

AI-04620 Enneagram MTBi FFM

#darna

Who pioneered the concept of Enneagram of Personality? Is the enneagram is relevant in 2026 and beyond? What about other personality types such mbti or ffm? Are those 3 the most popular? Which to use in searching for a lasting life companion/spouse? Explain MBti relationship compatibility.

Yes—but the three systems are **not equal in scientific status or usefulness**, especially if your goal is choosing a **lasting life companion/spouse**.

1. Who pioneered the Enneagram of Personality? ⇄

The answer needs a distinction between the **Enneagram symbol** and the **Enneagram personality system**.

The modern lineage

G. I. Gurdjieff Person Oscar Ichazo	Introduced the nine-pointed Enneagram symbol into the modern West in the early 20th century, but did not create Contribution Principal originator of the modern Enneagram of Personality. In the 1960s he organized nine psychological "fixations" around the Enneagram.
Claudio Naranjo, MD	Learned Ichazo's system in 1970 and substantially developed, psychologized, and disseminated the nine-type system in the United States.
Helen Palmer, Don Riso, Russ Hudson, David Daniels and others	Later popularized and elaborated different Enneagram traditions.

The most defensible answer to **"Who pioneered the Enneagram of Personality?"** is **Oscar Ichazo**, with **Claudio Naranjo** being the crucial figure in its psychological development and dissemination. ([The Enneagram Institute](#))

This distinction matters because the claim that the personality Enneagram is an ancient psychological system is considerably stronger than the historical evidence supports. The **symbol has older roots**, but the recognizable nine-type personality system is essentially a **20th-century development**. ([Wikipedia](#))

2. Is the Enneagram still relevant in 2026—and beyond?

Yes, but primarily as a self-awareness and interpersonal framework—not as a scientifically established personality measurement system.

That's an important distinction.

The Enneagram is particularly interesting because it asks:

"Why do I behave this way?"

rather than simply:

"What am I like?"

For example, two people might both be highly conscientious, but one might be driven by **fear of being wrong**, another by **fear of being unsuccessful**, and another by **fear of being inadequate**.

That motivational layer is one reason people find Enneagram useful for relationships.

Its nine types emphasize things such as:

- core motivation
- basic fear
- basic desire
- defense mechanisms
- attention patterns
- reactions under stress
- interpersonal strategies
- emotional patterns
- growth patterns

The psychiatric literature recognizes that the Enneagram can be useful as a framework for describing motivations and self-awareness, but the evidence base is not comparable to the Big Five. ([Psychiatry Online](#))

My 2026 assessment

I'd classify it this way:

Enneagram = useful psychological lens, weak scientific personality taxonomy.

It can be tremendously useful for **conversation, introspection and understanding relational patterns**, provided you don't treat someone's "Type 8" or "Type 4" as a diagnosis.

3. What about MBTI and FFM/Big Five?

These are actually quite different approaches.

MBTI

MBTI asks essentially:

"What are my preferred ways of perceiving information and making decisions?"

It produces 16 types:

ISTJ, ISFJ, INFJ, INTJ

ISTP, ISFP, INFP, INTP

ESTP, ESFP, ENFP, ENTP

ESTJ, ESFJ, ENFJ, ENTJ

MBTI was developed by **Katharine Cook Briggs and Isabel Briggs Myers**, drawing heavily from Carl Jung's theory of psychological types. ([The Myers-Briggs Company](#))

It is enormously popular. The Myers-Briggs organization calls it the world's most popular personality assessment and says it is used extensively in organizations. ([The Myers-Briggs Company](#))

But popularity ≠ scientific superiority.

4. Big Five / FFM is different

The **Five-Factor Model (FFM)**—usually called the **Big Five**—measures personality as continuous traits:

OCEAN

O — Openness

Curiosity, imagination, intellectual exploration

C — Conscientiousness

Discipline, reliability, organization, responsibility

E — Extraversion

Social energy, assertiveness, stimulation seeking

A — Agreeableness

Cooperation, compassion, warmth

N — Neuroticism

Emotional volatility, worry, sensitivity to stress

Instead of saying:

"You are an INTJ."

Big Five says something closer to:

"You are high in conscientiousness, moderately introverted, high in openness, moderately agreeable, and low in neuroticism."

That's generally a **more scientifically defensible way to describe personality**.

5. Are these three the most popular?

If we're talking about **popular personality frameworks**, MBTI, Enneagram and Big Five are certainly among the most prominent.

But I'd avoid saying they are definitively "the three most popular" because popularity depends heavily on whether we're talking about:

- academia
- business
- social media
- therapy/coaching
- self-development
- dating
- general public awareness

There is an important divide:

MBTI	★★★★★	★★★	Preferences / communication
Enneagram Framework	★★★★★ Popularity	★★ Scientific support	Motivation / self-awareness Main purpose
	★★★★★	★★★★★	description

The Big Five is particularly dominant in academic personality psychology. Even the Myers-Briggs organization's own explanation acknowledges that the FFM is the most-used personality model in academia while MBTI is more prevalent in professional practice and popular culture. (Myers & Briggs Foundation)

6. But which one should you use to find a LIFE PARTNER?

Here's where I'd strongly change the strategy.

Don't use MBTI compatibility as your primary spouse-selection system.

Instead:

Use the three systems for three different jobs.

Big Five → "Can we function well together?"

Enneagram → "Why do we behave the way we do?"

MBTI → "How do we naturally communicate and process differences?"

That's a much more powerful combination.

7. The hierarchy I'd use for choosing a spouse

If your objective is:

"Who is most likely to become a stable, compatible, lifelong partner?"

I'd rank the information approximately like this:

Tier 1 — Character and behavior

More important than personality type:

Integrity

Emotional stability

Reliability

Kindness

Loyalty

Self-control

Accountability

Honesty

Respect**Ability to repair conflict**

These aren't "personality types."

They're **relationship behaviors**.

And they're much harder to fake over years.

Tier 2 — Relationship values

Ask:

Do we want the same kind of life?

For example:

- children
- money
- retirement
- religion/spirituality
- geographical location
- career
- family involvement
- lifestyle
- sexuality/intimacy
- social life
- independence
- aging
- caregiving
- health
- friendships

A perfect MBTI match can still be a terrible marriage if the two people fundamentally disagree about these.

Tier 3 — Big Five

This is where I'd put your first formal personality assessment.

Especially examine:

Neuroticism

A chronically emotionally unstable partner can create enormous relationship stress.

Conscientiousness

Does the person keep commitments?

Pay bills?

Plan?

Follow through?

Take responsibility?

Agreeableness

Can the person cooperate without becoming a doormat?

Can they disagree without becoming cruel?

Extraversion

How much social stimulation does each person need?

Openness

Do they enjoy learning, exploration and new experiences?

The research here is substantially more compelling than "Type A + Type B = perfect couple."

A meta-analysis found relationship satisfaction associated with **lower neuroticism and higher agreeableness, conscientiousness and extraversion**. ([ScienceDirect](#)) More recent longitudinal research likewise finds meaningful relationships between Big Five traits—particularly neuroticism and conscientiousness—and relationship satisfaction. ([ScienceDirect](#))

8. Then use Enneagram

This is where I think the Enneagram becomes particularly interesting for marriage.

Don't ask:

"Which Enneagram types are compatible?"

Ask:

"What does this person do when they are afraid, rejected, criticized, stressed or losing control?"

That's much more revealing.

For example:

Type 1

Can become critical, rigid or perfectionistic.

Type 2

Can become controlling through giving or seeking appreciation.

Type 3

Can prioritize achievement/image over emotional authenticity.

Type 4

Can become emotionally intense or dissatisfied.

Type 5

Can withdraw and become emotionally unavailable.

Type 6

Can become anxious, suspicious or reassurance-seeking.

Type 7

Can avoid unpleasant emotions through stimulation or escape.

Type 8

Can become controlling, confrontational or domineering.

Type 9

Can avoid conflict and suppress their own needs.

The critical question isn't:

"What type are you?"

It's:

"How maturely do you manage your type?"

That's a much better question.

9. And then MBTI

MBTI is excellent for understanding **interaction style**.

For example, consider an **INTJ + ENFP** couple.

You could potentially have:

INTJ:

"I need time alone to think about this."

ENFP:

"Why aren't you talking to me?"

The INTJ may experience the ENFP as overwhelming.

The ENFP may experience the INTJ as emotionally distant.

But understanding the preference difference can transform:

"You don't care about me."

into:

"You process internally; I process externally."

That's useful.

10. MBTI compatibility isn't about matching letters

This is one of the biggest misconceptions.

There is no scientifically established rule that:

| **INTJ + ENFP = great marriage**

or

| **INFJ + ESTP = terrible marriage.**

In fact, there isn't a credible MBTI "compatibility chart" that can predict whether two people will have a successful lifelong marriage.

MBTI is better understood as a **communication map**.

For example:

I vs E

Introversion:

"I need solitude to recharge."

Extraversion:

"I need interaction to recharge."

Potential conflict:

| "You never want to go anywhere."

vs.

| "You never give me any space."

S vs N

Sensing:

"What actually happened?"

Intuition:

"What could happen?"

Potential conflict:

| "You're too literal."

vs.

| "You're making things up."

T vs F

Thinking:

"What makes logical sense?"

Feeling:

"What impact does this have on people?"

Potential conflict:

"You're too emotional."

vs.

"You're insensitive."

J vs P

Judging:

"Let's decide and make a plan."

Perceiving:

"Let's keep our options open."

Potential conflict:

"You're controlling."

vs.

"You're unreliable."

11. The most important MBTI relationship lesson

Compatibility doesn't mean similarity.

Sometimes complementary differences are wonderful.

An organized person can complement a spontaneous person.

An introvert can complement an extrovert.

A conceptual thinker can complement a practical person.

But there is a limit.

Difference + maturity = complementarity

Difference + immaturity = chronic conflict

That's the key.

12. The model I'd actually use for lifelong partner selection

I'd build a **5-layer compatibility model**:

① Character

Can I trust this person?

↓

② Values

Do we want the same life?

↓

③ Emotional maturity

Can we handle conflict, disappointment and vulnerability?

↓

④ Big Five

Are our underlying personality traits compatible?

↓

⑤ Enneagram + MBTI

How do we understand motivations and communication patterns?

That's much stronger than:

"She's an INFJ and I'm an ENTP. Are we compatible?"

13. My recommended weighting

If I were designing a **2026 Life-Partner Compatibility System**, I'd roughly weight it:

Character / integrity	20%
Emotional maturity & conflict repair Dimension -----, -----	20% Weight -----
Big Five personality compatibility	15%
Attachment / relational security	10%
Enneagram motivations	7.5%
MBTI communication preferences	7.5%

Notice something important:

MBTI and Enneagram together are only 15%.

That's intentional.

14. The biggest mistake in personality-based dating

A person can be:

INFJ + Type 2 + high agreeableness

and still be:

- dishonest
- manipulative

- financially irresponsible
- emotionally immature
- unfaithful
- controlling
- conflict-avoidant
- incapable of accountability

Personality typing doesn't remove character.

Likewise, someone can have an apparently "incompatible" personality type and make an **exceptionally good spouse** because they're emotionally mature, trustworthy and committed to repairing problems.

15. So what should you actually use?

My answer:

For scientific personality assessment:

🗉 **Big Five / FFM**

For understanding psychological motivations:

🗉 **Enneagram**

For communication and interpersonal preferences:

🗉 **MBTI**

For selecting a lifelong spouse:

Character + values + emotional maturity + attachment + Big Five

Then use **Enneagram and MBTI as supplemental maps**, not as the selection algorithm.

The really important insight

If you're looking for a **lasting life companion**, don't ask:

▮ **"Which personality type is compatible with me?"**

Ask:

▮ **"What kind of human being can build a stable life with me?"**

Then investigate:

How does this person handle money?

How do they handle anger?

How do they handle being wrong?

How do they handle rejection?

How do they behave when nobody is watching?

How do they treat people who can't benefit them?

Can they apologize without qualification?

Can they forgive?

Can they disagree without contempt?

Can they tolerate independence?

Can they remain loyal during difficult periods?

Do their actions consistently match their words?

Those questions will tell you vastly more about a prospective spouse than whether they are **INTJ, ENFP, Type 5, Type 2, or Type 9**.

And that's where the **Big Five + Enneagram + MBTI combination becomes genuinely powerful**: not as a "compatibility calculator," but as a three-dimensional map of **traits + motivations + interaction preferences**.