

**THE**  
**ENNEAGRAM**  
**+ MARRIAGE**  
**WORKBOOK**



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**ENNEAGRAM + MARRIAGE**

## Welcome Note from Christa

I love using the Enneagram more than any other tool I've encountered in my years of training and experience as a counselor-turned-coach. My grounding in the field has included countless marriage trainings, a specialized master's degree focused on marriage and family life, reading hundreds and thousands of articles and books on the subject, conducting assessments of my own, and of course, being married as well as working with couples over the past two decades.

I hope you find the tools I've learned and compiled here and elsewhere to enhance the health of your relationship. It brings me such joy to see couples working through their problems to find joy together and I know it's possible. As you work through this journey, remember to be gracious to yourself as you go. Anything worth doing takes some digging in, time, and plenty of effort, too, but it's worth it and you're worth it!

Without further ado, here is the **Enneagram & Marriage Workbook!**

Please take time to read it carefully and complete the reflection questions that are relevant to you so you can thrive in your marriage

It's my honor to be part of this life-changing journey with you.

Love living life intentionally with you,

*Christa*

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# Part 1: Intro to the Enneagram

## The Diversity of Personalities

Okay, so it's obvious almost from birth that babies have unique personalities. By the time they've become full-grown adults, it's more than obvious. Some are introverted, some love being with people 24/7, others are wild and free-spirited, and others still prefer things very straight-laced.

Why is this?

Well, the world is a HUGE place and we need distinct personalities to work as interconnected parts, each carrying their unique gifts to different parts of the world as a means of creating scientific and human richness and harmony. If you're spiritual, you may have ready scriptures about how humanity is called the Body of Christ for a reason. We need all the unique parts working together to thrive.

Guess what that means? When you do well, I do well, and vice-versa. We all bless each other! It's exciting when we grow but it's also very exciting when other people grow! That's why I've loved dedicating my life's work to the mental health and coaching fields. I just love helping people to thrive, it brings me great joy! I feel really happy when my family and my clients (who are often like my family) are growing! Just to be a part of that, wow!

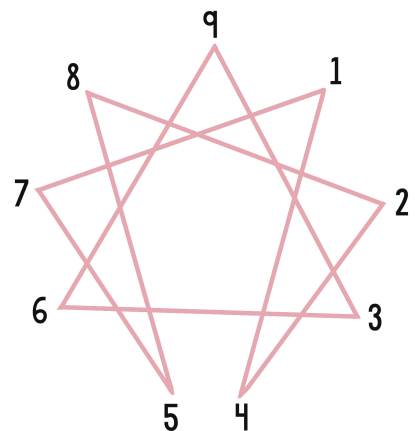
So, I'm excited for you now too! You're just joining this group of people intentionally working on their marriage and who are using the Enneagram and other great marriage tools to do so.

But before we start considering all of the potential avenues for growth, let's take a step back and consider what the Enneagram is.

## What is the Enneagram?

The Enneagram is a personality typing tool that's been studied by multiple clinical and spiritual teachers over generations. It has been used in modern times to help us understand the human species better by categorizing people into 9 personality types since *ennea* means "nine" and *gram* means "drawing".

Similar to the Myers-Briggs Type Indicator (MBTI) and the Keirsey temperament sorter, the Enneagram has been studied for and by people of all backgrounds and cultures and has outlasted generation after generation because of



its valuable human sorting facilities. It has more recently been studied by so many Christians that it has become the subject of songs, comedy skits, and there are now thousands of Enneagram social media accounts popping up all over the internet.

This nine-pointed diagram you see on the previous page is a very basic visual of each type, but in reality, the Enneagram is much more complex and can be studied across multiple levels. Still, the diagram provides a helpful embodiment for some of the key wisdom of the Enneagram including the role of wings as well as the arrows representing the paths of stress and growth for each personality, both of which will be expanded upon later in this workbook.

In addition to helping individuals to identify their unique gifts, the Enneagram also identifies nine chief “passions,” one for each of the personality types. Note that in this context the term passion is not used with a romantic or aspirational connotation, but rather, harkens back to the Greek etymology *pathos*, meaning “to suffer.” These passions correlate with the Seven Deadly Sins of the Christian tradition, and the Enneagram also adds deceit (type 3’s passion) and fear (type 6’s passion). In addition to these passions, each type has a primary virtue that it can embody.

To consider the role of one’s environment and the formation of these personality attributes, if a child develops within a safe environment, then the passions are usually “worn slightly,” meaning that they present as tendencies. However, if the child’s environment was inhospitable and the psychological situation is severe, then the passion or “shadow issues” may become an obsessional preoccupation later in life.

The hope is that by making our chief personality feature (primarily our passion) known, that we can learn to observe the many ways this habit has gained control of our lives. The Enneagram can help draw these pivotal but sometimes unconscious attributes of our personality out of our “blind spot” and into the light. It is here that our work of turning away from our passion and the task of embracing our best selves (our virtue) can begin!

## **Why is the Enneagram so Helpful?**

The Enneagram is not only a great way of studying humans, but it also helps us to see our gifts and those of others with a new degree of clarity. As has been touched upon above, it begins by illuminating the passions and virtues (or pitfalls and potential) within each personality framework. But this is just the beginning!

From there, you can dive into the 27 possible subtypes and various wings (see Part 4 of this resource or my other Freebie, [The 27 Subtypes Workbook](#) for more information on these). After this, it’s possible to dive deeper still by considering your tritypes, passions, fixations, virtues, leanings, and many other avenues to help you deepen your understanding of your personality, the personalities of important people in your life, and your potential for personal and relational growth.

# Part 2: The Nine Types

So now, with that brief introduction, continue reading to learn a little bit more about the infamous and beautifully complex nine types of the Enneagram!

## Type 1

### Overview

Type 1s are often called reformers or perfectionists. A healthy 1 brings order and change to the world through their gifts of organization, energy, and goodness. They create organized environmental systems for us to function within. At their best, they still add order and strive for excellence, but not perfect and impossible standards. At their worst, they struggle with being controlling, resentful, and judgmental as a result of often being overworked and insecure.

### Gifts and Contributions

1s not only spend their time serving others but also adding beauty and compassion to the world through various art forms and helping fields. They can embrace their flaws and those of others as something that God (not them) will be the Perfect completer of. They come to understand that this will happen in God's perfect timing (which will not be until Heaven). When they posit a healthy mindset, they take joy in just being a part of this process.

1s are good at finding and correcting errors in the world. They are the reason why we have clean hospitals, edited books, and detailed road systems. They are engineers, accountants, and quality reviewers, helping us to be strong, both morally and physically. This process of cleansing and ordering brings them peace like nothing else, so they don't usually mind doing it.

At their best, 1s can be visionaries, artistic, and fun, in addition to their more traditional attributes of being organized, efficient, moral, and logical.

### Areas of Growth

Their aptitude for identifying flaws and making corrections is the result of the constant presence of their inner critic. They do well to realize that learning to let go and forgive themselves and others (instead of judging the gifts and pasts of the people around them) is a huge part of their ongoing work. They should strive to understand that the present will never be perfect, but that this shouldn't stop them from pursuing future dreams and goals with excellence and goodness (just not perfection).

## Self-Care

Finally, a 1 does best to take time to relax after the hard work is done. Most 1s have had a lot of responsibility since they were children, whether self-inflicted or by choice, and although some may say 1s can be critical, at the end of the day, a secret about 1s is that they're more critical of themselves than anyone else.

## Avenues for Further Study

1s also share the traits of type 7 in health and type 4 in stress, though they can choose to allow both of those shared lines to bring them health if they use the best traits of those types. For further study, a 1 should familiarize themselves with each of these types.

## Spirituality

1s have a deep, God-given drive that allows them to work longer and harder than everyone else, or at least it feels so. 1s must recognize everyone has not been gifted with the same gifts, energy, or stamina that they have. They do well to recognize these are the gifts given to them from God and that they are not promised for even one more day. With this understanding stems the ability to enjoy the aforementioned gifts instead of feeling resentful that they do so much. Likewise, they should intentionally take time to view others' gifts that may complement theirs, such as the gift of relaxation that type 9s bring.

If you are a person of faith, this passage from Romans 8:1 is a verse that 1s do well to reflect on:

***“There is therefore now no condemnation for those who are in Christ Jesus. For the law of the Spirit of life has set you free in Christ Jesus from the law of sin and death.”***

## Type 2

### Overview

2s contribute the gifts of helping others and adding love to the world. They also bring compassion and beauty. 2s are passionate about protecting the helpless, such as children and animals, and fiercely show their care to others with their long bursts of energy. In health, they allow others to receive their help and gifts freely instead of imposing their help on others and “keeping score.” 2s are loyal spouses, sometimes even in the context of an abusive relationship, so external accountability and therapy are good for a 2. At their worst, they can be manipulative, seductive, and controlling. This usually occurs when they are feeling unloved, insecure, and ashamed.

## **Gifts and Contributions**

2s are amazing at interpersonal encounters, they are befrienders and helpers, and the advocate for many. 2s love to be part of a team process. They don't necessarily *always* need to be the one leading, they find contentment and pride if they're working on a project they believe in. Their creativity and fun make most people warm up to them quickly. Others also tend to trust 2s deeply with just about everything, especially their feelings, which they can expect will be cared for and privately kept by a healthy 2. 2s care deeply and will help a friend in need just about anytime.

2s also have another special gift, and that is their ability to intuit what would be helpful to others, whether that is in the neighborhood, their church community, friends, or extended family.

## **Areas of Growth**

Sometimes, if a 2 puts too much value on what others think of them, they can become prideful regarding their accomplishments and expect others to revere them. For this reason, a 2 should veer away from seeking external validation. If a 2 is unhealthy, their inner mantra is, *"I'm okay with who I am if you're okay with who I am (and if social media thinks I'm a champion)."* This can lead to unhealthy and ultimately empty pride that doesn't bring fulfillment. It can also flow into the habit of manipulating others into loving them back when another person may not want as close of a relationship as they want. This tendency can push away the very people the 2 wanted to be close to.

Additionally, as a result of the 2s strong desire to help people near and far, the spouse of a 2 may sometimes say something along the lines of, "You're signing us up for too much. We can't help the whole world!" or "I can't meet all your needs." This is a sign that a well-meaning 2 is lacking boundaries. 2s need to stop thinking about just relationships and to remember that they can't judge someone's past or control how they relate to them. They can just do their best and try to remember to prepare for future endeavors, not just act based on their current feelings.

## **Self-Care**

As they develop healthy boundaries, 2s will also take time for self-care. It's very difficult for them to say no. Thus, they sometimes forget about the self-care piece of loving, the part where Jesus says to love yourself well, also. 2s are loved, too, and worthy of taking some much-needed time for themselves in the same way they love others so readily.

## **Next Steps**

They also share the traits of type 4 in health and type 8 in stress, though they can choose to allow both of those shared lines to bring them health if they use the best traits of those types. For further study, a 2 should familiarize themselves with each of these types.



## Spirituality

It's better for 2s not to count the back and forth as much and to give where the Spirit leads. They should strive to give freely and without expectation, knowing God will meet all of their needs. 2s also do well to find friends who generally reciprocate, too, versus only being drawn to people they can rescue.

This following verse from Psalms 139: 13-14 is important for 2s to remember as they open themselves up to receiving God's love:

***“For you formed my inward parts;  
you knitted me together in my mother's womb.  
I praise you, for I am fearfully and wonderfully made.  
Wonderful are your works;  
my soul knows it very well.”***

## Type 3

### Overview

3s bring their gift of achieving and bold truth-speaking to others in the world. Their workplace savvy gets every job and task done, including those involving complex processes. A type 3 finds worth through leading others in a work setting and performing well. They often write stellar reports and love trends and data. In health, they trust God instead of referring to an “idealized” mate to meet all of their needs. At their worst, 3s cut corners, are unaware of their feelings, and struggle to believe others really love them at their core.

### Gifts and Contributions

3s love being in the spotlight. They are very popular and quite witty! None can argue that, at their best, 3s are also a voice of reason. They are unafraid to speak up for the truth and they are excellent at calling people to the carpet when they are taking advantage of others. They can also be very perceptive to the feelings and thoughts of others. They are insightful and good at preparing for the future. 3s tend to pick up on things pretty easily and therefore often take the lead.

### Areas of Growth

When struggling to believe they are loved for who they are and not what they do, 3s may scramble to get their needs met in addictive ways or through flashing their achievements. In this mad scramble for approval and love, 3s can come across as brash, harsh, and deceitful.

Some 3s say they felt most prized for their achievements as a child or didn't get much affection. Consequently, as an adult, a 3 may only express emotions very reluctantly and

feel most secure when they are achieving or showing off. Many 3s do not experience many feelings besides anger and joy regularly since they aren't always willing to read their own deeply buried and vulnerable emotions. Given their propensity of looking to the future, they must make time to look at the needs (including the emotional needs) of their family in the present.

Sometimes 3s wear deceit as a defense mechanism and shadow side, but this is typically when they feel unsafe with someone. Often thought of as chameleons, 3s may wear the mask of whoever they want to connect with to project connection and win love. They need to reflect on their past and consider when deceit has hurt their relationships. Moving forward, they should seek to embrace vulnerability, an ability that will make them better suited for personal and relational growth.

### **Next Steps**

3s share the traits of type 6 in health and type 9 in stress, though they can choose to allow both of those shared lines to bring them health if they use the best traits of those types. Therefore, for further study, a 3 should familiarize themselves with each of these types.

### **Self-Care**

When struggling to believe they are loved, 3s may scramble to get their needs met in unhealthy ways. For this reason, an important component of self-care for 3s includes finding non-addictive ways of calming themselves from their frenetic pursuit of achievement.

If a 3 is feeling the fatigue of achieving in a high-stress environment, they may do well to occasionally move from the hunt and chase of corporate thinking to the softer environment of a volunteer organization (where they can still utilize their gifts). This still stimulates their strong, fast-paced, competitive minds, but in a more well-rounded and caring fashion.

### **Spirituality**

3s have the capacity to be vibrant and courageous speakers of truth. For this reason, a great Biblical verse for a spiritual 3 to remember is Ephesians 4:15, which says:

***“We are called to speak the truth in love.”***

Similarly, they will find wisdom in Proverbs 15:1, which states:

***“A soft answer turns away wrath.”***

When implemented, these words will be life-giving to a 3, as well as to the family and friends that they long to be truly loved by and connected with. A 3 who exudes these traits

becomes absolutely irresistible, so it won't be hard for them to find the acceptance, loyalty, and love they seek!

## Type 4

### Overview

4s find pleasure by seeking and expressing beauty in the world. For this reason, they're often thought of as idealists or romantics. They are compassionate and good at going into dark, emotional places with people. They want real conversations and depth with others. Often 4s create various art forms for the world in order to more fully understand and/or bear witness to God's beauty. At their worst, 4s can be quite moody, jealous, and sullen, looking at the grass on the other side as though it's so much greener and brighter than their own blessed (though different) life. In health, 4s recognize that they didn't "miss the memo," and that the grass is *not* always greener on the other side. They know and believe that they are not inherently flawed or victims and they find rest in their ability to bring their intuition, beauty, and deep compassion wherever they go.

Their relationship tendencies are to find someone that helps them to create an identity they feel is finally worthy of notice. This is a task that was somewhat muddled growing up for one reason or another.

### Gifts and Contributions

Type 4s also have a deep sense of right and wrong. They are a safe place for those needing to process raw and misunderstood feelings. At their best, 4s find beauty, even in painful circumstances, instead of wallowing in self-pity.

### Areas of Growth

Their biggest work is reminding themselves that they are not only their hurt feelings and that they can choose to step outside of those into a healthier thought life. They also need to spend some time mentally shifting away from ruminations about the past to focus on the present and future. They also must realize that they don't have to label themselves as unique and different to be worthy of love. They are *already* unique and deeply loved, and *not* irredeemably deficient.

### Next Steps

4s share the traits of type 1 in health and type 2 in stress, though they can choose to allow both of those shared lines to bring them health if they use the best traits of those types. Therefore, for further study, a 4 should familiarize themselves with each of these types.

## Self-Care

Self-care for 4s includes shifting their focus away from what they believe to be a missing piece or tragic flaw they often feel is at the center of their person, a trait that disqualifies them from belonging in the world. Instead, they do well to focus on their rich and wild interior life and believing that they are enough. Furthermore, they should continue to share their unique gifts by sitting with others in their pain.

## Spirituality

A 4 can express the depths they carry through art, activity, and healthy solitude. Better yet, if they can open themselves up to a God who allows pain into the world, they can be reminded to:

***“Take every thought captive to the obedience of Christ” (2 Corinthians 10:5).***

They need to believe that they *can* choose to think more positively.

# Type 5

## Overview

5s are researchers and investigators. They bring their gifts of intensely focusing on projects and pursuing brilliance and information of all types. They are also able to work and find enjoyment from the quiet recesses of their minds. They are not *always* introverts, but most 5s are since they have limited energy or interest in conversations. They fluctuate between enjoying just sitting back and watching the world in front of them, exploring, and resting. From their bird's eye view, they learn a myriad of interesting facts, and thereby when they step into the world, they offer vision and a quick wit.

## Gifts and Contributions

They research and learn all they can until they not only discover but also master as many things as possible. 5s like to be quite free, they can do things independently, and they have wonderful focus. They love working alone on projects and can save money like nobody's business.

At their best, a 5 can share their constant thirst and retention of knowledge with others. If a 5 does find someone worthy of the risk to love, they will give up their time freely, deeply, and liberally. They take their necessary introverted breaks to replenish themselves and then re-emerging ready to share their wealth of knowledge, bravely putting fear aside and engaging with the world.

## Areas of Growth

The 5s high intelligence can make them arrogant. They also become highly annoyed with people, especially people who try to take them to places they don't want to go. Since they don't want to have to rely on anyone for anything they rarely ask for their needs to be met.

The self-sustenance of a 5 can be off-putting to would-be pursuers of friendship and/or love. This complete self-reliance is often a defense since 5s are fearful of growing fatigued and/or overwhelmed by the emotional troubles from others (usually an experience they have had in the past). As such, they spend a lot of time thinking, which can take care of many of their needs, but 5s need to know that accessing feelings is important, too.

## Next Steps

5s share the traits of type 8 in health and type 7 in stress, though they can choose to allow both of those shared lines to bring them health if they use the best traits of those types. Therefore, for further study, a 5 should familiarize themselves with each of these types.

## Self-Care

5s can fear death if they run too ragged, and thus, they can present as shut off and emotionally distant. At times like these, they have increased anxiety due to a fear of others becoming too emotionally needy; they often have had an experience of being fatigued from the emotional troubles of others in their childhood. This (possible) memory compounds the fear and the result is that the 5 feels unable to manage the amount of rationed energy they have each day.

In this way, self-care for a 5 may look like remembering and reflecting on the past, but consciously not letting it inform their current and future life. They should strive to establish healthy boundaries instead of giving up on others. Likewise, the 5 should take introverted breaks as needed to sustain their energy level, but not withdraw permanently as a result of overwhelm.

## Spirituality

Thankfully, a healthy 5 will only retreat/withdraw long enough until it is safe to come out again and they feel that their inner cup is replenished and once again overflowing. When a 5 needs to let go and release their trust to God, a great verse for them to meditate on is 2 Corinthians 12:9, which states:

***“But he said to me, ‘My grace is sufficient for you,  
for my power is made perfect in weakness.’  
Therefore I will boast all the more gladly of my weaknesses,  
so that the power of Christ may rest upon me.”***

# Type 6

## Overview

6s are guardians of their closest relationships. They bring their gift of creating security, courage, and wisdom to their friendships and situations. They revel in being extremely loyal to their favorite people. A blessing and a struggle of 6s is that they will find the problem or loophole with every plan. A 6 may be the woman on a plane with every possible medical supply in her carry-on or a man fluidly leading his team through a workshop on workplace safety (since he's already thought through all possible emergency scenarios himself as a natural coping mechanism).

## Gifts and Contributions

6s thrive when creating detailed contingency plans for all kinds of emergencies. At their best, they are the person who is prepared for every worst-case scenario. They are always willing to help a friend. Most importantly, in health, they deal with their anxiety courageously so they don't have to live in fear. Those who are fortunate enough to have a healthy 6 as a friend will find a wise, loyal, and trustworthy person. In health, the courage and generosity of a 6 toward their friends and those they serve, despite their fear, exceeds that of any other type.

## Areas of Growth

A type 6, due to their anxiety, can be wary and distrustful of others. Even when someone has demonstrated their trustworthiness, a 6 may still be doubtful and suspicious of their loyalty. To combat this thread of insecurity, they link or merge with perceived safe authority figures, thereby creating multiple sources of support and multiple escape-hatch options for themselves if an emergency strikes. In extreme cases, instead of becoming anxious, a 6 can become counter-anxious (or counterphobic) and defy, or even reject, healthy authorities and sources of wisdom (like the Bible).

A counterphobic six may try to find security in substances, dangerous group activities, or extramarital affairs, all of which serve as a temporary distraction. However, these behaviors do not bring the security and soothing a 6 was seeking. Ironically, these fear-based, counterproductive behaviors can lead to the 6's loss of credibility, good relationships, and positive experiences.

## Self-Care

Rather than engaging in phobic or counter-phobic behaviors that lead to a downward spiral, a 6 should practice self-care by processing their fears safely and grieving their losses. They do well to access logical tools, healthy emotional outlets, and engage in healthy bodywork. It's important for 6s to clear their thoughts of worry so they can reflect on their past, future, and present needs.

## Next Steps

6s share the traits of type 9 in health and type 3 in stress, though they can choose to allow both of those shared lines to bring them health if they use the best traits of those types. Therefore, for further study, a 6 should familiarize themselves with each of these types.

## Spirituality

6s must learn to stop asking and checking with authority figures and trust their instincts and inherent wisdom that God gives if they seek Him. A 6 does well to remember this important verse from James 1:5:

***“If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you.”***

## Type 7

### Overview

7s are the enthusiasts of the world. They bring their gift of joy to their families, friends, and vocations. Their joy comes from within and without, from the everyday wonders in nature, their beautiful inner optimistic energy, and their vivid imaginations (where they spend a lot of time taking care of their own emotional needs). 7s also love ideas and new experiences, and because their desire to be stimulated is often rooted in anxiety, they can be quite gluttonous with those activities. Their challenge is they can flit from thing to thing, and they tend to avoid finishing worthy projects, deep feelings, endings, and anything else they struggle to positively reframe.

### Gifts and Contributions

A healthy 7 doesn't scatter, but rather, follows through and becomes focused on a strong finish. Endings and the completion of tasks are not viewed with fear because they have found a better way of managing their anxiety. With this shift in mindset, they find they can get through the pain and unfinished business they once avoided. What's more is that they can also offer encouragement to others in these challenging endeavors, all while sharing their joyous laughter along the way.

### Areas of Growth

The 7s tendency to become scattered is rooted in the fear that they will be alone and overwhelmed. They will do anything to escape the pain and anxiety of reality and difficult to process emotions. This is a great short-term strategy for avoiding pain. However, if the pain is left unprocessed, it leaves a 7 exhausted, scattered, and in even more pain than they would have been in had they just processed it in the first place.

Most 7s try to take care of their own emotional needs because they've learned long ago in childhood not to be a nuisance to others. In some cases, 7s learned that others are not available as a source of nurture and comfort, especially when they get anxious and need a lot of support. In this vein, 7s do well to seek out reliable, compassionate people. They should practice slowing down, remembering their worth, accepting comfort, and sharing the burden of their anxiety in the comfort of a loving relationship.

### **Next Steps**

7s share the traits of type 5 in health and type 1 in stress, though they can choose to allow both of those shared lines to bring them health if they use the best traits of those types. Therefore, for further study, a 7 should familiarize themselves with each of these types.

### **Self-Care**

In general, 7s love laughter, fun, exercise, new restaurants, high fashion, and pretty much *all the things!* In this way, self-care for a healthy 7 sometimes looks like slowing down, and at times, embracing painful feelings. They know they truly thrive when they get to rest. As such, the home life of a healthy 7 can be very simple. They benefit from (and enjoy) frequent introverted time to give their “energizer bunny battery” a chance to reset.

They also need to look at the past and present versus always focusing on the future and “what’s next.” In this way, they will embrace true balance. Even if it hurts to look at the past and present, this process will guide them in the direction of health and growth.

### **Spirituality**

If 7s don't find time to exchange their bustling calendar full of fun things for dealing with the hard things of life, all kinds of anxious gluttony can become a real challenge. This can include overeating, addictions, over-exercising, overworking, and just overdoing in general.

A 7 with a faith life does well to remember that God is available to listen to their pain and can offer solace and help even when they are out of commission or overwhelmed with unpleasant emotions. This is expressed in passages such as Matthew 11:28, which states:

***“Come to me all you who are weary and burdened and I will give you rest.”***

## **Type 8**

### **Overview**

8s are the strong leaders of the world. They are often referred to as challengers since they're wonderful at protecting themselves and others from the threats around them. Like 6s, they can sense a threat, and (unlike 6s) they will boldly take down this threat on their



own, if necessary. At their best, they are fearless leaders, generals of families or armies, that lead people into worthy battles. They are trusting of the few people who have proved themselves, and are even forgiving of those who have let them down in the past. At their worst, they can be domineering, controlling, wild in anger, deceitful, lustful (of all good things), and overindulgent.

### **Gifts and Contributions**

An 8 in charge of a group will push others to their maximum capacity. They will defend, root for, and protect the perceived underdogs (whom they often care for and regard as close as family) at all costs. 8s forge bold paths and are dauntless in the face of any given fear.

People are so blessed to have a protective 8 to love them. The 8 has great energy, typically more than any other of the types. They live life to the fullest.

### **Areas of Growth**

8s don't seem to be afraid of just about anything or anyone, at least not on the surface. In fact, in the body triad (which we'll talk about soon), the most accessible limbic system response is anger. No one is going to catch an unhealthy 8 being vulnerable about other emotions. 8s learned as a child that being vulnerable would not earn them respect or take them to higher places of survival. This is often an important coping strategy for a child raised in a traumatic, difficult, or rigid setting. It's not that they want to fight, it's just that their guard is up to boldly defend their cause(s) and it's not in their passionate nature to withdraw from a challenge.

### **Next Steps**

8s share the traits of type 2 in health and type 5 in stress though they can choose to allow both of those shared lines to bring them health if they use the best traits of those types. For further study, an 8 should familiarize themselves with each of these types.

### **Self-Care**

Given the 8s fearless and tough exterior, self-care may look like practicing open and honest vulnerability regarding difficult emotions. They should do this first individually, and then in the confines of a trusted relationship. They should also work toward releasing any unforgiveness they have towards others, which is heavier on them than they realize. They have often experienced a loss of trust that is at the root of their issues. For this reason, rebuilding their ability to trust is part of their growth path and means of achieving inner peace.

8s are future-oriented to time, so it's important they look at the present so they don't lose current relationships. In quiet times of vulnerable reflection, they should also strive to understand that the past of others is something they cannot fully judge.

## **Spirituality**

An 8 does well to remember that even if it isn't always wise to trust others, a loving and good God is available to help them through each and every trial. Their joy and passion will be balanced as they seek God and finally become vulnerable in His Presence. Psalm 118:8 captures this sentiment when it states:

***“It is better to take refuge in the Lord than to trust in man.”***

## **Type 9**

### **Overview**

Type 9s are considered peacemakers because they offer their gifts of calm, fun, and domesticity or earthiness and comfort to the world. They don't ask for more than their share and often defer to others. 9s naturally slide into the background in a group setting. This is a tragedy because 9s miss out, but also because the rest of the world misses out on the fun, sharp-witted, honest, peaceful, and detail-oriented nature of a magnetic and multi-talented 9.

### **Gifts and Contributions**

9s are gentle and unobtrusive. At their best, they have the keen ability to feel what others are feeling. They excel at perspective-taking and therefore can be good diplomats, excellent teachers, and amazing parents.

When it comes to community, 9s love being welcomed and included. Most 9s are actually quite extroverted at the core.

### **Areas of Growth**

When 9s are not in a lively routine or they feel like they're not being heard, they can grow sleepy from sitting with unexpressed anger. At their worst, 9s can lack goals and vision. Furthermore, they can narcotize to food, television, and other forms of entertainment that enable them to zone out when they don't feel like what they're doing has any focus or balance.

Because 9s do feel what others are feeling quite naturally, they aren't judgemental. This can lead them to be avoiders of conflict, sometimes forgetting that peace comes *through* conflict. When they show up for their lives and choose healthy directions to go versus complacency and stagnation, they come back from the cave or turtle sleep of retreating from conflict.

## Next Steps

9s share the traits of type 3 in health and type 6 in stress, though they can choose to allow both of those shared lines to bring them health if they use the best traits of those types. For further study, a 9 should familiarize themselves with each of these types.

## Self-Care

A 9s core wound or issue was feeling that they weren't always seen or heard. This could be the result of active trauma, having an overly busy parent, being a middle child in a large family, or perhaps not meshing with a parent's personality very well. In this way, self-care for 9s may come in the form of seeking out companions who value them, working to adjust negative self-talk that may include excessively self-effacing messaging, and engaging in activities such as journaling, prayer, etc. that help them to believe that they have value. They also do well to take time to speak loudly and with a melody versus in a monotone or rushed fashion. These practices allow them to take up space and to gain respect in the world.

Staying centered in their bodies and releasing anger in healthy manners are also important self-care steps for 9s. This often looks like making lists, building routines, and working out. This helps them not to tune out or grow resentful of the past (since they are often past-oriented).

Finally, given the 9s tendency to retreat into fantasy, it's okay for 9s to retreat for half an hour (or up to two hours maximum), but they should strive to remember they are a blessing to the world. Similarly, they should work to recall that they have more authentic fun and can enjoy lively living when they are willing to "show up" again every single day.

## Spirituality

9s naturally exude the scriptural sentiment in Philemon 2:3 that it's good to consider others above one's self:

***Do nothing out of selfish ambition or vain conceit.  
Rather, in humility value others above yourselves.***

However, since 9s are naturally self-effacing, they also do well to show themselves the same love they give freely to others. In this way, Matthew 22:39 offers a helpful lens for reframing the above sentiment, when it states:

***"Love your neighbor as yourself."***

## Unpacking the Nine Types: Application and Reflection Questions

Now that you've had the opportunity to carefully review the nine types, it's likely you've found that you had elements of many of the types, not just one. This is completely normal. However, try to identify which type resonated with you the most so that you can focus on the growth tips for that type as a starting place for your Enneagram work. Remember, people do best when they pursue growth step-by-step. So choose a starting point, and after you've succeeded in this one area, you can feel free to move into the next. If we are healthy in all nine areas, we become more complete, healthy, and balanced individuals and followers of God.

Please take a moment to complete the reflection questions that follow so you can fully process the information before moving onto the other layers of the Enneagram typing system.

At the end of each subsequent section, there will be several questions for you to consider as you think about the journey ahead.

In light of everything you've learned about the nine Enneagram types, what do you think your type is and why?

If you're not sure which type resonates most with you, the following may be a helpful way to reframe the question above:

***Did any type of description feel like someone had just opened up your mail and read your biggest embarrassments?  
(Even if it was in a really nice way and also talked about your best gifts?)***

If you're struggling to find your type, this sense of discomfort when reading about what may be one's blindspots of a personality can be an important indicator that you may have found your type!

What are some of the gifts and “superpowers” of your type that you can be proud of?

Does the information help you uncover any blind spots you have regarding your personality? If so, what are they?

What tip(s) can you take away from this self-knowledge? What’s one way these could benefit you or your relationships?

I hope you found your type. If not, that’s okay too. When we focus too hard on our type and number we find ourselves fixed, limited, boxed in, or preoccupied. When this happens, we lose the freedom of choice and are under the control of our unhealthy habits.

When engaging the Enneagram, the goal is to free yourself of the limiting perspective of types. This includes letting go of judgments about your type, but this also extends to how you think about other people's types. It's important to stop judging the motives of others and villainizing them.

When utilizing your newly found Enneagram knowledge, it's also important that you don't overly generalize a formula for an ideal mate for your type. It just doesn't work like this since in real life people are far more versatile and complex.

The reason for typing yourself is to build an ongoing practice of self-development and to learn what will make you thrive instead of playing out neurotic behavioral patterns. The objective is to lessen your human suffering, not characterize yourself and others.

An additional benefit of the Enneagram is that you get to study people as they are versus how you are used to seeing and judging them. It's a tool that can illuminate blind spots regarding our view of others. This work can bless groups, families, and workplaces like never before.

## Part 3: The Heart, Head, and Body Triads

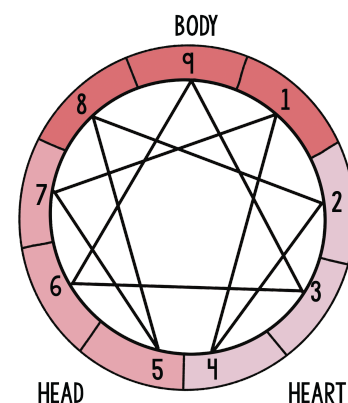
### Overview of the Three Triads

#### Overview

Now that you've perhaps more securely determined your Enneagram type, we can take a moment and consider another important type of groupings essential to this personality theory: *triads*. An important synonym for triads is "centers of intelligence." While the word triad focuses on the fact that there are three methods for engaging with and perceiving the world, the phrase "Centers of Intelligence" illuminates that each of these orientations toward engaging with the world possesses a unique skill and method of being that some people embody more naturally than others.

These three lenses of function or centers of intelligence are as follows:

- **Heart Center: Type 2, 3, and 4**  
2s, 3s, and 4s typically see the world in terms of their big heart for others.
- **Head Center: Type 5, 6, or 7**  
These types are used to framing all they do and see in the world in terms of how they think about things.



- **Body Center: Type 8, 9, and 1**

These types lead with their body/gut instincts in almost all they do.

It is important to note that all people, regardless of personality type, utilize all three of these methods for engaging with the world. However, people show a preference for leading with one of the three centers.

Similar to personality types, there is no hierarchy or “right way” to engage with one’s surroundings. Each center’s function has its strengths and weaknesses and its healthy and dysfunctional uses. Depending on which one we tend to lead with, it can both help us and hurt us as we engage with the world of relationships.

## Heart Center Types

### Overview

The heart center regulates the feeling’s functions. This includes the experience and expression of emotion. It allows you to feel your emotions and connect to others through empathy. While this is a positive, overuse or misuse can lead to oversensitivity, insensitivity, or emotional manipulation.

As noted above, three personality types fall under the heart center classification. These types are 2, 3, and 4. While these types all seem rather distinct, they share the same heart instincts (as opposed to the gut or head centers). 2s, 3s, and 4s alike all take life in through their feelings (with their heart) and generally respond based on what their sad or shamed feelings are telling them to do.

Here are some of the key similarities heart types share.

Similarities of Heart Types	
Concerned With	Image
Seeking	Attention
Underlying Issue	Shame

If you’re in the heart triad, this is very positive in the sense that your heart can often discern the true motives of others very well. It’s a gift and your superpower to read others. Since the underlying issue for heart types is shame (this is especially true when you are not in health) sometimes your reactions are overly based on feelings and you may give your power, and even yourself, to others too easily. In this way, you must be mindful of when you’re neglecting thinking things through logically and wisely.

While the heart types share certain characteristics, they are unique in the means by which they strive to help others and find their worth:

- If you're a 2, you try to help the world to find your worth.
- If you're a 3 you, try to earn your worth through work and achievements.
- If you're a 4, you try to show the world you're invaluable because of your creative and different style.

### **Biblical Advice for Heart Types**

Instead of falling naturally into this tendency to over-rely on feelings and look for external validation from others, the Bible says instead of trusting your heart:

***“Trust the Lord with all your heart, leaning not into your own understanding” (Proverbs 3:5).***

Try allowing wisdom and thinking into your strategies of getting healthy so you're not basing everything off of feelings, which will surely ebb and flow. Enjoy that the good parts of your heart helps you in some ways, but don't give it all the power. Jeremiah 17:9-10 says this:

***“The heart is more deceitful than all else And is desperately sick;  
Who can understand it? I, the LORD, search the heart, I test the mind.”***

Let God help you think clearly and create in you a clean, trusting heart toward Him first before you give it over to anyone else. Only He can fill and satisfy it completely as He is your Maker. God wants you to wisely follow Him before any person. He wants you to seek His approval, not that of others. As Matthew 6:33 says:

***“But seek ye first the kingdom of God, and his righteousness;  
and all these things shall be added unto you.”***

### **Reflection Questions for Heart Types**

At this time, please spend a few moments engaging in written reflection, or return to these questions when you have time.

What are the important implications of the passage when it states to seek God first and all these things will be added to you?



What do you think the passage from Jerimiah means when it states that you cannot fully trust the heart? In what way is that an important message for you to hear today?

How can you still let your heart and instincts guide you while also starting to integrate more opportunities to think things through logically?

Typically the shift of getting it out of the head (or the imagination/child brain) and more into the spoken or written (adult brain/real world) is very helpful!

What will you do to strengthen your mind? How can you balance letting your thoughts and instincts guide you more while also trusting God and allowing Him to heal your heart?

At this point in your journey, pursuing an avenue for an emotional release by talking with a safe person like a counselor or coach is a good place to start, as is a private journal where you can reflect and release.

# The Head Center Types

## Overview

The head center regulates the thinking function, analyzing, and logical brain processing. It allows you to take life in through thinking, which further allows you to process your thoughts with intention. For head types, this offers designated routes for feeling safe in the world and allows them to connect with others to build a community. While this is a gift and a practical need in the world, overuse or misuse can lead to becoming overly analytical, anxiety attacks, and even paranoia.<sup>1</sup>

As noted above, three personality types fall under the head center classification. These types are 5, 6, and 7. While these types all seem rather distinct, they share the same head instincts (as opposed to the heart or gut instincts). 5s, 6s, and 7s alike all take life in through thinking (with their head) and generally respond based on what their thoughts are telling them to do.

Here are some of the key similarities head types share.

Similarities of Head Types	
Concerned With	Strategies
Seeking	Security
Underlying Issue	Fear

All head types are concerned with security, but they relate to this and their underlying issue of fear uniquely. From my personal experience as a 7 and member of the Head Triad, I know when an emergency presents itself within a moment's notice and I'm already picturing how to respond with my mind. I think it through thoroughly and the thoughts can sometimes create stress and anxiety.

- As a 7, I could reframe the situation to temporarily push all negative thoughts away.
- If I were a 6, I would find a way to find a mentor who could tell me what to do.
- If I was a 5, I would try to reduce my potential unpleasant feelings by pushing away from everyone and seek inner knowledge to help me through.

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<sup>1</sup> Chestnut, Beatrice. *The Complete Enneagram: 27 Paths to Greater Self-Knowledge* / Beatrice Chestnut, PhD. Berkeley, CA: She Writes Press, 2013.

## Biblical Advice for Head Types

Rather than embracing these temporary fixes those in the thinking triad do well to face their fears (like a 6 often does). However, instead of only trying to create security (which this world cannot always give), we need to seek peace from God. We can begin to do so by pouring out our disappointment to Him. This will, in turn, make the difficult-to-reach feelings more accessible for head types.

Contrary to 2s, 3s, and 4s who are great at examining the feelings of others and themselves (3s struggle on the latter), the head triad members thinkers often leave the heart out altogether. This can make them very mechanical and slow the process of grieving something that needs to be dealt with. They need to be reminded that as long as they don't give their feelings full power, it's very healthy to allow them in for a short time. This is true even if the exercise doesn't feel practical. They may even allow themselves five minutes a day to process negative feelings through writing, speaking, or crying. With this focused intentionality, fear is decreased and joy, wisdom, and focus will be renewed more wholly.

The Bible verse 1 Peter 5:7, is a great one to remember as it states:

***“Cast all your anxiety on him because he cares for you.”***

The mind needs a release, both through emotions and also through the body. Workouts help in this latter aspect, of course, as they do for all types!

## Reflection Questions for Head Types

If you're in the head triad, what will you do to release your fears?

What will you do to make sure you access both your body and your heart more? *I.e., workouts, massages, walks, emotional songs, journaling with feelings words, etc.*

## The Body Center Types

### Overview

The body center regulates the sensory system in the body which regulates and manages the five senses. Body types feel things in their body immediately and viscerally. This deeper or “gut” instinct within the bodily sensation leads this group to also be referred to not only as the body center but also as the gut center. This ability allows body types the ability to understand their environment keenly, to detect the needs of others, and determine the best strategies given their situation and surroundings. While this is a positive, overuse or misuse can lead to controlling behaviors, blindness to others’ views (including other body types with differing views), and loathing of imperfections in the self or others.

As noted above, three personality types fall under the body center classification. These types are 8, 9, and 1. While these types all seem rather distinct, they share the same kinesthetic or body instincts (as opposed to the heart or head center instincts). 1s, 8s, and 9s alike all take life in through their bodies and generally respond based on what these sensory instincts are telling them to do.

Here are some of the key similarities body types share.

Similarities for Body Types	
Concerned With	Justice
Seeking	Autonomy
Underlying Issue	Anger

The body triad can also be referred to as the anger or gut triad. Frustration is the first response for each type in the anger triad, but the way they experience it varies.

For example:

- If you're a 1 or a 9 you don't like admitting to yourself and others that you're stressed and angry. Perhaps you weren't given attention as a child or you were conditioned to think anger is an unhealthy emotion that should be concealed. (At any rate, it does need expression, just not all the time.)
- As a 9, you may try to repress anger by getting tired, sleepy, or narcotizing pain through TV, food, or other forms of entertainment.
- As an 8, you prepare to meet the challenge with your anger directly. No one will find you vulnerable to it, even though sometimes you do need to temper it.
- If you're a 1, you repress anger because you view it as a "bad" emotion. You don't let anyone see it until you're so angry that it comes out as passive or active rage.

If you're in the body triad, instead of letting your gut instinct provide you with all of the information about what's right and wrong, try to allow your thoughts to logically slow you down and to create a truer picture than just a simple black and white photo. Add color by considering other people's gifts that differ from yours.

Accessing your heart is huge for those in the body triad, as is showing feelings to a few safe people regularly. You are typically very strong and guarded, but you need healthy emotional releases. Similarly, the people in your life need to see your heart and not just your anger, which even if you think it doesn't show (9s and 1s), it does.

Since you store and react to stress in the body, working out, massage, or whatever other meditation or helpful bodywork you enjoy is so critical for your release and success.

### **Biblical Advice for Body Types**

A great verse to remember that will help you to become more expressive comes from 1 Corinthians 6:19-20. It states:

***"Do you not know that your bodies are temples of the Holy Spirit,  
who is in you, whom you have received from God?  
You are not your own; you were bought at a price.  
Therefore, honor God with your bodies."***

With this in mind, take care of your whole body, including your heart and your mind as well.

## Reflection Questions for Body Types

How can you let your instinct and gut responses guide you while also trusting God to heal your heart?

What will you do to make sure you access both your mind and your heart more? *I.e., thinking positively, forgiving others, listening to emotional songs, journaling with feelings words, etc.*

Letting your bodily stress out in a safe format is important. Sharing things with a safe person such as a Type 2 who will listen with love also helps.

What action steps can you take to begin to open your heart to people who have proven to be safe, though imperfect?

What avenues will you pursue to begin to release your stress (which may be manifesting physically in the body)?

## Part 4: Subtypes and Wings

### Subtypes

Once one finds out his or her main Enneagram type and Triad, moving on to understand the subtype can add another layer of distinction and knowledge of self and their partnership. Another way of talking about this more generally is by talking about subtypes as instincts.

Within the context of the Enneagram, “instincts” refer to our biological drives, of which there are three:

1. Self-preservation (*sp*)
2. Relating to others generally and in Social (*so*) groups, and
3. Sexual relationships (*sx*), or one-to-one bonding, and other types of fusion experiences.

Each of the nine Enneagram types can embody any of the three instincts most prominently. When you consider the collective information of one’s Enneagram type and instinct, this is called their subtype. There are 3 main instincts, 9 types, and consequently 27 subtypes. Typically, one instinct is dominant while the others remain repressed, or at the very least, more difficult to access.

Your subtype matters just as much as your Enneagram type for your marriage and personal balance. When using this layer of the Enneagram, the preliminary goal is to identify your most and least dominant instinct. The next objective is to use this information to bring balance to the three by trusting God with your greatest insecurity (which, if it remains unconscious, is likely the root cause of any imbalance regarding the instincts). Progress in this area comes through self-care, healthy community, and service. Note that each of these

growth areas correlates with self-preservation, one-to-one, and social respectively. I can't stress the need for balance here enough!

Here is a brief explanation of each of the instincts.

### **Self- Preservation**

Whatever your Enneagram type is, if your dominant instinct is self-preservation then your main concern is that your wellness and that the safety needs of yourself and your inner circle are met. This need probably surfaced because your family shared this dominant subtype or because these needs, at some point, were not met.

Being caring and giving in your one on one relationships and being part of giving in a larger group capacity, however, are also an important part of life balance and safety for you. When one falls, the other gets up. This applies to friendship and community, especially when you find yourself unable to care for yourself, which tends to happen from time to time throughout life, however careful you are trying to be. Try to get your spouse to agree to help you find groups you feel safe with, so you're not too reclusive.

### **Sexual or One-to-One**

Whatever your Enneagram type is, if your dominant instinct is intimacy then you love one-on-one relationships and you feel safest when you're getting plenty of quality time from your spouse and closest relationships. You want to feel seen and exclusively loved and heard. You may or may not include the sexual connection aspect to this bonding desire.

However, as much as this brings safety to you, you must also balance time with a larger group for other forms of safety and stability. This is essential to prevent your relationships from taking on a co-defendant or obsessional quality. Similarly, you must get self-care so you're not dependent on your mate and closest people for all of your needs as this will exhaust them eventually and create too much drama between you.

### **Social**

Whatever your Enneagram type is, if your dominant instinct is social then you feel most comfortable and safe when you have groups backing you. This can include family or societal groups such as a church, school, etc. You know there is safety in the community and in general, this is (of course) a good thing.

However, in your marriage, you must see to it that you don't sabotage intimacy with your spouse and your self-care by overscheduling or forcing your preference for group activities onto your children and spouse. This is important for their wellness since not everyone is wired this way. Try to form alliances, then, with people who share your social desires (and that you and your spouse agree are safe companions). If there are groups your spouse does not agree with, try to limit their influence over you (unless your spouse is grossly



unhealthy). It is best if you can find groups that you both agree with to find your safest balance here.

## Subtype Reflection Questions

Which one of these subtypes resonates most with. Which resonates the least? Explain your rationale.

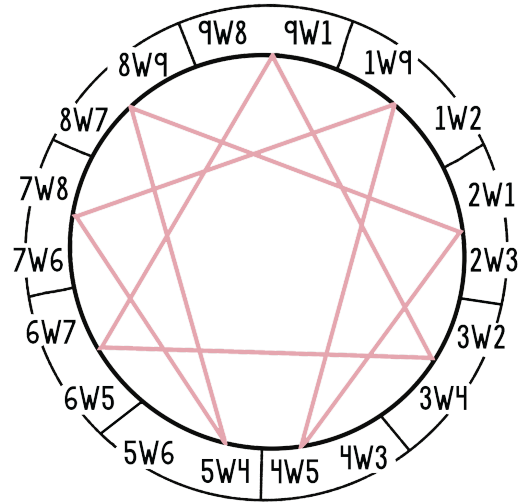
What will you do to make sure you specifically balance your self-preserving, social, and one-to-one instinct in your life and marriage? Talk out and schedule your ideas.

In what ways do you think the above action steps could bring more balance to you? How could these action steps also benefit your relationship?

# Wings

Your wings are the types to the right and the left of your type on the Enneagram diagram. For instance, 9 has two wings, 8 and 1, and 1 has two wings, 9 and 2.

Everyone is a unique mixture of his or her basic type and usually *one* of the two wings. This emphasis on one secondary type or wing is usually denoted with a “w”. For instance, a 5 who also shares many of the 6 traits may consider herself a 5 wing 6, or a 5w6. Others feel they cannot relate to the types on either side of them.



Just as a bird balances their wings to fly the most fluidly, whatever types you rest nearby on the Enneagram are your wings that you should strive to bring balance to.

To continue with the example of the 5w6, you can use the information from both types to further understand your inner workings and relationship habits. With the 5w6 typing, you can understand that you do not express feelings as much as you are thinking since you lean into the troubleshooting and problem solving of 6 in addition to the focus and researching nature of 5. To help cultivate balance, when you need to access empathy and deeper feelings for life, try leaning into your 4 wing. Even if it takes several days and repeated failed attempts, try to access the gifts of the 4 by putting yourself in the shoes of others and going deep with people into their pain, even if it's just for a little while.

This type of “wing work” is good for every type because the ultimate goal of using the Enneagram is that you can relate to each type. Beginning with your wings is a very natural place to start.

## Wing Reflection Questions

Which of your wings feels more dominant to you at this point, if either?

Does either of your wings feel like you may be overusing it as a crutch? I.e., “As a 7 I may overuse my 6 wing and spend too much time in fruitless worry versus using it to help me plan.

If not, does your main type feel like it’s too dominant and you need to rely on your wings more? If so, how might you begin to embrace this pursuit of balance?

## Part 5: How to Love Each Type

In this section, I’ve included some basic strategies for working with your partner on building relationship health. Trust me, these are tried and true methods, so I want you to implement them into practice once you’ve figured out your spouse’s type.

Remember, as you learn strategies for bringing joy and peace to your partner, don’t lose track of your own type’s needs or undervalue the role of your self-care in your mission to love them well. Someone who loves themselves well is very stable. This is a priceless attribute in a partner, so don’t neglect that!

With this framework in mind, please consider the following tips for loving a person of each type well. These map onto the ways each type finds safety, which may not be the same as how you find safety. So in this way, as much as we love the Golden Rule, know that

relationships thrive when you love a person not *only* as you love yourself, but also as they want to be loved.

## **If You Love a 1**

If you love a 1, remember their biggest need in the relationship is finding time to make the world a better place. This is not only their desire, it is their gift. You too will be on the road to improvement if you choose to partner with a 1. You may have even unconsciously chosen to partner with them because you knew they would keep you on the straight and narrow.

When living with a 1, remember that they are in the anger triad. They are focused on and think about life's present circumstances often and with anger and criticism that is turned both inward and outward. They may be plagued with thoughts such as, "*Why aren't I better?*" and "*Why aren't they better?*" Encourage self-care and try to remember that when your 1 is trying to reform you that it's because that's their gift. However, if it's in your reach, steer them toward their art, bodywork, and encourage them to think about things apart from the critical aspects. Finally, steer them toward fun as a reward for medium to large segments of hard work!

Finally, if you love a 1, remember that you cannot be perfect for them. You can provide them with a sense of ease by reminding them that you will always seek excellence in your personality type and giftings, but also that you have a different set of gifts from them. Let them know you're never going to give up on self-improvement, but that you don't want them to judge or critique you. Help them to frame things more positively, and realize that their gift for seeing errors makes this VERY hard for them.

## **If You Love a 2**

If you love a 2, remember their biggest relationship need is nurture. This is also the gift that they bring to the world. They are feelings/heart-based, so they will often know what you're feeling even if you try to hide it. They feel that to receive love they must be giving. Sometimes they can even manipulate to try to get someone to return this nurture and love to them. This isn't out of cruelty, but out of a genuine desire to find love.

Encourage your 2 in their chosen love language (not just yours). Try to help them to feel safe by regularly and actively showing them love and assuring them that they are first in your heart, especially if you happen to be someone who does not show it outwardly all the time.

Furthermore, if you love a 2, remind them to use their thought life, not just their feelings, to guide them sometimes. Encourage them to let the Holy Spirit help them discern what is theirs to do so they don't overbook themselves. Remind them to revisit the past for cues and look to the future for your plans and not just perseverating on right now. Finally, when

they ask for validation, try to give it to them. They are doing their best and sometimes insecurity crops up.

## **If you Love a 3**

If you love 3, remember that though they show a rather tough facade, they desire a very close and loyal bond. This is particularly true because most of the time in the life of the 3, their early mother bonds are lacking (although in some cases, they had an overabundance of nurture). In either case, they feel best when they know where their spouse is at all times and when they receive strong attachment feedback.

They are in the heart/feelings triad of personalities, so like the 2, they truly intuit the feelings of others. When they feel you have tested them or cut them off from their sense of relational security, they shift into a shadow side (deceit). They may turn to this vice to get their needs met. They typically won't disclose that this is what's happening unless they feel super safe with you and know that you won't leave them, which is their worst fear.

They are also called achievers because apart from their romantic relationships, they do an amazing job of sharing with logic and truth, and in leading a fine and fun team at work.

Furthermore, if you love a 3, encourage them in being softer, in speaking the truth in love, and in apologizing after being harsh. Additionally, give them space and encouragement to access sad feelings for a few minutes a day. Remember, they need to feel safe before they can release the truth. This is because at some point in their earlier lives the truth was NOT safe. Finally, healthy time for one's self is very important to a 3. Encourage them to find this alone time. Even if it's tough at first, it's great if they start with even five minutes a day.

## **If You Love a 4**

If you love a 4, remember that when they feel uncertain about the relationship they will test you to see if you love them. Therefore, make sure you don't leave any unfinished deep business such as avoiding key topics in important conversations. They are excited to share with you and will often bring issues up to gauge your emotional responsiveness. They want to know if they are deeply loved. They remember past wounds, so showing them you care deeply is of the highest value to them. This can largely be done logically and strategically with family, couple sit-downs, or therapy.

Finally, if you love a 4, remember that they don't always feel okay. As mentioned above, sometimes they try to evoke emotions just to see if you love them. Don't abandon them here. Instead, encourage them to find time with God, do their bodywork, and take some space. Encourage and allow all of these steps while continually assuring them of your love.

## **If You Love a 5**

If you love a 5, remember that they are doing the best they can with their limited energy and awareness of their feelings. They often look to history to determine what will happen in the future. In their recollection, they often second-guess old actions, overwhelmed by their relentless analysis of mistakes or ways they should have behaved around others, at work, and in the world. Help them, even if they have experienced trauma or illness in the past that they are still working through. Take it one day at a time. Honor their story and journey, and if they can't share feelings so be it. You can honor their thought process. Ask them to share in that way because we know (according to science) that thoughts often lead to feelings.

Finally, if you love a 5, remember it takes them a few days to come up with how they are feeling and they don't want to (and can't) do the same level of socializing as you. Know that their love delves deep but cannot be put into constant testing and questioning if it is to remain firm. You picked them for their focus and stability, so do not demand what they can't give. Instead, enjoy them when they do have the energy and mental space to be engaged. They love helping when they can. They are, at their root, very helpful (as you may have noticed)!

## **If You Love a 6**

If you love a 6, remember that they are in the thinking/anxiety triad and often fear a loss of self or relationship. They are often worried that they can't trust themselves because something in their past made them feel though they were not safe. It isn't that they're trying to pester, they truly feel high stress and are looking to you for answers or a listening ear. Ask them if they want comfort or just a listen and try to put a cap on it together after an agreed-upon time frame. Close in prayer, meditation, or bodywork. Sometimes medication (even if over-the-counter) is advised, so consider this together with a medical professional.

Finally, if you love a 6, you must join in on the last item of the advice above and encourage them to set even their individual time of worry to a set amount versus letting it run their schedule (or yours). Also, encourage a more intensive workout than just a walk to make sure they get a fuller body release if anxiety is significant.

## **If You Love a 7**

If you love a 7, remember that they are anxious, and although it may not seem like their joy has a landing place, it does. At times like this, it's very helpful for them to have a safe place to process feelings verbally (with God, a counselor, or you).

They also benefit from time to themselves. 7s are big-picture thinkers who share joy and process orally with people, but they also don't always know how to settle down. This may

cause you to be frustrated with them at times. If you can encourage them to take some time to listen to music, to journal, or to create, they will usually find something lovely to redirect with. When you are ready, call them back for their energy. Remind them to take a deep breath and settle down if they're being overly loud in public, but do so kindly, as they are in the assertive/aggressive grouping for conflict and they may feel you're hurting them intentionally.

Finally, if you love a 7, encourage moderate eating and activity versus gluttony. Gently remind them that acknowledging pain will not kill them and it is a natural part of life. Offer your 7 freedom and they will choose to love you time and again with much loyalty!

## **If You Love an 8**

If you love an 8, remember that they will love you hard, long, and loyally if they feel you can be trusted. This is, however, a rather big *if* because most 8s have lost trust at an early age and are on guard. They are excellent at sharing their frustrations. Located in the body/anger triad, they are not bothered by showing their stamina and power in a disagreement. Demonstrating this power is indeed one of the gifts of the 8, so don't be alarmed if they present with intensity. Instead, count it as them showing they love and care about you. It is okay for you to tell them to back down a bit, but as you do so, show them that you adore them. They can take the heat but they want to know you care.

Finally, if you love an 8, a good growth practice to remind them of is being self-controlled versus extreme. Likewise, encourage being kind instead of demanding. Encourage them to trust God versus following only their gut which can sometimes deter them from integrating their heart and thoughts. They also do well with more workouts, so encourage that for most, if not all 8s.

## **If You Love a 9**

If you love a 9, you have found someone who is known to be the most gentle, peaceable, and others focused. However, it's important to note that this energy they expend merging with the needs of others makes them very tired, and often they are asleep to their own needs. If you have to rouse them to action or give them attention, consider yourself lucky if they will move in the direction you want. This is demonstrative that they care more about you and the relationship than themselves. However, encourage them to maintain their own schedule and order. Since they are good at so much and their giftings include remnants of each type, this type of structure will help them actualize these gifts and embrace their virtue of action.

Finally, if you love a 9, remember to take time out to listen to them. Remember, when they get loud they are either feeling unheard or anxious. Address their particular issues as best as you can, even though they may be asleep to them. They are not averse to your help, but those daily lists will help. They will try to put you first so you have to let them know their

bodywork, lists, and gifts are important to be seen. This is a big task, I realize, but you have possibly the sweetest of all types so please see to it that you try to honor this aspect.

## Reflection Questions on Loving Your Partner Well

Do you have any positive relational habits that you are currently implementing that were reinforced by reading about them here? (It's okay if they were not in the section that you believe is your partner's type, many of these actions are good relational habits in general!)

Which of the tips and suggestions outlined above do you think are most likely to benefit your relationship? Why?

What is one way you can begin to implement this new habit? Remember to start small. Adding visual reminders or "cues" to spark the new habit may also be helpful!



## Part 6: Stress-Reducing Techniques

At this point hopefully you know your main Enneagram type, your triad, your subtype, and your wing. This is a LOT of information about your personality, and it's alright if you're not completely sure of every element. It can take time to uncover the layers of your personality, especially if you are just beginning to reflect deeply on your inner world. Don't be afraid to elicit the help of a trusted friend, partner, or therapist/coach in your pursuit of self-discovery.

Even with all of these avenues of information, knowing is only half the battle. The Enneagram's gift is that it is not only descriptive but also prescriptive. To conclude this introduction to the Enneagram, here are some great strategies for each type to help you pursue health and balance.

### Type 1

1s benefit from practicing [the Serenity Prayer](#) and going outdoors on nature walks. You do well to learn to set boundaries on workload, make time for your bodywork, and resist being a critical parent to yourself and other adults in your life. Don't forget the value of adding fun!

### Type 2

Try to not overbook your schedule with friends. Instead, see when your spouse is available to you and visit with them, don't just *do* things for them. Just be. You are loved as you are. Try to remember you do not have to rescue everyone all the time. You don't need to be giving all the time, manipulate, or control a situation to get someone to give back to you. Don't be overly proud. Instead, practice humility by avoiding seduction or codependency as tools to getting your needs met. Instead, allow clear, forthright discussion, find your self-worth in God, the reminder that you're equally beloved along with everyone else, and self-care to be your guides.

### Type 3

Find happiness within yourself versus a partner's judgment of you. This is HUGE for a 3. Another important action is making sure you invite your spouse to love you for more than just your achievements. This will take vulnerability, but it is so essential. As a 3, also find friends who will encourage you to have fun and relax, but who won't force you away from your competitive job and lifestyle too much.

Avoiding deceit in relationships is crucial. You are great at using your charm to start relationships, but being in just one relationship and being true to it is the work of a 3. Being

more open to God and surrounding yourself with safe people you can trust with your concerns and vulnerabilities, especially your spouse, will help.

## **Type 4**

Allow your depth, passion, justice, and your art to bring beauty to your life. Don't expect others to meet all of those needs. Try to let go of the desire to redo the past that you so often reflect on. Instead, give God, the only Perfect One, the first place in your life. Balance your introvert and extrovert needs and don't stay bottled up or in mourning for too long. When jealousy stirs in you, remember that God loves you. Also, allow time for fitness and bodywork to get you moving. Direct your thought life to what may be in store in the future, even if it does not match your ideas of the past. Instead, enjoy those memories and look ahead with intention and direction. Temper your passionate anger and apologize as needed with sincerity and patience.

## **Type 5**

To avoid going to scattered or obsessive modes, work on fewer projects with more depth and focus. Allow just a few safe others into your inner world and thought life regularly for balance (but not everyone, of course). Sometimes you have to draw away from self-preserving fears and tendencies and give out of God's ongoing provision versus just the anticipated amount of energy (sometimes this kind of perseverating robs you of energy). When energy permits, seek knowledge, but then bravely put it to work loving others. Take risks to develop healthy relationships. Reduce fantasy and overthinking by giving your mind breaks through meditation, moderate exercise, and releasing feelings.

## **Type 6**

It's important for you as a 6 to access your heart, not just your thoughts. It's also important to choose (which you can do with your mindfulness) not to fear God's complete abandonment. Check-in on paranoid thoughts logically before sabotaging relationships by over asking for support when you can internally comfort yourself sometimes. Do not become rebellious against the good in your life to "protect" yourself. Allocate a certain amount of time each day to worry, but do not let it control your life. Integrate bodywork to get out of your head and into your body. Also, if you have a faith life, memorize Biblical passages about fear and courage to help you embrace healthy risk and plan healthy security. This will help you reach your goals and not shift into the habit of controlling or nitpicking others because of your struggles.

## **Type 7**

7s do well with fitness and exercising, but you may have to be creative or learn to enjoy mat work which would be great for your core and your multiple appetites. Also, save the fun for a reward after increments of hard work. Stick to one or two bigger ventures a year versus

scattering your interests too broadly and not being a master at anything. Complete things well before moving on. Be present and stay in the moment by focusing on the activity or emotional connection at hand. If necessary, allow kinetic touch or doing something with your hands to relax you, such as crochet, braiding, walking, etc. Practice moderation.

## **Type 8**

As an 8, make sure when you need your retreat time that you tell the people closest to you that it is not because you don't love them but because you need to collect yourself. If possible, try to be vulnerable enough to say that you are hurt but trying to process it. Also, remind them frequently that your protection is because you love them. However, it's also important to work hard not to control your spouse with that abundant love or you may appear selfish, controlling, or they may even think you don't like them.

## **Type 9**

As a 9, making lists for your everyday tasks is an essential practice that keeps you moving and on a healthy path. Make sure to stay present in the body and address important issues of anger when it's an area of "right action" regarding issues that are important to you. Also, and this is of utmost importance, make sure you repeat yourself until you are heard. Don't give up. You are important, but your peers sense your peace and often tune your needs out unintentionally, so you have to speak up. You ARE worth it. Stay in the body and fight for attention as needed, and when anxiety from loss or transition hits, use it as momentum, do exercise, or express your pain to release it.

## **Stress Reduction Reflection Questions**

Consider the list of stress reduction techniques above. Select 1-2 that could benefit you in your current state? Describe your plan to integrate these into your schedule this week or month.

What tips do you think will be most useful for supporting your partner (or another close relationship)? It's helpful if you know your partner's type, but even if you don't, you can likely perceive what will benefit them based on your understanding of their personality. Describe your plan to implement this new layer of support this week or month.

## Part 7: What's Next?

As this resource draws to a close it's essential to remember the importance of community. (Not just for social subtypes, but for all of us!) So, now that you're trying to actively be at your best, who can you ask to both love you and hold you accountable on your Enneagram journey of self-discovery and growth? Perhaps a mentor, a discipleship partner, a Bible study group, your spouse, or a counselor.

Name the person (or a few people) you'd like to reach out to about this. Check-in with them via text, email, or phone! If they can't given their current obligations or emotional bandwidth, try the next person on the list!

Finally, don't forget to keep learning. The road to change is long, but so worth it! In addition to finding a community to cheer you on, find avenues of inspiration to keep you engaged and committed to the work. I invite you to listen to my weekly tips via [podcast](#) on iTunes or Spotify, find our mini-blogs on [Truity.com](#), and make sure you're on my [Enneagram & Marriage email list](#), too!