Enneagram Test Assessment

Name:	Date:

Instruction

Mark an X in the box [ ] to the right of the statement you have selected as more true of you most of the time. For each number, you will be reading two statements. Select the information that is most true of you, and tick the check box on the right column it is placed in.

Do not overthink the questions or try to think of "exceptions to the rule." Instead, be spontaneous and choose the statement that perfectly represents how you have been most of the time or most of your life.

		A	B	C	D	E	F	G	H	I
1	I've been romantic and imaginative. I've been pragmatic and down to earth.									
2	I have tended to take on confrontations. I have tended avoid confrontations.									
3	I have typically been diplomatic, charming, and ambitious. I have typically been direct, formal, and idealistic.									
4	I have tended to be focused and intense. I have tended to be spontaneous and fun-loving.									
5	I have been a hospitable person and have enjoyed welcoming new friends into my life. I have been a private person and have not mixed much with others.									
6	Generally, it's been easy to "get a rise" out of me. Generally, it's been difficult to "get a rise" out of me.									
7	I've been more of a "street-smart" survivor. I've been more of a "high-minded" idealist .									
8	I have needed to show affection to people. I have preferred to maintain a certain distance with people.									
9	When presented with a new experience, I've usually asked myself if it would be useful to me. When presented with a new experience, I've usually asked myself if it would be enjoyable.									
10	I have tended to focus too much on myself. I have tended to focus too much on others.									
11	Others have depended on my insight and knowledge. Others have depended on my strength and decisiveness.									
12	I have come across as being too unsure of myself. I have come across as being too sure of myself.									
13	I have been more relationship-oriented than goal-oriented. I have been more goal-oriented than relationship-oriented.									
14	I have not been able to speak up for myself very well. I have been outspoken—I've said what others wished they had the nerve to say.									
15	It's been difficult for me to stop considering alternatives and do something definite. It's been difficult for me to take it easy and be more flexible.									
16	I have tended to be hesitant and procrastinating. I have tended to be bold and domineering.									

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		A	B	C	D	E	F	G	H	I
17	My reluctance to get too involved has gotten me into trouble with people. My eagerness to have people depend on me has gotten me into trouble with them.	☒					☐			
18	Usually, I have been able to put my feelings aside to get the job done. Usually, I have needed to work through my feelings before I could act.			☐		☐				
19	Generally, I have been methodical and cautious. Generally, I have been adventurous and taken risks.		☐							☐
20	I have tended to be a supportive, giving person who enjoys the company of others. I have tended to be a serious, reserved person who likes discussing issues.				☐		☐			
21	I've often felt the need to be a "pillar of strength." I've often felt the need to perform perfectly.			☐				☐		
22	I've typically been interested in asking tough questions and maintaining my independence. I've typically been interested in maintaining my stability and peace of mind.	☐							☐	
23	I've been too hard-nosed and skeptical. I've been too soft-hearted and sentimental.		☐				☐			
24	I've often worried that I'm missing out on something better. I've often worried that if I let down my guard, someone will take advantage of me.							☐		☐
25	My habit of being "stand-offish" has annoyed people. My habit of telling people what to do has annoyed people.				☐	☐				
26	Usually, when troubles have gotten to me, I have been able to "tune them out." Usually, when troubles have gotten to me, I have treated myself to something I've enjoyed.	☐								☐
27	I have depended upon my friends and they have known that they can depend on me. I have not depended on people; I have done things on my own.		☐	☐						
28	I have tended to be detached and preoccupied. I have tended to be moody and self-absorbed.					☐			☐	
29	I have liked to challenge people and "shake them up." I have liked to comfort people and calm them down.						☐	☐		
30	I have generally been an outgoing, sociable person. I have generally been an earnest, self-disciplined person.				☐					☐
31	I've usually been shy about showing my abilities. I've usually liked to let people know what I can do well.	☐		☐						
32	Pursuing my personal interests has been more important to me than having comfort and security. Having comfort and security has been more important to me than pursuing my personal interests.		☐						☐	
33	When I've had conflict with others, I've tended to withdraw. When I've had conflict with others, I've rarely backed down.					☐		☐		
34	I have given in too easily and let others push me around. I have been too uncompromising and demanding with others.	☐			☐					
35	I've been appreciated for my unsinkable spirit and great sense of humor. I've been appreciated for my quiet strength and exceptional generosity.						☐			☐
36	Much of my success has been due to my talent for making a favorable impression. Much of my success has been achieved despite my lack of interest in developing "interpersonal skills."			☐					☐	

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Scoring Instructions →

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Scoring Instructions

Add the X's marked in Column A, Column B, Column C, and so on through Column I, and then enter the total number of X's in the boxes below for Columns A through I. If you checked one box in each pair of statements and correctly added the number of Xs, your total will be 36. If not, go back and double-check for errors in either counting Xs or arithmetic. As shown below, each column corresponds to a personality type. Please be aware that these were randomly distributed and do not appear in numerical order.

Columns	**A**	**B**	**C**	**D**	**E**	**F**	**G**	**H**	**I**
Numerical Values									
Personality Type	**Nine**	**Six**	**Three**	**One**	**Four**	**Two**	**Eight**	**Five**	**Seven**

Discover which of the nine types is your ***basic personality type*** is the object of this test. **If you have answered honestly and accurately, your basic personality type should be *one of the top three scores.***

Result Interpretation

The Nine Personality Types of the Enneagram

1. The Reformer. The rational, idealistic type. Ones are conscientious and ethical, with a strong sense of right and wrong. They are teachers, crusaders, and advocates for change: always striving to improve things, but afraid of making a mistake. Wellorganized, orderly, and fastidious, they try to maintain high standards, but can slip into being critical and perfectionistic. They typically have problems with resentment and impatience. At their Best: wise, discerning, realistic, and noble. Can be morally heroic.

2. The Helper. The caring, interpersonal type. Twos are empathetic, sincere, and warm-hearted. They are friendly, generous, and self-sacrificing, but can also be sentimental, flattering, and people-pleasing. They are well-meaning and driven to be close to others, but can slip into doing things for others in order to be needed. They typically have problems with possessiveness and with acknowledging their own needs. At their Best: unselfish and altruistic, they have unconditional love for others.

3. The Achiever. The success-oriented, pragmatic type. Threes are self-assured, attractive, and charming. Ambitious, competent, and energetic, they can also be status-conscious and highly driven for advancement. They are diplomatic and poised, but can also be overly concerned with their image and what others think of them. They typically have problems with workaholism and competitiveness. At their Best: self-accepting, authentic, everything they seem to be—role models who inspire others.

4. The Individualist. The sensitive, introspective, type. Fours are self-aware, expressive, and reserved. They are emotionally honest, creative, and personal, but can also be moody and self-conscious. Withholding themselves from others due to feeling vulnerable and defective, they can also feel disdainful and exempt from ordinary ways of living. They typically have problems with melancholy, self-indulgence, and self-pity. At their Best: inspired and highly creative, they are able to renew themselves and transform their experiences.

5. The Investigator. The intense, cerebral type. Fives are alert, insightful, and curious. They are able to concentrate and focus on developing complex ideas and skills. Independent, innovative, and inventive, they can also become preoccupied with their thoughts and imaginary constructs. . They become detached, yet high-strung and intense. They typically have

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problems with eccentricity, nihilism, and isolation. At their Best: visionary pioneers, often ahead of their time, and able to see the world in an entirely new way.

6. The Loyalist. The committed, security-oriented type. Sixes are reliable, hard-working, responsible, and trustworthy. Excellent “trouble-shooters,” they foresee problems and foster cooperation, but can also become defensive, evasive, and anxious— running on stress while complaining about it. They can be cautious and indecisive, but also reactive, defiant and rebellious. They typically have problems with self-doubt and suspicion. At their Best: internally stable and self-reliant, courageously championing themselves and others.

7. The Enthusiast. The busy, variety-seeking type. Sevens are extroverted, optimistic, versatile, and spontaneous. Playful, high-spirited, and practical, they can also misapply their many talents, becoming over-extended, scattered, and undisciplined. They constantly seek new and exciting experiences, but can become distracted and exhausted by staying on the go. They typically have problems with impatience and impulsiveness. At their Best: they focus their talents on worthwhile goals, becoming appreciative, joyous, and satisfied.

8. The Challenger. The powerful, dominating type. Eights are self-confident, strong, and assertive. Protective, resourceful, straight-talking, and decisive, but can also be egocentric and domineering. Eights feel they must control their environment, especially people, sometimes becoming confrontational and intimidating. Eights typically have problems with their tempers and with allowing themselves to be vulnerable. At their Best: self-mastering, they use their strength to improve others' lives, becoming heroic, magnanimous, and inspiring.

9. The Peacemaker. The easygoing, self-effacing type. Nines are accepting, trusting, and stable. They are usually creative, optimistic, and supportive, but can also be too willing to go along with others to keep the peace. They want everything to go smoothly and be without conflict, but they can also tend to be complacent, simplifying problems and minimizing anything upsetting. They typically have problems with inertia and stubbornness. At their Best: indomitable and all-embracing, they are able to bring people together and heal conflicts.

NOTES: