

The Nine Types

Different approaches to life.

1

Reformer

Improve what is wrong

2

Helper

Create connection through helping

3

Achiever

Establish value through achievement

4

Individualist

Establish an authentic identity

5

Investigator

Establish competence and understanding

6

Loyalist

Establish security and trust

7

Enthusiast

Establish freedom and satisfaction

8

Challenger

Establish autonomy and strength

9

Peacemaker

Preserve peace and stability

The Enneagram Circle

Nine interconnected types.



The connections show potential movement under stress and growth (traditions vary in interpretation).

Core Fear and Core Desire

The underlying motivation for each type.

Type	Basic Desire	Basic Fear
1	Be good and correct	Being wrong or corrupt
2	Be loved and needed	Being unwanted
3	Be valuable and successful	Being worthless
4	Be authentic and significant	Having no identity
5	Be capable and knowledgeable	Being helpless or incompetent
6	Be secure and supported	Being without support
7	Be satisfied and free	Being trapped or deprived
8	Be autonomous and strong	Being controlled or harmed
9	Be at peace	Loss of connection or disruption

The Three Centers of Intelligence

Different ways of experiencing the world.



Thinking Center (Head)

Types 5, 6, 7

- Analyze
- Plan
- Seek understanding
- Look for security



Feeling Center (Heart)

Types 2, 3, 4

- Feel
- Connect
- Seek meaning
- Experience emotions



Instinctive Center (Gut)

Types 8, 9, 1

- Act
- Respond
- Seek control
- Focus on what's right

The Three Instinctual Variants

Instinctual priorities (not additional types).



Self-Preservation

- Resources
- Physical well-being
- Security
- Sustainability



Social

- Group participation
- Belonging
- Contribution
- Social structures



One-to-One (Sexual)

- Intensity
- Connection
- Personal engagement
- Transformation

Common stackings (examples)

sp / so / sx so / sx / sp sx / sp / so

Wings: Influence from Neighboring Types

Each type can be influenced by one adjacent type.

4

→

5

→

6

Type 5 can have a 5w4 or 5w6 wing.

Examples

4

Principled, calm, restrained

2w3

Relational, socially effective

3w4

Image-conscious, distinctive achievement

5w6

Systematic, security-conscious expertise

9w1

Harmonizing, principled

Levels of Development

Each type can express in different ways.



More Adaptive

- Greater self-awareness
- Flexible
- Constructive
- Uses strengths well



Average Pattern

- Habitual
- Defensive
- Consistent patterns
- Mixed strengths and limitations



More Rigid

- Less flexible
- Reactive
- Defensive patterns
- Can create problems for self and others

These are not clinical severity ratings or mental health diagnoses.

Motivation vs. Behavior

The same behavior can have different motivations.



Example: Working long hours

1

Fulfill a duty and maintain quality

2

Support people who depend on them

3

Achieve results and demonstrate success

4

Express meaningful work and identity

5

Master a complex subject

6

Ensure preparedness and reduce risk

7

Pursue an exciting project or avoid discomfort

8

Maintain control and accomplish a goal

9

Meet expectations and avoid disruption

Common Relationship Themes

Recurring areas of tension (not inevitable).

1



Standards versus acceptance

2



Giving versus boundaries

3



Achievement versus emotional availability

4



Emotional intensity versus stability

5



Independence versus connection

6



Security-seeking versus trust

7



Freedom versus commitment

8



Autonomy versus vulnerability

9



Harmony versus direct expression

Leadership Strengths

Different contributions, different development focus.

Type	Potential Contribution	Development Focus
1	Standards, ethics, quality	Flexibility
2	Support, mentoring, relationships	Boundaries
3	Results, execution, motivation	Authenticity
4	Creativity, meaning, individuality	Consistency
5	Expertise, analysis, systems	Engagement
6	Risk management, loyalty, preparedness	Trust in judgment
7	Innovation, optimism, possibility	Follow-through
8	Protection, decisiveness, courage	Collaborative power
9	Mediation, stability, inclusion	Assertive priorities

From Automatic to Conscious

Create a pause. Choose a different response.

The Habit Loop

Trigger

↓

Interpretation

↓

Emotion

↓

Automatic response

↓

Reinforced pattern

The Conscious Response

✓ Notice the trigger

✓ Identify the interpretation

✓ Name the emotion

✓ Recognize the habitual impulse

✓ Consider an alternative

✓ Choose a deliberate response

✓ Review the result

Self-Typing Process

A practical approach (not a definitive test).

1

Study all nine types

Read each description without deciding too quickly.

2

Identify recurring motivations

Look for patterns across different areas of life.

3

Examine defensive patterns

Consider what you do when you feel threatened.

4

Compare similar types

Look at key differences (e.g., 1 vs 3, 5 vs 6, 8 vs 1, 2 vs 9).

5

Test the hypothesis

Does it explain both strengths and challenges?

6

Remain open to revision

A type is a working hypothesis, not a fixed label.

Daily Reflection

A simple practice for greater awareness.



Morning: Intention

- What is important today?
- What might interfere?
- What quality do I want to practice?



During the Day: Observation

- What happened?
- What did I assume?
- What emotion appeared?
- What did I want to do automatically?



Evening: Review

- Where did I act intentionally?
- Where did I repeat a pattern?
- What did I learn?
- What could I do differently tomorrow?

A 4-Week Learning Plan

From understanding to application.



Foundations

- Learn the nine types
- Study the three centers
- Motivations vs. behaviors
- Keep a journal



Self-Typing

- Compare similar types
- Explore fears and desires
- Review stress patterns
- Develop hypotheses



Relationships and Work

- Observe communication
- Examine conflict
- Identify strengths and blind spots
- Practice alternatives



Integration

- Review observations
- Explore wings and instincts
- Work on one key habit
- Use as a tool, not a limiting identity

Key Takeaways

A more intentional way forward.

✓ The Enneagram is a tool for self-reflection, not a label.

✓ People can become more aware of habitual patterns.

✓ The same behavior can come from different motivations.

✓ Use the framework to develop curiosity, not judgment.

✓ You are not required to be controlled by your patterns.

✓ A useful framework expands what people can become.



A framework for reflection.
A more intentional tomorrow.

Greater Self-Awareness. More Understanding. A More Intentional You.



hub.gravelcloud.com
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