

# An Enneagram Journey: Celebrating What is Right about You

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**What if there is nothing wrong with you?**

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*"The longest journey is the journey inward" -Dag Hammarskjold*  
*"Everything outside of you is a reflection of yourself. Everything." -Cherie Huber*  
*"It's impossible to think and breathe at the same time."*

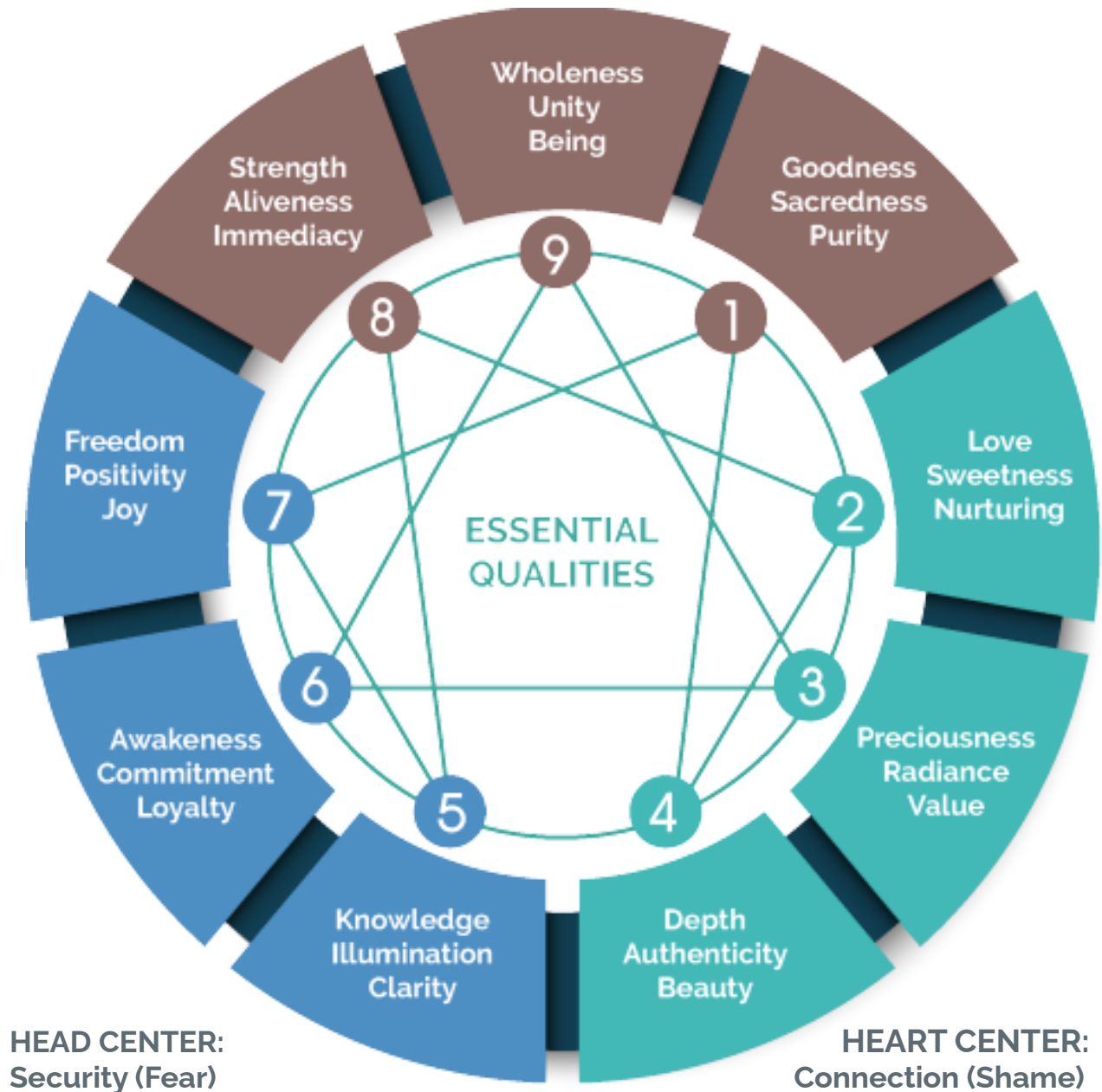
Best resource for more Enneagram learning:

- Book = *The Wisdom of the Enneagram* by Don Riso & Russ Hudson
- Online course = 9 Prisons ONE Key at [www.enneagramprisonproject.com](http://www.enneagramprisonproject.com)

# The Essential Qualities - What's Right About You!

The Enneagram shows us many things about ourselves. The system showcases what is "right" and good at the core of each type. We call these the "Essential Qualities". These are the gifts we learn from each type.

## BODY CENTER: Autonomy (Anger)



***Enneagram Type Paragraph Directions: Read through the paragraphs and note which 2-3 describe you the best. Think more about whether or not the overall description fits you without worrying about a few words that might not be exactly right. The number of the Type is at the end of the paragraph.***

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I seem to be able to see all points of view pretty easily. I may appear indecisive at times because I can see advantages and disadvantages on all sides. I am good at helping people resolve their differences. This same ability can sometimes make me more aware of other people's positions, agendas, and personal priorities than my own. I am easy-going, accommodating, trusting and stable. I tend to be good-natured, optimistic, straight-forward and supportive, but I can also be willing to go along with others to keep the peace. I have a hard time knowing what is really important for me. It is not unusual for me to become distracted and get off task. When this happens, my attention is drawn to trivial, unimportant facts. I like to be comfortable, harmonious and accepting. Type 9

I am conscientious, idealistic and have high internal standards for correctness. I expect myself to live up to these standards. I can easily see what is wrong with things and how they can be improved. It is hard for me to ignore or accept things that are not done the right way, and I may be perceived as overly critical or demanding perfection. If I am responsible for something, you can be sure that I will do it right. When others act irresponsibly or unfairly, I have feelings of resentment although I usually try not to show it to them openly. For me, work comes before pleasure; I suppress my desires as necessary to get the work done. Type 1

I am sincere, warm-hearted and very sensitive to other people's feelings. I can see what they need even when I don't know them. It's easy for me to give of myself. I sometimes wish I were better at saying no

because I put more energy into caring for others than into taking care of myself. I am people oriented, friendly, generous and self-sacrificing. It hurts my feelings if people think I'm trying to manipulate or control them when all I'm trying to do is understand and help them. I like to be seen as a good person, but when I'm not noticed or appreciated, I can become very emotional or even demanding. Good relationships mean a great deal to me and I work hard to make them happen. Type 2

Being the best at what I do is a strong motivator for me. I have received much recognition for my accomplishments. I am adaptable, self-assured, ambitious and charming. I get a lot done and identify strongly with what I do. I often do several things at once because I always have more to do than will fit into the time available. I set aside feelings and self-reflection in order to get things done. I do tasks quickly and like to feel and appear "on top" of any situation. I like to compete and am also a good team player. Type 3

I am a sensitive person with intense feelings. I sometimes feel misunderstood and lonely because I feel different from others. I am intuitive, self-aware, sensitive and gentle. I sometimes am moody and my behavior can appear like a drama to others. I have been criticized for being overly sensitive and over-amplifying my feelings. I long for deep emotional connections and deeply felt experience of relationships. I have a tendency to want what I can't have and to disdain what I do have. I have experienced melancholy and I sometimes wonder why other people seem to have happier lives and

better relationships than I do. I have a refined sense of aesthetics and I experience a rich world of emotions and meanings. Type 4

I am a perceptive, quiet, insightful, curious, analytical person who needs more time alone than most people do. I usually prefer to observe what is going on than to be involved in the middle of it. I don't like people to place too many demands on me or to expect me to know and report what I am feeling. I am able to get in touch with my feelings better when alone than with others. I often enjoy experiences I have had more when re-living them than when actually going through them. I am independent, innovative and inventive. It is important to me to protect my time and energy, live a simple, uncomplicated life, and be as self-sufficient as possible. Type 5

I have a vivid imagination, especially when it comes to what might be threatening to safety and security. I can usually spot what could be dangerous or harmful and may experience as much fear as if it were really happening. I am loyal, committed, reliable, trustworthy and likable. I either always avoid danger or always challenge it head on. My imagination also leads to my ingenuity and a good sense of humor. I would like for life to be more certain, but in general I seem to doubt the people and things around me. Some people may consider me very astute because I can usually see the shortcomings in the view someone is putting forth. I tend

**Once you have narrowed the choices to 2-3 Types, re-read those paragraphs and see if you can pick the one that matches you best. Remember that Type number and then return to the "Essential Qualities" chart on page 2 above. Over the coming weeks, pay attention to the how those qualities show up in your daily life and decisions and self-perception. If you can, be grateful for yourself and love yourself just a little more.**

to be suspicious of authority and am not particularly comfortable being seen as the authority. Because I can see what is wrong with the generally held view of things, I tend to identify with underdog causes. Type 6

I am an optimistic, enthusiastic, spontaneous person who enjoys thinking of new and interesting things to do. My mind is very active and moves quickly between different ideas. I tend to be playful, high spirited and have a lot of energy to devote to things that interest me. I have a harder time sticking to repetitive and unrewarding tasks. I like to be in on the beginning of a project when there are many fascinating options to consider. If something gets me down, I prefer to shift my attention to more pleasant ideas. I believe people are entitled to an enjoyable life. Type 7

I approach issues that matter to me in an all or nothing way. I place a lot of value in being strong, honest and dependable. What you see is what you get. I don't trust others until they have proven themselves to be reliable. I can tell when someone is manipulative or devious, and I like people to be direct with me. I have a hard time tolerating weakness. I prefer to be my own boss and have a hard time following orders, especially if I disagree with the person in authority. I stick up for friends and relatives as their protector. When I am angry, I find it difficult not to show my feelings. If you have been in a battle with me, you will know it. Type 8

