Descriptions of Enneagram Types

Type 1 (The Perfectionist)

Driven by a desire to be good, balanced, and integrity driven, Ones are highly principled, purposeful, and self-controlled. They possess a strong internal critic and constantly strive to improve themselves and the world around them, though they can struggle with resentment and perfectionism. Average ones often try to suppress the annoyance or anger they feel when the world doesn't operate the way they believe it should. However, anger usually leaks out via muscle tightening, posture changes, or other signs. **A common phrase from Ones is, "If it's not done right, what's the point?"**

Type 2 (The Helper)

Motivated by the need to feel loved and needed, Twos are empathetic, warm, and deeply invested in their relationships. They naturally anticipate the needs of others and offer generous support, but they can sometimes become people-pleasing or possessive while ignoring their own needs. Average twos will frequently 'keep score' of things they have done for others, and if these aren't reciprocated, they can become resentful. **A common phrase from Twos is, "Don't worry about me. What do you need?"**

Type 3 (The Achiever)

Success-oriented and adaptable, Threes are driven by a core need to feel valuable, competent, and admired through what they accomplish. They are highly efficient, goal-directed, and image-conscious individuals who excel at launching projects, though they risk tying their entire self-worth to their external accomplishments. Average threes will often shape shift to accommodate whomever they are trying to connect with and have difficulty naming their true emotions. **A common phrase from Threes is, "I've got a plan. Let's get this done. Keep your eyes on the prize."**

Type 4 (The Individualist)

Focused on being authentic, unique, and emotionally expressive, Fours want to understand themselves and find deep meaning in their lives. They are inner directed, highly sensitive, creative, and honest with their emotions, but they can easily fall into moods, self-absorption, and feelings of inadequacy. Average fours are convinced they have an irredeemable deficiency that leaves them longing for what's missing. **A common phrase from Fours is, "Nobody really understands me or how I feel."**

Type 5 (The Investigator)

Driven by a need to understand how the world works, Fives are intense, curious, and deeply analytical. They fiercely guard their time and energy to gather knowledge and cultivate independence. Average fives can become overly "defended" from what they perceive as demands on their time, energy, or attention and they can become detached, isolated, or very emotionally guarded. **A common phrase from Fives is, "Let me think about it and get back to you."**

Type 6 (The Loyalist)

Motivated by a fundamental desire for safety and security, Sixes are reliable, loyal, hard-working, and highly attuned to potential risks. They excel at building supportive networks and anticipating problems, though they often battle internal anxiety, self-doubt, and hyper-vigilance. Average sixes have a hard time trusting the universe and let fear dictate many of their decisions. **A common phrase from Sixes is, "But what if something goes wrong? Here are some examples!"**

Type 7 (The Enthusiast)

Spontaneous, versatile, and optimistic, Sevens are driven by a desire to experience everything life has to offer and avoid pain or limitation. They are constantly seeking new, stimulating possibilities, which makes them highly energetic, though they can struggle with distractibility, impulsiveness, and FOMO. Sevens often live on the positive half of the emotional spectrum, and average sevens often have a core belief that if they sit in pain, they will never escape. **A common phrase from Sevens is, "Ooh, what else could we try or imagine?"**

Type 8 (The Challenger)

Powerful, assertive, and protective, Eights are motivated by a need to be self-reliant and defend themselves against injustice or control. They command presence, make bold decisions, and champion the underdog, but their intense nature can sometimes come across as intimidating, confrontational, or emotionally invulnerable. Average eights have a core belief that vulnerability is dangerous to them, especially if, after showing vulnerability, they are betrayed. **A common phrase from Eights is, "Just tell me straight, I can take it."**

Type 9 (The Peacemaker)

Driven by a desire for internal harmony and external peace, Nines are easygoing, receptive, and deeply reassuring. They excel at seeing multiple perspectives and bringing people together. Their aversion to conflict can lead them toward passivity, complacency, and minimizing or "falling asleep" to their own preferences. Unhealthy nines have a core belief

that they don’t matter in the world so will not always engage, but will let others dominate. **A common phrase from Nines is, “Whatever works for everyone is fine with me.”**