

THE ENNEAGRAM

Rachel Pritz, MSN, RN

Certified Life Coach & Certified Enneagram Coach

ABOUT ME

- Registered Nurse
- Former Healthcare Leader
- Certified Life Coach
- Enneagram Coach
- Mom x 2
- People & animal lover
- Former burnout current thriver



INTRODUCTIONS

THE ENNEAGRAM DOESN'T BOX YOU IN. IT
JUST HELPS YOU IDENTIFY WHAT BOX YOU'VE
PUT YOURSELF IN. THEN WE TEACH YOU HOW
TO CUT OFF THE SIDES SO YOU CAN BE FREE
OF PATTERNS OF BEHAVIOR THAT AREN'T
WORKING FOR ANYMORE.

-Rachel Pritz

MY NAME IS RACHEL AND I'M AN ENNEAGRAM 9W8

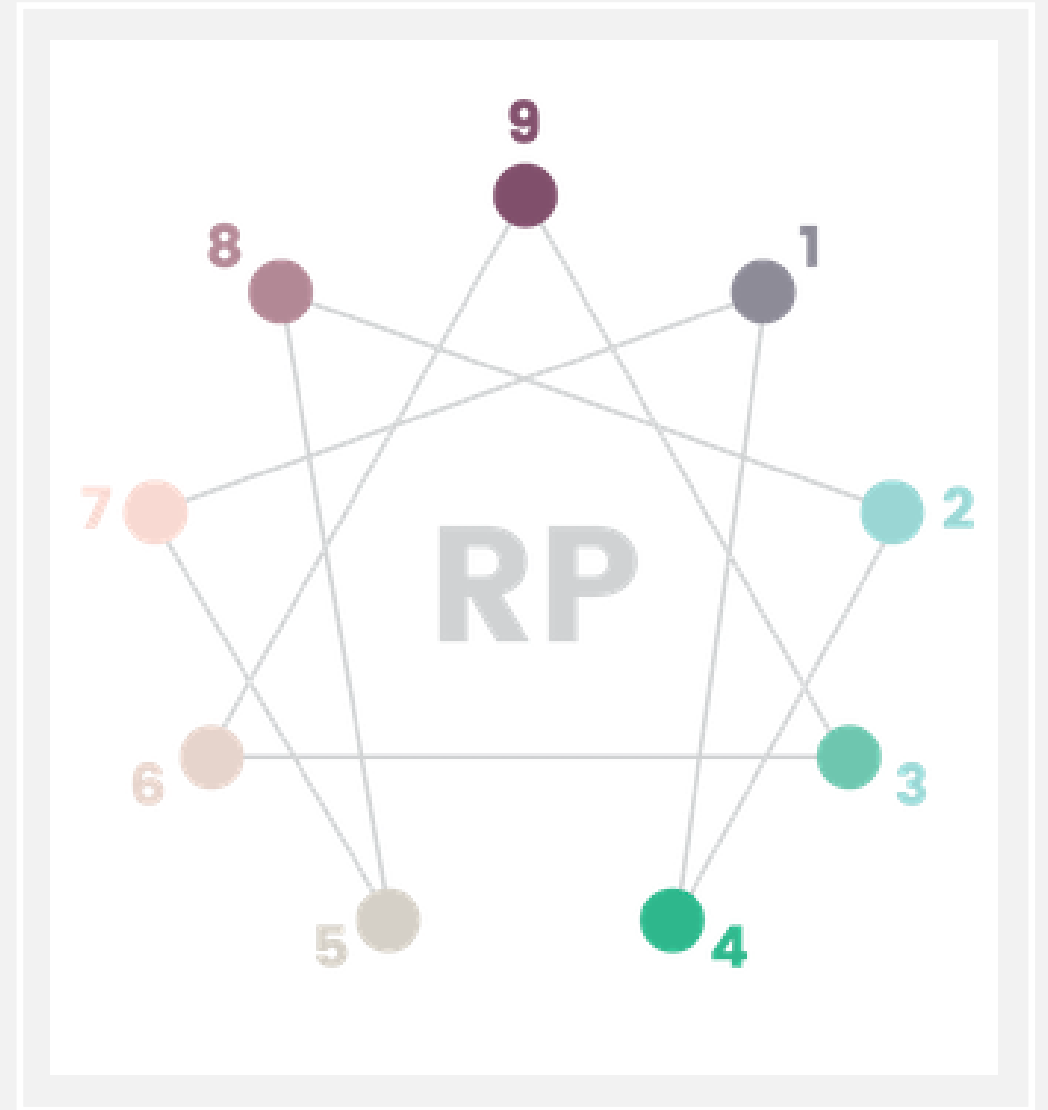
Enneagram Type	Score
Type 3, The Achiever	24
Type 9, The Peacemaker	23

Your highest score was a tie between:

- Type 3
- Type 9

HISTORY OF THE ENNEAGRAM

- Modern synthesis of human psychology and spiritual teachings from centuries ago
- Expanded in the 1950's
- Not faith based but spiritual





WHY DOES PERSONALITY MATTER?

- Self-Awareness
- Self-Knowledge
- Self wisdom
- De-personalization
- Platinum rule is better than the Golden rule
- Personality Diversity is key

IT'S NOT SCIENTIFIC

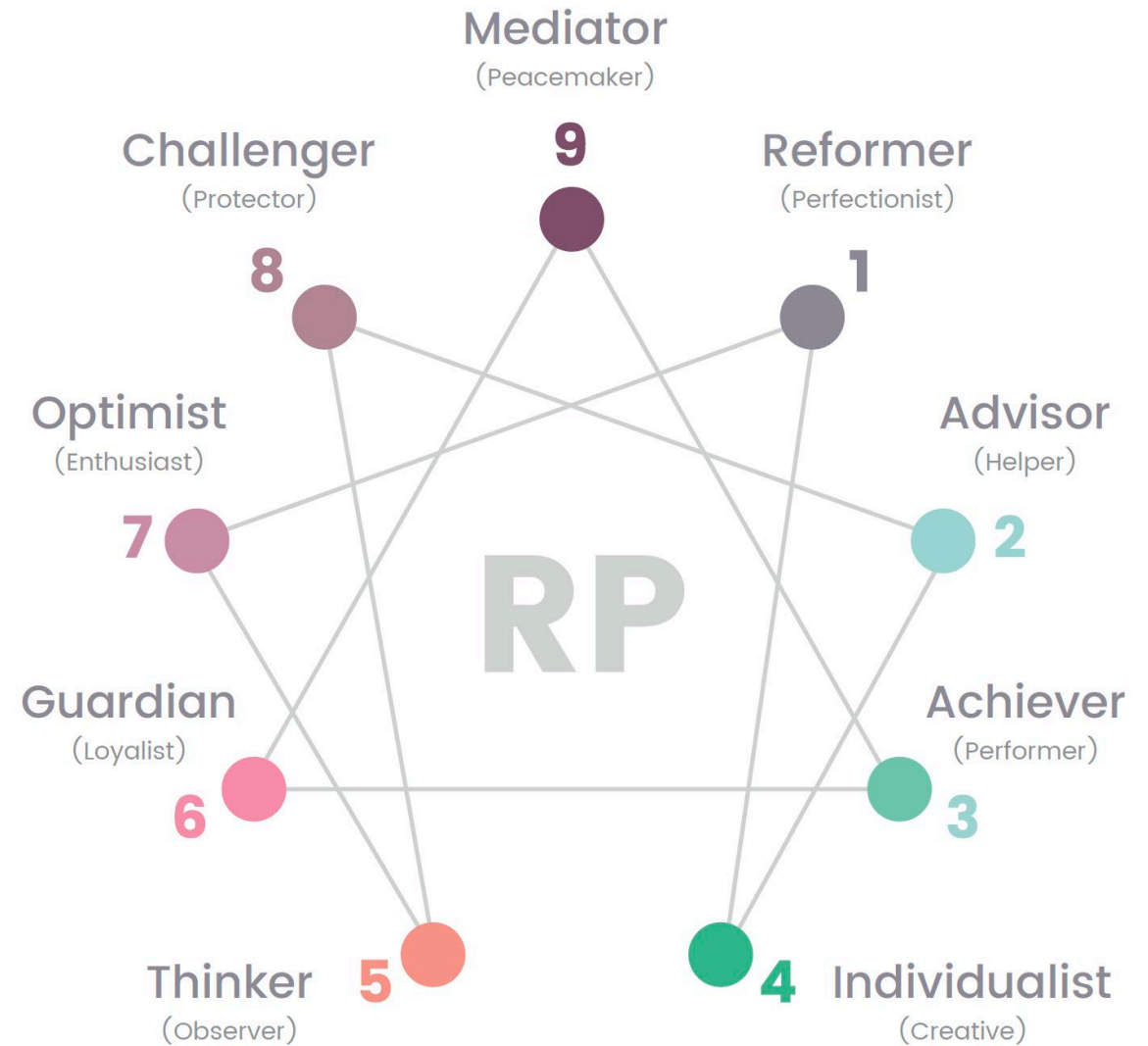
- Science is measuring the external environment i.e. behaviors
- Enneagram measures the internal environment i.e. motivators or why
- Science tell can explain so much. It also CAN'T explain so much
- Millions of people aren't wrong

CAN YOU CHANGE NUMBERS?

- Mostly, no. Trauma can influence though.
- It's dynamic. You can pick up behaviors of other types, but typically not core motivations.
- You have a little of every number in you.
- The further you get from your number the more growth you've likely experienced
- Finding your number isn't critical

ENNEAGRAM VS. OTHER ASSESSMENTS

- Dynamic vs. static
- Motivations vs. behaviors
- Defines a growth path
- Stress awareness
- Looks at the hardest parts of ourselves



D

3 7 8

I

2 3 7

S

9 4 6

C

1 5 6

INFJ

4 1 5

INTJ

5 1

ENFP

7 2 3

ENTP

3 8 1

INFP

9 4 6

ISFP

2 9 4

ENFJ

2 1 3

ESFJ

2 3 6

INTP

5 6 7

ISTP

5 9 7

ENTJ

8 1 3

ESTJ

8 3 1

ISTJ

1 5 6

ISFJ

3 9 1

ESTP

3 7 8

ESFP

7 8 2

LEVELS OF DEVELOPMENT

HEALTHY

1. At their best, Ones are beautiful human beings. They can finally have their core desire – to be good and have integrity. The inner critic quiets and they don't feel the need to fix the world. They are wise and discerning. They respect that we are humans and make mistakes. They become hopeful and inspiring.
2. They are conscientious with strong personal convictions. They have an intense sense of right and wrong and have high moral standards. They wish to be rational, reasonable, self-disciplined, mature, and moderate in all things.
3. They are extremely principled, always want to be fair, objective, and ethical. Truth and justice are primary values for them. They have a strong sense of responsibility, personal integrity, and higher purpose.

AVERAGE (Auto-Pilot)

4. They think they have to live in their own strength, they become dissatisfied with reality, high-minded idealists, and feel that it is up to them to improve everything. They see themselves as crusaders, advocates, and critics. They often think about how things 'should' be but aren't.
5. They are afraid of making a mistake, so everything must be consistent with their ideals. They become well-organized but impersonal, puritanical, emotionally constricted, and rigidly keep their feelings and impulses in check. At this level, they often become punctual, fastidious, and a workaholic.
6. Feeling alone in their principles, they become critical, picky, judgmental, and perfectionistic. They are very opinionated about everything, which leads to them correcting people and badgering others to do the right thing—as they see it. They are impatient and never satisfied with anything unless it is done according to their precise directions. They become moralizing, scolding, and abrasive.

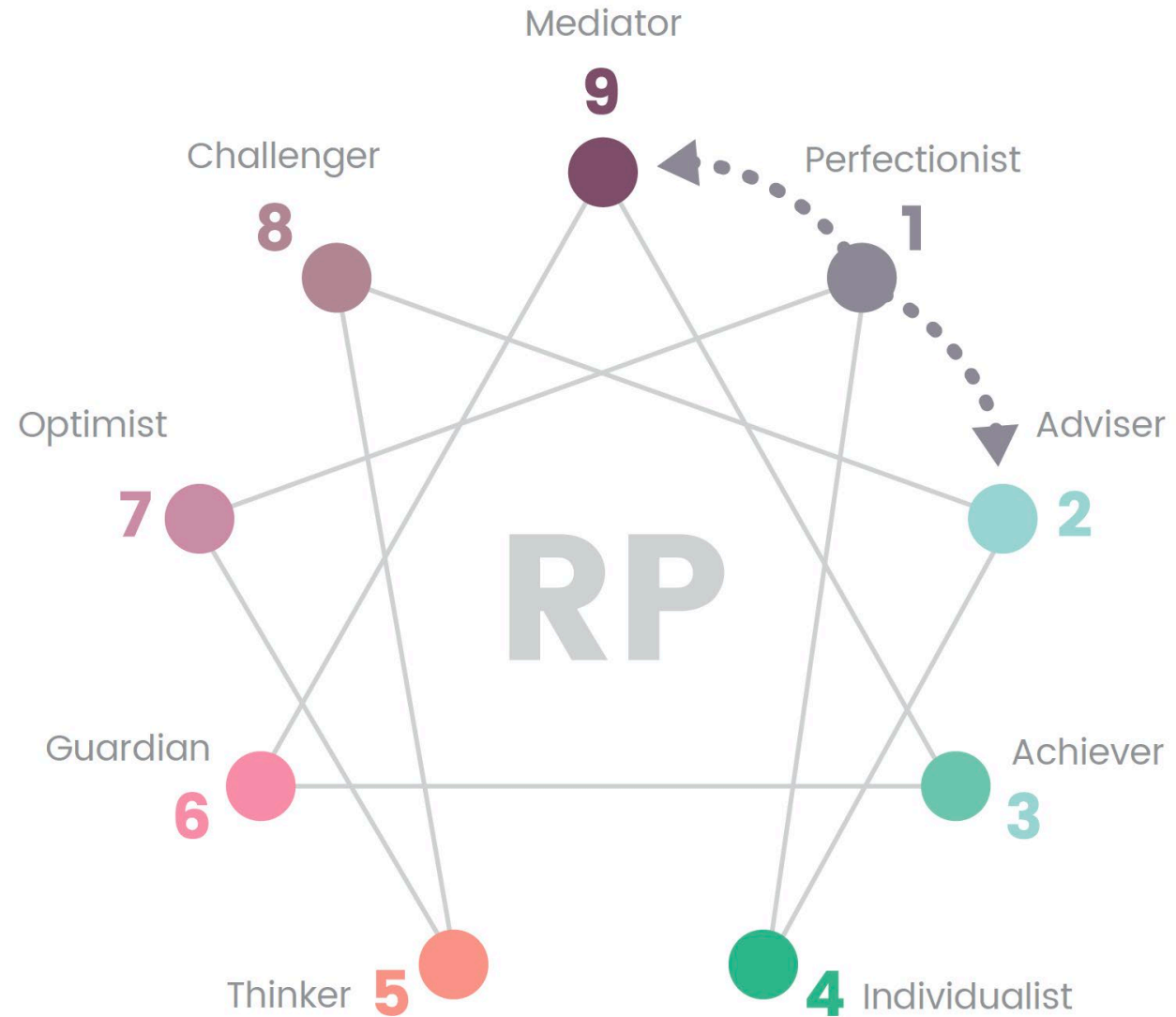
UNHEALTHY

7. They start to believe they are an orphan alone in life. At this level, they become highly dogmatic, self-righteous, intolerant, and inflexible. They start thinking in absolutes and believe that they alone know 'The Truth.' To them everyone else is wrong. They become extremely judgmental, while rationalizing their own wrong thoughts, feelings, and behaviors.
8. Ones at this level become obsessive about the imperfections and the wrong-doings of others. But at the same time, they may be a hypocrite, doing the opposite of what they preach.
9. Their impatience is so great that they become punitive, and cruel toward others to rid themselves of these "wrong-doers." They can experience severe depressions, nervous breakdowns, and suicidal attempts. An unhealthy Type One generally corresponds to the Obsessive-Compulsive and Depressive personality disorders.

WINGS

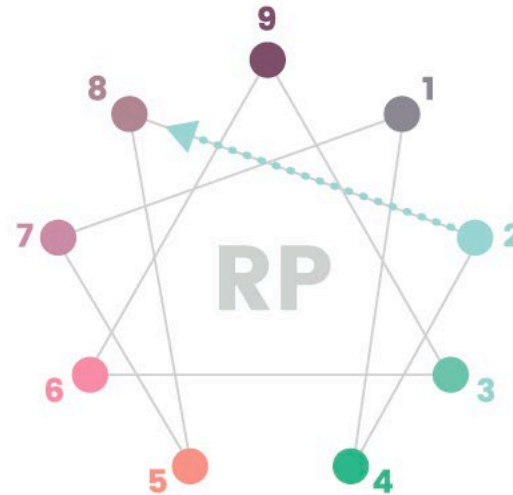
The wings are the two personality types on either side of your main personality type.

One wing is usually used more (but not always). Think of them as salt & pepper to your type.



STRESS & GROWTH ARROWS

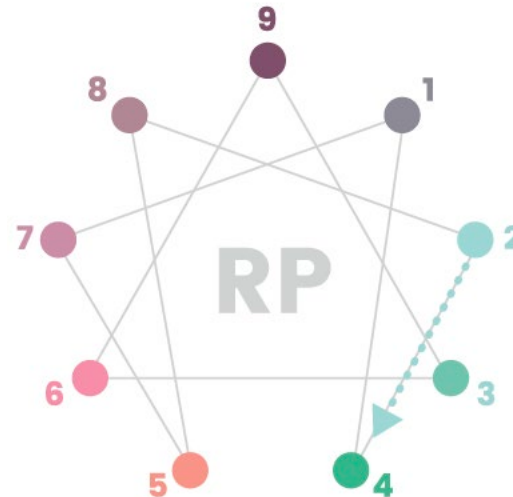
YOU DON'T CHANGE
TYPES. YOU ADOPT
BEHAVIORS OF OTHER
TYPES.



UNDER STRESS

What we are like when we are under stress.

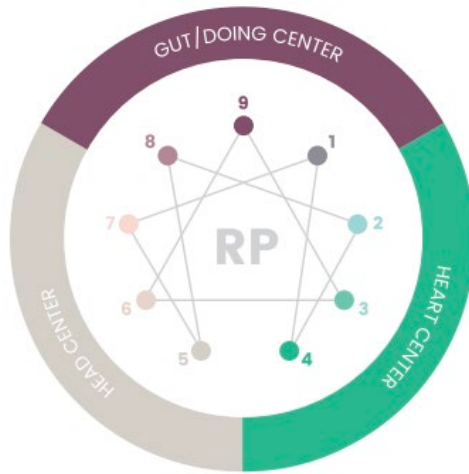
- **Type 2** moves toward Average to Unhealthy **Type 8**
- Stressed Twos can become irritable, defensive, controlling, aggressive, demanding and dominating. They will blame others for problems while seeing their intentions as being only good.



GROWTH POINT (SOUL CHILD)

When we learn to begin to transform and grow.

- **Type 2** moves toward Healthy side of **Type 4**
- Become more nurturing and compassionate toward themselves.
- More aware of their emotions and begin to admit and accept painful feelings, including anger, sadness, and loneliness.



GUT/DOING

HANDS
INSTINCTS
BODY

THINKING CENTER

HEAD
LOGIC
BRAIN
INFORMATION

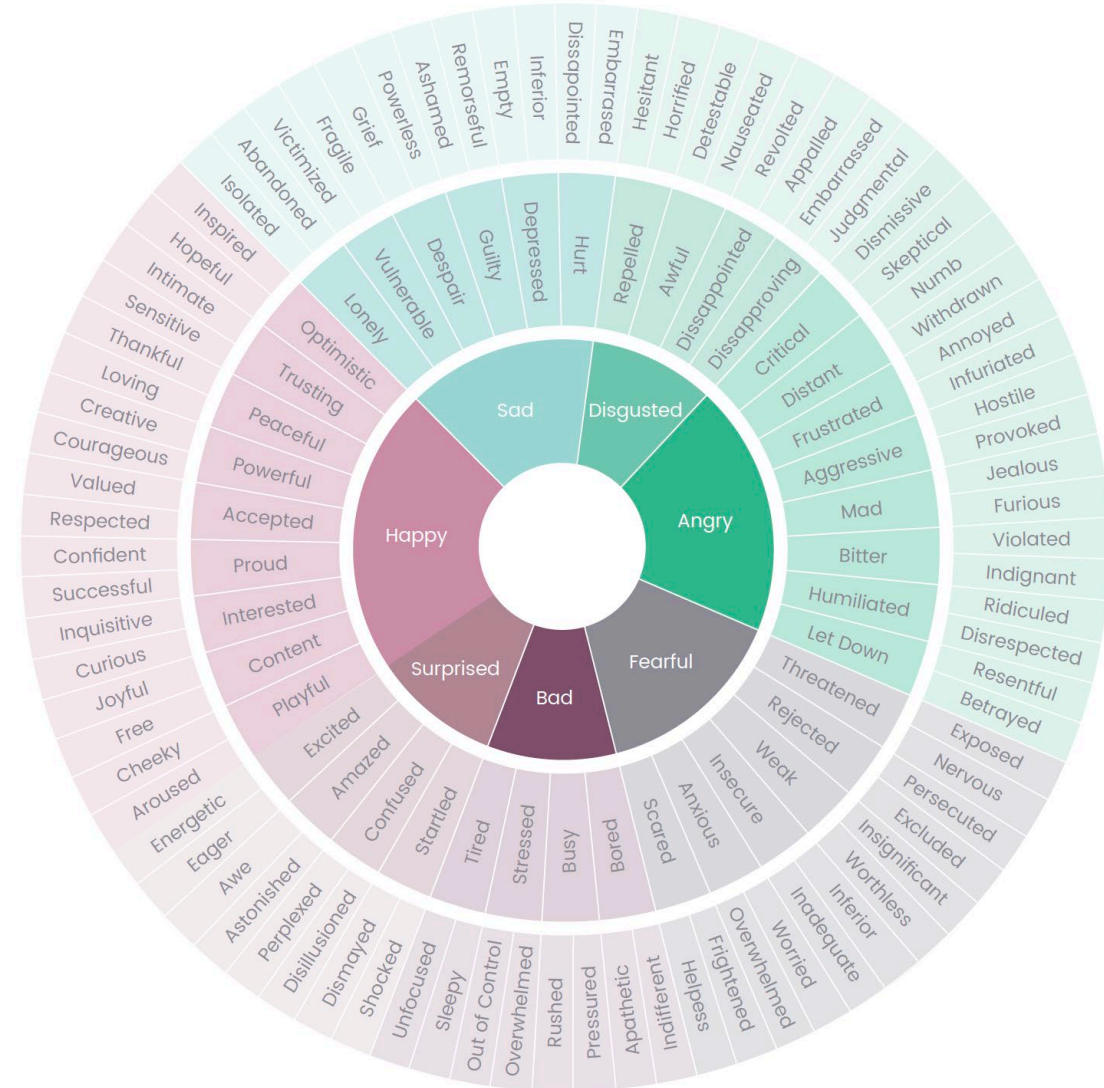
FEELING CENTER

HEART
EMOTION
RELATIONSHIPS
PURPOSE

CENTERS OF INTELLIGENCE

THE FEELINGS WHEEL

Feelings Wheel

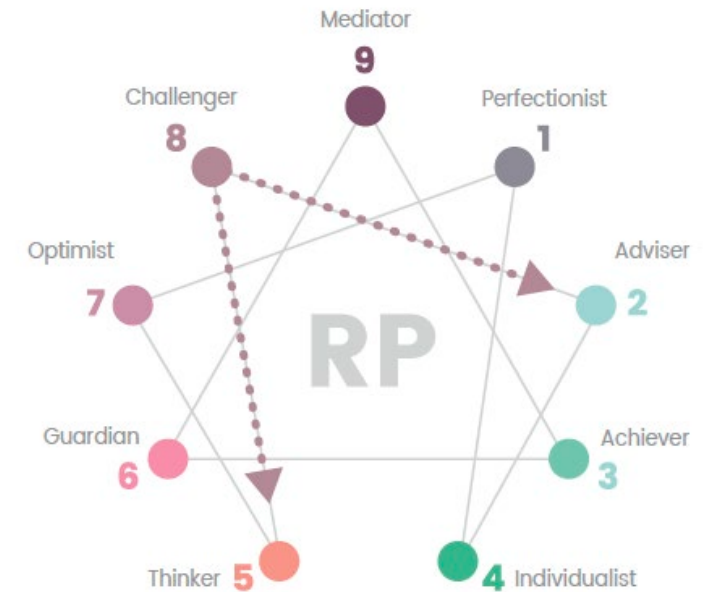


● Sad
 ● Disgusted
 ● Angry
 ● Fearful
 ● Bad
 ● Surprised
 ● Happy

TYPE 8 THE CHALLENGER/PROTECTOR

DIRECT | WILLFUL | DECISIVE | CONFRONTATIONAL

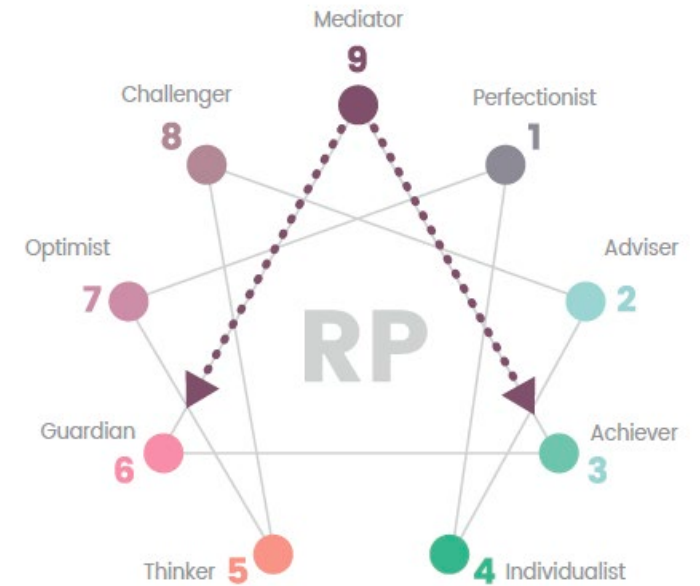
- **Core Fear:** to be weak, powerless, underestimated, mediocre, controlled, or manipulated
- **Core Desire:** to protect themselves and those in their inner circle
- **Motivations:** self-reliance, to stay in control and to be invincible



TYPE 9 THE PEACEMAKER/MEDIATOR

RECEPTIVE | REASSURING | AGREEABLE
COMPLACENT

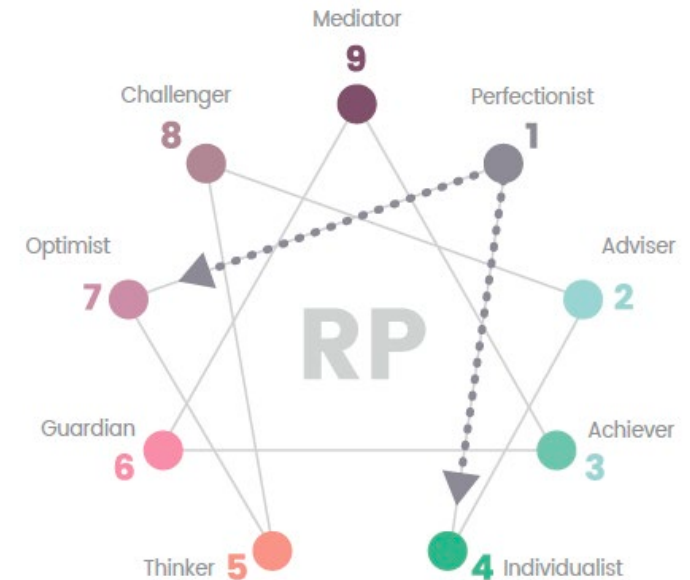
- **Core Fear:** to be in conflict, uncomfortable, unimportant, overlooked, shut out.
- **Core Desire:** inner stability and peace of mind.
- **Motivations:** to avoid conflicts and tension and to avoid demands being placed on them.



TYPE I THE PERFECTIONIST OR REFORMER

PRINCIPLED | PURPOSEFUL |
SELF-CONTROLLED | PERFECTIONISTIC

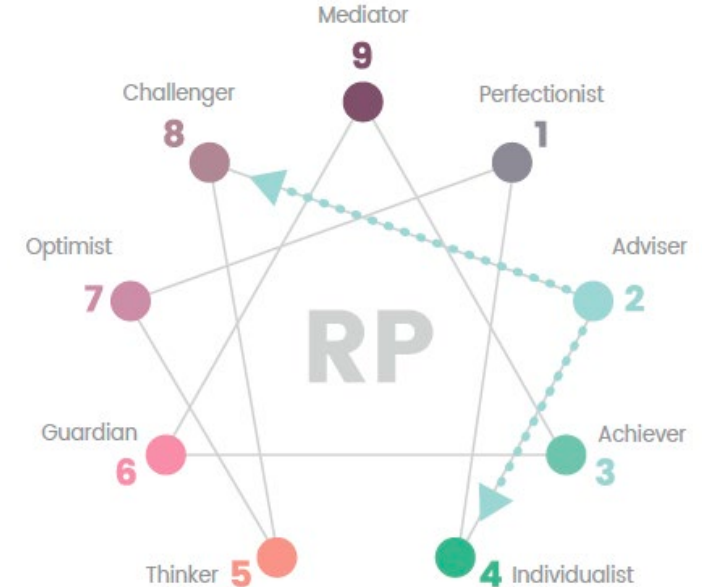
- **Core Fear:** being bad, angry, wrong, inappropriate, or irresponsible.
- **Core Desire:** to be the ‘good girl or boy’
- **Motivations:** to be right, to have integrity and balance, to improve themselves and those around them and to be beyond criticism.



TYPE 2 – THE HELPER/ADVISER

GENEROUS | FIXER | PEOPLE-PLEASER | POSSESSIVE

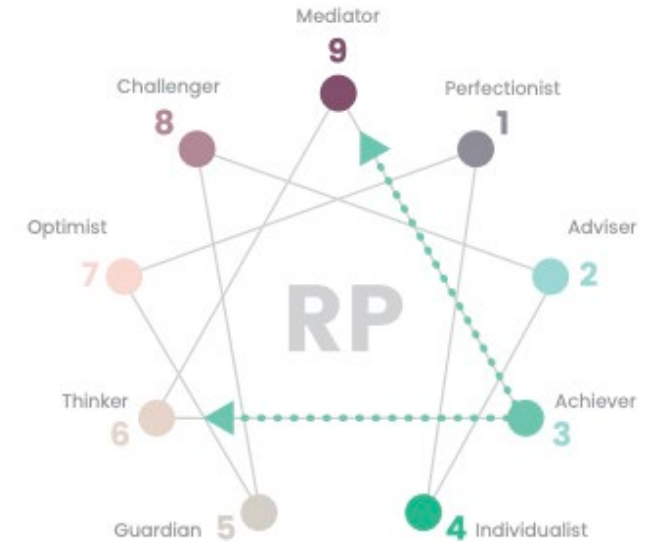
- **Core Fear:** being unloved or unwanted
- **Core Desire:** to feel loved and wanted
- **Motivations:** to be needed and appreciated, to get others to respond to them with affirmation and affection.



TYPE 3 – THE ACHIEVER/PERFORMER

ADAPTABLE | EXCELLING | DRIVEN | IMAGE-CONSCIOUS

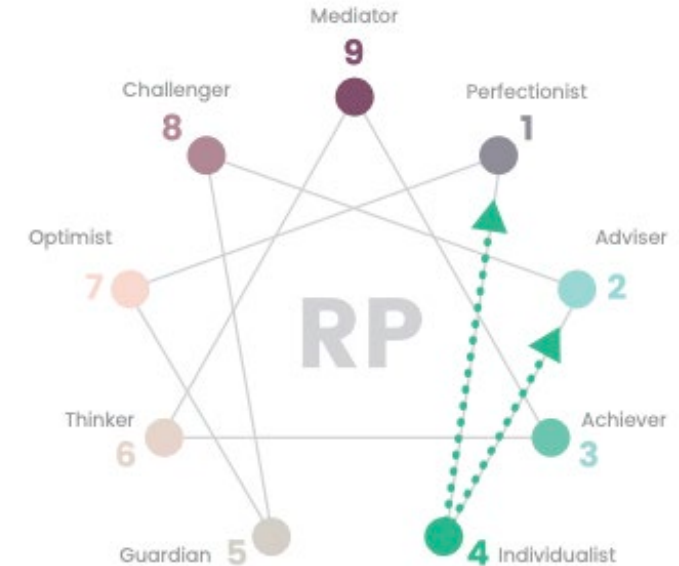
- **Core Fear:** failure, being incapable, second best, lackluster, incompetent, inefficient
- **Core Desire:** to feel valued and worthy of love simply for being themselves and without having to perform
- **Motivations:** to gain admiration and to impress others in order to be affirmed and loved by them



TYPE 4 THE INDIVIDUALIST/CREATIVE

EXPRESSIVE | CREATIVE | DRAMATIC | EMOTIONAL

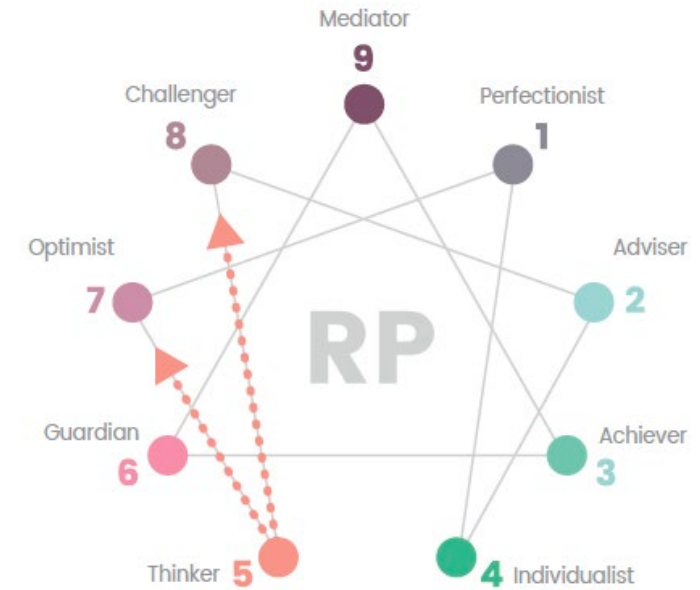
- **Core Fear:** being plain or inadequate, emotionally cut off, ordinary, abandoned, defective or flawed
- **Core Desire:** to find themselves and their unique significance
- **Motivations:** to be their unique selves, to express something beautiful, to withdraw so they can protect their feelings and to take care of emotional needs before anything else



TYPE 5 THE THINKER OR OBSERVER

PERCEPTIVE | INNOVATIVE | SECRETIVE | ISOLATED

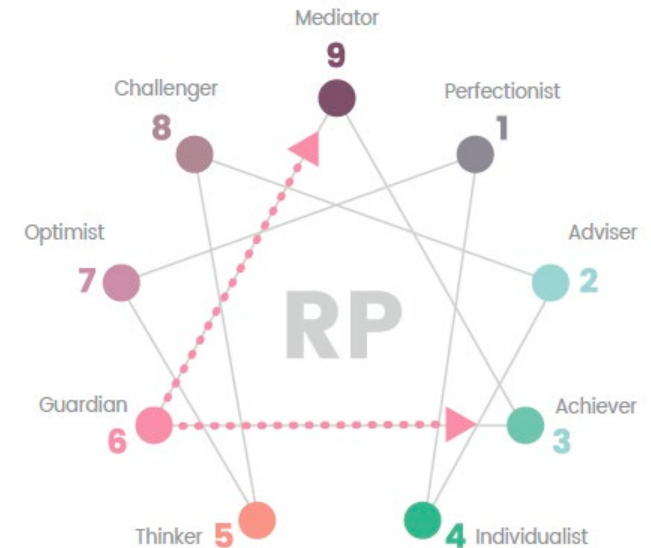
- **Core Fear:** being intruded on, being ignorant, overwhelmed, dependent, incompetent
- **Core Desire:** to be capable and competent
- **Motivations:** to be competent, to master a body of knowledge and skill, to remain undisturbed by others and reduce their need from other people.



TYPE 6 – THE LOYALIST/GUARDIAN

ENGAGING | RESPONSIBLE | ANXIOUS | SUSPICIOUS

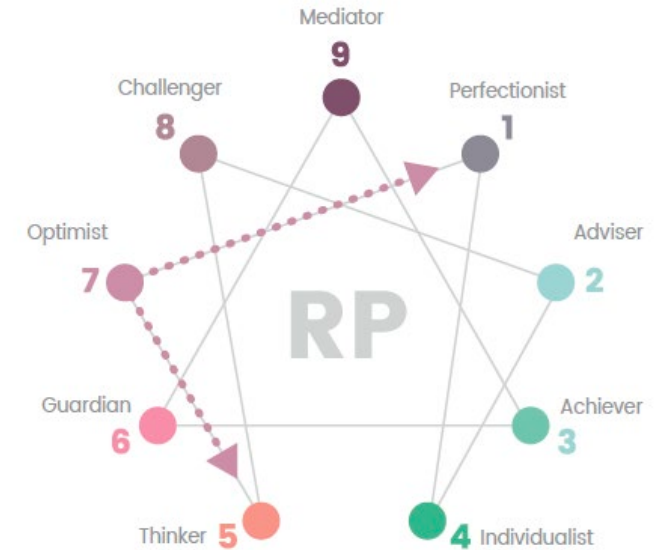
- **Core Fear:** of fear itself, being in danger, uncertainty, chaos, not having support or guidance, being alone
- **Core Desire:** to have guidance, security, and support
- **Motivations:** to have security and certainty, to feel supported and have the approval of others, to defend their beliefs



TYPE 7 THE ENTHUSIAST OR OPTIMIST

SPONTANEOUS | VERSATILE | OPTIMISTIC | SCATTERED

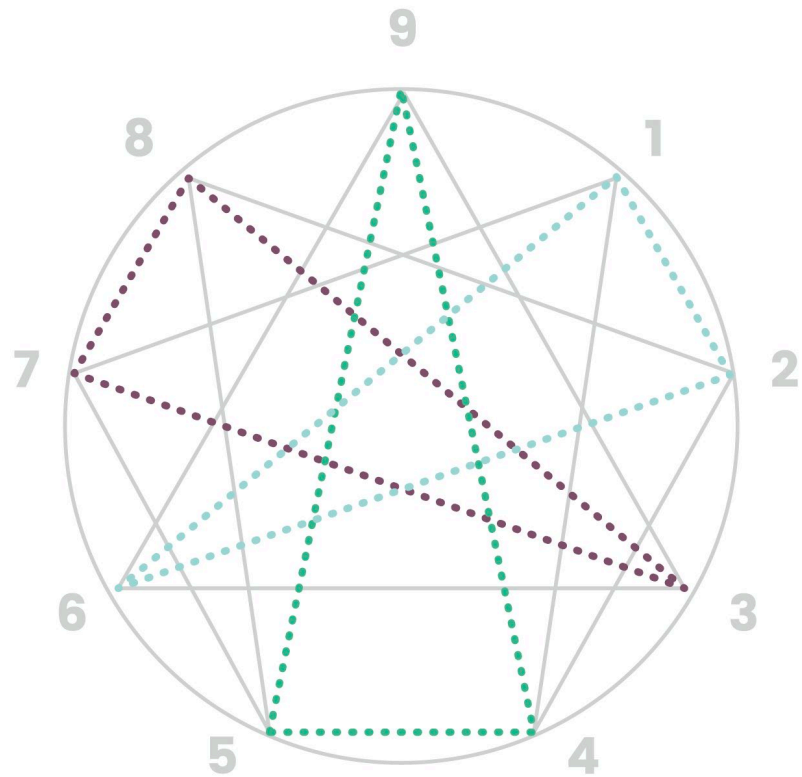
- **Core Fear:** to be limited, bored, incomplete, inferior, missing out or trapped in emotional pain
- **Core Desire:** to be satisfied, content, and to have needs fulfilled
- **Motivations:** to enjoy a wide variety of experiences, to not be tied down, to keep options open to enjoy life, to escape internal pain and any anxiety



PEOPLE READING RULES

- Behaviors often don't match what's going on inside
- Don't make too many assumptions
- Try things on and see how they land
- Avoid judgement and work towards a more generous interpretation
- Check in with the person

STANCES

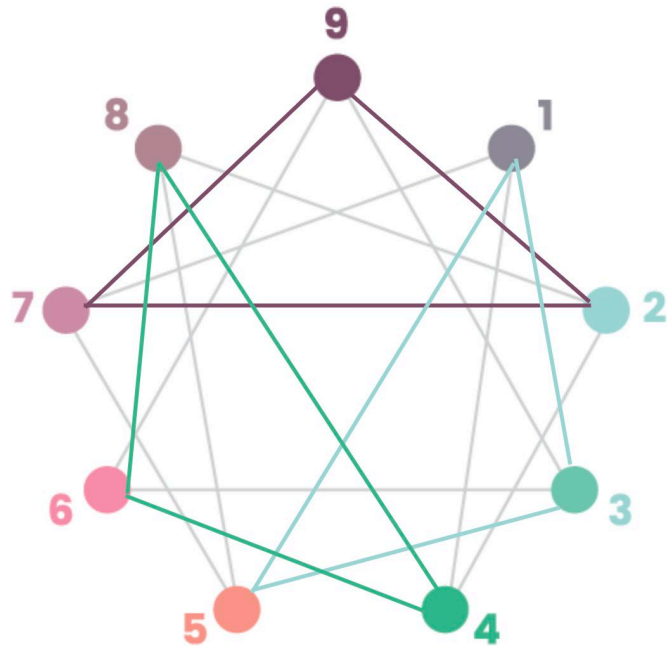


ASSERTIVE (3, 7, 8) MOVES AGAINST

COMPLIANT (1, 2, 6) MOVES TOWARD OR WITH

WITHDRAWING (4, 5, 9) MOVES AWAY

COPING STYLES



POSITIVE OUTLOOK GROUP (2, 7, 9)
REFRAMES TO THE POSITIVE

COMPETENCY GROUP (1, 3, 5) PUTS ASIDE
FEELINGS AND SOLVES PROBLEMS LOGICALLY

REACTIVE GROUP (4, 6, 8) REACTS
EMOTIONALLY AND DOESN'T TRUST EASILY

SALLY STETHOSCOPE

- 15 years experience
- Tough exterior
- Stays out of unit drama
- No problem with conflict
- Tells it like it is
- Doesn't trust easily
- Protective of others
- Can't stand inefficiencies
- Natural leader
- Tells you where all the problems are
- Quick to react



STANCES



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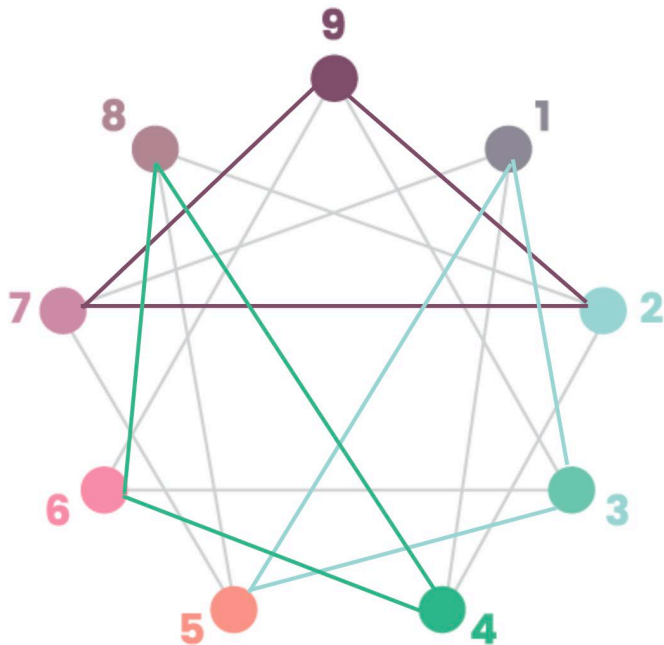
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JOSH JEJUNUM

- 5 years of experience
- Keeps to himself
- Stays out of unit drama
- Avoids conflict
- Rarely shows emotion
- Likes data and information to make decisions
- Rarely ever talks to you
- Doesn't like being wrong
- Bends rules when they don't make sense



STANCES

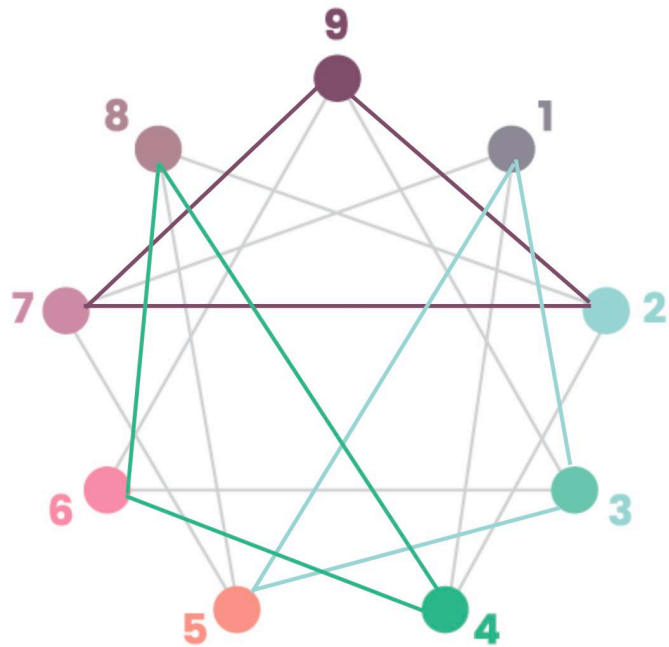


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PEGGY PERFUSION

- 10 years of experience
- Follow the rules/policies to a T
- Loyal to her unit and co-workers
- Often asks others for their opinions
- Plans for the worst-case scenario
- Likes things to be tidy and organized
- Worrywart
- Funny sense of humor
- Strong and reliable



STANCES



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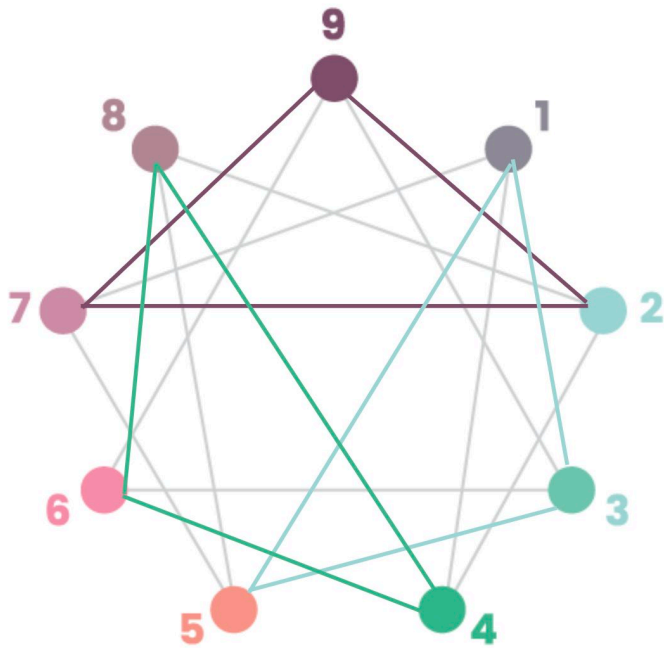
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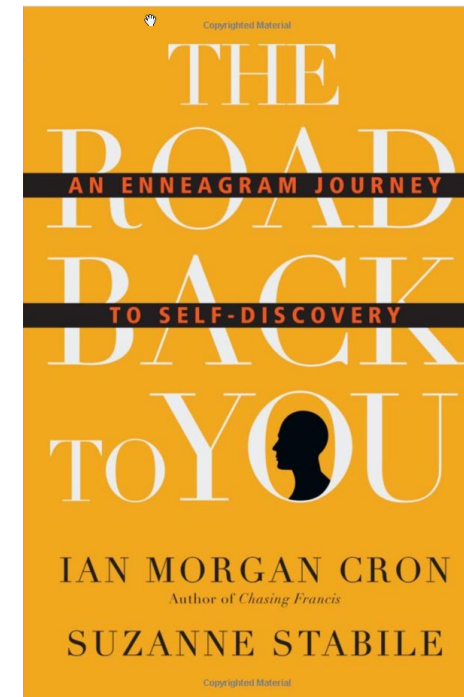
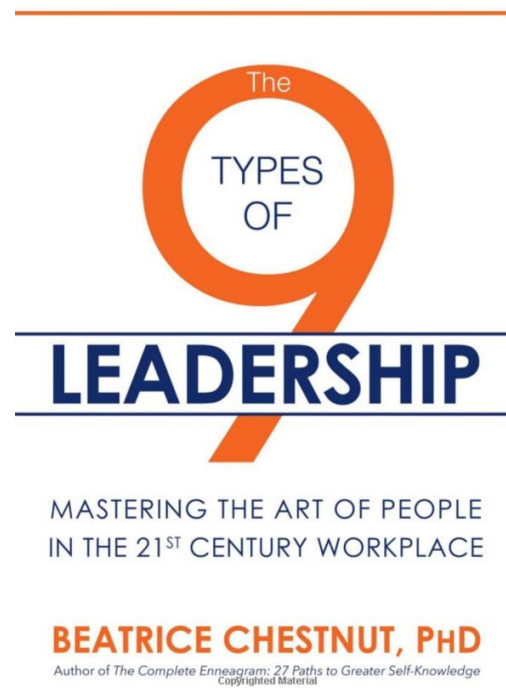
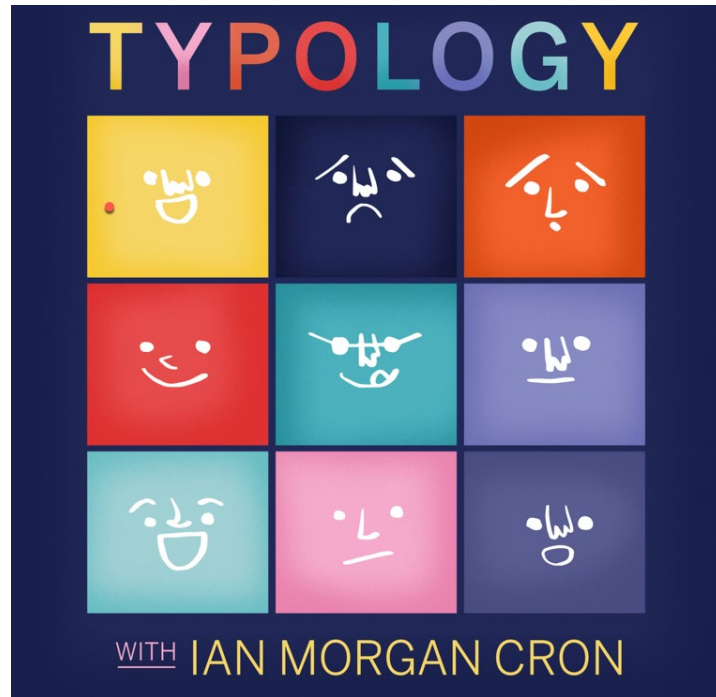
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RESOURCE RECOMMENDATIONS

HOW TO FOLLOW ME (NOT IN A STALKER WAY)



@soberish_coach_rach



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