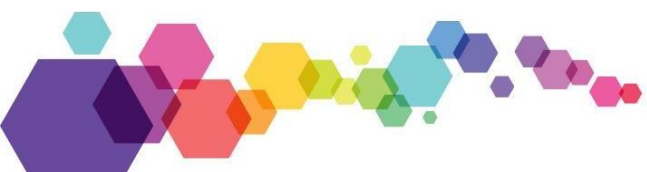




# Enneagram Assessment

This assessment originally appeared in *Awareness to Action: The Enneagram, Emotional Intelligence, and Change* by Robert Tallon and Mario Sikora. I have made a few minor changes to adapt it to this book. For more information about the Enneagram, visit [www.enneagramlearning.com](http://www.enneagramlearning.com).





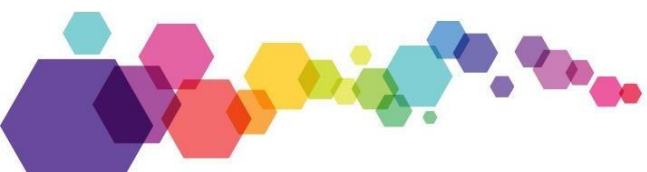
## PERSONALITY TYPE A

Score the statements according to how true or applicable they are to you.

1	2	3	4	5
Almost Never	Rarely	Sometimes	Frequently	Almost Always

- ☐ Creative and have an artistic view of life.
- ☐ Feel different from others, as if "on the outside looking in."
- ☐ Tend to experience more melancholy than most people I know.
- ☐ Tend to be overly sensitive.
- ☐ Feel that something is missing in my life.
- ☐ Feel envious of other people's relationships, lifestyles, and accomplishments.
- ☐ Thrive in environments where I can express my creativity.
- ☐ When misunderstood, can become withdrawn, self-conscious, and/or rebellious.
- ☐ Tend to be romantic and long for the great love of my life to come along.
- ☐ Can be caught in a fantasy world of romance and imagination.
- ☐ Enjoy having elegant, refined, unique things that no one else has.
- ☐ Attracted to what is intense and out of the ordinary.
- ☐ Tend to be moody, withdrawn, and self-absorbed when stressed.
- ☐ Tend to be compassionate, expressive, and supportive when not stressed.
- ☐ Can be deeply hurt by the slightest criticism.
- ☐ Tend to be reflective and to search for the meaning of my life.
- ☐ Strive to be unique and have done things to avoid being ordinary.
- ☐ Manners and good taste are extremely important to me.
- ☐ People have seen me as overly dramatic.
- ☐ Believe it is important to understand my own and other people's feelings.

Total Score\_\_\_\_





## PERSONALITY TYPE B

Score the statements according to how true or applicable they are to you.

1	2	3	4	5
Almost Never	Rarely	Sometimes	Frequently	Almost Always

- \_\_\_ Have a strong sense of responsibility and am a hard worker.
- \_\_\_ Try to prepare for every contingency.
- \_\_\_ Suspicious of others and wonder about their motives.
- \_\_\_ Making decisions on my own may cause me anxiety.
- \_\_\_ Safety and security are priorities in my life.
- \_\_\_ Doubt my own decisions and opinions about myself.
- \_\_\_ Believe it is important for people to be with other people or to belong to a group or an organization.
- \_\_\_ Value the belief that everything is going to be all right yet often lack faith in this belief.
- \_\_\_ Friends and family provide the support I feel is necessary in life.
- \_\_\_ Tend to take things too seriously and overreact to small issues.
- \_\_\_ Don't really trust anybody I haven't known for a long time.
- \_\_\_ Look for danger, unsafe people, or unsafe situations.
- \_\_\_ Tend to be suspicious, anxious, and defensive when stressed.
- \_\_\_ Tend to be caring, warm, and loyal when not stressed.
- \_\_\_ When feeling anxious I can be overly vigilant and controlling.
- \_\_\_ When feeling relaxed I tend to be friendly and responsive to people.
- \_\_\_ In a relationship, it has been difficult for me to trust the commitment of the other person.
- \_\_\_ When afraid of something, I've done what was necessary to overcome my fear.
- \_\_\_ Tend to worry more than other people.
- \_\_\_ Motivated by the need to acquire security and social support.

Total Score\_\_\_





## PERSONALITY TYPE C

Score the statements according to how true or applicable they are to you.

1	2	3	4	5
Almost Never	Rarely	Sometimes	Frequently	Almost Always

- \_\_\_ Dislike confrontation and try to keep the peace.
- \_\_\_ Easygoing, "laid back," and optimistic.
- \_\_\_ Listen patiently and can be very understanding and comforting to friends.
- \_\_\_ Tend to procrastinate and ignore problems or brush them under the rug.
- \_\_\_ Attracted to habits and routines, can relax easily and tune out reality through TV, daydreaming, a good book, etc.
- \_\_\_ Have difficulty making decisions because "everything looks good."
- \_\_\_ Routine and structure help me stay focused and accomplish things.
- \_\_\_ Can be forgetful, neglectful, and "fuzzy" about details.
- \_\_\_ Can feel angry even though I might look peaceful.
- \_\_\_ Get tired easily and would love to take time during the day to relax and renew my energy.
- \_\_\_ Can be a "homebody" and enjoy the comfort and peace of home.
- \_\_\_ In relationships, I seek harmony and peace through a sense of belonging and/or by bonding with the other person.
- \_\_\_ Dislike people nagging me; this makes me quite stubborn.
- \_\_\_ May do routine and unimportant things before I tackle an important job.
- \_\_\_ Tend to be withdrawn, forgetful, stubborn, and passive-aggressive when stressed.
- \_\_\_ Tend to be open-minded, receptive, and very patient when not stressed.
- \_\_\_ Tend to go along with what people say just to get them off my back.
- \_\_\_ Too much to do or too many decisions to make can make me angry, anxious, and/or depressed.
- \_\_\_ Am told I'm a "nice guy" and dislike putting myself first.
- \_\_\_ Motivated by the need to maintain peace of mind and harmony in my life.

Total Score\_\_\_





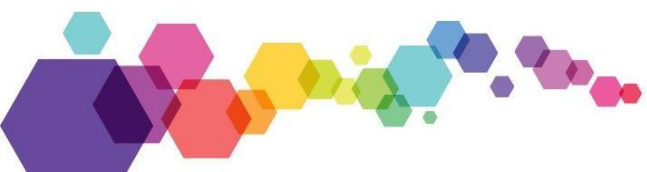
## PERSONALITY TYPE D

Score the statements according to how true or applicable they are to you.

1	2	3	4	5
Almost Never	Rarely	Sometimes	Frequently	Almost Always

- \_\_\_ Tend to be more emotional than most people I know.
- \_\_\_ Consider relationships the most important part of my life.
- \_\_\_ See myself as caring and helpful and like to make people feel special and loved.
- \_\_\_ Have trouble saying no to requests.
- \_\_\_ Giving feels more comfortable than receiving.
- \_\_\_ Need to feel close to people and feel rejected and hurt if I don't experience that closeness.
- \_\_\_ Like feeling indispensable and helping others become successful.
- \_\_\_ Like to be gracious, outgoing, and connected with people.
- \_\_\_ Avoid expressing negative feelings and like to compliment and flatter people.
- \_\_\_ Have a strong need to be noticed, liked, and appreciated for what I do for others.
- \_\_\_ Like people to depend on me and deliver on my promises.
- \_\_\_ In intimate relationships, I value being told that I'm loved and wanted.
- \_\_\_ People feel comfortable telling me their problems.
- \_\_\_ Work very hard at maintaining relationships.
- \_\_\_ Tend to be possessive and demanding when stressed.
- \_\_\_ Tend to be loving, caring, and supportive when not stressed.
- \_\_\_ Know how to get people to like me.
- \_\_\_ Can act like a martyr when not appreciated.
- \_\_\_ Believe that my motives for helping others are noble and helpful.
- \_\_\_ Motivated by the need to be appreciated, loved, and connected to people.

Total Score\_\_\_





## PERSONALITY TYPE E

Score the statements according to how true or applicable they are to you.

1	2	3	4	5
Almost Never	Rarely	Sometimes	Frequently	Almost Always

- \_\_\_ Good at marketing and selling myself and my ideas.
- \_\_\_ Like doing more than one or two things at a time; enjoy "multitasking."
- \_\_\_ Want to be "number one" and am confident in my abilities.
- \_\_\_ Love to work and be productive, and work has tended to be a top priority in my life.
- \_\_\_ Have been goal-oriented for as long as I can remember.
- \_\_\_ Value looking good, presenting a good first impression, and "dressing for success."
- \_\_\_ Getting a product to market before the competition is more important than holding it back until it is "perfect."
- \_\_\_ Prefer being with people to being alone.
- \_\_\_ Value finding the most practical, effective way to do a job.
- \_\_\_ To impress, I may take on too much and make promises I can't keep.
- \_\_\_ Have been told I am not in touch with my emotions.
- \_\_\_ Believe that competition is a good thing and tend to be very competitive.
- \_\_\_ Value exceeding standards and rising to the top of my profession.
- \_\_\_ Tend to "spin" the facts and be overly self-promoting when stressed.
- \_\_\_ Tend to be honest, competent, and charming when not stressed.
- \_\_\_ Believe that negative feelings are an obstacle to getting the job done.
- \_\_\_ Find it easy to adapt to different people and situations.
- \_\_\_ Enjoy supporting the careers of people whom I care about and who deserve it.
- \_\_\_ Have difficulty understanding why people settle for second best.
- \_\_\_ Motivated by being outstanding and being recognized for my personal success and achievements.

Total Score\_\_\_





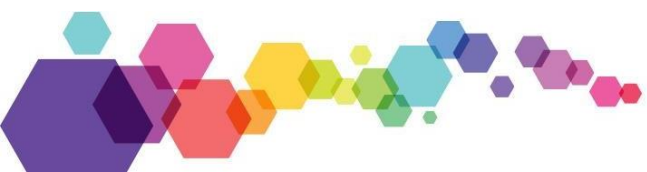
## PERSONALITY TYPE F

Score the statements according to how true or applicable they are to you.

1	2	3	4	5
Almost Never	Rarely	Sometimes	Frequently	Almost Always

- \_\_\_ Uncomfortable around loud, emotional people.
- \_\_\_ Enjoy analyzing things, gathering data, and figuring out what makes things tick.
- \_\_\_ Tend to be shy and withdrawn, especially at social events.
- \_\_\_ Tend to be more comfortable expressing ideas than emotions, especially spontaneously.
- \_\_\_ May hesitate while I try to organize my thoughts and may not speak at all if I'm not comfortable with what I want to say.
- \_\_\_ Try to avoid confrontations.
- \_\_\_ Enjoy spending time alone pursuing my personal interests.
- \_\_\_ Sensitive to criticism but try to hide that sensitivity.
- \_\_\_ Enjoy the sense of independence that comes from living frugally.
- \_\_\_ Prefer people not to know how I feel or what I think unless I tell them.
- \_\_\_ People may find it difficult to follow my train of thought.
- \_\_\_ Enjoy having control of my own time and private space.
- \_\_\_ Easily annoyed by people who act unintelligent or uninformed.
- \_\_\_ Have ideas, theories, and opinions about almost everything.
- \_\_\_ Tend to socialize with people who are interested in the same things I am.
- \_\_\_ Tend to be distant, stubborn, and pessimistic when stressed.
- \_\_\_ Tend to be insightful, objective, and sensitive when not stressed.
- \_\_\_ Can be critical, cynical, and argumentative and can act intellectually superior.
- \_\_\_ Don't mind working alone and enjoy being self-sufficient.
- \_\_\_ Rely on facts rather than emotions to make decisions.

Total Score\_\_\_





## PERSONALITY TYPE G

Score the statements according to how true or applicable they are to you.

1	2	3	4	5
Almost Never	Rarely	Sometimes	Frequently	Almost Always

- \_\_\_ Feel that life is to be enjoyed and am optimistic about the future.
- \_\_\_ Talkative, playful, and at times uninhibited.
- \_\_\_ Like to leave my options open; "don't hem me in" describes me well.
- \_\_\_ Have lots of friends and acquaintances and support them by cheering them up.
- \_\_\_ Need to feel stimulated and like new, fun, exciting, and different things.
- \_\_\_ Tend to be idealistic and ambitious and want to contribute something positive to the world.
- \_\_\_ Like to entertain and enjoy telling stories and getting laughs.
- \_\_\_ Like to be "on the go" and may appear hyperactive to people.
- \_\_\_ Enjoy trying many things and can do many different things fairly well.
- \_\_\_ Hate to be bored and avoid doing boring, mundane things.
- \_\_\_ Tend to do things in excess and to always want more.
- \_\_\_ I'm supersensitive to possessive people; they make me feel uncomfortable.
- \_\_\_ Have acted inappropriately, undisciplined, and/or rebellious when stressed.
- \_\_\_ Tend to be fun-loving, imaginative, and optimistic when not stressed.
- \_\_\_ When I find work that I like, I can be very productive and enthusiastic.
- \_\_\_ See no value in enduring suffering and pain and try to avoid it.
- \_\_\_ Become frustrated if there is not enough time to do all the fun things I want to do.
- \_\_\_ Dislike being around pessimistic, negative people.
- \_\_\_ Tend to be excited and impatient about accomplishing plans.
- \_\_\_ Motivated to feel excited, satisfied, and happy and to do and experience more.

Total Score\_\_\_







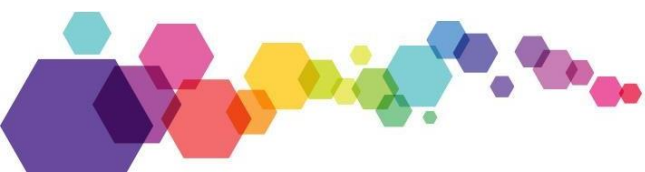
## PERSONALITY TYPE H

Score the statements according to how true or applicable they are to you.

1	2	3	4	5
Almost Never	Rarely	Sometimes	Frequently	Almost Always

- \_\_\_ Stand up for what I want and need in life.
- \_\_\_ People see me as courageous and look to me as a natural leader.
- \_\_\_ Value, strength and autonomy take pride in taking care of my own needs and expect others to do the same for themselves.
- \_\_\_ Impatient with people who are indirect or indecisive.
- \_\_\_ Am assertive and like to compete and win.
- \_\_\_ Am extremely protective of my loved ones and feel good about helping the underdog.
- \_\_\_ Like expressing my power and being the boss and/or being in charge.
- \_\_\_ I am not gullible; you must earn my trust, and I will challenge your loyalty.
- \_\_\_ Like taking risks and the excitement of competition.
- \_\_\_ Work hard and know how to get things done.
- \_\_\_ Love to be challenged and enjoy a good fight.
- \_\_\_ Would rather be respected than liked.
- \_\_\_ Feel I must take charge because I am the strongest and most decisive person in the group.
- \_\_\_ Proud about being direct, telling it "like it is," and expressing "tough love."
- \_\_\_ Tend to be rebellious, controlling, and insensitive when stressed.
- \_\_\_ Tend to be energetic, self-confident, and helpful when not stressed.
- \_\_\_ Am uncomfortable expressing emotions other than anger.
- \_\_\_ When I trust people, I can let down my guard and be more sensitive.
- \_\_\_ Tend to go overboard in the pursuit of fun and pleasure.
- \_\_\_ Motivated by the need to protect myself and my loved ones and to be powerful and in control of my life.

Total Score\_\_\_





## PERSONALITY TYPE I

Score the statements according to how true or applicable they are to you.

1	2	3	4	5
Almost Never	Rarely	Sometimes	Frequently	Almost Always

- \_\_\_ Have a strong sense of right and wrong and strive for perfection.
- \_\_\_ Take pride in being self-disciplined, moderate, and fair.
- \_\_\_ Personal integrity is extremely important to me.
- \_\_\_ Tend to be more logical than emotional.
- \_\_\_ Can be too serious and lack spontaneity.
- \_\_\_ Critical of myself (my own worst critic) and find it easy to be judgmental and critical of other people as well.
- \_\_\_ Easily discern what is wrong in a situation and how it could be done better.
- \_\_\_ Tend to be a workaholic and a perfectionist.
- \_\_\_ Value being well organized and punctual in myself and others.
- \_\_\_ Morals and ethics are more important than compassion and tolerance.
- \_\_\_ Tend to see the glass as "half empty" and to look for what needs fixing.
- \_\_\_ Do not consider being a perfectionist a negative thing and like to make sure all the details are just right.
- \_\_\_ Tend to be intolerant, inflexible, and demanding when stressed.
- \_\_\_ Tend to be rational, reasonable, and accepting when not stressed.
- \_\_\_ Fear being criticized or judged as being improper by other people.
- \_\_\_ Find it difficult to forgive and can carry a grudge for a long time.
- \_\_\_ Have difficulty seeing the "gray" areas of an issue and tend to see things in black and white.
- \_\_\_ Have difficulty admitting I'm wrong.
- \_\_\_ Believe that rules, regulations, policies, and procedures have a purpose and should be followed and am frustrated when others break rules.
- \_\_\_ Motivated by the need to be correct, fair, and self-disciplined.

Total Score\_\_\_



## WHAT IT'S LIKE TO BE A ONE



### **Type 1**

*The Moral Perfectionist*

1. People have told me that I can be overly critical and judgmental.
2. I beat myself up when I make mistakes.
3. I don't feel comfortable when I try to relax. There is too much to be done.
4. I don't like it when people ignore or break the rules, like when the person in the fast lane at the grocery store has more items than allowed.
5. Details are important to me.
6. I often find that I'm comparing myself to others.
7. If I say I'll do it, I'll do it.
8. It is hard for me to let go of resentment.
9. I think it is my responsibility to leave the world better than I found it.
10. I have a lot of self-discipline.
11. I try to be careful and thoughtful about how I spend money.
12. It seems to me that things are either right or wrong.
13. I spend a lot of time thinking about how I could be a better person.
14. Forgiveness is hard for me.
15. I notice immediately when things are wrong or out of place.
16. I worry a lot.
17. I am really disappointed when other people don't do their part.
18. I like routine and don't readily embrace change.
19. I do my best when working on a project, and I wish others would do the same, so I wouldn't have to redo their work.
20. I often feel like I try harder than others to do thing.

## WHAT IT'S LIKE TO BE A TWO



### **Type 2**

*The Supportive Advisor*

1. When it comes to taking care of others, I don't know how or when to say no.
2. I am a great listener, and I remember the stories that make up people's lives.
3. I am anxious to overcome misunderstandings in a relationship.
4. I feel drawn to influential or powerful people.
5. People think I'm psychic because I usually know what other people need or want.
6. Even people I don't know well share deep stuff about their lives with me.
7. It seems like people who love me should already know what I need.
8. I need to be acknowledged and appreciated for my contributions.
9. I'm more comfortable giving than receiving.
10. I like my home to feel like a safe and welcoming place for family and others.
11. I care a great deal about what people think of me.
12. I want other people to think I love everyone, even though I don't.
13. I like it when the people who love me do something unexpected for me.
14. Lots of people ask me for help, and it makes me feel valuable.
15. When people ask me what I need, I have no idea how to answer.
16. When I'm tired, I often feel like people take me for granted.
17. People say my emotions can feel over-the-top.
18. I feel angry and conflicted when my needs conflict with others'.
19. Sometimes it is hard for me to watch movies because I find it almost unbearable to see people suffer.
20. I worry a lot about being forgiven when I make mistakes.

## WHAT IT'S LIKE TO BE A THREE



### **Type 3**

*The Successful Achiever*

1. It's important for me to come across as a winner.
2. I love walking in a room and knowing I'm making a great first impression on the crowd.
3. I could persuade Bill Gates to buy a Mac.
4. The keys to my happiness are efficiency, productivity, and being acknowledged as the best.
5. I don't like it when people slow me down.
6. I know how to airbrush failure so it looks like success.
7. I'd rather lead than follow any day.
8. I am competitive to a fault.
9. I can find a way to win over and connect with just about anyone.
10. I'm a world-champion multitasker.
11. I keep a close watch on how people are responding to me in the moment.
12. It's hard for me to not take work along on vacation.
13. It's hard for me to name or access my feelings.
14. I'm not one to talk much about my personal life.
15. Sometimes I feel like a phony.
16. I love setting and accomplishing measurable goals.
17. I like other people to know about my accomplishments.
18. I like to be seen in the company of successful people.
19. I don't mind cutting corners if it gets the job done more efficiently.
20. People say I don't know how or when to stop working.

## WHAT IT'S LIKE TO BE A FOUR



### **Type 4**

*The Romantic Individualist*

1. I like things that are unconventional, dramatic, refined. I'm definitely not a fan of the ordinary.
2. I never really felt like I belonged.
3. I have so many feelings in a day it's hard to know which ones to pay attention to first.
4. Some people think I am aloof, but I'm really just unique.
5. In social situations I tend to hang back and wait for others to approach me.
6. Melancholy is comfortable for me, so it's annoying when people try to cheer me up.
7. I'm not like everyone else ... phew.
8. I'm very sensitive to criticism, and it takes me a while to get over it.
9. I spend a lot of time trying to explain myself.
10. When people tell me what to do I'm often tempted to do the opposite.
11. Sometimes I just disappear and go radio silent for a few days.
12. I'm okay with sad songs, sad stories and sad movies. Overly happy people give me a headache.
13. I feel there is something essential lacking in me.
14. It's really hard for me to settle into a relationship because I'm always looking for my ideal soul mate.
15. I'm self-conscious. It's hard for me to find my place in a room full of people.
16. People say I'm too intense and my feelings overwhelm them.
17. I'm either an artist or highly creative. I come up with one amazing, creative idea after another. It's executing them that's hard.
18. Lots of people misunderstand me, and it makes me frustrated.
19. I pull people in, but then I get nervous and push them away.
20. I worry a lot about abandonment.

## WHAT IT'S LIKE TO BE A FIVE



### **Type 5**

*The Intellectual Thinker*

1. I can take care of myself, and I think others could do the same.
2. I don't always say things out loud, but in my head, I am pretty sarcastic and cynical.
3. I often feel awkward around other people.
4. I'm okay if people ask me a few specific questions about myself, but I don't like it when people want too much information.
5. I need time alone.
6. If I want people to know how I feel I will tell them. I generally wish they wouldn't ask.
7. I think thoughts are more reliable than feelings.
8. I need a couple of days to process an experience or know how I feel about something.
9. People are wasteful. I hold on to what I have.
10. Often, I find that I would rather observe than participate.
11. I trust myself. That means I think about things for a while then I make my own decisions.
12. I can't understand why people get together to "just hangout."
13. I'm a listener.
14. I have to be very careful with my time and energy.
15. I get tired when I have to be with people for too long.
16. I often felt invisible as a child. Sometimes as an adult I choose to be invisible.
17. Sometimes I think I should be more generous. It's hard for me.
18. In groups, being uninformed makes me very uncomfortable.
19. I don't like big social gatherings. I'd rather be with a few people.
20. Material possessions don't make me happy.



## WHAT IT'S LIKE TO BE A SIX



### **Type 6**

*The Loyal Guardian*

1. I'm always imagining and planning for the worst.
2. I often don't trust people who are in authority.
3. People say I am loyal, understanding, funny and compassionate.
4. Most of my friends don't have as much anxiety as I do.
5. I act quickly in a crisis, but when things settle down I fall apart.
6. When my partner and I are doing really well in our relationship, I find myself wondering what will happen to spoil it.
7. Being sure I've made the right decision is almost impossible.
8. I'm aware that fear has dictated many of my choices in life.
9. I don't like to find myself in unpredictable situations.
10. I find it hard to stop thinking about the things I'm worried about.
11. I'm generally not comfortable with extremes.
12. I usually have so much to do it's hard for me to finish tasks.
13. I'm most comfortable when I'm around people who are pretty much like me.
14. People tell me I can be overly pessimistic.
15. I am slow to start, and once I do get started, I find myself continuing to think about what could go wrong.
16. I don't trust people who give me too many compliments.
17. It helps me to have things in some kind of order.
18. I like to be told I am good at my job, but I get very nervous when my boss wants to add to my responsibilities.
19. I have to know people for a long time before I can really trust them.
20. I am skeptical of things that are new and unknown.



## WHAT IT'S LIKE TO BE A SEVEN

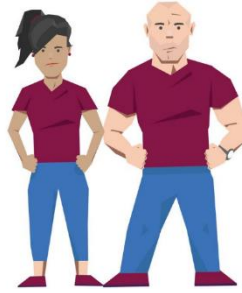


### **Type 7**

*The Entertaining Optimist*

1. I'm always the first person up for a last-minute adventure.
2. I am an optimist to a fault.
3. I don't like making hard and fast commitments to things.
4. I suffer from FOMO – fear of missing out.
5. Anticipation is the best part of life.
6. People close to me say I can be argumentative and act superior.
7. Variety and spontaneity are the spice of life.
8. Sometimes I get so eager for the future I can hardly wait for it to get here.
9. It's hard for me to finish things. When I get close to the end of a project I start thinking about the next thing, and then I get so excited I sometimes just move on.
10. I usually avoid heavy conversations and confrontations.
11. When people I care about are having a hard time, I help them look at the bright side of the situation.
12. Other people think I am sure of myself, but I have lots of doubts.
13. I'm popular and have lots of friends.
14. When things get too serious for too long, I usually find a way to get people to lighten up, often by telling jokes and funny stories.
15. I don't like endings, so I usually wait for people to break up with me.
16. I quickly get bored with the same routines and like to try new things.
17. Almost everything can be more fun and entertaining with a little effort.
18. I think people worry more than they should.
19. Life is better than people imagine. It's all about how you explain things to yourself.
20. I don't like it when people have expectations of me.

## WHAT IT'S LIKE TO BE AN EIGHT



### **Type 8**

*The Protective Challenger*

1. I have been told that I'm too blunt and aggressive.
2. Doing things halfway is not my spiritual gift.
3. I enjoy a good verbal skirmish, just to see what others are made of.
4. In relationships, that matter to me I insist on being honest about conflicts and staying in the fight until things are worked out.
5. It's hard for me to trust people.
6. Justice is worth fighting for.
7. I can sniff out other people's weakness the first time I meet them.
8. Saying no isn't a problem for me.
9. I welcome opposition. Bring it.
10. I make decisions fast and from the gut.
11. I don't like it when people beat around the bush.
12. I'm wary of people who are super nice.
13. When I walk into a room, I know immediately who has the most power.
14. I don't have much respect for people who don't stand up for themselves.
15. One of my mottos is "A good offense is better than a good defense."
16. Don't mess with the people I love.
17. I know I'm respected. But sometimes I want to be loved.
18. I have no problem confronting a bully.
19. If God wanted people to wear their hearts on their sleeve, he would have put it there.
20. Under my tough exterior is a tender, loving heart.

## WHAT IT'S LIKE TO BE A NINE



### **Type 9**

*The Peaceful Mediator*

1. I'll do almost anything to avoid conflict.
2. I'm not a self-starter.
3. Sometimes I get lost in doing trivial tasks, while things that really need to get done get put off.
4. I'm happy to go along with what others want to do.
5. I tend to procrastinate.
6. People seem to want me to be more decisive.
7. When I get distracted and go off task, I give my attention to whatever is happening right in front of me.
8. I often choose the path of least resistance.
9. I find routines at work and home comforting, and I feel unsettled when something throws them off.
10. Others see me as more peaceful than I really am.
11. I have a hard time getting started, but once I do, I really get things done.
12. I'm a "what you see is what you get" person.
13. I don't think of myself as being very important.
14. People think I'm a good listener even though I find it hard to pay attention in a long conversation.
15. I don't like to take work home with me.
16. Sometimes I tune out and think about the past.
17. I don't enjoy big social gatherings as much as a quiet evening at home with the ones I love.
18. Being outdoors is very soothing for me.
19. I am often quietly stubborn when people put demands on me.
20. It would feel selfish to spend the whole day doing whatever I want to do.



# IDENTIFYING YOUR PERSONALITY TYPE

## Scoring Instructions

1. Transfer your scores from the Total Scores line at the bottom of each section to the appropriate lines below. For example, the score from *Personality Type A* should be recorded on the line directly below A. The numbers beneath the lines on this page correspond to the Enneagram personality types. Your highest score usually, but not always, indicates your type.

**A      B      C      D      E      F      G      H      I**

Score

— — — — — — — — —

Corresponding Type

**4      6      9      2      3      5      7      8      1**

