

# ENNEAGRAM TYPES IN RELATIONSHIPS: A CHEAT SHEET

*Adapted from The Enneagram Institute*

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## 1 ONES

### **The Rational, Idealistic Type:**

Principled, Purposeful, Self-Controlled, and Perfectionistic

- *Ones look for:*  
shared purpose and values, equality, fairness, integrity
- *A common trend that gets in Ones' way is:*  
insisting on being right at the expense of connection with others
- *Ones can become manipulative by:*  
correcting others and playing on their sense of guilt and inadequacy

## 2 TWOS

### **The Caring, Interpersonal Type:**

Demonstrative, Generous, People-Pleasing, and Possessive

- *Twos look for:*  
emotional connection, intimacy, warmth, affection
- *A common trend that gets in Twos' way is:*  
insisting on exclusivity and ever more closeness with others
- *Twos can become manipulative by:*  
finding out others' needs and desires, and creating dependencies

## 3 THREES

### **The Success-Oriented, Efficient Type:**

Adaptive, Excelling, Driven, and Image-Conscious

- *Threes look for:*  
recognition and are attracted to success and prestige
- *A common trend that gets in Threes' way is:*  
being excessively driven, competitive, and political
- *Threes can become manipulative by:*  
charming others and by adopting whatever image will "work"

## 4 FOURS

### **The Sensitive, Introspective Type:**

Expressive, Dramatic, Self-Absorbed, and Temperamental

- *Fours look for:*  
communication, listening, acceptance, and emotional honesty
- *A common trend that gets in Fours' way is:*  
insisting on having all their emotional needs met immediately
- *Fours can become manipulative by:*  
being temperamental and making others walk on eggshells

## 5 FIVES

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

- *Fives look for:* curiosity, intensity, involvement, non-intrusiveness
- *A common trend that gets in Fives' way is:* insisting on personal space and non-interference
- *Fives can become manipulative by:* staying preoccupied with ideas and projects, and detaching emotionally

## 6 SIXES

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

- *Sixes look for:* commitment, dependability, shared values, solidarity
- *A common trend that gets in Sixes' way is:* self-doubt and reactivity, and alternating between needing closeness and needing distance
- *Sixes can become manipulative by:* complaining and testing others' commitment to them

## 7 SEVENS

**The Busy, Variety-Seeking Type:** Spontaneous, Versatile, Distractible, and Scattered

- *Sevens look for:* stimulation, adventure, excitement, variety
- *A common trend that gets in Sevens' way is:* insisting on postponing making commitments
- *Sevens can become manipulative by:* staying upbeat and hyperactive, and insisting others meet their need for gratification

## 8 EIGHTS

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

- *Eights look for:* dependability, honesty, strength, energetic compatibility
- *A common trend that gets in Eights' way is:* insisting on maintaining control of others
- *Eights can become manipulative by:* dominating others and demanding that others do as they say

## 9 NINES

**The Easygoing, Self-Effacing Type:** Receptive, Reassuring, Agreeable, and Complacent

- *Nines look for:* comfort, peace, harmony, stability
- *A common trend that gets in Nines' way is:* insisting on not acknowledging problems and remaining neutral
- *Nines can become manipulative by:* checking out and passive-aggressively resisting others