Name of Handout: A brief description of the 9 Enneagram Personality Types

From “Really is that the way you see me?” the podcast

Episode 3: Relationships, Compatibility, and the Enneagram

Here are the names of the 9 basic types of the Enneagram.

And you may want to see which types you can relate to.

Type 1 – the reformer

Type 2- the helper

Type 3 – the achiever

Type 4- the individualist

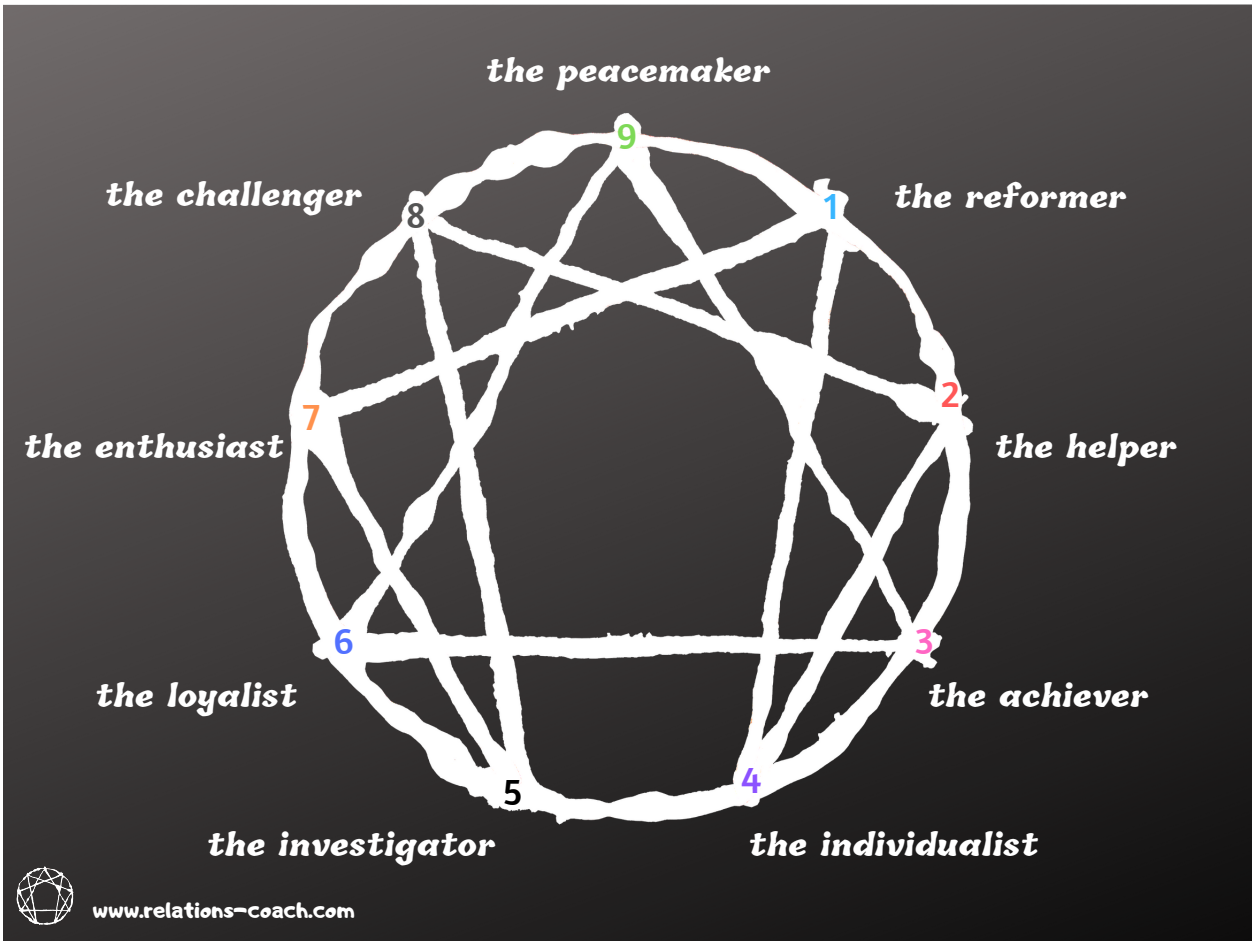
Type 5 – the investigator

Type 6- The Loyalist

Type 7- the enthusiast

Type 8- the challenger

Type 9- the peacemaker



Now for the brief descriptions of each type.

Type 1 – the Reformer

This type is also known as the perfectionist. The gift of this type is diligence and will. They can occur to others as rigid and judgmental,

and what they project onto others is nothing in comparison to how hard they can be on themselves.

This type at its best is meticulous, detail oriented and purpose driven, with the insight and compassion to dance with the imperfections and messiness of life,

and the desire to make it better.

The Archetype is for the type 1 is the “critical parent” who strives for perfection for their children and the world, and yet is unaware of how critical and sermonizing their delivery can be and the impact that it has on others.

A few famous type ones are: Mahatma Ghandi, Martha Stewart, Ayn Rand, Nelson Mandela and Martin Luther

Type 2- the Helper

This type is also known and “the helper or care-giver”. The gift of this type is their ability to nurture and care for others. The trap for this type is when they become meddling and invasive, giving unsolicited advice, and thinking that they know what is better for you than you know for yourself.

This type at its best is unconditionally loving and nurturing without any strings attached, they also have an ability track the needs of others, ask for permission before they help.

The Archetype for the type 2 is the stereotypical “Jewish mother” who wants to help their children and others, and yet can be too much at times, by overstepping boundaries, being invasive to one’s need for autonomy.

Famous type 2’s are: Florence Nightingale, Mother Theresa, Eva Perone, Luciano Pavarotti,

Type 3 – the Achiever

This type is also known as “the status seeker”. The gift of this type is their ability to be inner directed and excel in some area or the world. They have a “can do” approach to accomplishing their goals.

This type at their best uses their gifts and talents to motivate and support others, allowing for another to shine.

The trap for this type is when they unconsciously believe that their worth or value comes from their achievements and how others see them, and not from who they truly are.

Thus, they become competitive, threatened, and undermining to the success of others.

The archetype for the type three is “The Star” or “the Best” they can be the icon of excellence.

Famous type 3’s are: Oprah Winfrey, Tom Cruise, Tony Robbins, Elvis Presley, Tiger Williams, F. Scott Fitzgerald, Taylor Swift,

Type 4- the Individualist

This type is also known as “the unique and special one”. The gift of this type is their ability to delve into and hold the space for painful emotions. They have a need for depth and profoundness in all of their relationships, interactions and experiences.

This type at its best is intuitive, original, empathetic, and emotionally enduring. They can have the ability to turn their pain into some type of creative expression of art and beauty.

The trap for this type is when they believe that they are not” having” a painful feeling, but rather they “are” their painful feeling.

When the painful feeling becomes part of their identity, they believe that the more they suffer, the more authentic they are.

This painful experience is usually stimulated by a disappointment, lack of attunement, or feeling that they are not being seen or known in the way their ego desires.

The archetype for the type 4 is the “aesthete, the artist, or tragic romantic.”

Famous type 4’s are: Alanis Morrisette, Johnny Depp, Sylvia Plath, Prince, Joanie Mitchell

Type 5 – the Investigator

This type is also known as “the intellect”. The gift of this type is depth of vision. They have the ability to focus on their area of interest uncovering any nuance, becoming the expert on that topic, and discovering something new and original in their findings.

The trap for this type is an intellectual arrogance.

Also, when doing their research, the more they know they more find out what they don't know.

This can lead to overusing their minds and ignoring their intuition and discernment, which comes from connecting to one's emotional intelligence.

And as we all know, one person cannot be the expert on everything.

The Type 5 at its best is, focused, perceptive and can have non-emotional attachment to their findings, which in research gives them the ability towards objective discoveries.

The archetype for the type 5 is "the Scholar."

Famous type 5's are: Stephen Hawking, Albert Einstein, The character of Dr. Murphy in the show the good doctor, Bill Gates, Howard Hughes, Alfred Hitchcock, David Lynch, Stephen King

Type 6- The Loyalist

This type is also known as "the true believer and the doubter". You may think wow, that is a contradiction, and they are.

One side of the type 6 is loyal to their beliefs and yet they can flip on a dime to being skeptical in the next moment.

One of their gifts is their ability to be outstanding troubleshooters, because they are always scanning for inconsistencies and what can go wrong.

At their best they are the clarity of vision, loyal, responsible and can create order out of chaos.

They trust their inner guidance.

The trap for them is when they start second guessing and not trusting themselves. At this point they will start polling and looking for guidance from others.

The archetype for the type 6 is "the dedicated supporter"

Famous type 6's are: Julia Roberts, Justin Timberlake, Eminem, the character of George Costanza in Seinfeld.

Type 7- the Enthusiast

This type is also known as "the Energizer or Optimist". The gift of this type is the "breathe of vision."

They are visionaries, who can see and focus the big picture and not so much all the details. They are fun, loving and focus on what is possible.

At their best they use their gifts to inspire others, they can turn lemons into lemonade in any given situation.

The trap for the type seven when they feel trapped, and their options or possibilities are limited.

When they believe this to true, they can become anxious, insensitive to others and self-absorbed frantically try to get what they want and need.

The archetype for the type 7 is "the Cheerleader."

Famous type 7's are: Jim Cary, Robin Williams, Lady Gaga, Steve Jobs, W.A. Mozart, Steven Spielberg and the character of Scarlet O'Hara from movie "Gone With the Wind."

Type 8- the Challenger

This type is also known as "the Boss." The gift of this type is their ability to take charge and protect those whom they consider to be 'their people". They also will protect the underdog.

At their best they have a magnanimous heart with the strength, decisiveness, and the confidence to create change.

The trap for this type is when they perceive a threat of betrayal or to be seen as weak, at that point they can become tyrannical and acting out in aggressive and forceful ways.

The archetype for the type 8 is “the leader.”

Famous type 8’s are: FDR, Alec Baldwin, Donald Trump, Martin Luther King Jr., Queen Latifa, Susan Sarandon.

Type 9- the Peacemaker

This type is also known as “the mediator.” The gift of this type is acceptance and their ability to see all points of view. There is no type more committed to peace and harmony than the type 9.

At their best they are kind, peaceful and easy to be with. They are able to mediate conflicts, with each person feeling safe.

The trap for this type is when they believe that inner peace comes from avoiding any conflicts.

This avoidance can become repressed anger and resentment towards themselves or others.

The archetype for the type 9 is “the peacemaker”

Famous type 9’s are: The Dali Lama, Barack Obama, Bill Clinton, Carl Jung, Ringo Starr, Abraham Lincoln, Walt Disney

I hope from the brief descriptions of the 9 Personality types that you can begin to understand that there are no better or worse types,

All there is to be is the healthiest and most self-aware, of the type that you are.

I love this quote by Oskar Wilde, “you might as well be yourself, because everyone else is already taken.”

If you want to learn more about this topic and how it pertains to you, please feel free to contact me or schedule an appointment.