



# Enneagram Reference Sheet

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	Type 2	Type 3	Type 4	Type 5	Type 6	Type 7	Type 8	Type 9	Type 1
Description	Helper Giver	Achiever Performer	Individualist Romantic	Investigator Observer	Loyalist Guardian	Enthusiast Adventurer	Challenger Protector	Peacemaker Mediator	Perfectionist Reformer
Basic Fear	Unworthy of Love	Being Worthless	Being Without Identity	Useless or Incompetent	Being Without Support	Trapped in Pain	Being Controlled	Loss of Connection	Being Bad, Corrupt or Evil
Basic Drive	To Be Loved	To Be Valuable	To Be Oneself	To Be Competent	To Be Secure	To Be Happy	To Protect Oneself	To Be At Peace	To Have Integrity
Desired Virtue	Freedom	Hope	Original	Transparency	Faith	Wisdom	Truth	Love	Perfection
Vice	Pride	Deceit	Envy	Avarice	Fear	Gluttony	Lust	Sloth	Anger
Fixation	Flattery	Vanity	Melancholy	Withdrawal	Cowardice	Planning	Vengeance	Indolence	Resentment
Manipulation	Creating A Need or Dependency	Charming Others	Being Temperamental	Staying Preoccupied	Complaining	Distracting	Dominating	Checking Out	Correcting
Unconscious Childhood Message	It's not okay to have your own needs	It's not okay to have your own feelings	It's not okay to be too functional or happy	It's not okay to be comfortable in the world	It's not okay to trust yourself	It's not okay to depend on anyone for anything	It's not okay to be vulnerable or to trust anyone	It's not okay to assert yourself	It's not okay to make mistakes
Need to Hear	You Are Wanted	You Are Loved	You Are Seen For Who You Are	Your Needs Are Not A Problem	You Are Safe	You Will Be Taken Care of	You Will Not Be Betrayed	Your Presence Matters	You Are Good
Possible NC	I am Unlovable	I am Worthless	I am Misunderstood	I am Useless	I am Unsafe	I Can't Let it Out	I am Powerless	I am Invisible	I am No Good
Yearning	Belonging Competence	Belonging Competence	Belonging Orientation	Competence Coherence	Orientation Coherence	Feel Experience	Meaning Coherence	Belonging Orientation	Meaning Competence
Stress	8	9	2	7	3	1	5	6	4
Security	4	6	1	8	9	5	2	3	7
	<b>Heart</b>			<b>Head</b>			<b>Gut</b>		