

Get started with the Enneagram quickly and easily. Learn about the main characteristics of different personality types using the Enneagram Oracle.

## INTRODUCTION TO THE ENNEAGRAM

*Millennial self-knowledge and  
personal development tool*

*Perfect complement to the  
Enneagram Oracle*

*Elena Duvernay - Elenarts*



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# INTRODUCTION TO THE ENNEAGRAM

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## Small history

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The origin of the Enneagram is mysterious and uncertain. There are several different hypotheses about its source. On the other hand, it is certain that several philosophers, sages and mystics have, during Antiquity, developed methods of knowledge of the human being which recall the current Enneagram.

For many years, this knowledge has been transmitted orally, by the Sufis for example.

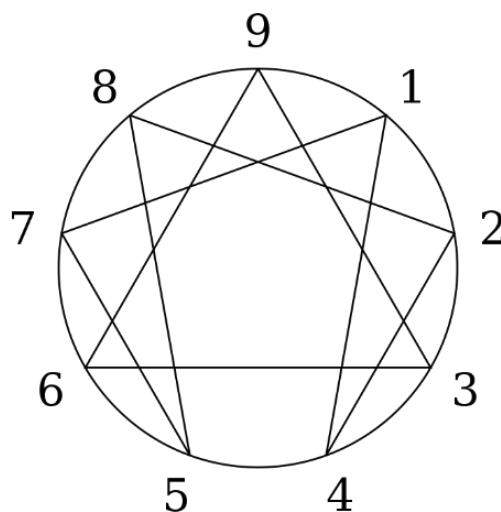
More recently, people like George Ivanovich Gurdjieff (1872 (?) - 1949, high Bolivian official and professor of psychology), Oscar Ichazo (1931 -), Claudio Naranjo (Chilean doctor), Bob Ochs (Jesuit father) and finally Helen Palmer (Doctor of Psychology) will passionately tackle the development and transmission, oral but also written, of the knowledge of the Enneagram.

## Origin of the word "Enneagram"

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The word "*Enneagram*" is made up of two Greek words:

- « *ennea* » meaning 9 et
- « *gramma* » meaning figure



## My vision of the Enneagram

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The Enneagram is an extremely powerful and subtle tool for self-awareness and personal development. Unlike traditional psychology, the Enneagram offers a spiritual and evolutionary dimension which immediately fascinated and then passionate me. It allowed me to open my mind to understand myself better, but also to apprehend in a more tolerant and open way my relatives, my family and my friends thanks to the understanding of the different ways of being and of acting.

Understanding the Enneagram is accessible to everyone, as long as you are interested in it, as you educate yourself on the basics and finally as you observe on a daily basis your own actions and interactions with those around you. Each day then becomes fascinating, as they are rich in lessons and sources of constant development and maturation.

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## What is the Enneagram

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The Enneagram describes precisely and in details 9 major personality types. For instance, for each type of personality, we learn the dominant way of apprehending the world, what the person mostly avoids, the fundamental fear, the privileged mode of interaction, his beliefs about love... This tool offers avenues of evolution and maturation as well as keys to understanding when the type regresses into the depths of his dark side.

## What is the Enneagram used for on a daily basis

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The Enneagram is useful in everyday life in many conceivable situations.

First of all, it allows you to know you better in order to improve yourself, to understand your strengths and weaknesses, to better manage your emotions, to develop and highlight your qualities and to progress towards more love of yourself.

At the sentimental level, it offers a reading grid of the interaction of the couple. Thanks to the understanding of the types of the two partners, it allows to calm the tensions due to the differences between the partners and to readjust the life together while respecting each person's personality.

In a professional setting, the Enneagram offers the possibility, by understanding each person's qualities, to optimize the tasks performed and to guide workers to the right job. It also helps to understand conflicts and find ways to resolve them.

## General presentation of the Enneagram

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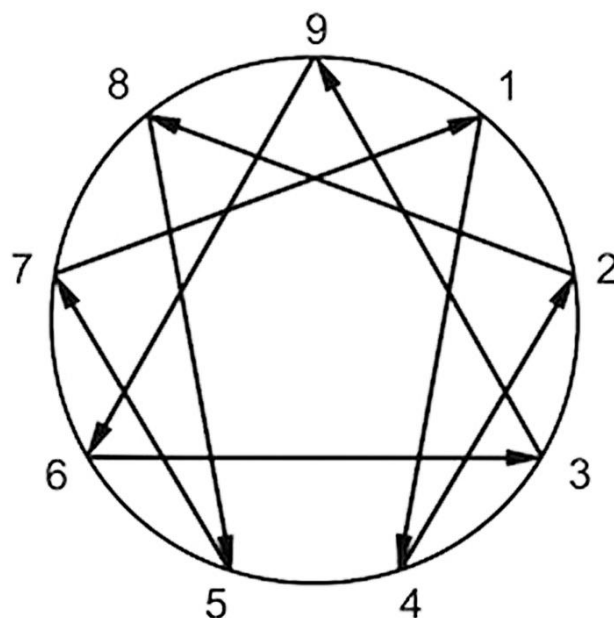
The 9 personality types are divided into 3 groups:

- Feeling types (favors feelings and emotions): 2, 3 and 4
- Thinking types (favors understanding and reflection): 5,6 and 7
- Instinctive types (favors action and body): 8, 9 and 1

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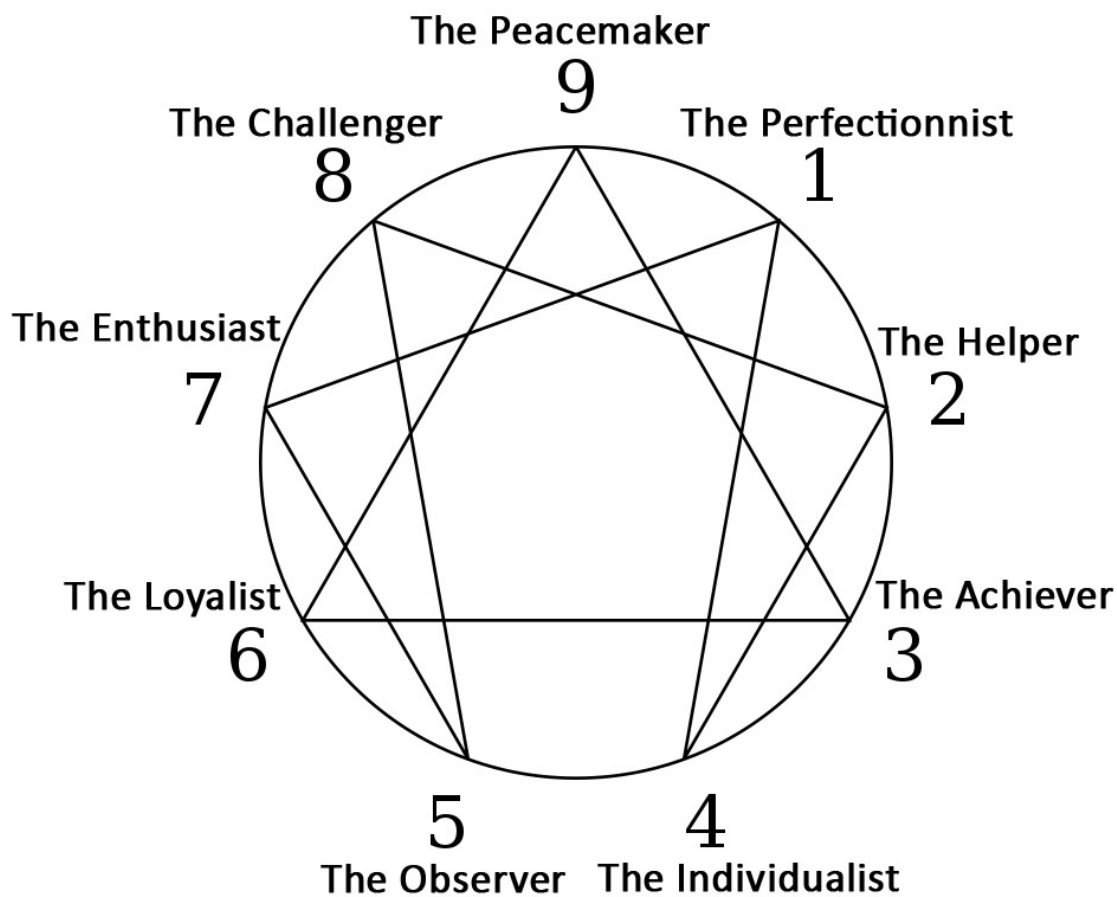
These 3 main types reveal the privileged way in which each personality type will apprehend the world around him and react in the event of internal conflict.

Each personality type is also influenced by the types that are next to it (the wings) and by the types that are linked through the arrows visible on the more complete diagrams. All of these influences help us understand the complexity of the personalities.



# PRESENTATION OF THE 9 PERSONNALITY TYPES

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Type 1: the perfectionist, the reformer, the ethics

Type 2: the altruist, the helper, the giver, the servant

Type 3: the achiever, the winner, the chameleon

Type 4: the individualist, the original, the romantic, the artist

Type 5: the observer, the investigator

Type 6: the loyalist, the skeptic

Type 7: the enthusiastic, the epicurean, the optimist

Type 8: the challenger, the leader, the strong, the protector, the commander

Type 9: the peacemaker, the diplomat, the mediator,

## The concepts of ego, evolution and regression

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Each personality type has a basic functioning, which is considered to be at the ego level. These behaviors punctuate his daily life as a human being when he functions guided by his personality.

As soon as the type is under stress, he may be induced to behave disintegrated and adopt negative attitudes of the type that corresponds to his arrow of regression, in addition to his own negative attitudes.

On the contrary, when a type evolves spiritually and in consciousness, when he detaches himself from his ego to refocus more on his soul and his source, he then has the possibility of behaving according to the qualities and positive points of his own type, in addition to the type of the enneagram which corresponds to his arrow of evolution.

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## Behaviors at the ego level

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### *Compulsion - Ideal*

Each personality type has an ideal when it comes to how it is and how it behaves. This ideal stems from a belief he has that this way of being, acting and behaving will bring him the love he is looking for. Thus, he is convinced that to be loved, he must behave according to this ideal, which induces compulsive behavior.

### *Basic Fear*

Each personality type also has a basic fear that is the opposite of his compulsion. According to his belief, if he does what scares him, he will not get the love he needs.

### *Avoidance*

In order not to end up in the situation that his basic fear makes him afraid of, each type will implement avoidance behavior.

### *Defense Mechanism*

Since each type has beliefs about the right way to act in order to be loved, he sets up defense mechanisms to preserve his beliefs and thus act at the ego level.

### *Fixation*

Fixation is a recurring mode of acting to maintain beliefs and modes of being at the level of the ego.

### *Sin*

Each type has a sin dominating his personality.

## Stress Level

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### *Mental Tendency*

Each personality type has a mental tendency that is a dominant mental attitude as he regresses or as his personality grows extreme.

### *Collective Plague*

At the level of society, each personality type can be observed in a declining aspect and led to deleterious collective behaviors.

### *Disintegration*

When regressing, each personality type takes on some of the negative aspects of another personality type according to his regression arrow.

## Growth Level

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### *Integration*

As it evolves, each personality type takes on certain positive aspects of another personality type according to the evolution arrow.

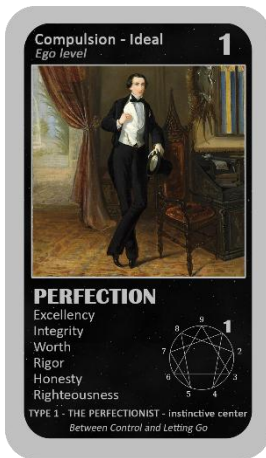
### *Virtue*

When the ego is transcended and the being evolves, each personality type can freely express his virtue.

### *Essence*

When the personality type is evolved, he can connect with his essence and express it freely.

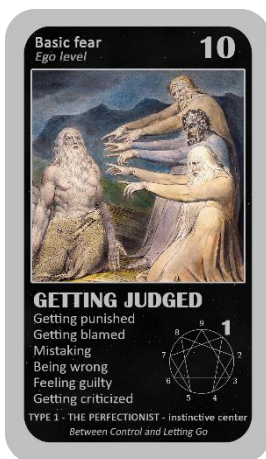
# TYPE 1 : THE PERFECTIONIST



## Compulsion – Ideal

Types 1 have an ideal behind which they run their whole life: perfection. They can be very demanding and severe, both with themselves and with others. Imperfection is unbearable to them, their quest can become endless as it is unrealistic. In order to tend towards perfection, they behave with integrity, honesty and uprightness. They value the notion of merit and excellence very much. In their eyes, it's the only way to get recognition and above all to be loved.

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## Basic Fear

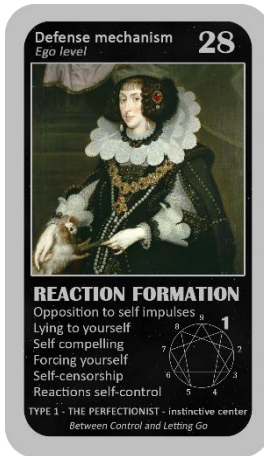
The basic fear of types 1 is that of being found guilty or of being misjudged. They are afraid of making mistakes, because it could lead them to be criticized, to receive reproaches or to see themselves to be punished. Being very strict with themselves as well, they easily feel guilty if they know they have done wrong, according to their own values. Being perceived as a bad person is very difficult for them to live with. They apprehend the judgment of others as much as their own court.



## Avoidance

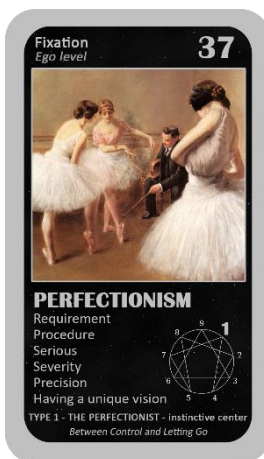
In order not to be confronted with their fundamental fear, type 1 personalities do everything to master themselves in all circumstances. Being an instinctive type personality, types 1 are dominated by anger. But this anger is internalized and can backfire on them and what they experience as their imperfections. To them, expressing anger is a bad behavior, a loss of self-control. In order to appear perfect, types 1 even avoid access to pleasure that can distract them from their homework.

# TYPE 1 : THE PERFECTIONIST



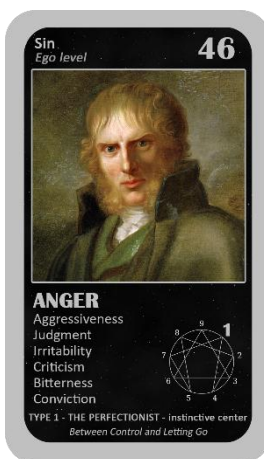
## Defense Mechanism

The favored types 1 defense mechanism is reactive formation. This mechanism allows them to lie to themselves by acting in opposition to their own impulses or feelings. It therefore allows them to censor themselves, to force themselves to behave irreproachably according to their own values. Behind this apparent behavior hides an inner truth that cannot be confessed to themselves or to others. They thus participate in the control of their own reactions, in self-controlling.



## Fixation

The personality fixation of types 1 is perfectionism. In order to pursue their quest for perfection, types 1 are very demanding of themselves and those around them. They constantly ask everyone to be serious, precise, rigorous and upright. They don't tolerate approximations. Only these qualities are of value to them and they demand them for themselves as well. One of the consequences is that they only see things through the prism of perfection, their vision of the world is narrow.



## Sin


The sin that dominates type 1 personalities is anger. Although most of the time it is contained, even repressed, it is truly present in them. But this anger is expressed in a roundabout way, either through aggressiveness, irritability, or critical and judgmental words. Types 1 may also feel angry with themselves because of their difficulty in behaving perfectly. The tendency to sometimes maintain inappropriate convictions can maintain their anger.

# TYPE 1 : THE PERFECTIONIST

Mental tendency **55**  
Stress level



**RIGIDITY**  
Stiff upper lip  
Inflexibility  
Harshness  
OCD  
Austerity  
Intolerance




TYPE 1 - THE PERFECTIONIST - instinctive center  
Between Control and Letting Go

## Mental Tendency


The type 1 personalities can be very rigid and inflexible about how they see things. Their principles and values are very important and represent pillars and guides in their lives. It will then be very difficult for them to modify them and open up to other perceptions. In their quest for perfection, types 1 can also be extremely intolerant. Another aspect that they can also develop is a certain austerity in their way of living and behaving.

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Collective plague **64**  
Stress level



**FUNDAMENTALISM**  
Conservatism  
Conformism  
Integritism  
Tradition  
Orthodoxy  
Academism




TYPE 1 - THE PERFECTIONIST - instinctive center  
Between Control and Letting Go


## Collective Plague

The intolerant, demanding and judgmental side of type 1 personalities can express itself at the collective level in the form of fundamentalism. Respect for certain values and a unique way of perceiving society can then be imposed through traditions and the transmission of a conservative vision of living together. It is then not tolerated to deviate from the principles of life imposed and adopted by all. A fundamentalist posture can also appear.

Disintegration **73**  
Stress level



**DEPRESSION**  
Self-destruction  
Desperation  
Pessimism  
Jealousy  
Resignation  
Suicidal urges



TYPE 1 - THE PERFECTIONIST - instinctive center  
Between Control and Letting Go

## Disintegration

When type 1 personalities regress under the effect of stress, they take on the negative points of type 4 and can sink into despair and depression. This is when dark thoughts can assail them and self-destructive behaviors appear. Resignation to the situation may set in. Another aspect concerns the possibility of developing feelings of jealousy over what they think others have that they are not lucky enough to have.

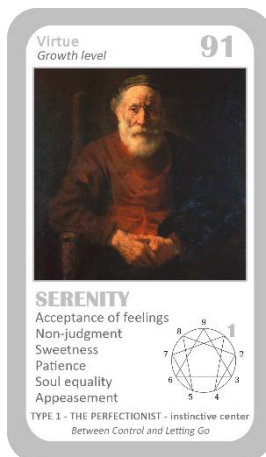
# TYPE 1 : THE PERFECTIONIST



## Integration

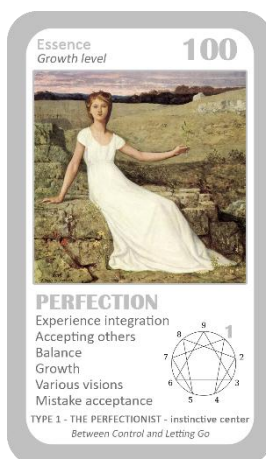
When types 1 evolve, they express their own qualities and also integrate the qualities of type 7. They finally allow themselves to give up all their requirements to have fun. They manage to leave their duties and obligations aside to enjoy moments of relaxation, joy and celebration. They are also able to organize their lives in a way that is more balanced between duty and pleasure. Finally, their uprightness and their values are finely developed to allow them to reach a high ethical level.

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## Virtue

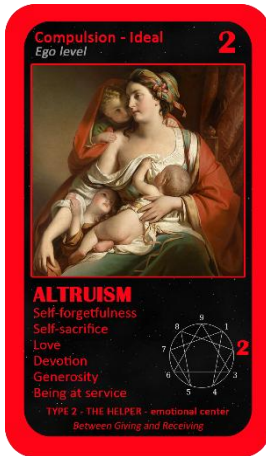
The virtue that type 1 personalities come to express when they evolve is serenity. They finally agree to let go, to give way to more gentleness. Their soul calms down. There is no more room for judgement, only the acceptance of what is. Then emerges an equanimity, an aptitude for patience and the ability to accept feelings and situations as they are, with tranquility and kindness. A real letting go allows true inner serenity.



## Essence

When type 1 personalities are connected to their true essence, they then grasp the true meaning of the word "perfection". They understand that imperfection is perfection, that nothing is perfect on this earth, and that it is perfect that way. They then integrate all their experiences and mistakes as perfect learning processes, open their mind to other ways of seeing and allow their being to evolve and grow in acceptance and letting go.

# TYPE 2 : THE HELPER



## Compulsion – Ideal

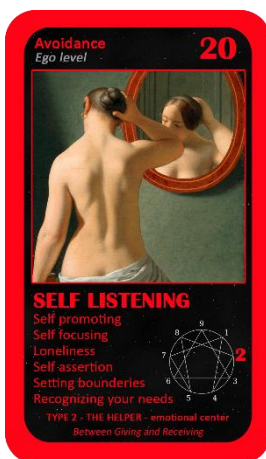
Types 2 constantly feel driven to help and serve others. They have an innate radar to detect the needs of others and to respond to them perfectly. Their caring, warm and generous character make them much appreciated and sought after persons. They are able to devote themselves body and soul to a cause or for people to whom they will give all their love. In doing so, they tend to forget themselves and neglect their needs, which they have great difficulty making aware of.

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## Basic Fear

The basic fear of types 2 feeling unloved. They therefore fear feeling rejected, abandoned or isolated. The idea of living a separation that would lead to loneliness frighten them. Types 2 also apprehend the idea of not being indispensable in a situation or for a person. And finally, one of the worst feelings they fear is others' indifference towards them. Situations of rejection, relationship breakdown, abandonment, estrangement can awaken the anxiety of not feeling loved.



## Avoidance

In order not to be confronted with their basic fear, type 2 personalities subtly avoid listening to themselves. By constantly focusing on the needs of others, they neglect their own so much so that they end up having great difficulty in recognizing them, and therefore in satisfying them. In doing so, it becomes difficult for them to value themselves and set limits to respect themselves. Finally, solitude and assertiveness in a positive and respectful way are complicated by lack of self-awareness.

# TYPE 2 : THE HELPER

**Defense mechanism** 29  
Ego level



**REPRESSION**  
Awareness refusal  
Self-forgetfulness  
Inhibition  
Self-censorship  
Needs suppression  
Unconscious prohibition



TYPE 2 - THE HELPER - emotional center  
Between Giving and Receiving

## Defense Mechanism

Type 2 personalities' preferred defense mechanism is repression. This defense mechanism allows them not to become aware of their own needs in order to be able to focus more easily on those of others. Types 2 refuse to bring to consciousness certain realities or desires that are uncomfortable for them or incompatible with what they have consciously decided for their lives. As a consequence, they avoid inner conflicts between what they want to do and what they would like to do.

**Fixation** 38  
Ego level



**FLATTERY**  
Excessive admiration  
Sweet talk  
Adulation  
Hypocrisy  
Seduction  
Exaggerated praise



TYPE 2 - THE HELPER - emotional center  
Between Giving and Receiving

## Fixation

Types 2 fixation is flattery. They like to please, to value the other and to send back a beautiful image of them. They are comfortable with seduction and know how to handle the art of praise and fine words. This behavior allows them to easily enter into a relationship, to establish an emotional bond with others and then to take an increasingly important place to finally become indispensable in the life of the other. Hypocrisy can be part of their arsenal.

**Sin** 47  
Ego level



**PRIDE**  
High self-esteem  
Megalomania  
Arrogance  
Bragging  
Overconfident  
Superiority feeling

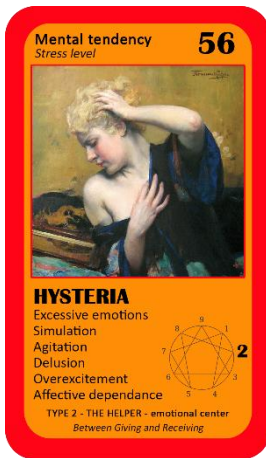


TYPE 2 - THE HELPER - emotional center  
Between Giving and Receiving

## Sin

The sin that dominates type 2 personalities is pride. Pride is hidden behind their caring and dedicated behavior. Types 2 know their human qualities, qualities that are also highly valued by society, and they are very proud of them. Their ability to devote themselves to a cause or to needy people can make them arrogant and give them a very high opinion of themselves. This feeling of superiority can also make them believe that they have all the power and make them megalomaniac.

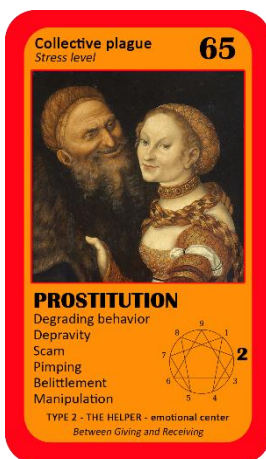
# TYPE 2 : THE HELPER



## Mental Tendency

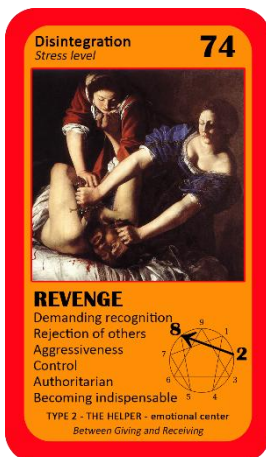
Type 2 personalities may exhibit mental tendencies akin to hysteria. Being an emotional personality, they may overplay their emotions. They can excel in the art of exposing to everyone's eyes moments of over-excitement, agitation, fear, anxiety, depression and all kinds of emotions. These emotional upheavals can also be perceived as exaggerated from the outside. They may also to be affective dependent.

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## Collective Plague

The flattering, seductive and other-oriented side of types 2 can be expressed on a collective level in a symbolic way of prostitution. Using their relational qualities in degrading and disrespectful situations, types 2 can create conditions for cheating, debasement and manipulation to the detriment of the people concerned. Ultimately, everyone involved can suffer unpleasant consequences.



## Disintegration

When type 2 personalities regress under the effect of stress or dissatisfaction, they take on the negative points of types 8 and can behave authoritarily and aggressively. Far from their caring and warm personalities, types 2 become controlling, distant and cold. Capable of calculating their revenge, they no longer have any qualms. If they are more moderate, then they will demand recognition for all their devotion and what they have given or continue their pattern to make themselves indispensable.

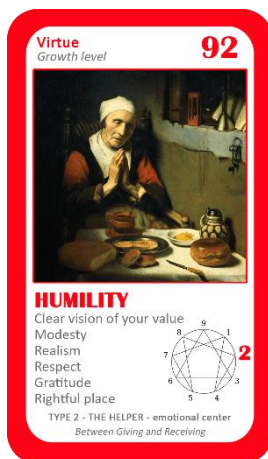
# TYPE 2 : THE HELPER



## Integration

When type 2 personalities evolve, they express their own qualities and also integrate the qualities of types 4. They then cease to compulsively take care of others and finally turns to their own originality and difference. Their emotions are accepted as well as the fact of existing by themselves and not only for others. It is then that a beautiful inventiveness and a surprising personal creativity can be expressed in the service of beauty on earth.

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## Virtue

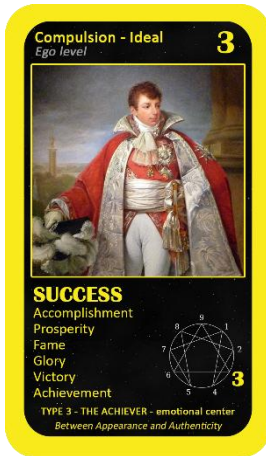
The virtue that type 2 personalities come to express as they evolve is humbleness. They give up their often misplaced pride, and their sense of superiority to return to a clear view of their own worth. Types 2 become aware of their rightful place and find realistic benchmarks in their lives. Integrating the notions of respect for themselves and others, and a sense of modesty, they develop a sincere gratitude for the gifts that life offered them.



## Essence

When type 2 personalities are connected to their true essence, then they grasp the meaning of freedom. Having succeeded in emancipating themselves from any dependence whether it be relational, emotional, financial or of any other nature, they start appreciating free will and understand the value of independence and autonomy. Thus liberated and connected to the deep self, types 2 can finally freely express their true beings and give free rein to their artistic creativity.

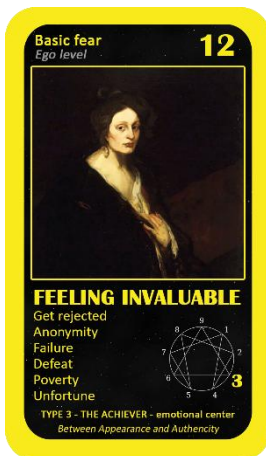
# TYPE 3 : THE ACHIEVER



## Compulsion – Ideal

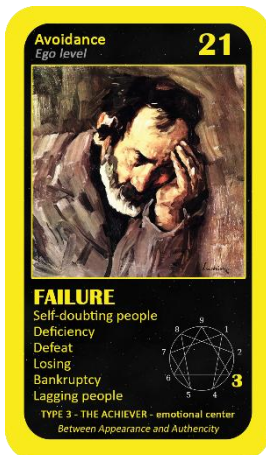
For the type 3 personalities, recognition and success are fundamental. They are driven to constantly seek all the ways to achieve glory, victory, success. The resulting fame thus gives them a sense of worth, existence and love. Honors are their food and what they get up for every morning. They are ready to put all the energy it takes to get what they want and finally shine. They like to boast and show off as a successful person.

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## Basic Fear

Types 3's basic fear is feeling worthless. This feeling can arise when they feel defeated. They are obsessed with failure in all the areas they have invested in, for example sport, entrepreneurship or their sentimental life. The idea of poverty is completely unbearable to them. On the other hand, they dislike living in anonymity and not being seen or recognized for their achievements. They often have a personality that loves showing off and shining in society.




## Avoidance


In order not to be confronted with their basic fear, type 3 personalities avoid failure at all costs. They will therefore make every effort, even dishonest means, to succeed and achieve their goals. Losing is very unpleasant for them, even unbearable. Having an often dynamic and very ambitious personality, they avoid individuals who are doubtful and who are not ready to do anything to succeed. People who drag and hesitate can represent obstacles that they will unscrupulously get rid of.

# TYPE 3 : THE ACHIEVER

Defense mechanism **30**  
Ego level



**IDENTIFICATION**  
Resemblance  
Chameleon  
Comedy  
Mimicry  
Seeming  
Similarity




TYPE 3 - THE ACHIEVER - emotional center  
Between Appearance and Authenticity

## Defense Mechanism


The preferred defense mechanism of the type 3 personalities is identification. This defense mechanism allows them to behave like a chameleon and to adapt to any situation. Capable of transforming according to the requirements of the situation, they can pass from one environment to another without any problem, conforming to the codes of the environment in which they are. Expert in the art of appearance, miming behavior and acting are very easy for them.

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Fixation **39**  
Ego level



**VANITY**  
Arrogance  
Vainglory  
Pride  
Disdain  
Sufficiency  
High self-esteem




TYPE 3 - THE ACHIEVER - emotional center  
Between Appearance and Authenticity


## Fixation

Type 3 personalities' fixation is vanity. Type 3 like to show off to get the recognition they're looking for, especially when they can show off their accomplishments. They then feel pride and high esteem from themselves. They can become arrogant and pretentious and feel superior to others, because they know that their successes are often the fruit of a huge amount of work that few people can provide. For them, any success must be showed to the world, so they won't hide it.

Sin **48**  
Ego level



**LIE**  
Sneakiness  
Deception  
Trickery  
Falsehood  
Simulation  
Appearance



TYPE 3 - THE ACHIEVER - emotional center  
Between Appearance and Authenticity

## Sin

The sin that dominates types 3 is lying. For them, falsehood can always be acceptable if they think they can get what they are looking for that way. Trickery, falsehood and simulation can serve their ambition and no scruple will hold their back on their road to glory. The end justifying the means, it is more important to them to satisfy their ambition at all costs than to respect the truth and the sensitivity of the people they meet on their way to glory and success.

# TYPE 3 : THE ACHIEVER

**Mental tendency** **57**  
Stress level



**MYTHOMANIA**  
Imagination  
Conspiracy  
Hypocrisy  
Trickery  
Storyteller  
Workaholic




TYPE 3 - THE ACHIEVER - emotional center  
Between Appearance and Authenticity


## Mental Tendency

Type 3 personalities may exhibit a tendency to mythomania. Being fine experts in the art of lying, it seems obvious that a good imagination is needed to excel in this art. Their imagination can therefore be overflowing and express itself in a way that is not always respectful, sometimes by behaving in a hypocritical way, or by using trickery to obtain what they desire. Types 3 can also fall into an addiction to work, driven by their ambition to succeed.

**Collective plague** **66**  
Stress level



**AMORALITY**  
Bad inclination  
Crushing other  
Pretending  
Lack of values  
Money extortion  
Immediate profit




TYPE 3 - THE ACHIEVER - emotional center  
Between Appearance and Authenticity


## Collective Plague

The ambitious and unscrupulous side of the type 3 personalities can express itself on a collective level in a way of amorality. Sometimes capable of doing anything to achieve their goals and to obtain the success they desire above all else, their behavior can lead them to crush others, take advantage of them and manipulate them. Using all the stratagems at their disposal may not be a problem for them and acting with a lack of value is a perfectly valid option in certain circumstances.

**Disintegration** **75**  
Stress level



**INDOLENCE**  
Lack of energy  
Despair  
Apathy  
Addiction  
Anesthesia  
Loss of meaning



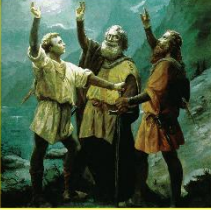
TYPE 3 - THE ACHIEVER - emotional center  
Between Appearance and Authenticity

## Disintegration


When the type 3 personalities regress under the effect of stress, dissatisfaction or failure, they take on the negative points of type 9 and become indolent. Far from their ambitious personalities who is willing to do anything to succeed, they become apathetic and lose all their energy. The reasons why they used to get up in the morning energetically disappear, leaving only the loss of meaning of their actions. Types 3 can then let themselves go into addictions to anesthetize.

# TYPE 3 : THE ACHIEVER

**Integration**  
Growth level **84**



**LOYALTY**  
Serving the collectivity  
Commitment  
Respect  
Devotion  
Faithfulness  
Hope provider




TYPE 3 - THE ACHIEVER - emotional center  
Between Appearance and Authenticity

## Integration


When type 3 personalities evolve, they express their own qualities and also integrate the qualities of types 6. They then cease to act without scruple to the detriment of others and for their own glory, but on the contrary develop respect of their fellow human beings and of life, as also a new sense of loyalty. Commitment to serving others and society takes on its full meaning, as does loyalty to their commitments. They become capable of a devotion that benefits everyone and brings hope.

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**Virtue**  
Growth level **93**



**SINCERITY**  
Authenticity  
Honesty  
Truth  
Veracity  
Integrity  
Directness




TYPE 3 - THE ACHIEVER - emotional center  
Between Appearance and Authenticity


## Virtue

The virtue that type 3 personalities come to express as they evolve is sincerity. They renounce to lies and manipulation of others and rediscover sincerity, honesty and integrity. This new way of relating makes them more honest and authentic. Types 3 thus come out of a functioning essentially focused on appearance to reconnect with their deep being and become able to express their inner truth as they feel it in their heart.

**Essence**  
Growth level **102**



**TRUST**  
Confidence  
Certainty  
Wish  
Hope  
Aspiration  
Expectancy

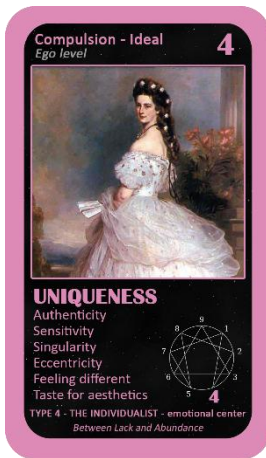


TYPE 3 - THE ACHIEVER - emotional center  
Between Appearance and Authenticity

## Essence

When type 3 personalities are connected to their true essence, then they feel genuine hope. Trust is part of their life again and they can finally let go, filled with hope in a benevolent world. No longer feeling the need to run after an illusory glory, types 3 turn their aspirations towards higher values and are filled with soothing certainties. Their energy and their qualities are serving an honest and respectful success.

# TYPE 4 : THE INDIVIDUALIST



## Compulsion – Ideal

Type 4 personalities have a vital need to feel original. Being different and standing out from the crowd are very important to them. They will then have a unique clothing style, a special hairstyle and perhaps incomparable shoes. Their car will be a collector's item and their bike will be decorated in such a way as not to go unnoticed. Types 4 also like sensitive people like them, as well as authentic and deep discussions. And finally, they are artists at heart and appreciate beautiful things.

20



## Basic Fear

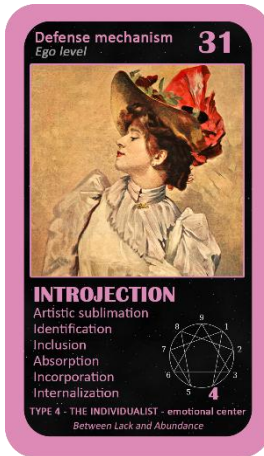
The fundamental fear of types 4 is not having an identity of their own. They fear not to be seen, and perhaps not even to exist. It is impossible for them to appear ordinary and to look like everyone and the masses, they must be different and unique. Types 4 also consider themselves as sensitive beings and cannot tolerate not feeling any emotions and being boring. And despite their propensity to stand out from the crowd, they fear to appear ordinary and apprehend to be misunderstood because of their originality.



## Avoidance

In order not to be confronted with their basic fear, types 4 avoid banality at all costs. They dislike routine tasks and anything they consider of little value to make themselves feel different and special. They look down on conformism, ardently fleeing monotony and flatness. For them, it is out of the question to be surrounded by blandness or to appear insipid themselves according to their criteria. Mediocrity is not for them, because they seek uniqueness in everything.

# TYPE 4 : THE INDIVIDUALIST



## Defense Mechanism

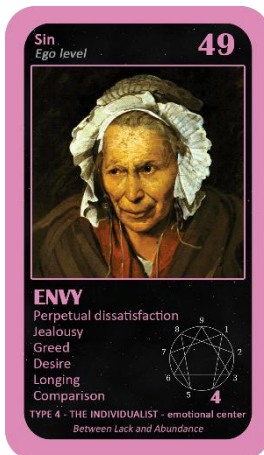
The favored defense mechanism of types 4 is introjection. This defense mechanism, as opposed to projection, allows them to integrate people or characteristics from the outside world into their psyche. In this way, types 4 can internalize and take ownership of certain qualities observed in the outside, but which are not theirs. Subsequently, they will be able to identify with these qualities and reduce their anxieties. However, the issue is to sort out what is theirs and what is not.

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## Fixation

Type 4 personalities' fixation is melancholy. They may have a tendency to look back with nostalgia. Throughout their life, types 4 feel a spleen in the soul and a darkness that drive them to sadness. A perpetual lack lives in them permanently. A kind of languor can settle in them and slow them down in their daily life. They can then be overwhelmed by chronic feelings of sadness or even depression.

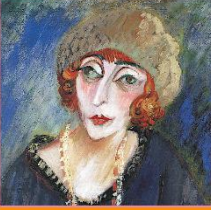


## Sin


The sin that dominates type 4 personalities is envy. Feeling a perpetual lack and dissatisfaction inside them, types 4 always look outward with envy and jealousy. As far as they are concerned, they only perceive the empty glass while they only see the full glass in others' life. Thus constantly comparing themselves with others and what they consider to be at these persons' advantage and no at themselves', they desire these privileges of which they feel unjustly deprived.

# TYPE 4 : THE INDIVIDUALIST

Mental tendency  
Stress level **58**



**BIPOLARITY**  
Manic depression  
Borderline  
Instability  
Versatility  
Inconstancy  
Emotional imbalance



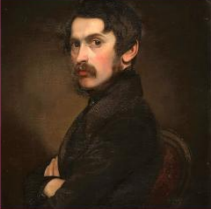
TYPE 4 - THE INDIVIDUALIST - emotional center  
Between Lack and Abundance

## Mental Tendency


Type 4 personalities may exhibit mental tendencies similar to bipolarity. Being emotional personalities, they may show difficulty managing their emotions and be prone to emotional instability. They can go from extreme joy and over-excitement, to anxiety, or even depression. Indeed, their melancholy personalities contain a chronic depressive background against which types 4 struggle all their lives.

22

Collective plague  
Stress level **67**



**NEGATIVITY**  
Systematic refusal  
Opposition  
Hostility  
Rejection  
Resistance  
Denigration



TYPE 4 - THE INDIVIDUALIST - emotional center  
Between Lack and Abundance

## Collective Plague

The melancholic and envious side of types 4 can express itself on a collective level in the form of negativity. Thus, opposing and being hostile to everything precludes positive intervention by anyone. The posture of systematic refusal blocks any open and constructive interaction as well as any recognition. Finally, rejecting, resisting and opposing, makes it possible to position themselves as victims who receive no help and who suffer from the crass incompetence of everyone around them whose benevolence is completely denigrated.

Disintegration  
Stress level **76**



**VICTIMIZATION**  
Aggressive complaints  
Irresponsibility  
Addiction  
Whining  
Guiltling others  
Excessive emotions



TYPE 4 - THE INDIVIDUALIST - emotional center  
Between Lack and Abundance

## Disintegration


When type 4 personalities regress under the effect of stress or dissatisfaction, they take on the negative points of their own personality as well as those of types 2 and can position themselves as victims. The time is then for recurring lamentations, excessive emotions and even aggressive complaints. The position of victim allows them to relieve themselves of responsibility and then to take the opportunity to make others feel guilty for their sad situation. This can lead to situations of dependence.

# TYPE 4 : THE INDIVIDUALIST

Integration  
Growth level **85**



**ASSERTIVENESS**  
Thorough action  
Positioning  
Discipline  
Decision  
Self-expression  
Thoughtful action




TYPE 4 - THE INDIVIDUALIST - emotional center  
Between Lack and Abundance

## Integration


When the type 4 personalities evolve, they express their own qualities and also integrate the qualities of types 1. They then stop victimizing themselves, complaining and blaming others to finally take responsibility for their own lives. They then manage to express themselves clearly, to make thoughtful decisions in accordance with their being, and then to assert themselves calmly. Their actions are subsequently carefully considered. Some beneficial discipline can also be implemented.

23

Virtue  
Growth level **94**



**EQUANIMITY**  
Depth of feelings  
Stabilized mood  
Sensitivity  
Calmness  
Detachment  
Emotional mastery



TYPE 4 - THE INDIVIDUALIST - emotional center  
Between Lack and Abundance

## Virtue

The virtue that type 4 personalities come to express as they evolve is equanimity. The emotional instability of types 4 as well as their innate tendency to melancholy subside to give way to a well-deserved emotional balance and even-temperedness. Their deep sensitivity finally reveals itself freely and allows them to expose a real depth of feelings. Emotions are experienced authentically, in a balanced way and with healthy detachment.

Essence  
Growth level **103**



**ORIGIN**  
Background  
Bloodline  
Source  
Birth  
Family  
Ancestry

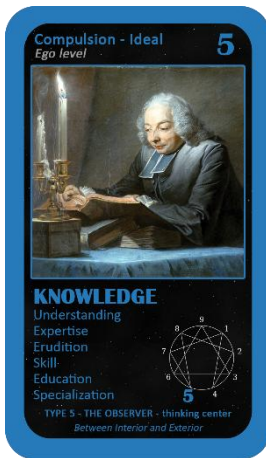


TYPE 4 - THE INDIVIDUALIST - emotional center  
Between Lack and Abundance

## Essence

When type 4 personalities are connected to their true essence, they reconnect to their origin. Becoming aware of the genesis of everything, types 4 go back to the essentials. They understand that all human beings come from the same unique source and that the differences of each are only an appearance of the earthly incarnation. Their deep feeling of separation and abandonment from the source disappear in favor of a reunification with the whole.

# TYPE 5 : THE OBSERVER



## Compulsion – Ideal

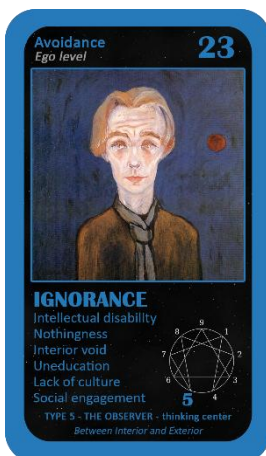
Type 5 personalities have a vital need to know and understand. Being the most mentally focused type, they perceive the world from an intellectual point of view and constantly seeks to filter their perceptions and feelings through their analysis. This is how they can spend a considerable amount of time documenting themselves, learning and accumulating knowledge with the unconscious aim of allaying their anxieties. All their knowledge give them a feeling of control and mastery over the world.

24



## Basic Fear

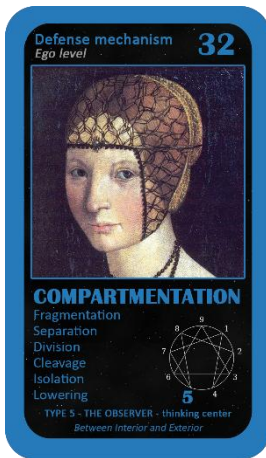
The basic fear of type 5 personalities is to be seen as stupid and silly persons. They resent being ignorance and feeling ridiculous due to a lack of knowledge. Having a high opinion of their intellectual abilities, types 5 dislike to feel belittled on their strength, their knowledge. In addition, they prefer to increase their knowledge in their cocoon than to exhaust themselves in vain social events or in noisy situations.



## Avoidance

In order not to be confronted with their basic fear, types 5 avoid ignorance. They cannot admit to having any intellectual incapacity, lack of culture or of knowledge. The accumulation of knowledge helps them fight against their fear of nothingness and interior void. Often introverted and preferring solitude to demanding social interactions, they avoid getting involved socially because they are often uncomfortable in society and quickly exhausted by discussions that they consider sterile.

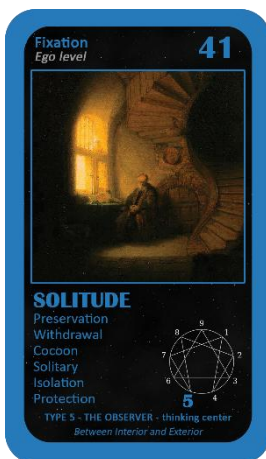
# TYPE 5 : THE OBSERVER



## Defense Mechanism

The favored defense mechanism of types 5 is compartmentalization. This defense mechanism allows them to isolate, separate and split different worlds, ideas or feelings that could be in opposition to manage items inside them without conflict. This internal fragmentation prevents them from any cognitive dissonance, because they can't recognize the possible contradiction of these elements. Types 5 may also put others down in order to maintain their sense of superiority.

25



## Fixation

The fixation of type 5 personalities is loneliness. In order to satisfy their need to fill themselves with knowledge and understanding, it is essential for them to have time for themselves, for their research and for the integration of their readings and learning. Often introverted, they enjoy solitude and like to feel safe and peaceful in the protection of their home, however austere it may be. They thus protect themselves from any intrusion from the outside and can devote themselves to their intellectual passions.




## Sin


The dominant sin of types 5 is stinginess. As they are passionate about learning and accumulate knowledge, they can become stingy with their time. They thus prefer their solitude to increase their knowledge to discussions which exhaust them. To avoid these uncomfortable situations, they can make themselves unavailable. Types 5 are also inhabited by a feeling of internal loss when they are led to share their knowledge, which makes them stingy in terms of exchanges. They may also fall into inaction.

# TYPE 5 : THE OBSERVER

Mental tendency  
Stress level **59**



**AUTISM**  
Turning inward  
Schizophrenia  
Isolation  
Distance  
Introversion  
Confinement




5  
TYPE 5 - THE OBSERVER - thinking center  
Between Interior and Exterior

## Mental Tendency


Type 5 personalities may exhibit autism-like mental tendencies. Being often introverted personalities, they can isolate themselves in an exaggerated way, even withdraw completely into themselves in case of stress or relationship difficulty for instance. They will distance themselves from others and may come to lock themselves at home to escape the anxieties often linked to the outside world. They will thus avoid destabilizing exchanges and the rise of emotions that are difficult to manage.

26

Collective plague  
Stress level **68**



**SECTARISM**  
Dogmatism  
Fanaticism  
Scientism  
Doctrine  
Perversion  
Intolerance




5  
TYPE 5 - THE OBSERVER - thinking center  
Between Interior and Exterior


## Collective Plague

The overly intellectual and rational side of types 5 can derive at the collective level in the form of sectarianism. Thus, after having accumulated a certain amount of knowledge, a drift towards a dogmatic way of thinking can take place. Doctrines can be put in place to support an unquestionable scientism. Then, we are no longer far from intolerance, and fanaticism as well as perverse behaviors that may take hold.

Disintegration  
Stress level **77**



**PLEASURE ABUSE**  
Illusory thoughts  
Irrational mind  
Loss of frame  
Scattering  
Addictions  
Loss of logic




5  
TYPE 5 - THE OBSERVER - thinking center  
Between Interior and Exterior

## Disintegration


When type 5 personalities regress under the effect of stress or dissatisfaction, they take on the negative points of their own personalities as well as those of type 7 and can fall into the abuse of pleasures. They then forget all logic to get lost in illusory thoughts and a mind that has become irrational. Then, the actions put in place have no clear goal nor any framework. That situation can lead to the quest for ephemeral pleasures, sometimes through addictions of all kinds.

# TYPE 5 : THE OBSERVER

**Integration**  
Growth level **86**



**LEADER**  
Trust your instinct  
Inventiveness  
Courage  
Authority  
Embodiment  
Sharing and exchanging **5**




TYPE 5 - THE OBSERVER - thinking center  
*Between Interior and Exterior*


## Integration

When types 5 evolve, they express their own qualities and integrate types 8 qualities. They then cease to confine themselves to observing and studying the world from inside their home, but finally dare to face the outside. Plucking up their courage, and thanks to their rediscovered instinct, they can finally share their knowledge and take the position of leader to guide others with authority and benevolence. They also reintegrate their corporeality previously abandoned in favor of the mental.

**Virtue**  
Growth level **95**



**DETACHMENT**  
Disinterestedness  
Relativization  
Generosity  
Sharing  
Letting go  
Freedom of mind **5**

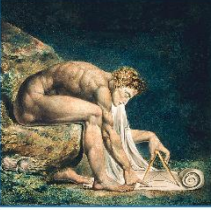


TYPE 5 - THE OBSERVER - thinking center  
*Between Interior and Exterior*


## Virtue

The virtue that type 5 personalities comes to express as they evolve is detachment. When they manage to come out of their lair and their need to accumulate knowledge and understand everything, types 5 finally feel the ability to exchange, share, teach and transmit all that they have learned in a detached and disinterested way. They discover a form of letting go of all the accumulated knowledge and a sense of well-being in the generosity of the gift. A new freedom of mind emerges.

**Essence**  
Growth level **104**



**OMNISCIENCE**  
All-knowing understanding  
Inside knowledge  
Intuition  
Wisdom  
Above analysis  
Revelation from beyond **5**



TYPE 5 - THE OBSERVER - thinking center  
*Between Interior and Exterior*

## Essence

When type 5 personalities are connected to their true essence, they express omniscience. Finally detached from all the knowledge accumulated in their memory and mind, types 5 can let the knowledge of the universe emerge from their deep being. This all-knowing understanding can finally reveal itself instantly and intuitively directly from within. True wisdom can then unfold through a direct, unfiltered understanding of the mysteries of creation.

# TYPE 6 : THE LOYALIST



## Compulsion – Ideal

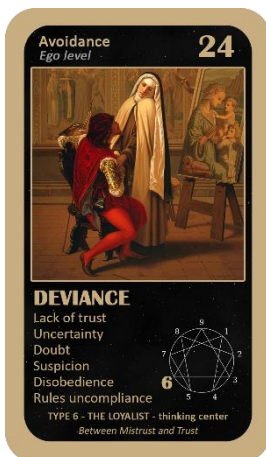
Type 6 personalities have a great need for loyalty in their life. They like to belong to a family or a group whatever it is. As a consequence, they will be keen to start their own family or to get involved in a club, a group or an association. The notions of commitment and responsibility are very important to them, as well as respecting the rules laid down by the group to which they belong. Types 6 are also full of certainties that are actually more or less accurate.

28



## Basic Fear

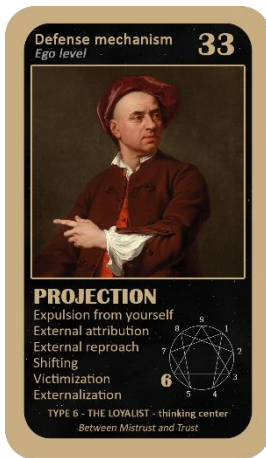
The basic fear of type 6 personalities is abandonment. Since belonging to a group is very important to them, they are particularly apprehensive about being abandoned by the group that they have invested and joined. Betrayal and exclusion frighten them as well as the fact of not being supported by their family members or by their loved ones. Cowardice is not an option for them while separation is badly experienced.



## Avoidance

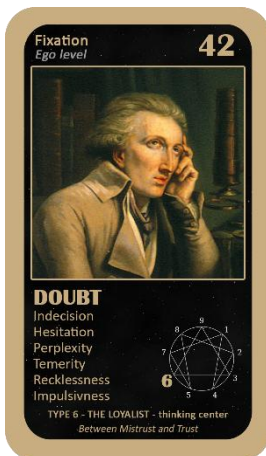
In order not to be confronted with their basic fear, type 6 personalities avoid any deviance. Very respectful of the rules and fearing exclusion, they conform and obey the codes of their group of affiliation and can in no way consider derogating from them. In addition, to reassure themselves and impose the image of confident persons, they avoid showing any doubt or an ounce of hesitation when it comes to deciding, choosing or asserting themselves.

# TYPE 6 : THE LOYALIST



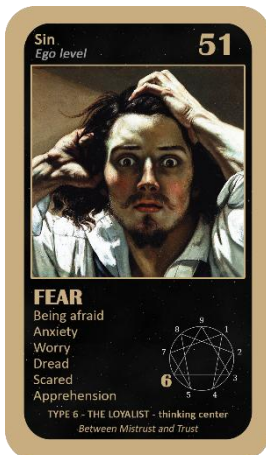
## Defense Mechanism

The favored defense mechanism of types 6 is projection. By externalizing their problems, this defense mechanism allows them to avoid questioning themselves and to attribute the origin of their difficulties to others. They are then whitewashed in an illusory way to the detriment of those around them and those close to whom they can give free rein to their unjustified reproaches. Types 6 can start complaining in order to take on the role of the victims.



## Fixation

The fixation of type 6 personalities is doubt. Despite appearances and thanks to various strategies including the defense mechanism of projection, types 6 manage to hide the fact that, in reality, they are constantly beset by doubts. They are very often hesitant, indecisive, not knowing how to get out of the uncertainty. On the other hand, some counterphobic type 6s will have the impulse to regularly act recklessly in order to challenge the chronic fear that inhabits them.

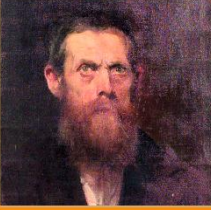


## Sin


The sin that dominates type 6 personalities is fear. This feeling is very present inside of them and they struggle against it regularly throughout the day. It is slyly hidden behind every decision they make and contaminates all of their thoughts and decisions. Over time, fears and worries can turn into suspicions, or anchor themselves to lead to the presence of recurring anxieties, fright or even induce paranoia.

# TYPE 6 : THE LOYALIST

Mental tendency  
Stress level **60**



**PARANOIA**  
Persecution delirium  
Psychosis  
Mistrust  
Fear  
Trouble  
Suspicion of conspiracy



TYPE 6 - THE LOYALIST - thinking center  
Between Mistrust and Trust

## Mental Tendency

Type 6 personalities may exhibit mental tendencies akin to paranoia. The fear that constantly inhabits them can become intrusive and obsessive to the point of making them fear everything and everyone. Their distrust parasitizes all aspects of their lives and contaminates all their relationships. Types 6 then lose their lucidity and suspect the whole world of wishing them harm. This way of perceiving life and those around them can lead them to experience delusions of persecution.

30

Collective plague  
Stress level **69**



**SUSPICION**  
Generalized mistrust  
Tracking trend  
Lies  
Paranoia  
Hidden things  
Duty to monitor




TYPE 6 - THE LOYALIST - thinking center  
Between Mistrust and Trust


## Collective Plague

The excessive presence of fear in type 6 personalities can derive at the collective level in the form of suspicion. Thus, mistrust can settle in a generalized way, highlighting the existence of hidden things or justifying the fact of hiding things. The lies and the paranoia are spreading. It is then that an obligation to monitor is put forward and that tracking excesses appear under the guise of protecting everyone.

Disintegration  
Stress level **78**



**MANIPULATION**  
Dishonesty  
Revenge  
Trickery  
Infidelity  
Deception  
Competition




TYPE 6 - THE LOYALIST - thinking center  
Between Mistrust and Trust

## Disintegration


When types 6 personalities regress due to stress or dissatisfaction, they take on the negative points of their own personality as well as those of types 3 and can manipulate others. They then forget all loyalty and all respect for the rules to act with dishonesty and deviousness, deceiving those around her. A competitive spirit may develop and unfaithful behavior may manifest. It is also possible that desires for revenge are put into action.

# TYPE 6 : THE LOYALIST

Integration  
Growth level **87**



**SELF-LOVE**  
Appeasement  
Plenitude  
Maturity  
Trust  
Quietude  
Relaxation




TYPE 6 - THE LOYALIST - thinking center  
Between Mistrust and Trust

## Integration


When type 6 personalities evolve, they express their own qualities and also integrate the qualities of type 9. They then cease to be invaded by fear and doubt. Trust in life and in others reappears. A certain maturity of being takes place which invites calmness, serenity, appeasement and quietude. Types 6 are thus able to feel a true self-love and to allow themselves to be penetrated by a deep feeling of inner plenitude.

31

Virtue  
Growth level **96**



**COURAGE**  
Facing your fears  
Audacity  
Daring  
Bravery  
Boldness  
Soul strength




TYPE 6 - THE LOYALIST - thinking center  
Between Mistrust and Trust


## Virtue

The virtue that type 6 personalities come to express as they evolves is courage. Inhabited as they are by constant doubts and recurring fear that can sometimes paralyze them or make them act with suspicion, they then show boldness, audacity and bravery. The time to dare has come. With their fortitude and above all confidence, they are now able to take action, be brave enough to face their fears and let fate take care of protecting them.

Essence  
Growth level **105**



**FAITH**  
Absolute certainty  
Loyalty  
Trust  
Belief  
Mysticism  
Spirituality



TYPE 6 - THE LOYALIST - thinking center  
Between Mistrust and Trust

## Essence

When type 6 personalities are connected to their true essence, they express faith. No longer letting themselves be dominated by doubts and fears, they finally reconnect with the confidence that they so lacked. The value of loyalty also takes on its full meaning. A higher power takes care of everything and watches over them, they have absolute certainty of that. Belief in an invisible higher world develops, a spirituality can emerge or even a kind of mysticism.

# TYPE 7 : THE ENTHUSIAST



## Compulsion – Ideal

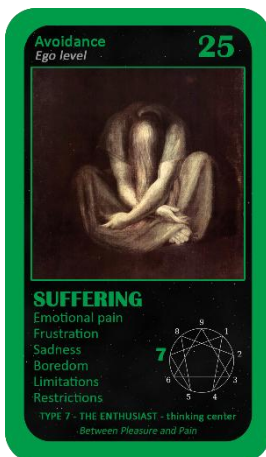
Type 7 personalities crave joy in their life. Enthusiasm is their second nature. Always ready and up for new adventures, they love to party, have fun and share pleasures in very good company. Unfailingly optimistic, their good mood is contagious. Full of energy, they love building projects one behind the other, enjoying the very idea of realizing these new ideas. The freedom to be joyful makes them happy.

32



## Basic Fear

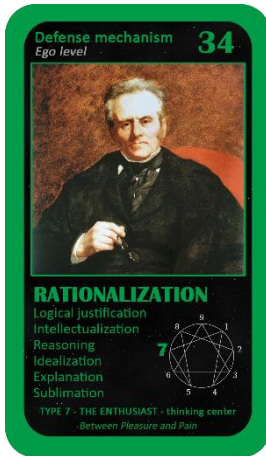
The basic fear of type 7 personalities is deprivation. Bulimic that they are for the pleasures of life, they fear above all to be deprived of them. This is how they apprehend any situation that would prevent them from being able to enjoy life as they wish. It may be physical problems or psychological pain. Everything is experienced as a hindrance to the joys of life. Lack and scarcity are therefore not an option, they will do everything to circumvent them.



## Avoidance

In order not to be confronted with their basic fear, type 7 personalities avoid all suffering. They dislike this feeling for two reasons. The first is that it is very unpleasant and uncomfortable to feel, the second is that pain in general is an impediment, a limitation to the enjoyments of life. For these reasons, types 7 stay as far away as possible from all suffering, their own or that of others. They do not like being bored either, because they think they are wasting their time.

# TYPE 7 : THE ENTHUSIAST



## Defense Mechanism

Types 7's preferred defense mechanism is rationalization. In order to avoid getting too close to suffering, which is their basic fear, types 7 use their mental skills to intellectualize everything that is in the realm of feelings. Thus, sorrows, sadness and psychic pain pass through the analyse of the mind to find reasons not to recognize them. Thanks to "logical" justifications, painful situations are kept away, or idealized.

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## Fixation

The fixation of type 7 personalities is planning. Loving to enjoy life to the fullest and wishing to see none of the pleasures of life escape, types 7 love to imagine full of exciting projects. However, few of the visualized projects will actually come true in real life. The reason is that the only thought of evoking the desire they have in mind makes them feel happy. This way of planning allows them to escape the boredom, monotony and difficulties of everyday life.



## Sin

The sin that dominates type 7 personalities is excessiveness. Their enthusiastic and dynamic personality wants to make the most of life, without worrying about tomorrow and the consequences of their fleeting pleasures. Insatiable, they may feel pushed into intemperance and fall into an excessive desire for stimulation of all kinds. To escape from boredom, suffering and limitations, the use of illicit or even dangerous products or substances can be part of their life experiences.

# TYPE 7 : THE ENTHUSIAST

Mental tendency  
Stress level **61**



**NARCISSISM**  
Self-obsession  
Egocentrism  
Selfishness  
Self-love  
Navel-gazing  
Self-adoration




TYPE 7 - THE ENTHUSIAST - thinking center  
Between Pleasure and Pain

## Mental Tendency


Type 7 personalities can exhibit mental tendencies akin to narcissism. Busy as they are with the compulsive search for pleasures and new experiences, types 7 can end up thinking only of themselves and the satisfaction of their personal desires. Self-centered, they can then behave in a selfish, or even egocentric way. Everything then revolves around them, their needs and desires. The others are left aside, their suffering as well.

34

Collective plague  
Stress level **70**



**PREDATION**  
Abduction  
Capture  
Trap  
Theft  
Obligation  
Constraint




TYPE 7 - THE ENTHUSIAST - thinking center  
Between Pleasure and Pain


## Collective Plague

The narcissistic tendency of type 7 personalities can derive at the collective level in the form of predation. An energy of obligation and constraint is then established to obtain by force what is wanted. The use of theft may be used. In order to impose one's own desires, setting traps can be effective. Finally, kidnapping and capture will be used to compel recalcitrant people to submit to the will of the persecutors.

Disintegration  
Stress level **79**



**FRUSTRATION**  
Lesson giver  
Restriction  
Nitpick  
Critical  
Impatience  
Resentment



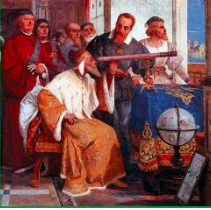
TYPE 7 - THE ENTHUSIAST - thinking center  
Between Pleasure and Pain

## Disintegration


When type 7 personalities regress due to stress or dissatisfaction, they take on the negative points of their own personality as well as those of types 1 and may feel frustrated. Unable to satisfy their need for new experiences or for stimulation, types 7 can become impatient and critical. That's when they start to nitpick and lecture. Their resentment can grow and induce a desire for restriction vis-à-vis those around them.

# TYPE 7 : THE ENTHUSIAST

**Integration**  
Growth level **88**



**SCHOLAR**  
Deep knowledge  
Visionary  
Realism  
Erudition  
Specialist  
Concentration




TYPE 7 - THE ENTHUSIAST - thinking center  
*Between Pleasure and Pain*


## Integration

When type 7 personalities evolve, they express their own qualities and also integrate the qualities of types 5. They then cease to be overwhelmed by their insatiable desire for new stimulation to focus on a few well-chosen projects. They are then able to tackle it more precisely, with realism and an ability to be visionary. Their superficial side leave space for real erudition and a deep knowledge of the subject matter studied. Their concentration is also improved.

**Virtue**  
Growth level **97**



**TEMPERANCE**  
Moderation  
Simplicity  
Sobriety  
Realism  
Restraint  
Rooted hope




TYPE 7 - THE ENTHUSIAST - thinking center  
*Between Pleasure and Pain*

## Virtue

The virtue that type 7 personalities come to express as they evolve is temperance. Inhabited as they are by insatiable desires for the pleasures of life which can sometimes make them act excessively, they then show moderation, simplicity and restraint. They understand that there is no need to constantly run away in the imagination of grandiose projects and that peace is found in sobriety and the reality of life as it is. A new hope takes root in their being.

**Essence**  
Growth level **106**



**WORK**  
Labor  
Effort  
Duty  
Task  
Realism  
Working on oneself



TYPE 7 - THE ENTHUSIAST - thinking center  
*Between Pleasure and Pain*

## Essence

When type 7 personalities are connected to their true essence, they express the value of work. No longer letting themselves be dominated by their cravings for ephemeral pleasures, they finally reconnect with the importance of having an activity that makes sense. With realism, they are then able to invest themselves seriously in a concentrated effort to produce something that has value for themselves, but also for others. They also become able to get involved in committed self-work.

# TYPE 8 : THE CHALLENGER



## Compulsion – Ideal

Type 8 personalities have a vital need to feel strong. They like to let it be known that no situation can destabilize them and that they remain in control in all circumstances. They can demonstrate mental strength as well as physical power and take great pleasure in impressing with these qualities. Types 8 have an impressive vitality and an overflowing energy. Not subject to fear, they are courageous and dare to go into any battle. Their straight-talking is also one of their characteristics.

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## Basic Fear

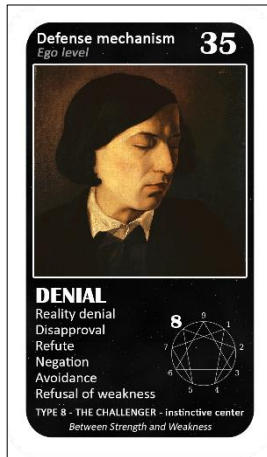
The basic fear of type 8 personalities is submission. Having a strong and assertive character, they prefer to lead and command rather than having to follow. In a position of submission, types 8 are afraid of losing control and finding themselves in a situation of weakness and vulnerability, which is intolerable to them. For types 8, their survival, but also their value as a human being depend on their ability to be able to act in force, to move freely and to protect their clan.



## Avoidance

In order not to be confronted with their basic fear, type 8 personalities avoid any situation of weakness. Feeling weak, fragile and vulnerable is intolerable to them and out of the question. They then make every effort to hide their flaws, their weaknesses and circumvent situations of helplessness and develop their control and strength every day. In this way, they are less likely to lose control or find themselves in a situation of inferiority, which they hate above all else.

# TYPE 8 : THE CHALLENGER



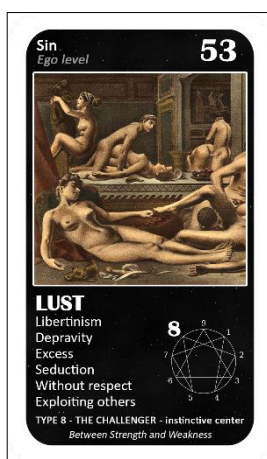
## Defense Mechanism

Types 8's preferred defense mechanism is denial. In order to avoid recognizing overly uncomfortable situations of vulnerability or weakness, types 8 prefer to close their eyes and not to face reality. So, sometimes, in a vehement or brutal way, they can dispute the truth, deny a revelation in order to continue to preserve their achievements or their dominant position. Frontally or like an eel, they will stand firmly on their positions.



## Fixation

The fixation of type 8 personalities is aggressiveness. Their strong temper often push them to behave aggressively in order to be able to exteriorize the anger that grows within them. Type 8s can behave nastily, and show their hostility in a direct and outspoken way. If they feel wronged and in order to do themselves justice, they are quite capable of reprisals and revenge. And they will have no scruples, because they will think they are right.



## Sin

The sin that dominates type 8 personalities is lust. Their seductive personalities like body contacts, in force or for pleasure. They particularly appreciate sex relationships to which they devote themselves very freely. Sometimes they act excessively and can exceed the limits of respect for themselves and for others. At this point, there is a risk of slipping into depraved behavior or even extreme situations of exploitation of others for their own ends.

# TYPE 8 : THE CHALLENGER



## Mental Tendency

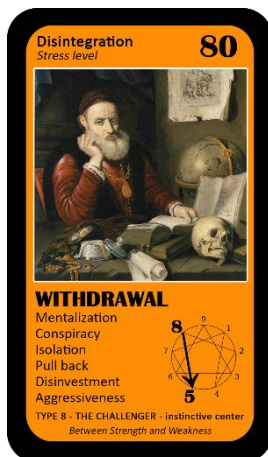
Type 8 personalities may exhibit mental tendencies akin to megalomania. Inhabited by the energy of anger and not prone to fear, types 8 can have great ambitions. Thanks to their leadership character, they have the ability to achieve great things. However, their desires can take the form of delusions of grandeur and be accompanied by an insensitive and out of touch perception of reality, or even a sociopathic and paranoid personality.

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## Collective Plague

The sociopathic and megalomaniacal tendency of type 8 personalities can derive on a collective level into mafia behavior. It is then that a desire to control asserts itself more and more by forcibly or insidiously establishing constraining structures. Despite an appearance of respect for the law, it is actually a dictator, criminal, outlaw or gangster who is in charge. For his own benefit, of course.




## Disintegration


When type 8 personalities regress under the effect of stress or dissatisfaction, they take on the negative points of their own personality as well as those of types 5 and can withdraw. This withdrawal into themselves is a protection out of spite, following the failure of the establishment of a control or a balance of power that has gone wrong. It is then that, in their isolation, types 8 will either completely disinvest themselves, or conspire to organize their revenge or their return as winners.

# TYPE 8 : THE CHALLENGER

**Integration**  
Growth level **89**



**PROTECTION**  
Generosity  
Defender  
Helper  
Love  
Listener  
Fighting against injustice



TYPE 8 - THE CHALLENGER - instinctive center  
Between Strength and Weakness

## Integration

When type 8 personalities evolve, they express their own qualities and also integrates the qualities of type 2. They then cease to let themselves be guided by anger and to behave forcefully and aggressively to finally let their generosity and capacity to listen emerge. Their protective personalities take on their full dimension in the service of others and in the fight against real injustices. They act with true love and a quiet strength, and their clan can count on them to protect it and defend it.

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**Virtue**  
Growth level **98**



**INNOCENCE**  
Self-kindness  
Vulnerability  
Sensitivity  
Sincerity  
Authenticity  
Self-weakness acceptance

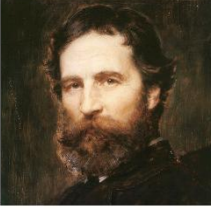


TYPE 8 - THE CHALLENGER - instinctive center  
Between Strength and Weakness


## Virtue

The virtue that type 8 personalities come to express as they evolve is innocence. Inhabited as they are by anger and above all by the need to be strong in all circumstances, they then accept their own vulnerabilities and weaknesses as part of their human nature. They then reconnect with their innocent and pure being. It is thus possible for them to be sensitive and to welcome themselves with kindness. The sincerity of their relationship to themselves can finally express itself.

**Essence**  
Growth level **107**



**TRUTH**  
Straightness  
Trustworthy  
Reality  
Lawful  
Objectivity  
Compassion

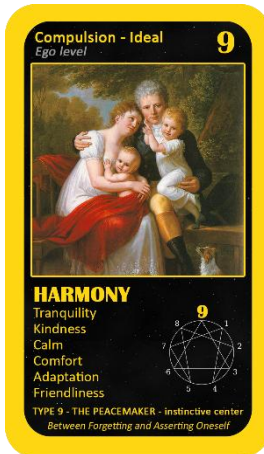


TYPE 8 - THE CHALLENGER - instinctive center  
Between Strength and Weakness

## Essence

When Type 8 personalities are connected to their true essence, they express the value of truth. Having come out of denial and power struggles, they can face the truth head-on without fear of losing control. Reality no longer frightens them. They become more authentic, objective and upright. And ultimately, this new attitude to the world and to their own vulnerability makes them more compassionate and understanding for human suffering.

# TYPE 9 : THE PEACEMAKER



## Compulsion – Ideal

Type 9 personalities have a great need for harmony in their life. They enjoy peace, quiet and comfort. Types 9 feel best in a warm environment, within a loving family and home. They appreciate simple moments of life in good company, enjoying sharings in a friendly atmosphere. To maintain this harmony, they are capable of benevolence and also of adapting to circumstances and to the people around them.

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## Basic Fear

The basic fear of type 9 personalities is any loss. Finding their balance in a harmonious life within a loving home and stable relationships, they fear above all to lose the secure environment they have built. Any separation is a heartbreak. It is difficult for them to face any breakup or separation, because they may then feel completely destabilized and losing their bearings. The mourning that follows is painful to experience and to overcome.



## Avoidance

In order not to be confronted with their basic fear, type 9 personalities avoid any kind of conflict. Appreciating peaceful and harmonious relationships, they keep away from arguments and disagreements that create too much tension and stress for them and that could end in loss. As a result, they also have difficulties in making a choice, whatever the situation, because it necessarily involves a loss. As a consequence, types 9 can remain undecided for a long time and avoid asserting themselves, hoping that the others or the circumstances will do it for them.

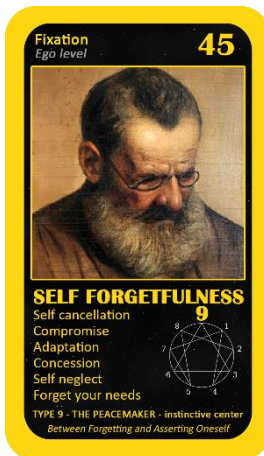
# TYPE 9 : THE PEACEMAKER



## Defense Mechanism

The favored defense mechanism of types 9 is anesthesia. In order to avoid confronting their fears and having to position themselves, they tend to find any way to anesthetize themselves. As a result, they disconnect from themselves, numbing their feelings and leading them to a darkened mind. The resulting insensitivity allows them to forget themselves. They keep then their deep needs away from their feelings. And they also find themselves unable of acting in a controlled and lucid way.

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## Fixation

The fixation of type 9 personalities is self-forgetfulness. Having for main interest the preservation of a harmonious life and the avoidance of any conflict or situation requiring to make a choice which could cause a loss, they have developed the art of adapting to all circumstances. By canceling out their needs and wants, they can accommodate themselves to others and situations by regularly compromising, often to their detriment and to the benefit of others.

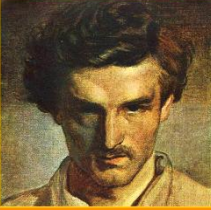


## Sin


The sin that dominates type 9 personalities is laziness. Their peaceful personality loves quietness. They will tend to let themselves live serenely, without rushing, enjoying the passing of time, sometimes in good company. It may also happen that they fall into laziness, even apathy. Sometimes, inaction and inertia win them out. This laziness can also be related to the process of a personal questioning or a reflection on themselves and their own life.

# TYPE 9 : THE PEACEMAKER

Mental tendency  
Stress level **63**



**STUBBORNNESS**  
Determination  
Perseverance  
Willfulness  
Obsession  
Doggedness  
Relentlessness



TYPE 9 - THE PEACEMAKER - instinctive center  
Between Forgetting and Asserting Oneself

## Mental Tendency

Type 9 personalities may exhibit mental tendencies akin to stubbornness. Their dynamic encouraging them to preserve the harmony around them, to avoid making choices and to settle in a certain passivity, types 9 can be stubborn not to face the loss. When they feel that the situation suits them as it is, they find it difficult to question themselves and find the energy and courage to face reality and initiate changes.

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Collective plague  
Stress level **72**



**RESIGNATION**  
Feeling helpless  
Renunciation  
Immobilism  
Fatalism  
Surrender  
Submission

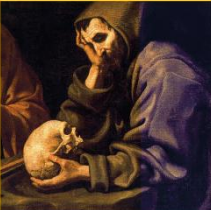


TYPE 9 - THE PEACEMAKER - instinctive center  
Between Forgetting and Asserting Oneself


## Collective Plague

Type 9 personalities tendencies towards passivity can derive on a collective level in the form of resignation. The ability to imagine and envision an action is off, the energy is low. An attitude of immobility and fatalism then sets in. A feeling of helplessness paralyzes and there is an impossibility to see any way out of the situation. No pathways can be considered. The only solution they can think about is abdication and submission.

Disintegration  
Stress level **81**



**RUMINATION**  
Provocative  
Anxiety  
Doubt  
Fear  
Inaction  
Loss of self-trust




TYPE 9 - THE PEACEMAKER - instinctive center  
Between Forgetting and Asserting Oneself

## Disintegration


When type 9 personalities regress under the effect of stress or dissatisfaction, they take on the negative points of their own personality as well as those of types 6 and can be overcome by ruminations. Failing to find peace and to maintain harmony around them, their self-confidence decreases while fear increases. They are beset by doubts and anxieties and do not know how to behave to improve their situation. Their thoughts clutter their mind and cause inaction.

# TYPE 9 : THE PEACEMAKER

**Integration**  
Growth level **90**



**PEACEMAKER**  
Wish for recognition  
Reconciliation  
Agreement  
Mediator  
Listening to yourself  
Awareness of your value



TYPE 9 - THE PEACEMAKER - instinctive center  
Between Forgetting and Asserting Oneself

## Integration

When type 9 personalities evolve, they express their own qualities and also integrate those of types 3. They then cease to be guided by their need for harmony at all costs and their fear of conflict to be able to listen to all point of views and to make compromises to everyone's advantage. They are finally able to listen to themselves, become aware of their value and accept to express their true desire for recognition. They then become outstanding mediators competent to reconcile and pacify warring camps.

**Virtue**  
Growth level **99**



**ACTION**  
Entrepreneurial ability  
Commitment  
Labor  
Energy  
Implementation  
Useful action feeling




TYPE 9 - THE PEACEMAKER - instinctive center  
Between Forgetting and Asserting Oneself


## Virtue

The virtue that type 9 personalities come to express as they evolve is action. Inhabited as they are by passivity and laziness, they therefore show energy. Their actions then make sense, which allows them to regain their energy to perform the tasks necessary for their accomplishment. Types 9 then feel really useful and become able to completely invest themselves in the mission for which they have decided to commit body and soul.

**Essence**  
Growth level **108**



**LOVE**  
Forgiveness  
Gift of self  
Self-love  
Love of life  
Compassion  
Reconciliation



TYPE 9 - THE PEACEMAKER - instinctive center  
Between Forgetting and Asserting Oneself

## Essence

When type 9 personalities are connected to their true essence, they reveal the essence of love. No longer letting their fear of separation and loss dominate them, they develop true love and self-love. Types 9 reconcile with themselves and with life. As a result, they feel able to give of themselves for a noble cause, and to be understanding and compassionate. Forgiveness becomes possible and an immense love grows up for life itself.

# CONCLUSION

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The enneagram is first and foremost a tool for self-knowledge and personal and spiritual development. It is extremely powerful and can accompany you throughout your life on your path to evolution.

One day, I had the idea of making available to everyone this millennial knowledge of incredible richness in the form of divinatory cards. Thus was born the Enneagram Oracle which illustrates this introduction to the Enneagram. A very complete palette of the human being is represented on these cards. Thus, each reading makes it possible to obtain one or more very fine answers regarding the questions which concern you.

You don't need to be an expert in the enneagram, or even have some insight into it, to be able to use the Enneagram Oracle. Neither don't you have to understand its structure or even how it's designed. Indeed, it can be used simply by understanding the difference between the cards on a black background, those on an orange background and those on a white background and then by letting yourself be impregnated by the image and the keywords. Trust your intuition and the first messages that come to mind when you see the card. Messages can be very broad and far from the first idea that allowed the creation of the Oracle.

Trust your feelings, your intuition and do not hesitate to let yourself be carried away by the power of the messages of the Enneagram Oracle!

Thank you very much for your trust!

You can purchase the 3 Enneagram Oracles here:

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and contact me on this email if you want a lecture or for anything else:

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