

Enneagram Preliminary Test 1:

From *The Wisdom of the Enneagram*, by Don Richard Riso and Russ Hudson

Pick *one* paragraph from each of the following two groups that best reflects your general attitudes and behaviors, as you have been most of your life. You may not agree with every statement in the paragraph – look at the overall picture of what is being described. Don't over analyze your choice – go with your gut feeling. Record your answers at the bottom of the page.

Group One:

- A.** I have tended to be fairly independent and assertive. I've felt that life works best when you meet it head on. I set my own goals, get involved, and want to make things happen. I don't like sitting around – and I want to achieve something big and have an impact. I don't necessarily seek confrontations, but I don't let people push me around either. Most of the time I know what I want, and I go for it. I tend to work hard and to play hard.
- B.** I have tended to be quiet and am used to being on my own. I usually don't draw much attention to myself socially, and it's generally unusual for me to assert myself all that forcefully. I don't feel comfortable taking the lead or being as competitive as others. Many would probably say that I'm something of a dreamer – a lot of my excitement goes on in my imagination. I can be quite content without feeling I have to be active all the time.
- C.** I have tended to be extremely responsible and dedicated. I feel terrible if I don't keep my commitments and do what's expected of me. I want people to know that I'm here for them and that I'll do what I believe is best for them. I've often made great personal sacrifices for the sake of others, whether they know it or not. I don't often take adequate care of myself – I do the work that needs to be done and relax (and do what I really want) if there's time left.

Group Two:

- X.** I am a person who usually maintains a positive outlook and feels that things will work out for the best. I can usually find something to be enthusiastic about and different ways to occupy myself. I like being around people and helping others to be happy. I enjoy sharing my own well-being with them. (I don't always feel great, but I try not to show it to anyone!) However, staying positive has sometimes meant that I've put off dealing with my own problems for too long.
- Y.** I am a person who has strong feelings about things - most people can tell when I'm unhappy about something. I can be guarded with people, but I'm more sensitive than I let on. I want to know where I stand with others and who and what I can count on – it's pretty clear to most people where they stand with me. When I'm upset about something I want others to respond and to get as worked up as I am. I know the rules, but I don't want people telling me what to do. I want to decide for myself.

Z. I tend to be self-controlled and logical – I am uncomfortable dealing with feelings. I am efficient, even perfectionistic, and prefer working on my own. When there are problems or personal conflicts, I try not to bring my feelings into the situation. Some say I’m too cool and detached, but I don’t want my emotional reactions to distract me from what’s really important to me. I usually don’t show my reactions when other “get to me”.

Group One: _____

Group Two: _____

Answers on the following page:

AX – Enneatype 7

AY – Enneatype 8

AZ – Enneatype 3

BX – Enneatype 9

BY – Enneatype 4

BZ – Enneatype 5

CX – Enneatype 2

CY – Enneatype 6

CZ – Enneatype 1