



The Maine Enneagram Center  
for Transformation & Well Being



# *The Alchemy of the Enneagram in Transforming Addiction*



2024-2025

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[www.enneagrammaine.com](http://www.enneagrammaine.com)

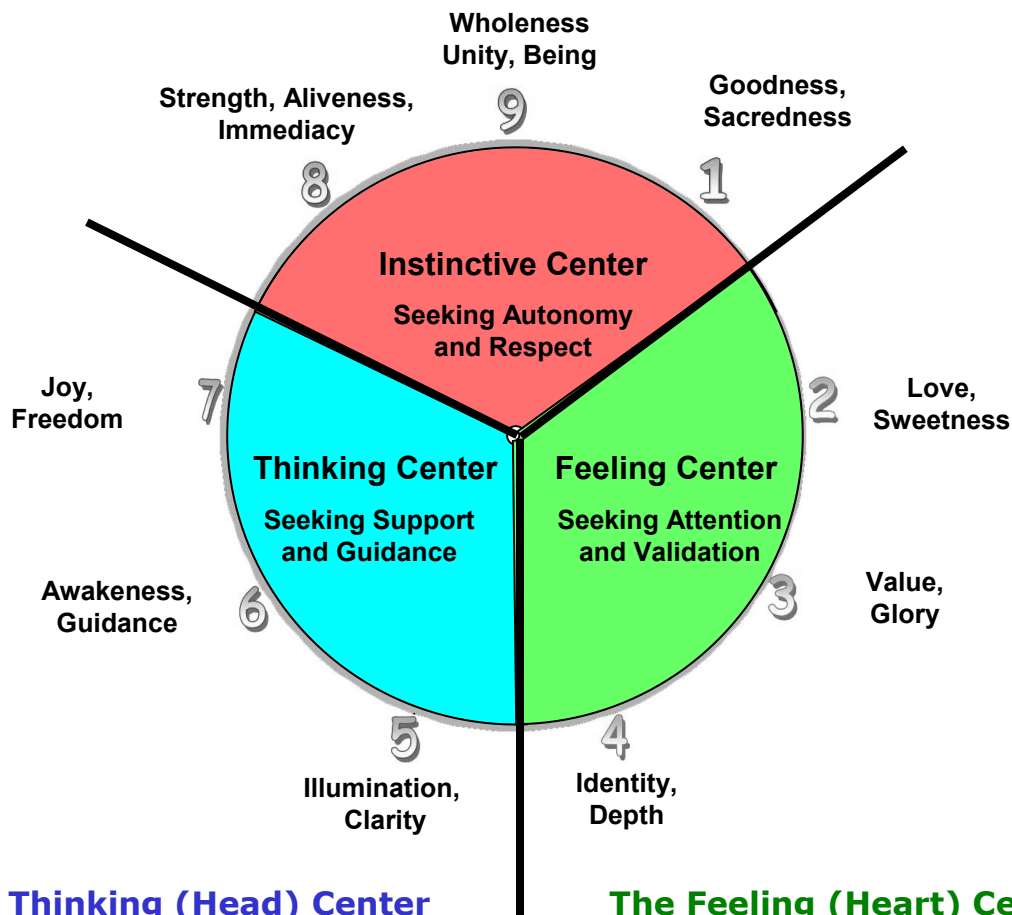
# The Centers

The three types in each Center show us three different flavors of the Center—three ways the beauty and gifts of the Center can manifest.

The Centers are important for transformation as they also show where our chief imbalance lies.

## The Instinctive (Belly) Center

Issues with: Resistance, Boundaries, Control of the Environment, Aggression, Repression, Tension vs. Relaxation  
Underlying Feeling: **ANGER**



## The Thinking (Head) Center

Issues with: Trust & Doubt, Insecurity, Anxiety, Cynicism, Inner Chatter vs. Quiet Mind  
Underlying Feeling: **FEAR**

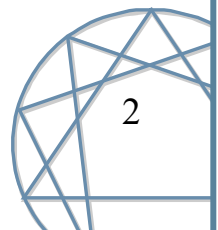
## The Feeling (Heart) Center

Issues with: Identity, Image, Being Seen, Personal Value, Hostility, Emotional Reactivity vs. Real Love  
Underlying Feeling: **SHAME, HURT**

For further reading see *The Wisdom of The Enneagram* page 49

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# The Riso-Hudson

## Type Names & Brief Descriptions

The characteristics listed here are merely a few high-lights and do not represent the full spectrum of each personality type

### The Peacemaker

#### Gentle Mystic

The Pleasant, Self-Effacing Type:  
Receptive, Reassuring,  
Complacent, and Resigned

### The Challenger

#### Lion Hearted Protector

The Powerful,  
Dominating Type:  
Self-Confident, Decisive, Willful,  
and Confrontational

### The Reformer

The Rational, Idealistic Type:  
Principled, Purposeful,  
Self-Controlled, and  
Perfectionistic

### The Enthusiast

#### Joyful Visionary

The Excitable, Variety-  
Seeking Type:  
Spontaneous, Versatile,  
Acquisitive,  
and Scattered

### The Helper

#### Intuitive Healer

The Caring,  
Interpersonal Type:  
Generous, Demonstrative,  
People-Pleasing,  
and Possessive

### The Loyalist

#### Courageous Pathfinder

The Committed, Security-Oriented  
Type: Engaging, Responsible,  
Anxious, and Suspicious

### The Achiever

#### Inspiring Champion

The Success-Oriented,  
Efficient Type:  
Adaptable, Excelling, Driven,  
and Image-Conscious

### The Investigator

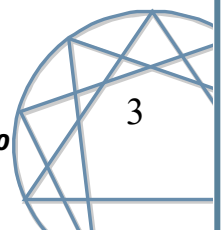
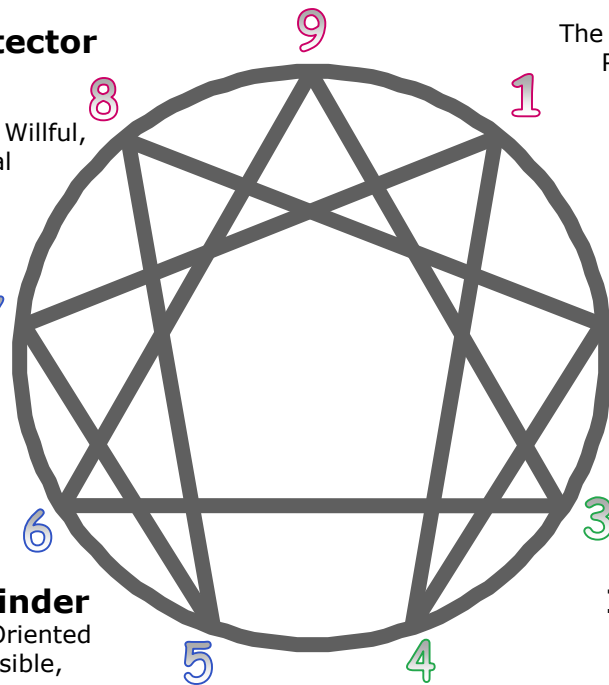
#### Kind Wizard

The Intense, Cerebral Type:  
Perceptive, Innovative,  
Secretive, and Isolated

### The Individualist

#### Creative Alchemist

The Sensitive, Introspective Type:  
Expressive, Dramatic,  
Self-Absorbed, and Temperamental



For in-depth descriptions see *The Wisdom of The Enneagram* – pages 97 to 340

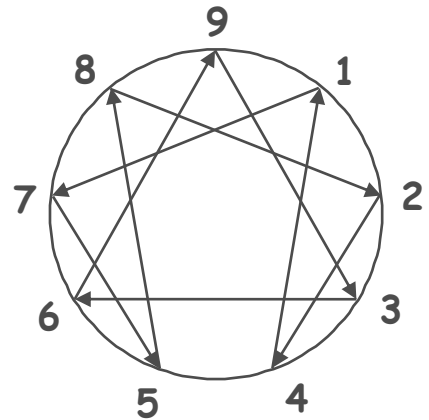
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# The Levels of Development

The Levels of Development offer a way of observing and measuring our degree of identification with our personality structure.

## Direction of Integration



## Freedom — Openness — Expansion

### Healthy

- |   |   |
|---|---|
| 1 | <b>Level of Liberation:</b><br>Ego Transcended—Balance & Freedom  |
| 2 | <b>Level of Psychological Capacity:</b><br>Ego is Identified with as the basis of a Particular Mode of Being  |
| 3 | <b>Level of Social Value or Social Gift:</b><br>Ego Operating in a Constructive Way, Successfully Sublimating |

### Average

- |   |  |
|---|--|
| 4 | <b>Level of Imbalance:</b><br>Losing Contact with Presence and Awareness, the Beginning of “Sleep”—as Ego-Role assumed   |
| 5 | <b>Level of Interpersonal Control:</b><br>Ego Controlling Environment to get its needs met—Manipulative & Defended<br><i>Serious inner work is not possible from this level down</i> |
| 6 | <b>Level of Overcompensation:</b><br>Ego Inflation, Aggressive defence of Ego-Identity. Demanding that others/reality support the ego-agenda   |

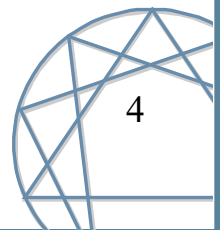
### Unhealthy

- |   |   |
|---|---|
| 7 | <b>Level of Violation:</b><br>Ego willing to violate self and others to maintain itself. Abusive, Devaluing, Desperate (Serious pathology arises) |
| 8 | <b>Level of Delusion and Compulsion:</b><br>Ego-Self out of Control and Out of Touch with Reality (Major Personality Disorders)                   |
| 9 | <b>Level of Pathological Destructiveness:</b><br>Extreme Pathology or Death (Psychosis)   |

## Constriction — Reaction — Obsession

For further reading see *Wisdom of The Enneagram* page 75 and page 92

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# Fears and Desires

**Our Basic Fear and Basic Desire are below conscious levels of awareness and are thus unhelpful for typing ourselves.**

**Arising from the Basic Desire is our Secondary Fear which can be recognized by most people.**

**9**

## **Basic Fear**

Of annihilation and non-existence—of being fragmented, disconnected, cut off from everything

## **Basic Desire**

To have wholeness and inner stability (“peace of mind”)

## **Secondary Fear**

Of losing my peace of mind (my inner tranquility)

**1**

## **Basic Fear**

Of being “bad,” corrupt, unredeemable, condemnable, chaotic

## **Basic Desire**

To be aligned with “the Good,” the Sacred, to be virtuous, to have integrity

## **Secondary Fear**

That my subjective feelings and impulses will lead me astray, impair my reason (my integrity will be tarnished)

**2**

## **Basic Fear**

Of being loveless, that there is no love

## **Basic Desire**

To feel love, to be at one with love, to be a source of love in the world

## **Secondary Fear**

That my own needs and negative feelings will harm my relationships

**3**

## **Basic Fear**

Of being worthless and deficient (without any inherent value)

## **Basic Desire**

To feel valuable and worthwhile

## **Secondary Fear**

That I will be rejected (I will disappoint others by being less than admirable)

**4**

## **Basic Fear**

That I have no identity or personal significance

## **Basic Desire**

To find my true self and my personal significance

## **Secondary Fear**

Of being dull, ordinary, and indistinguishable — of being without deep feelings and uniqueness

**8**

## **Basic Fear**

Of being without life—dead, impotent, empty

## **Basic Desire**

To be / feel strong, real, and alive

## **Secondary Fear**

Of becoming weak or vulnerable—of losing my strength and independence

**7**

## **Basic Fear**

Of deprivation and being trapped in emotional pain

## **Basic Desire**

To be happy, free, and satisfied—to be fulfilled

## **Secondary Fear**

That my unmet needs and frustration will take away my freedom and happiness

**6**

## **Basic Fear**

Of being without orientation (lost), without support and guidance

## **Basic Desire**

To find a trustworthy orientation so that I can be secure and supported

## **Secondary Fear**

Of being unreliable, ungrounded, unprepared; my anxiety will undo my security

**5**

## **Basic Fear**

Of having no ability to know what’s real and true (to be lost in ignorance & senselessness)

## **Basic Desire**

To understand reality, to uncover the essence of things

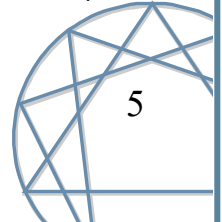
## **Secondary Fear**

That my intelligence is not enough; my perceptions alone are insufficient to give me confidence

**For further reading see *The Wisdom of The Enneagram* page 30**

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# Self-Image

Over time, we identify with a certain set of qualities we think necessary for achieving our Basic Desire. As they become more fixed we develop a Self-Image that limits our choices.

This is the predictable personality type—the opposite of which we would not want to be. As if to say "I am this way, but not that way."

9

**"I am settled"**

peaceful, relaxed, stable,  
easygoing, friendly

8

**"I am powerful"**

strong, direct, robust,  
independent, resourceful

1

**"I am right"**

reasonable, sensible, moderate,  
rational, objective

7

**"I am okay"**

enthusiastic, positive,  
spontaneous, outgoing,  
free-spirited

2

**"I am helpful"**

loving, caring, selfless,  
concerned, warm-hearted

6

**"I am obedient"**

dependable, reliable, careful,  
likable, having foresight

3

**"I am successful"**

admirable, outstanding,  
effective, well-adjusted,  
desirable

5

**"I am perceptive"**

smart, curious, unusual  
objective, insightful

4

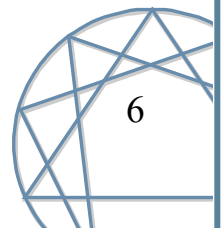
**"I am special"**

sensitive, different, unique  
intuitive, self-aware

*For further reading see The Wisdom of The Enneagram page 44*

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# The Passions

The Passions represent the nine ways we lose our center and become distorted in our Thinking, Feeling, and Doing

9

## Sloth

This does not mean laziness. Rather, it refers to a desire to be unaffected by life. An unwillingness to arise and fully engage with life, full of our own vitality.

8

## Lust

This is not referring to sexual lust: rather a 'lusty' drive of a constant need for intensity, control, and self-extension. It causes us to try to push everything in our lives—to willfully assert ourselves.

1

## Resentment

(traditionally Anger)  
Anger is not a problem in itself: When our anger is repressed, it leads to continual frustration and dissatisfaction with ourselves and the world.

7

## Gluttony

The insatiable desire to "fill ourselves up" with experiences. We attempt to overcome feelings of inner emptiness by pursuing a variety of positive, stimulating ideas and activities. But we never feel we have enough.

2

## Pride

Could also be called *Vainglory*—pride in one's own virtue. An inability or unwillingness to acknowledge our own suffering. There is a pride in denying many of our own needs while attempting to 'help' others.

6

## Faithlessness

(traditionally Fear)  
Fear of things not actually happening now. We walk around in a constant state of apprehension—doubting and worrying about future events.

3

## Vanity

Our attempt to make the ego feel valuable without turning to higher levels of consciousness. Deceiving ourselves into believing we are the ego self. Our efforts go into developing our ego instead of our true nature.

5

## Avarice

Fearing that too much interaction with others will lead to catastrophic depletion, we feel we lack inner resources to cope. This passion leads us to withhold ourselves from contact with the world and hold on to resources and minimize needs.

4

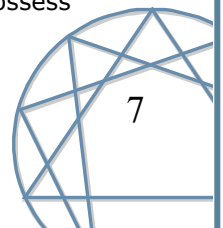
## Envy

Based on the feeling that something fundamental is missing. We long for what is absent—often failing to notice the many blessings in our lives. Envy leads us to feel that others possess qualities that we lack.

For further reading see *The Wisdom of The Enneagram page 23*

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# The Wake-Up Call

Indicates when we are moving from the Healthy range to the Average range of our type

9

## Going along

Outwardly accommodating myself to others.  
Saying Yes when I mean No!

8

## Using too much force

Feeling that I must push and struggle to make things happen

1

## Sense of personal obligation

"If I don't do this no one else will"

7

## Greener pastures

Feeling that something better is available somewhere else

2

## Leaning in

Believing that I must go out to others to win them over

6

## Being Driven / paralyzed by anxiety

Turning attention away from confidence in self—becoming dependent on something outside myself for guidance

3

## Doing without Being

Beginning to drive myself for status and attention

5

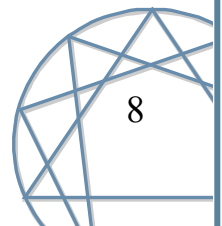
## Breaking contact with the felt sense of experience (withdrawing into the mind)

Withdrawing from reality into concepts and mental worlds

4

## Fantasizing

Clinging on to a mood—replay mode.



For further reading see *The Wisdom of The Enneagram* page 80

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# Healing Attitudes and Paths of Transformation

The nine distinct Paths of Transformation unlock the issues of the Triads and restore access to our Essential nature. Each Path represents internal *Healing Attitudes* that help to liberate us from some of the limiting views of our type. They are also markers of our progress.

9

## Self Remembering

Maybe I can make a difference.  
Maybe I am more powerful than I realize.  
*Leads us to the Essential Quality of*  
**Unity and Wholeness**

8

## Self-Surrender

Maybe I could let my heart be touched more deeply.  
Maybe I could let down my guard a little more.  
*Leads us to the Essential Quality of*  
**True Strength and Confidence**

1

## Acceptance

Maybe others are right.  
Maybe someone else has a better idea.  
Maybe I've done all that can be done.  
*Leads us to the Essential quality of*  
**Truth and Wisdom**

7

## Contentment

Maybe I'm not missing out on anything worthwhile.  
Maybe what I already have is enough.  
*Leads to the Essential Quality of*  
**Real Joy**

2

## Self-Nurturing

Maybe I could do something good for myself too.  
Maybe this person is actually already showing me love in their own way.  
*Leads us to the Essential quality of*  
**Real Unconditional Love**

6

## Trust

Maybe I can trust myself and my own judgements.  
Maybe I don't need to foresee every possible problem.  
*Leads us to the Essential Quality of*  
**Real Guidance and Will**

3

## Sincerity / Authenticity

Maybe I don't have to be the best.  
Maybe people will accept me just the way I am.  
*Leads us to the Essential Quality of*  
**Real Value**

5

## Compassion & Understanding

Maybe my future will be okay.  
Maybe I can trust people and let them know what I need.  
*Leads us to the Essential Quality of*  
**Gnosis—Real Knowing**

4

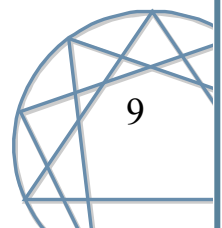
## Forgiveness

Maybe I'm not the only one who feels this way.  
Maybe there's nothing wrong with me.  
*Leads us to the Essential Quality of*  
**True Identity**

For further reading see *The Wisdom of The Enneagram* page 354  
and *Understanding The Enneagram (Riso-Hudson)* page 371

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# Type Eight - The Challenger

## The Lion-Hearted Protector

Essential Qualities: Strength, Aliveness, Immediacy



### When Healthy, Eights Are:

Decisive, authoritative, and commanding.  
A natural leader others look up to.  
Taking initiative, and making things happen:  
championing other people, providers,  
protective, and honorable.  
Carrying others from  
an inner strength.

### At Our Best:

Self-assertive, self-confident,  
and strong, having learned to stand up for what  
we need and want. A resourceful, "can do" attitude  
with a passionate inner drive.

---  
Become self-restrained and magnanimous,  
merciful and forbearing, mastering self through  
self-surrendering to a higher authority. Courageous,  
willing to put self in serious jeopardy to  
achieve a personal vision and have a  
lasting influence.

The foundation for true heroism  
and historical greatness.

### Catching Ourselves in the Act



### The Wake-Up Call:

Feeling that we must push and struggle  
to make things happen—biting off more than we can chew.

### Average Levels:

Self-sufficiency, financial independence,  
and having enough resources become more important concerns.  
The enterprising, pragmatic, "rugged individualists."  
Wheeler-dealers, risk-taking, hardworking, denying our own emotional needs.

### At the Level of Interpersonal Conflict

A need to dominate the environment, including others.  
Want to feel that others are behind us, supporting our efforts.  
Swaggering, boastful, forceful, and expansive. The "boss" whose word is law.  
Proud, egocentric, want to impose our will, and vision on everything.  
Not seeing others as equals or treating them with respect.

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Confrontational Adversary

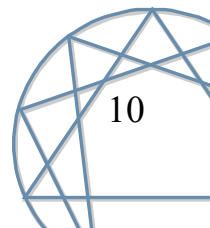
### Unhealthy Levels:

Ruthless Outlaw  
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Omnipotent Megalomaniac  
---  
Violent Destroyer

For further reading see *The Wisdom of The Enneagram* page 287

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# Type Nine – The Peacemaker

## The Gentle Mystic

Essential Qualities: Wholeness, Unity, Being



### When Healthy, Nines Are:

A person who is optimistic, reassuring, supportive. Having a healing and calming influence. Harmonizing groups, bringing people together. A good mediator, synthesizer, and communicator.

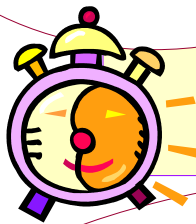
### At Our Best:

We become self-possessed, feeling autonomous, and fulfilled: having great equanimity and contentment because we are present to ourselves. Paradoxically, at one with self, and thus able to form more profound relationships. Intensely alive, fully connected to self and others.

---

Deeply receptive, accepting, unselfconscious, emotionally stable, and serene. Trusting of self and others, at ease with Self, and life. Innocent and simple. Patient, unpretentious, good-matured, genuinely nice people.

### Catching Ourselves in the Act



### The Wake-Up Call:

Outwardly accommodating ourselves to others :  
Saying Yes when we mean No!

### Average Levels:

Fear of conflicts, so becoming self-effacing and accommodating. Idealizing others and "going along" with their wishes, saying "yes" to things they do not really want to do. Falling into conventional roles and expectations. Use philosophies and stock sayings to deflect others.

---

### At the Level of Interpersonal Conflict:

The Nine in us becomes active, but disengaged, unreflective, and inattentive. Do not want to be affected, so become unresponsive and complacent. Walking away from problems, and "sweeping them under the rug." Thinking becomes hazy and ruminative, mostly comforting fantasies. "Tuning out" reality, becoming oblivious. Emotionally indolent, unwillingness to exert self or to focus on problems: indifference.

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Resigned Fatalist

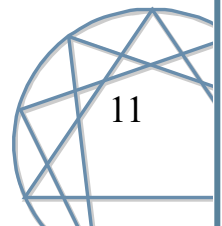
### Unhealthy Levels:

Denying "Doormat"  
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Dissociating Automaton  
---  
Self-Abandoning Ghost

For further reading see *The Wisdom of The Enneagram* page 314

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# Type One - The Reformer

## The Merciful Teacher

Essential Qualities: Goodness, Sacredness



### When Healthy, Ones Are:

A person who is extremely principled, always wanting to be fair, objective, and ethical.  
Truth and justice are primary values.  
A sense of responsibility, personal integrity, and of having a higher purpose. Often teachers and witnesses to the truth.

### At Our Best:

By accepting what is, we become transcendently realistic, extraordinarily wise and discerning.  
Knowing the best action to take in each moment.  
Humane, inspiring, and hopeful: the truth will be heard.  
---

Conscientious with strong personal convictions.  
An intense sense of right and wrong, personal religious and moral values. Wish to be rational, reasonable, self-disciplined, mature, moderate in all things.

### Catching Ourselves in the Act



### The Wake-Up Call:

Feeling a sense of personal obligation to fix everything ourselves

### Average Levels:

Dissatisfied with reality,  
and feeling that it is up to us to improve everything,  
the One in us becomes high-minded—idealistic, advocates, crusaders, critics.  
Into "causes" and explaining to others how things "ought" to be.  
---

### The Level of Interpersonal Conflict:

Brings a fear of making a mistake. Everything must be consistent with our ideals.  
Becoming orderly and well organised, but impersonal, puritanical, emotionally constricted, rigidly keeping feelings and impulses in check.  
Often workaholics—"anal-compulsive." Punctual, pedantic, and fastidious.  
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Judgmental Perfectionist

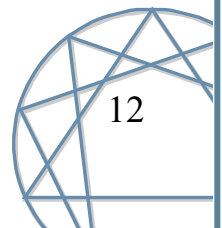
### Unhealthy Levels:

Intolerant Misanthrope  
---  
Obsessive Hypocrite  
---  
Punitive Avenger

For further reading see *The Wisdom of The Enneagram* page 97

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# Type Two - The Helper

## The Intuitive Healer

Essential Qualities: Love, Sweetness



### At Our Best:

Through self nurturing, we become deeply unselfish, humble, and altruistic.

Giving unconditional love to self and others.

Feel it is a privilege to be in the lives of others

---

Empathetic, compassionate, feeling for others.

Caring and concerned about their needs.

Thoughtful, warm-hearted,

forgiving, and sincere.

### When Healthy, Twos Are:

A person who is encouraging and appreciative, able to see the good in others.

Service is important, but takes care of self, too.

Nurturing, generous, and giving—a truly loving person.

### Catching Ourselves in the Act



### The Wake-Up Call:

People pleasing—leaning in

Believing that we must go out to others to win them over

### Average Levels:

So starts the "people pleasing."

Wanting to be closer to others, becoming overly friendly and emotionally demonstrative.

Full of "good intentions" about everything.

Giving seductive attention, approval, "strokes," flattery.

Loving our superior virtue, and talking about it constantly.

---

### The Level of Interpersonal Conflict:

Needing to be needed, becoming overly intimate, and intrusive. Hovering, meddling, and controlling in the name of love. Wanting others to depend on us.

Giving but expecting a return. Enveloping and possessive. The co-dependent, self-sacrificial person who cannot do enough for others wearing themselves out for everyone, creating needs for ourselves to fulfil.

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Self-important "Saint"

### Unhealthy Levels:

Self-Deceptive Manipulator

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Coercive Dominator

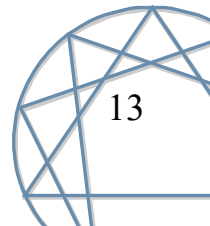
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Psychosomatic Victim

For further reading see *The Wisdom of The Enneagram* page 125

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# Type Three - The Achiever

## The Inspiring Champion

Essential Qualities: Value, Glory



### When Healthy, Threes Are:

A person who is ambitious to be "the best we can be"—often become outstanding, a human ideal, embodying widely admired cultural qualities. Highly effective. Others are motivated to be like us in some positive way.

### At Our Best:

Self-accepting, inner-directed, and authentic, everything we seem to be. Modest and charitable, self-deprecatory humour, and a fullness of heart emerge. Gentle and benevolent.

Self-assured, energetic, and competent with high self-esteem: We believe in ourselves and our own value. Adaptable, desirable, charming, and gracious.

### Catching Ourselves in the Act



### The Wake-Up Call:

Beginning to drive ourselves for status and attention

### Average Levels:

Highly concerned with performance and doing our job well, we begin to constantly drive ourselves to achieve goals; as if self-worth depends on it. Terrified of failure. Compare self with others in search for status and success. Become careerists, social climbers, invested in exclusivity, and being the "best."

### The Level of Interpersonal Conflict:

We begin packaging ourselves according to the expectations of others and what we need to do to be successful. Image-conscious and highly concerned with how we are perceived. Pragmatic and efficient, but also premeditated, losing touch with our feelings beneath a smooth facade. Problems with intimacy, credibility, and "phoniness" emerge.

Self-Promoting Narcissist

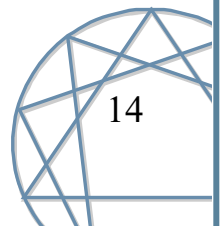
### Unhealthy Levels:

Dishonest Opportunist  
Malicious Deceiver  
Vindictive Psychopath

For further reading see *The Wisdom of The Enneagram* page 151

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# Type Four – The Individualist

## The Creative Alchemist

Essential Qualities: Identity, Depth



### When Healthy, Fours Are:

A highly personal, individual; "true to self."  
Self-revealing, emotionally honest, and humane.  
Ironic view of self and life: can be serious and funny, vulnerable and emotionally strong.

### At Our Best:

Profoundly creative, expressing the personal and the universal, possibly in a work of art. Inspired, self-renewing, and regenerating—able to transform all our experiences into something valuable: self-creative.

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Self-aware, introspective, on the "search for self," aware of feelings, and inner impulses.  
Sensitive and intuitive both to self and others: gentle, tactful, and compassionate.

### Catching Ourselves in the Act



### The Wake-Up Call:

Holding onto and intensifying feelings through imagination, clinging to a mood—replay mode.

### Average Levels:

Heightening reality through fantasy, passionate feelings, and the imagination.  
There begins an artistic and romantic orientation to life.  
Creating a beautiful, aesthetic environment to cultivate, and prolong personal feelings.

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### The Level of Interpersonal Conflict:

Everything is taken personally, becoming self-absorbed in order to stay in touch with feelings everything is interiorized.  
Introverted, moody and hypersensitive, shy and self-conscious, unable to be spontaneous or to "get out of ourselves."  
Staying withdrawn to protect self-image and to buy time to sort out feelings.

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Self-Indulgent "Exception"

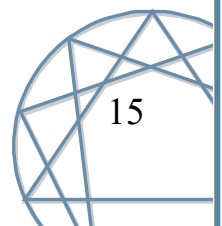
### Unhealthy Levels:

Alienated Depressive  
---  
Emotionally Tormented Person  
---  
Self-Destructive Person

For further reading see *The Wisdom of The Enneagram* page 206

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# Type Five – The Investigator

## The Kind Wizard

Essential Qualities: Illumination, Clarity



### When Healthy, Fives Are:

A skilful person, mastering whatever interests us.  
Excited by knowledge:  
often having an expertise in some field.  
Innovative and inventive,  
producing extremely valuable,  
original works. Highly independent,  
idiosyncratic, and whimsical.

### At Our Best:

We are open minded,  
taking things in whole, in their true context.  
Visionaries, broadly comprehending the world  
while penetrating it profoundly. Make pioneering discoveries  
and finding entirely new ways of doing and perceiving things.

---  
Observing everything with extraordinary perceptiveness  
and insight. Mentally alert, curious, searching intelligence.  
Nothing escapes our notice. Foresight and prediction.  
Able to concentrate: become engrossed in  
what has caught our attention.

### Catching Ourselves in the Act



### The Wake-Up Call:

Withdrawing from reality into concepts and mental worlds

### Average Levels:

We begin conceptualizing and fine-tuning  
everything before acting—working things out in our minds.  
Model building, preparing, practicing, and gathering more resources.  
Studious, acquiring technique. Becoming more specialized, and often  
"intellectual." Challenging accepted ways of doing things.

### The Level of Interpersonal Conflict:

A preoccupation with visions and interpretations rather than reality.  
Increasingly detached—becoming involved with complicated ideas or imaginary worlds.  
A fascination with offbeat, esoteric subjects,  
even those involving dark and disturbing elements.  
Detached from the practical world, a "disembodied mind,"  
Highly-strung and intense.

---  
Provocative Cynic

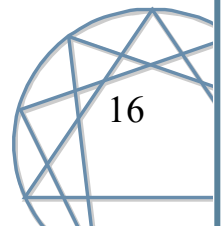
### Unhealthy Levels:

Isolated Nihilist  
---  
Terrified "Alien"  
---  
Imploding Schizoid

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# Type Six - The Loyalist

## The Courageous Pathfinder

Essential Qualities: Courage, Intuition



### When Healthy, Sixes Are:

A person dedicated to individuals and movements in which we deeply believe.  
Community builders: responsible, reliable, and trustworthy.  
Hard working and persevering, sacrificing for others,  
Creating stability and security in the world, bringing a cooperative spirit.

### At Our Best:

Trusting of self and others.  
Self-Affirming, independent yet symbiotically interdependent, and cooperative as an equal.  
Belief in self leads to true courage, positive thinking, leadership, and rich self-expression.

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Able to elicit strong emotional responses from others.  
Very appealing, endearing, lovable and affectionate.  
Trust is important: bonding with others, forming permanent relationships and alliances.

### Catching Ourselves in the Act



### The Wake-Up Call:

Turning attention away from confidence in self— becoming dependent on something outside the self for guidance

### Average Levels:

Investing our time and energy into whatever we believe will be safe and stable.  
Organizing and structuring, looking to alliances and authorities for security and continuity. Constantly vigilant, anticipating problems.

### The Level of Interpersonal Conflict:

Brings a resistance to other peoples demands and reacting against others with passive-aggression.  
Becoming evasive, indecisive, cautious, procrastinating, and ambivalent.  
Highly reactive, anxious, and negative, giving contradictory, mixed signals. Internal confusion leads to unpredictable reactivity.

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Authoritarian Rebel

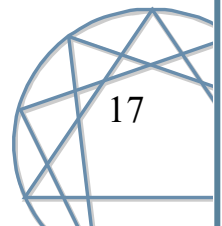
### Unhealthy Levels:

Overreacting Dependent  
---  
Paranoid Hysteric  
---  
Self-Defeating Masochist

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# Type Seven - The Enthusiast

## The Joyful Visionary

Essential Qualities: Joy, Freedom



### When Healthy, Sevens Are:

A person who is practical, productive, and usually prolific. Cross-fertilizing areas of interest. Easily become accomplished achievers, generalists who do many different things well: multi-talented.

### At Our Best:

Assimilating our experiences in depth makes us deeply grateful and appreciative for what we have. Awed by the simple wonders of life, we experience the joy and ecstasy. Intimations of spiritual reality, of the boundless goodness of life.

---  
Highly responsive, excitable, enthusiastic about sensation, and experience. (Most extroverted type) stimuli bring immediate responses  
Finding everything invigorating.  
Lively, vivacious, eager, spontaneous, resilient, cheerful.

### Catching Ourselves in the Act



### The Wake-Up Call:

Feeling that something better is available somewhere else (The grass is greener...)

### Average Levels:

As restlessness increases, the desire arises for more options, and choices. Becoming adventurous and "worldly wise," but less focused, constantly seeking new things and experiences. The sophisticate, connoisseur and consumer. Stimulation, variety, keeping up with the latest trends becomes important.

### The Level of Interpersonal Conflict:

Unable to discriminate what is really needed, become hyperactive, unable to say "no" to self, throwing self into constant activity. Uninhibited, doing and saying whatever comes to mind. Storytelling, flamboyant exaggerations, witty wisecracking, and performing. Fear of being bored: in perpetual motion, many things, many ideas but little follow through.

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Excessive Hedonist

### Unhealthy Levels:

Impulsive Escapist

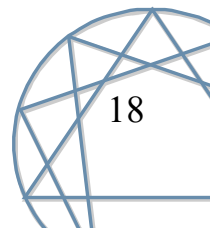
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Manic Compulsive

---  
Panic-Stricken "Hysteric"

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# An Invitation to Abundance

**The Enneagram reminds us of the different elements or qualities that constitute a complete human being—no matter what type we are, we can respond to them all.**

## The Peacemaker

**Invitation to bring peace and healing into our world.**

*Remember that it is your true nature to be an inexhaustible font of serenity, acceptance, and vitality in the world*

## The Challenger

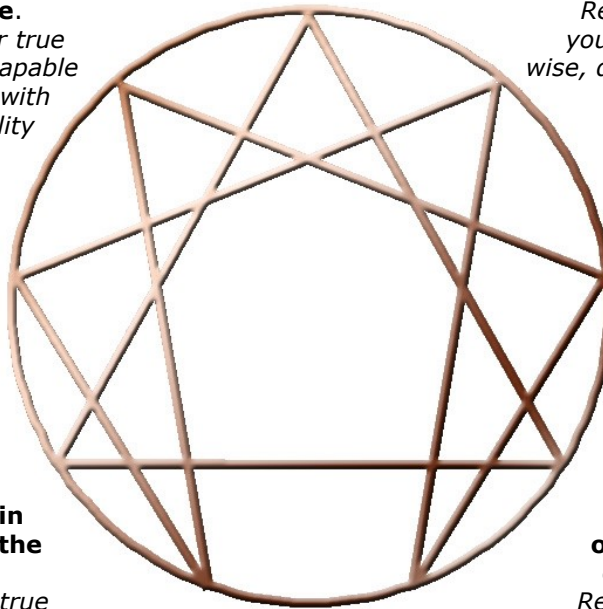
**Invitation to stand up for ourselves and to speak out for what we believe.**

*Remember that it is your true nature to be strong and capable of affecting your world with compassion and humility*

## The Reformer

**Invited to live for a higher purpose.**

*Remember that it is your true nature to be wise, discerning, and patient*



## The Helper

**Invited to nurture ourselves and others**

*Remember that it is your true nature to be good to yourself and to have goodwill and compassion for others*

## The Enthusiast

**Invited to joyously celebrate existence and share our happiness.**

*Remember that it is your true nature to be happy and to add to the richness of experience for everyone*

## The Loyalist

**Invited to have faith in ourselves and trust in the goodness of life**

*Remember that it is your true nature to be courageous and capable of dealing with life under all conditions*

## The Achiever

**Invited to develop ourselves and set an example for others**

*Remember that it is your true nature to take pleasure in your existence and to esteem and value others*

## The Investigator

**Invited to observe ourselves and others without judgement or expectations**

*Remember that it is your true nature to be engaged with reality, contemplating the infinite riches of the world*

## The Individualist

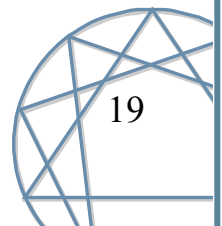
**Invitation to let go of the past and be renewed by our experience**

*Remember that it is your true nature to be forgiving and to use everything in your life for growth and renewal*

**For further reading see *The Wisdom of The Enneagram* page 48**

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## WHAT'S HAPPENING AT EACH LEVEL

**FREEDOM — OPENESS — EXPANSION**

**1. LEVEL OF LIBERATION**

*Ego Transcended – Balance & Freedom*

**2. LEVEL OF PSYCHOLOGICAL CAPACITY**

*Ego Arises – Identified as a Particular Mode of Being*

**3. LEVEL OF SOCIAL VALUE/GIFT**

*Operating in a Constructive Way, Successfully Sublimating*

**4. LEVEL OF IMBALANCE**

*In Fixation – Playing a Role: Lost Touch with Presence, Awareness*

**5. LEVEL OF INTERPERSONAL CONTROL**

*Controlling, Conflicted, Manipulative & Unavailable*

**6. LEVEL OF OVERCOMPENSATION**

*Being Aggressive, Dismissive, Overbearing*

**7. LEVEL OF VIOLATION**

*Violating, Abusive, Devaluing*

**8. LEVEL OF DELUSION & COMPULSION**

*Out of Control, Out of Touch with Reality*

**9. LEVEL OF PATHOLOGICAL DESTRUCTION**

*Seriously Destructive*

**CONSTRICTION — OBSESSION — COMPULSION —**