' point of view.
- ___2. Others are confident they can count on me.
- ___3. I try to be supportive in an unobtrusive way.
- ___4. I am a good mediator.
- ___5. I am far more comfortable with someone else in the limelight—not me.
- ___6. I consistently get along with different types of people.
- ___7. I have difficulty saying no, especially to people I care for.
- ___8. I work well in a structured environment.
- ___9. I tend to go along with others at my own expense.
- ___10. Solid, stable and dependable are three words that describe me.
- ___11. Getting started is often the hardest part of any job for me.
- ___12. I can easily fade into the woodwork.
- ___13. I frequently get lost in my own fantasies.
- ___14. It's easier for me to complete a project for someone else than for myself.
- ___15. I find it difficult to get off of dead center.
- ___16. I tend to gravitate toward high-energy types.
- ___17. I'm more comfortable following than leading.
- ___18. "I don't care, whatever you want," is a familiar line I use.
- ___19. I'd rather help someone else be a star than be a star myself.
- ___20. At times even the smallest tasks feel like they take enormous effort.
- ___21. I tend to avoid major changes, even when they are needed.
- ___22. Keeping life simple lowers my stress.
- ___23. Peace is extremely important to me.
- ___24. I go out of my way to avoid confrontation.
- ___25. I sometimes fade into the woodwork to get the privacy I need.
- ___26. I have a habit of saying yes to things I really don't want to do.
- ___27. I like my emotions to stay on an even keel, not too high and not too low.
- ___28. I don't like to be angry but it sometimes helps me get of dead center.
- ___29. Once I finally get started on a project, it's hard to change my direction.
- ___30. Without stimulation from others I can become tired and depressed.

___ Total Score