



An Introduction to the Enneagram

Good Samaritan UMC
Offered through Zoom Video

April 8, 15, 22, & 29, 2021: 7:00 – 8:15 PM
Presenter: Scott McRae

The Enneagram is a powerful tool for understanding ourselves better, for identifying ways that we get stuck and fall into ruts, as well as pathways to move toward wholeness and spiritual growth. It is a system for self-development that uses a nine-pointed figure to portray nine basic personality styles. Each type has a life-perspective and style of living that contains strengths and weaknesses. Knowing your Enneagram type can be a powerful catalyst for changing limiting patterns and making new and life-giving choices.

We will meet over Zoom on four Thursday evenings. The session dates and topics are:

- April 8: Enneagram Introduction and Background
- April 15: The 9 Enneagram Types
- April 22: The Enneagram Triads
- April 29: The Spirituality of the Enneagram

At the end of this document, you will find a brief introduction to the Enneagram and its nine types. I'm also sharing two documents with you in advance to prepare you for our class:

- The Enneagram Symbol with explanations of the types
- A Type Indicator form

Prior to the classes

If you already know your Enneagram type, nothing further is needed before coming to the class. If you are new to the Enneagram, or unsure of your type, please seek to narrow your Enneagram type to one or two possibilities. But don't worry if you can't make heads or tails of your type – people often need a live introduction to catch the nuances of the types. Any advance work you can do will speed up your learning curve, and it will help you to get more out of our time together.

Here are three ways to assess your type (I encourage you to do two or all three, if possible):

1. The attached Type Indicator Form.
2. The [free Similar Minds online screening tool](#)
3. The Enneagram Institute has a good on-line type inventory that you can take for the cost of \$12, the [RHETI Full Test](#). Here's another place where you will find excellent

background and resource materials.

PLEASE NOTE: The determination of one's Enneagram type is more complicated than other typologies (e.g., DISC or Myers-Briggs), and therefore it is difficult for an assessment tool to accurately capture our actual type. The tools listed above are starting points, and may give you different results. Hold their answers lightly. You will gain a better sense of your type during our classes.

A few more thoughts

You will notice that different systems call the nine types by different names. Just choose the name that best fits you.

Because of the depth of the Enneagram, people often don't like what they see as they confront their types. In fact, for many the more resistance that arises the more likely you have arrived at your type! If that is the case for you, breathe, smile and remember that every type is loaded with strengths and gifts, with no type being better than another.

In the end, the point of the Enneagram is NOT to put us into a type box. Actually, it's the opposite. The point is to free us from the habits of our type so we can live into our spiritual essence and find a freedom that transcends personality types.



Enneagram journey that we will take together!



Introducing the Enneagram

Scott McRae, Enneagram Consultant & Teacher

The Enneagram is a powerful tool for exploring our lives. It's a powerful window into what keeps us stuck and what helps us grow personally and spiritually. The word itself is pronounced "ANY-a-gram" (*Ennea* is the Greek word for "9", and *gramma* means something written). It has an ancient tradition rooted in spirituality and philosophy that has beautifully merged with contemporary themes in psychology.

The Enneagram symbol and system portray nine distinct personality styles or types. Each type views the world from a unique vantage point that shapes its motivations, feelings, and focus of attention. Each type equally possesses strengths and weaknesses, and each has a unique pathway that guides us to greater awareness of ourselves, other people, and our connection to the Divine. Knowing our Enneagram type can be a powerful catalyst for changing limiting patterns and making new and life-giving choices. And, as we grow through the Enneagram, we actually become freed from our type. We discover a life that reflects aspects of all nine types, and we experience the nine Divine Qualities that are the gifts of human flourishing and transformation.

Type One: Perfectionists or reformers who have high ideals and are realistic, detail-oriented, conscientious and dependable. However, they can overly focus on right and wrong. This leads to becoming critical of self and others, and taking rigid stances.

Type Two: Helpers and givers who are warmhearted, nurturing and are sensitive to other's needs. However, they can give so much attention to the needs of others that they ignore their own needs. This leads both to their becoming depleted and to feeling quietly resentful about being under-appreciated.

Type Three: Achievers who are energetic, optimistic, self-assured and goal-oriented. However, their focus on achievement can become overly-consuming. It can compromise their authenticity and relationships, and lead them to be out of touch with their own feelings.

Type Four: Romantics who are emotionally intense, creative people who seek uniqueness and deep connection with others. However, feelings of being alone and misunderstood can be over-dramatized. It can lead to a roller-coaster of feelings (especially melancholy and envy), and push others away.

Type Five: Observers who are lovers of knowledge. They are analytical, self-sufficient, and often introverted. However, they can become fixated on thoughts and ideas, and fear being overwhelmed by outer demands and people. This leads them to withdraw and safeguard their energy.

Type Six: Loyal skeptics who are responsible, trustworthy, intuitive, and value close relationships. However, they orient to possible dangers, and are often fearful of what could go wrong. This leads them to doubt and distrust themselves and others.

Type Seven: Adventurers who are energetic, buoyant people who bring fun and endless possibilities to others. However, they get caught-up in planning and imagination. They seek to escape boredom and pain through distraction, and others can find them unreliable and self-centered due to their mental busyness.

Type Eight: Asserters and boss-types who are strong, protective, and direct people who are concerned with justice and fair play. However, their all-or-nothing, invulnerable style often feels overbearing and controlling to others. And, eventually it leads them to feeling exhausted and frustrated.

Type Nine: Peacemakers who are calm, receptive, good-natured and supportive people who are natural mediators. However, in order to avoid conflict, they accommodate to the needs and desires of others. This leads them to lose track of their own needs and desires, and to "zone out" as a way of refueling themselves.