



- A. Idealized Self-Image or Compensating Values
- B. Defense Mechanism
- C. Area of Avoidance
- D. Genuine Ideal or Authentic Values

adapted from Jerome Wagner, Ph.D, Enneagram Spectrum, Presented by Dohl Haus Coaching

This circular diagram represents the wholeness inherent in the framework of the Enneagram. The outer rim is our “ego fixation” or “idealized self-image”. The inner circle is what our type naturally values or could say is our natural gift. The separate self latches onto that to create the idealized self-image and ends up distorting it - (showing up as distortions in the head, heart and body centers).

Line C is our area of avoidance, meaning what we think we have to avoid to maintain our idealized self-image. And the defense mechanism is how we go about doing that.

True healing and balance comes through slowly embracing our avoidance from a place of grounded open hearted presence, ie - our Essence. We then come to realize that when we integrate that energy we walled off, we have more access to the Essence quality we value (center of the circle). In addition, we have access to all the Essence qualities. We experience wholeness.

Please see “Enneagram Basics” Handout for more information on the defense mechanisms.