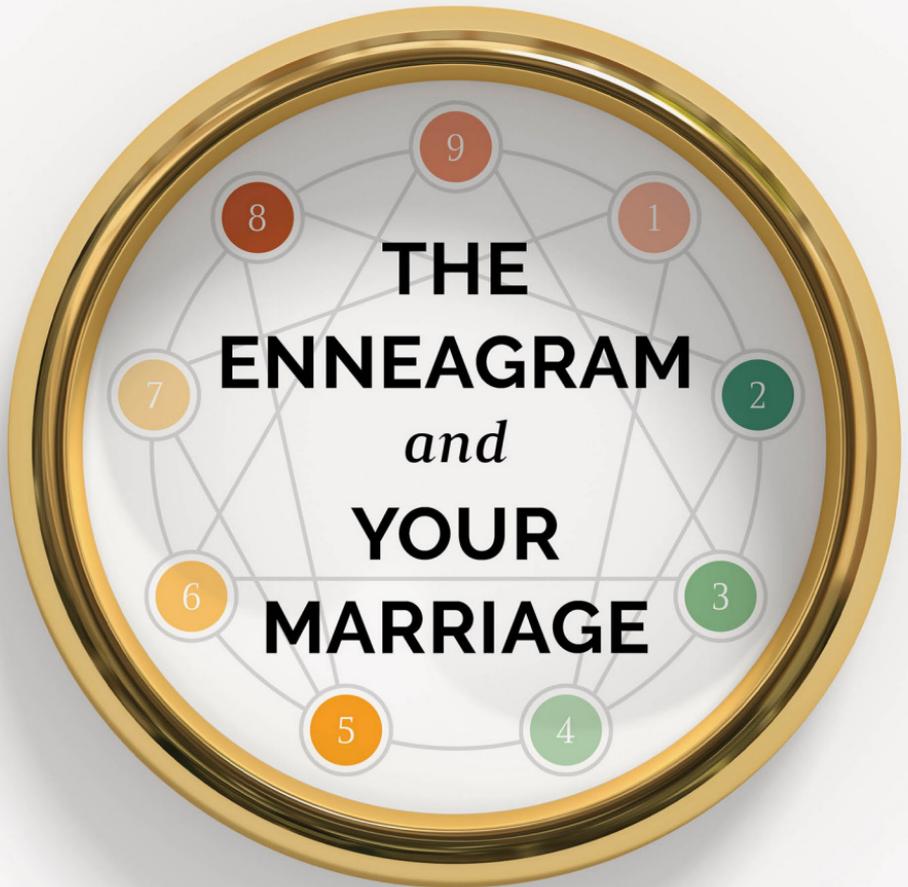


Jackie Brewster



*A 7-Week Guide to Better Understanding
and Loving Your Spouse*

THE ENNEAGRAM *and* YOUR MARRIAGE

*A 7-Week Guide to Better Understanding
and Loving Your Spouse*

Jackie Brewster



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For Stephen:

The years build upon each other and time does not still,
yet we continue to evolve and hold space for each other
with love and empathy.

And for my four amazing children—Isaiah, Ashlyn, Hope, and Grace:

You are more precious than you know. My hope is one day
you will all find partners who see, accept, and love all of you.

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Introduction

In the dark of night, when the house was still and the kids were fast asleep, my husband, Stephen, and I were feeling safe and secure in our new home—that is, until the weather warnings began. Our phones began buzzing and blaring about the imminent danger caused by recent rainstorms. The floodwaters were rising at record speed, and anyone within the flood zone needed to take immediate action. We knew we were not in the flood zone, but we weren't sure about the threat of this rising water.

We had moved to the area only a month earlier. After two decades of marriage and more than a dozen moves, we had finally purchased and renovated our dream house. We thought about the space and designed it in our heads day and night. We picked out the colors, floors, fixtures, and furniture to make our home a place where we could find refuge and reprieve. We purposely picked this house because it was in a small community that was quiet and quaint and seemingly posed little threat of danger. We had the house inspected, and it passed with flying colors.

So when the warnings of rising floodwaters began, we believed our new home was safe. In fact, we thought it was so safe that we didn't even get out of bed to check the rise of the water around us. It was not until Stephen went into the garage the next morning that we had any inkling of possible water damage. He had gone out to grab something from the car when he noticed all the empty bins from our move had been knocked over. From there, he saw that the trash had been dumped out of the rather large trash can. After surveying the state of the whole garage, Stephen realized that the

water had flooded it by more than seven inches overnight. It had receded by the time he went out there, leaving only clues behind.

We were shocked the water had risen so high but were thankful the house had not been impacted. The garage is lower than the rest of the house, so the flooding only made a small mess and caused the garage refrigerator to stop working temporarily. Luckily we had already unpacked and put away all of our belongings, so we believed we were safe from any significant issues. We went about the next few days without realizing a much bigger issue was brewing beneath the house.

A few days after the warnings had woken us up and the water had receded, our house became very cold. I thought Stephen might have turned the heat off or below my comfort level, which happens quite often, so I texted him to turn the heat up a bit. All day I battled the cold while feeling confused by the temperature situation. After all, the heating unit was relatively new, and we had no reason to believe anything was wrong with it. After a full day of uncomfortably cold temps and a night of shivering, we called in the experts. Within ten minutes of starting his inspection, the service technician came into our house with a look of concern and asked, “Did you know your crawl space flooded thigh high and all your ductwork is underwater?”

In utter shock, all I could say was, “NO.” He proceeded to tell me that not only had the ductwork been flooded but so had the entire heating unit. To fix the problem, they would have to replace all of the ductwork and the heating unit and rebuild the foundation the unit sits on so it would not flood in the future. In addition, the ductwork would have to be expanded for optimal airflow and function.

The duct system is what distributes heat and circulates air and keeps the house at a comfortable temperature. Without fixing and replacing the necessary components, the ductwork would push mold, mildew, and other nasty agents into our house and the heating unit would not function properly.

To say Stephen and I were speechless is an understatement. We both looked at the quote and instantly began to feel nauseous and nervous. It was a larger number than we had imagined, and we had just finished renovating this house to be our dream home. We had done all the improvements

that made the house look beautiful, warm, and inviting, but this repair that needed to be done was something nobody would ever see. This fix was below the surface but would greatly impact how the home functioned.

The Importance of a Sturdy Foundation

As all of this was transpiring, I couldn't help but think about the way many of us approach dating, relationships, and marriage. We often get caught up in the outward expression of love and miss the depth found in knowing someone for who they are and what has made them into the person they have become. We often project the best version of ourselves in hopes of wooing and winning the person we desire. Our faults and flaws come out much later in the dating relationship, or perhaps not until after the words "I do" are uttered, and by then it feels too late to turn back. We tend to place unspoken expectations on each other, hoping the other person will fulfill our dreams of being the perfect partner and giving us the perfect life. However, as our true colors begin to surface, we may feel duped, vulnerable, exposed, unloved, lonely, alone, abandoned, rejected, or maybe even scared. That is why I believe it is more important to work on the underbelly of the relationship than just what is at the surface.

What we see, feel, or experience at the surface level of a person is called personality. Personality is made up of moods, attitudes, and opinions, and it is most clearly seen when we interact with others. The personality includes patterns of behavior and behavioral characteristics that have been naturally deposited and learned over time. These characteristics distinguish one person from another. When people get caught up in their own personalities, they tend to get lost in a "this is who I am and this is how it should be" mentality. This mentality keeps walls up and defense mechanisms high and causes a lot of havoc within relationships.

The Enneagram and Your Marriage is a workbook that offers a new and innovative approach to relationships. Instead of just assessing whether you and your partner like similar hobbies and enjoy spending time together, it dives into what makes you and your partner who you are. This workbook prompts you to explore why you do what you do and offers you awareness around your patterns of behavior. You will uncover and discover many

different components of your personality, and you will be given opportunities to explore what you think about these components and how they serve you in your current relationship and life.

I believe the foundation of a strong and sustainable relationship starts with building a solid infrastructure. When we hear the word *infrastructure*, we often think of the inner workings of a building. If the foundation is not solid, then the building will eventually collapse. The same idea can apply in the business world. It is critical to have the proper infrastructure so that a business or organization has room to grow and expand.

The same principles that we apply to buildings and organizations can also hold true within our relationships and marriages. We must lay a solid foundation to create a long-lasting, deeply connected marriage. Like the story of my family's dream house illustrates, it is not enough to work on the fixtures and furnishings, because when the storms of life appear, we have to make sure that what is below the surface is sustainable.

I would venture to say most people don't necessarily know how to build a solid foundation within their relationships beyond the basic principles of love and commitment. This is where the Enneagram can be transformational, because it goes beyond love and commitment to help you truly understand how your partner functions in all aspects of life. You will uncover and discover patterns of behavior and thought processes that have been established and built upon since as early as age two. If love and commitment are the glue, what you learn about each other through the Enneagram will give that glue its bonding strength.

The Enneagram and My Marriage

My husband and I have been married for over twenty years, and we have learned the hard way about the importance of building a solid infrastructure. We have gone through our fair share of ups and downs within marriage, ministry, and parenting, and it's a wonder our marriage has survived. Through the years we've learned how to fight for each other and for our family by clinging to Jesus, undergoing years of therapy, and spending time learning about each other through the Enneagram system. The Enneagram has been an significant tool for understanding how each of us thinks, feels,

and interprets situations, and for helping us recognize our healthy and unhealthy thought patterns and behaviors.

At the beginning of our relationship, we focused on making each other feel accepted, wanted, warm, and safe, much like we did with our home in the story above. We spent very little time asking the hard questions—and, truth be told, I don't think we even knew which hard questions to ask. We were caught up in the romance of new love, and we married pretty fast. We dated long-distance for nine months before we tied the knot, and I moved to Nashville, Tennessee, to join my new husband and start a new life in a new home with a man I honestly knew little about. It makes sense that as an Enneagram Seven I was up for the adventure of a lifetime and jumped into married life with excitement and passion. Stephen is a Three, so he wanted to get married fast and start our life together without a lot of conversation about what that would actually look like. We both believed we had a solid foundation; after all, we loved God and loved each other. Isn't that enough?

Well, through the many years of marriage, I have to say it takes a whole lot more than loving God and loving each other to build a lasting relationship. Those are foundational elements, but they are not the only elements needed for a relationship to stand the test of time with emotional connection and deep-rooted intimacy. I don't know about you, but I don't want to just go through the motions of marriage. I want a marriage that is not only surviving but also thriving.

Over the years, there have been times when Stephen and I have struggled with feeling alone in our relationship and lost within our marriage. We are both resilient and strong-willed people. We both have a desire to fight for connection and are committed to each other through the highs and lows. But how we each handle that fight has been vastly different. Stephen and I were raised in very different homes. He was a pastor's kid who grew up on the mission field with strict guidelines and expectations. I, on the other hand, grew up with a single mother in Massachusetts. To say we have different upbringings is an understatement. My childhood was full of freedom, fun, and adventure. In contrast, Stephen's childhood was much more orderly and strict and involved a lot of travel as well as living abroad.

When I met Stephen, it was love at first sight, and we did have a whirlwind romance that has lasted over twenty years. People ask me, “Would you marry him again knowing what you know now and what the journey together would look like?” My answer is always a resounding yes. I would choose him again and again, and I do choose him every day. He also chooses me again and again. The beauty in choosing each other is that neither of us feels the need to chase or change the other person. Instead, we each allow the other to evolve over time with love, understanding, and respect. I am incredibly grateful for the help we have had during moments, seasons, and years of heartache and hard times. Because of the empathy and compassion that we’ve learned to have toward each other through the beautiful tool of the Enneagram, and because of the training I’ve received from Your Enneagram Coach’s Beth McCord, my training at Onsite to be an experiential specialist, and several years of Enneagram coaching, I can write this book with an understanding heart and honest awareness of the journey we call marriage.

As you begin to use *The Enneagram and Your Marriage* to help you and your partner uncover and discover many new, interesting, exciting, and at times challenging pieces of each other, be reminded of the love and compassion you need for yourself. The goal of this journey is to enrich your marriage through self-discovery and deeper understanding and awareness of your partner. As you become aware of your behavior patterns, you will also be able to recognize your partner’s patterns. This awareness is the beginning of a deep emotional connection and a loving bond that will help you foster more empathy and compassion for each other.

How to Use This Workbook

This book has been intentionally broken down into seven weeks, with each week building upon the previous week’s material. As you dig into each chapter, you will explore Enneagram topics that will help you uncover and discover more about yourself and your partner. It is imperative that you not only read all the content for each week but also do the activities provided. You might be wondering why these activities are important. Well, words are abstract and difficult for the brain to retain. Visuals are concrete and more

easily remembered. Psychologists call this the *picture superiority effect*. I have heard it said that people retain 80 percent of what they see, 10 percent of what they hear, and 20 percent of what they read. I believe visual aids and prompts will help you to process the information you are learning. They will also enable you to pause and allow yourself to put into practice some of the awareness tools discussed throughout this book.

I am an experiential specialist as well as a certified Enneagram coach. I have been trained through the International Society for Experiential Professionals, where I learned the importance of incorporating experiential practices in the work I do helping people uncover and discover their patterns of behavior using the tool of the Enneagram. I have been trained and certified to utilize many experiential modalities such as art, sculpting, team building, and mindfulness techniques. I have found when my clients are able to participate in an activity such as drawing, imagery, movement, sculpting, or even using props, they are able to see the information they are trying to process in a much clearer way. This is why there are activities each week that allow you to explore the information you are learning through a creative outlet. I encourage you not to skip this step. Instead, spend some time engaging in each activity and allow yourself to remain open to whatever begins to surface. You may see yourself or your partner through a new lens just by slowing down and giving yourself space to really understand what you're reading and how the patterns of behavior that are being unearthed are affecting your relationships and daily living.

If you and your partner do not know your Enneagram type, begin by taking the Narrative Approach Quick Test in appendix A to find your type. If you both already know your type, you can begin in week 1. Each week, approach one topic at a time either together or individually. If you choose to do this individually, make sure to review your answers and talk about the activities together as you do them or at the end of each section before moving on to the next week. This workbook is meant to be done together, so don't miss out on this opportunity for connection and clarity. However, do what works best for you as a couple.

As you go through this workbook, you may want to journal as you uncover and discover things about yourself and your partner. Again, I encourage you to do what works best for you. You and your partner do not have

to do the same thing. If one of you likes to journal and the other doesn't, don't force each other to conform. Instead, be open to each other's differences and watch your relationship flourish.

Remember that the key to this Enneagram-centered journey is embracing the information about your types and letting it transform your relationship. In order for information to become transformational, it must be activated. The power that exists from uncovering and discovering parts of yourself and your partner in this workbook will revolutionize your relationship and take it into a deeper and more meaningful commitment. So dig in and allow yourself to truly explore the information you learn about yourself and your partner. Be intentional about answering the questions throughout this workbook truthfully, and hold space for you and your partner to have honest conversations around each topic with compassion and empathy for each other.

During week 1, you and your partner will work on *building the foundation* of your relationship through Enneagram awareness. You will explore an overview of your Enneagram types along with your subtypes and wings. This information will give you a good picture of yourself and your partner. You may choose to take turns reading aloud the description of the other person's Enneagram type and then ask, "Does this feel true to you?" As you read about yourself, it's important to remember that you are not your number. Rather, your number informs you of the patterns of behavior you have developed over the course of your life as you try to keep yourself safe and secure, have your needs met, and receive love and connection. Your Enneagram type is not meant to put you in a box nor is it meant to excuse unhealthy behavior patterns. Instead, awareness around your Enneagram type allows you to recognize your patterns of behavior and begin to pivot and change what is not working for you any longer.

During week 2, you and your partner will *break down barriers* as you begin to process the unconscious childhood message and core fear for each person's Enneagram type. The content you will uncover and discover this week will be revolutionary for your own personal journey toward health and growth, and from there it will transform your relationship. This new awareness will allow you to understand each other's core motivations and why you do what you do. You both will gain knowledge regarding your

patterns of behavior that will position you to individually own your responses and reactions in a new way.

During week 3, you and your partner will *grow together* as you explore the heart longing message and core desire for your individual types. You will learn the importance of speaking words that you each need to hear and how this subtle pivot has the potential to change the trajectory of your relationship. The awareness gained this week will help you to communicate in a way that breeds connection and contentment.

During week 4, you and your partner will *level up* as you unpack the triad and stance for your individual types. You will become aware of the ways you have learned to process information and deal with your emotions. You will also likely have a few aha moments as you begin to understand the ways each of you learned early in life how to keep yourselves emotionally safe by withdrawing, asserting yourself, or becoming compliant. This new awareness will enable you to give each other freedom to say what you need to without fearing the other person's response.

During week 5, you and your partner will learn how to *overcome pitfalls* by uncovering the signature sin and specific defense mechanisms for your personality types. This week's content is powerful and impactful. It will give you insight into each other's specific areas of struggle and weakness as well as revealing ways in which you both try to protect and defend yourselves. The things you will learn about yourself and your partner are not meant to cause shame. Rather, they are intended to shine a light on times when you tend to miss the mark and do, think, or feel in a way that causes more harm than good to you and your relationship. This new awareness will empower you and your partner to have open lines of communication around areas of struggle and create healthy boundaries that ensure trust, security, and connection stay intact within your relationship.

During week 6, you and your partner will *build a solid connection* by understanding stress and growth patterns for your types. The knowledge you gain this week will bring understanding, empathy, and compassion into your relationship. Knowing how and why you each function the way you do in times of stress and growth will enable you to recognize when you are in a good place and when you are not. Learning to listen to hear your partner instead of listening to respond will help build trust within

your relationship. When you feel safe in your relationship, you are able to live authentically and love from a place of acceptance and celebration.

During week 7, you and your partner will *grow together* through awareness of your connection-based and outlook-based groups. This week's content will deepen your relationship by exploring how you each have protected yourself from disappointment, frustration, rejection, and connection using specific coping strategies according to your Enneagram type. This new awareness will enable each of you to grow in understanding, patience, and love as you begin to see life through the lens of your partner. Your relationship will flourish because you no longer will take offense at your partner's reactions or lack thereof. You'll understand that it is not about you, and you'll allow your partner to continue their own personal journey of deeper self-understanding. As you learn about and accept yourselves, you will be able to accept each other just as you are with love and grace.

Let this book be a tool for you and your partner to hold space for each other as together you explore your Enneagram type and patterns of behavior. Remember that healthy communication requires mutual understanding, respect, and active listening that involves the use of all of your senses, as well as nonverbal communication such as nodding your head, smiling, eye contact, and gentle touch. Active listening is not something that just happens. It takes a conscious decision to understand the messages that the other person is trying to share with you. Active listening requires you to remain neutral and nonjudgmental. This means you are not forming an opinion or taking a side; instead, you are remaining open and understanding. You try to understand the other person's perspective without becoming defensive and thinking you need to take control of the situation. Active listening also means you give the other person time to explore and process what they are feeling and thinking without asking a lot of questions or telling them what they are feeling and thinking.

Remember, your patterns of behavior have been developed from early childhood. You both have been on guard trying to get your needs met, receive love, and keep yourselves safe in this world. As you become more aware of your behavior patterns, you will begin to see just how often they influence your reactions and decisions. Get ready to finally understand why you and your partner are the way you are.



WEEK 1

Building the Foundation

What Is the Enneagram?

It's in understanding yourself deeply that you can lend yourself to another person's circumstances and another person's experiences.

Lupita Nyong'o

As we get started, let's review what the Enneagram is and where it came from. In his book *The Enneagram: A Christian Perspective*, Richard Rohr describes the Enneagram as “a very old typology that describes nine different characters.”¹ In the book *The Wisdom of the Enneagram* by Don Richard Riso and Russ Hudson, we learn that this ancient personality typing system was first brought to the United States in the 1970s by the Chilean psychiatrist Claudio Naranjo, who taught the Enneagram in Berkeley, California, and started using Western psychological terms to describe the nine patterns of behavior.² The word *Enneagram* comes from the Greek words *ennea*, meaning “nine,” and *grammos*, meaning “figure.”³ This refers to the nine-pointed geometric figure—one point for each personality type—that the system was originally based on. Since its introduction in the US, a host of teachers, psychologists, and psychiatrists have refined and expanded it to create today's Enneagram system.

The information in this book is based on years of studying Enneagram books such as *The Wisdom of the Enneagram* by Don Richard Riso and Russ Hudson, *The Complete Enneagram* by Beatrice Chestnut, *The Enneagram: A Christian Perspective* by Richard Rohr, *Self to Lose, Self to Find* by Marilyn Vancil, *The Journey toward Wholeness* by Suzanne Stabile, and many others. It also includes insights I gained from sitting under the teachings of Ian Morgan Cron, Beatrice Chestnut, Russ Hudson, and other great teachers of the Enneagram and earning my certification as an Enneagram coach from Beth McCord of Your Enneagram Coach.

To truly understand your Enneagram type, you need to know more than just your primary number. The Enneagram system is made up of your number, your wing numbers, and your subtype. You also have a stress number that you go to in times of high pressure and unhappiness, and a growth number that you go to in periods of healthy personal growth. If this all sounds complicated, don't worry! Every week we will explore these elements in-depth to help you and your partner gain more knowledge and insight about each other.

Remember, information is not transformation until it becomes activated, so take your time and activate the information you are learning about yourself and your partner by doing the activities offered in each week's teaching. This will allow a true and lasting transformation of your relationship from the ground up.

One more thing before we dive in. While the Enneagram system is a vast and insightful way to learn about yourself—who you are, why you do what you do, how you interact with others—it can be easy to get caught up in the numbers and lingo and forget about this foundational truth: You are an individual who has been uniquely crafted on purpose for a purpose. No matter what Enneagram number you are, you have your own unique life story. Your personality and life experiences have been woven together through behavioral patterns you practice to help get your needs met, receive love, and keep yourself safe. These patterns reveal the true motivation behind why you do what you do.

As you read the descriptions of each Enneagram type below, allow yourself to stay open and curious. Learning about yourself on this journey of self-discovery may be overwhelming and uncomfortable at times. If you

feel exposed or vulnerable as you read about your Enneagram number, take some time and ask yourself, “What is making me feel most uncomfortable at this moment?” It may be that as you read about your Enneagram number you finally feel seen and understood for the first time in your life. If that is the case, take some time and ask yourself, “What feelings are surfacing as I finally feel seen and understood?” Make it a point to notice the positive qualities that you exhibit and allow yourself to embrace the good aspects of your Enneagram type. You may even want to make a list of the positive qualities you bring into your relationship so you can better recognize them when they are being displayed.

Learning about yourself through the lens of the Enneagram allows you to accept parts of yourself you may have felt were flawed, broken, or of no value. As you begin to unpack your patterns of behavior, you will start to see where your thoughts, ideas, struggles, strongholds, competence, and confidence (or lack thereof) come from. By allowing yourself to see and explore your life through the Enneagram lens, you have an opportunity to embrace this new awareness that can reshape you and shift your life toward a more positive outlook and a hopeful future.

Overview of the Enneagram Types

1

The Moral Perfectionist

Triad: Gut

Divine attributes: Goodness and rightness

Core desire: To be seen as good

Signature sin: Anger

Core fear: Being seen as unworthy

Heart longing message: “You are good.”

Ones are known for being responsible, compassionate, hardworking people. They have a high moral standard and cannot always understand

why others don't feel the same way they do about things. They are ethical and reliable. If they say they are going to do something, you can trust them to follow through. Ones are also great at coming up with plans and procedures. They enjoy a challenge and like to establish order to help accomplish the tasks at hand. Their eyes are naturally drawn to mistakes and mess-ups, and they recognize what is wrong or does not fit. They often see the negative before the positive, and typically they can't help but share their thoughts and opinions about whatever issue is at hand. They are perfectionists in many, but not all, areas of life. At times they may appear rigid or judgmental because of their black-and-white view of the world.

2

The Supportive Adviser

Triad: Heart

Divine attributes: Love and nurture

Core desire: To be needed, wanted, and loved

Signature sin: Pride

Core fear: Being unwanted

Heart longing message: "You are wanted and loved."

Twos are known for being generous, warm, supportive, and nurturing. They are relationship-driven people who long for deep connection and commitment. They are supportive of others and often will suppress their own needs to give to others as a way of feeling connected, protected, and loved. They have a natural ability to sense others' needs and often try to meet those needs before having a conversation with the person about what they are seeing or sensing. Twos tend to be permissive because they don't like to deal with conflict or anything that will cause separation between them and their partner, children, family, or friends. At times they can become manipulative, bossy, and even demanding if they feel they have been overlooked, underappreciated, undervalued, or excluded. They seek connection through relationships, career success, climbing the corporate ladder, or being the most attractive and desirable person in the room.

3

The Determined Achiever

Triad: Heart

Divine attribute: Hope

Core desire: To be successful

Signature sin: Deceit

Core fear: Being seen as irrelevant

Heart longing message: “You are loved for who you are.”

Threes are known to be driven, optimistic achievers who work hard to accomplish all of their goals. They are function-focused and desire to accomplish tasks, projects, and plans to be the best at what they do. They are incredibly competitive and do not like it when people get in the way of their plans. They tend to have a project-over-people mentality; however, they struggle with people-pleasing, which can cause them to shape-shift in an effort to become what others view as successful and desirable. They are also known to be great encouragers and champions of the people they care about because they want to help their loved ones and friends achieve success. Threes tend to be very image-conscious and superficial at times, even with their partners. When confronted or questioned, their cool, calm demeanor often switches to defensiveness as they try to protect their image.

4

The Romantic Individualist

Triad: Heart

Divine attributes: Creativity and depth

Core desire: To be seen as unique

Signature sin: Envy

Core fear: Being overlooked or disregarded

Heart longing message: “You are seen and valued for who you are.”

Fours are known to be intuitive, expressive, and deeply concerned with authenticity. They pursue their passions with curiosity and an open heart and mind. They desire for all people to be valued, seen, and heard whether they agree with them or not. They are compassionate people who feel deeply and often feel misunderstood. Fours long to be accepted just as they are, and they do not shift and change to meet others' expectations. They can become withdrawn, irritable, and even confrontational if they perceive others are not accepting them. They long for deep connections with people who are open to creative ways of viewing the world. When they are in a relationship and the connection feels faulty, they push their partner away, hoping their partner will chase after them. This can create a cat-and-mouse pattern within the Four's relational expectations.

5

The Investigative Thinker

Triad: Head

Divine attribute: Wisdom

Core desire: To gather resources and knowledge

Signature sin: Greed

Core fear: Being depleted

Heart longing message: "Your needs are not a problem."

Fives are known to be intellectual thinkers who gather knowledge about many topics, so they are always prepared for whatever may happen. They are witty, insightful, caring people who enjoy a lot of alone time and privacy. They prefer to deal with and feel their emotions privately and do not like to be pushed to share their feelings openly. They tend to get easily overwhelmed when there is a lot of noise and stimulation and need to find a quiet place to retreat and recharge. At times Fives can be cynical, and they may distance themselves from others when they disagree with how a situation is being handled or with the views of the people around them.

6

The Friendly Loyalist

Triad: Head

Divine attribute: Courage

Core desire: To be certain

Signature sin: Fear

Core fear: Being without support

Heart longing message: “You are safe and secure.”

Sixes are known to be trustworthy and loyal people who enjoy being with others and offering their support. They are understanding and kind yet willing to ask hard questions and push on situations to see if people, organizations, and institutions are trustworthy. They love to work alongside other people and are great at seeing the big picture. At times they are overly cautious, which can cause frustration and angst within relationships because they may abruptly pump the brakes on plans. While they tend to be hypervigilant, they can appear controlling and overbearing; however, this stems from a desire to keep themselves and those they care about safe.

7

The Energetic Enthusiast

Triad: Head

Divine attribute: Joy

Core desire: To be free of limits

Signature sin: Gluttony

Core fear: Being trapped in emotional pain

Heart longing message: “You will be taken care of.”

Sevens are known for being fun, energetic, joyful people who are full of ideas and plans. They are great encouragers who have a unique ability to

gather people and infuse them with exciting vision and passion to carry out the creative ideas they put together. They have a lot of energy and don't like to miss out on gatherings, parties, or plans of any kind. They stay upbeat and positive in hopes of keeping negativity at bay. They can be impulsive and flighty when they don't allow themselves to process their feelings. They tend to get restless when life becomes too quiet because they don't want to deal with heavy feelings or negative thoughts that may surface if they become still. Sometimes Sevens can appear superficial because they do not wish to engage in deep emotional and personal conversations with others unless they are intimately connected to them.

8

The Protective Challenger

Triad: Gut

Divine attribute: Strength

Core desire: To be in control

Signature sin: Lust

Core fear: Being taken advantage of

Heart longing message: "You will not be betrayed."

Eights are strong, competent, inspiring people who are full of passion and energy. They are big-picture thinkers who desire to move at a break-neck pace and can't understand why others don't feel the same way. They are resilient and forceful people who want to make a big difference in the world. They are great mentors and leaders who are compassionate and caring, often looking out for the underdog. They can be excessive and controlling, which may cause others to retreat for fear of not meeting the high standards the Eight has set for themselves and everyone else. Eights may appear insensitive because of their unwillingness to openly express their feelings, thoughts, and emotions; however, they are very tenderhearted people who do not want to be exposed, betrayed, or made to look weak or incompetent, so they keep their guard up at all times.

9

The Peaceful Mediator

Triad: Gut

Divine attribute: Peace

Core desire: To be at peace

Signature sin: Sloth

Core fear: Being insignificant

Heart longing message: “Your presence matters.”

Nines are known to be calm, caring, and receptive. They like to know that their voice matters and their thoughts and ideas are valued. They are excellent mediators and have a unique ability to see all sides of a situation. They are genuinely kind, accepting, and inclusive people who desire others to be treated fairly in all situations and circumstances. Nines can appear detached because they do not like to deal with conflict of any kind. This does not mean they won't deal with conflict; it's just that they would prefer to avoid conflict because they desire to live in a peaceful and harmonious environment. Nines can become irritable when they feel their voice is not being heard, and they may even erupt if they have been pushed too hard or feel underappreciated or devalued.

Questions

What have I learned about myself from reading my Enneagram description?

Partner 1:

Partner 2:

The Enneagram and Your Marriage

What does it feel like to have my partner read about me?

Partner 1:

Partner 2:

What part of my Enneagram number's description feels most vulnerable?

Partner 1:

Partner 2:

What strengths does my Enneagram number reveal?

Partner 1:

Partner 2: