



Enneagram One Sheet

All the Enneagram Types at a glance!

	Type 1	Type 2	Type 3	Type 4	Type 5	Type 6	Type 7	Type 8	Type 9
The Message Your Heart Longs to Hear	You are good	You are wanted	You are loved for simply being you	You are seen and loved for exactly who you are	Your needs are not a problem	You are safe	You will be taken care of	You will not be betrayed	Your presence matters
Reflection of God	Goodness, Rightness	Love, Nurture	Hope, Radiance	Creativity, Depth	Wisdom, Truth	Faithfulness, Courage	Joy, Abundance	Power, Protection	Peace, Oneness
Common Name	Moral Perfectionist	Supportive Advisor	Successful Achiever	Romantic Individualist	Investigative Thinker	Loyal Guardian	Entertaining Optimist	Protective Challenger	Peaceful Mediator
Core Desire	Goodness, Integrity, Balance	To feel loved and wanted	To feel valuable	To be uniquely themselves	Mastery, Understanding	Have support, guidance and security	To be satisfied and content	Self-protection	Inner stability, peace of mind
Core Fear	Corruptness, Imbalance, Being Bad	Being unloved and unwanted	Worthless and a failure	Having no identity or significance	Helpless, Incapability, Incompetence	Being without support or guidance	Being trapped in pain, limited and bored	Being harmed, controlled, violated	Loss, fragmentation, separation
Core Weakness	Anger	Pride	Deceit	Envy	Avarice	Fear	Gluttony	Lust	Sloth
Temptation	Hypocrisy	Deny own needs, manipulation	Pushing self to always be "the best"	To overuse imagination in search of self	To replace direct experience with concepts	To turn authority to any external source	Indecision, doubt, seeking reassurance	Thinking fulfilment is somewhere else	Thinking they are completely self-sufficient
Intelligence-Center	Gut	Heart	Heart	Heart	Head	Head	Head	Gut	Gut
Communication Pattern	Dutiful	Dutiful	Assertive	Withdrawn	Withdrawn	Dutiful	Assertive	Assertive	Withdrawn
Direction of Stress	4	8	9	2	7	3	1	5	6
Direction of Growth	7	4	6	1	8	9	5	2	3