

A HEALTHY JOURNEY

THE 9 ENNEAGRAM TYPES

Type 2 – The Giver aka The Helper

Attention goes to: sensing the needs and desires of other
Strengths: giving, helpful, supportive, quick to give advice
Struggles: knowing their own needs, having their needs met

Type 3 – The Performer aka The Achiever

Attention goes to: things to accomplish like tasks and goals
Strengths: personable, practical, efficient and action oriented
Struggles: doing too much, not knowing their feelings and values

Type 4 – The Romantic aka The Individualist

Attention goes to: what's missing/lacking in their life, finding meaning
Strengths: sensitive, empathetic, introspective, emotional depth
Struggles: dissatisfaction with life/envy, feeling different/outsider

Type 5 – The Observer aka The Investigator

Attention goes to: intrusion, detaching to observe, facts
Strengths: knowledgeable, dependable, respectful, keeping secrets
Struggles: dealing with emotions, becoming fatigued, protecting their privacy

Type 6 – The Loyal Skeptic aka The Loyalist

Attention goes to: worst case scenario, safety concerns, how to be prepared
Strengths: trustworthiness, loyalty, fair, questioning mind
Struggles: uncertainty, trusting, authority, being pressured

Type 7 – The Epicure aka The Enthusiast

Attention goes to: positive options, experiencing life to its fullest, possibilities
Strengths: spontaneous, playfulness, high energy, enthusiasm
Struggles: limits, losing freedom, negative and depressing people

Type 8 – The Challenger aka The Protector

Attention goes to: injustices, power, control, face conflict
Strengths: courage, strength, persistence, fairness, decisiveness
Struggles: seeing injustices that can't be fixed, being controlled, inaction

Type 9 – The Peacemaker aka The Mediator

Attention goes to: others' requests/demands, maintaining harmony, comfort
Strengths: adaptability, reliable, empathy, accepting, supportive
Struggles: taking a position, saying "no", setting priorities, making timely decisions

Type 1– The Reformer aka The Perfectionist

Attention goes to: errors/mistakes, getting things right, comparing self to other
Strengths: integrity, self-reliant, concern for improvement, highly responsible
Struggles: quieting inner critic, delaying pleasure, bogged down by details

Struggling to figure out your type? Book an [Enneagram Typing Interview](#) with Anastasia.