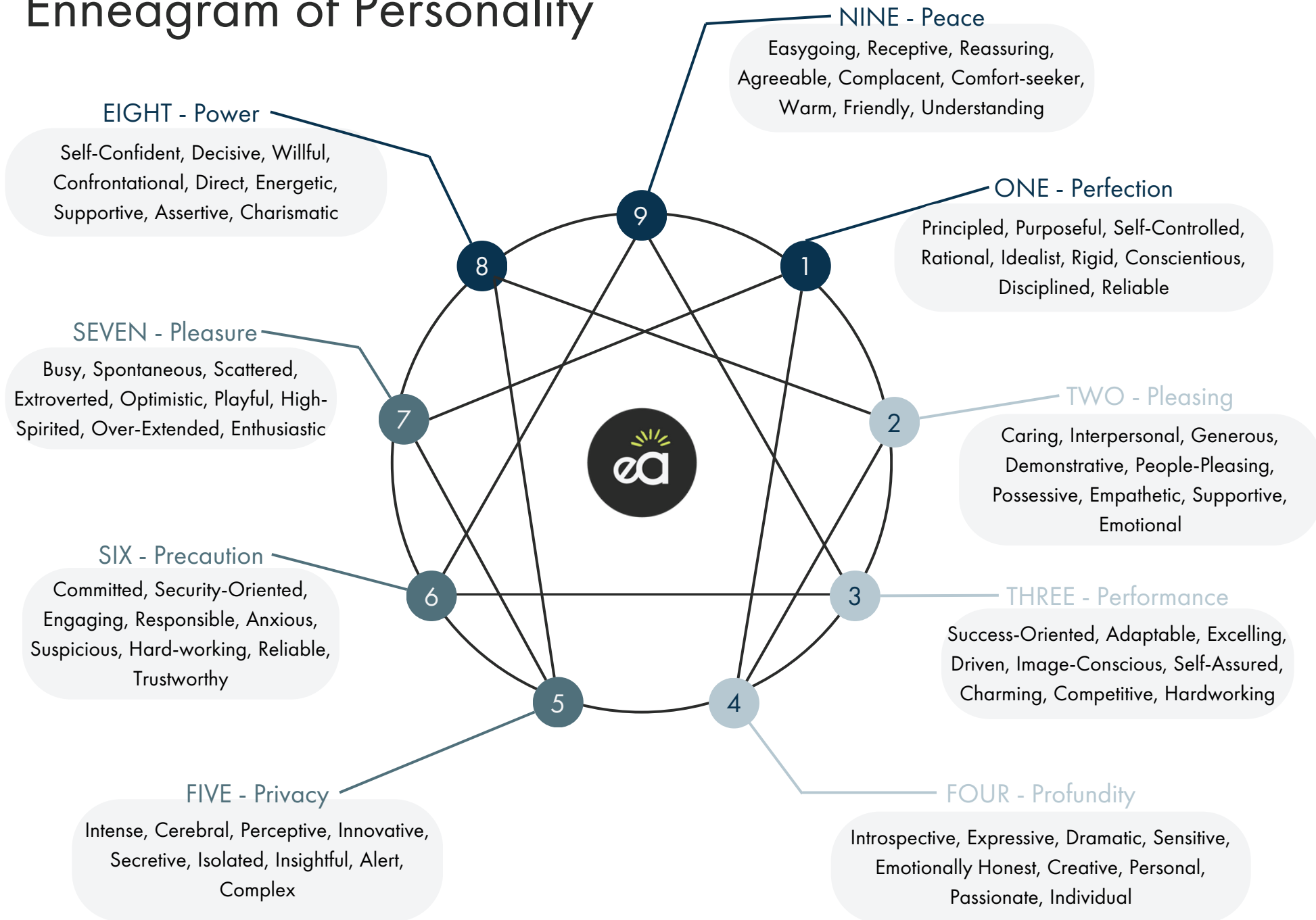


Enneagram of Personality





MIND HEART BODY

8
9
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Core Emotion	Get Curious About ...	Let's Work Together: Advice for Others
Display anger	Moments when you feel like you need to act.	Be direct and honest. Avoid unnecessary control over their work and time. Support their "let's get moving" attitude.
Asleep to anger	Moments when your opinion or preference is needed.	Value their ability to see all sides. Give them space to find their voice and opinion without judgement. Don't force or pressure them.
Control anger	Moments of irritation.	Appreciate their attention to detail and high standards. Follow through on what you say. Allow feedback to be a conversation.
Repress sadness	Moments when I want to offer help or advice.	Intentionally create connection. Acknowledge and appreciate their contributions. Avoid being too critical.
Deny sadness	Moments right before the next task.	Recognize their drive and value their time and hard work. Avoid wasting their time or getting in their way. Acknowledge their accomplishments.
Embody sadness	Moments of comparison.	Appreciate their creativity and depth. Give them room to be themselves. Allow space for their emotional sensitivity.
Isolate from fear	Moments of withdrawal.	Respect their need for space and privacy, allow time to process. Provide clear, concise information. Use their expertise.
Internalize fear	Moments of overplanning.	Be reliable and consistent. Avoid changing rules unexpectedly. Allow discussions/questions before moving ahead with decisions.
Deny fear	Moments before the next idea.	Appreciate their positive energy. Avoid insisting on one way to do something. Let them take the lead on fun and imagining big dreams.