

ENNEAGRAM BASICS

This handout summarizes basic information about each type.

Definitions:

Wings - are neighboring styles. We can rely on one or both. Often the wing that is less relied on is one of the keys to balance for you because frequently it contains an opposite of your type.

Stress and Security Points: We move to take on qualities of other styles when we are challenged or relaxed. This can happen in a predictable pattern as outlined here. However, many people move in the opposite direction or both! It's highly individual. We can take on the "high side" or "low side" of the style or type. (Resourceful or not resourceful.)

Defense Mechanism: Are used by our ego to maintain our self-esteem or self-image. They automatically keep out of our awareness any parts of ourselves that might damage our good reputation as well as keeping our offensive ego parts out of sight of the judgmental eyes of others – not to mention our own.

TYPE 8

Center: Body Center

Wings: 7 and 9

Stress Point: 5

Security Point: 2

Defense Mechanism: Denial - moves painful or threatening realities off the screen of awareness. Attention and energy is redirected to control.

TYPE 9

Center: Body Center

Wings: 8 and 1

Stress Point: 6

Security Point: 3

Defense Mechanism: Narcotization - using a variety of things, for example, food, drink, distraction, meditation, entertainment to "put oneself to sleep" and stay comfortable.

TYPE 1

Center: Body Center

Wings: 9 and 2

Stress Point: 4

Security Point: 7

Defense Mechanism: Reaction Formation (feeling one thing and expressing another)

TYPE 2

Center: Heart Center

Wings: 1 and 3

Stress Point: 8

Security Point: 4

Defense Mechanism: Repression - actively putting one's unacceptable feelings out of awareness - converting them into a more acceptable emotional energy.

TYPE 3

Center: Heart Center

Wings: 2 and 4

Stress Point: 9

Security Point: 6

Defense Mechanism: Identification - stepping into a role so completely that one loses contact with their authentic self.

TYPE 4

Center: Heart Center

Wings: 3 and 5

Stress Point: 2

Security Point: 1

Defense Mechanism: Introjection - internationalization of the beliefs/thoughts of others that are absorbed as if your own.

TYPE 5

Center: Head Center

Wings: 4 and 6

Stress Point: 7

Security Point: 8

Defense Mechanism: Isolation - separating emotions/impulses that can be distressing from the rest of one's awareness - leads to detachment from feelings/needs and withdrawing from others.

TYPE 6

Center: Head Center

Wings: 5 and 7

Stress Point: 3

Security Point: 9

Defense Mechanism: Projection - attribute to others what one cannot accept in oneself - both positive and negative.

TYPE 7

Center: Head Center

Wings: 6 and 8

Stress Point: 1

Security Point: 5

Defense Mechanism: Rationalization - using the head center to explain away or justify things in order to distance from painful feeling or taking responsibility for behavior. Reframe towards the positive.