



Iris First
Relations Coach

www.relations-coach.com

iris@relations-coach.com

914-490-6851

Name of Handout: A brief description of the 27 Enneagram Trifecta Personality Types from my podcast “Really is that the way you see me?”

Podcast Episode 4: Relationships and your Enneagram Personality Trifecta

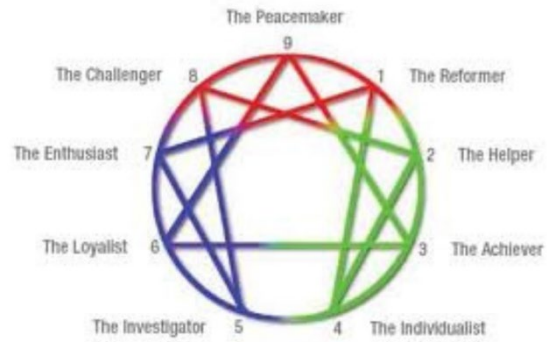
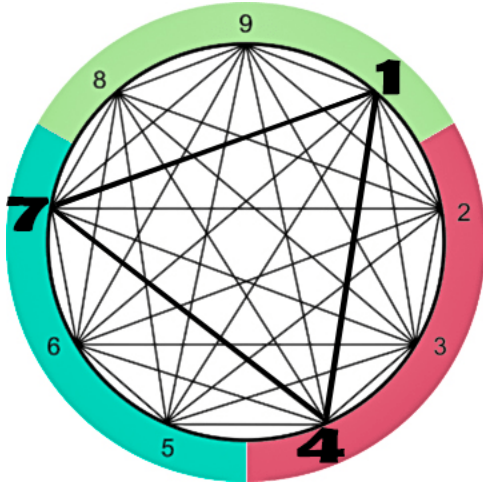
This handout was created to give you a brief description of the 27-trifecta personality types but was not intended to pigeonhole or limit any one person to these descriptions.

When reading the descriptions below, see if you can start to recognize the pattern of adjectives that represent the individual types within each different trifecta type.

This is one way to start to get familiar with the Enneagram and distinguishing some of the different nuances of the 9 enneagram types, and how they interact with each other within your “trifecta type.”

Remember your trifecta type is made of one type from each center of intelligence.

Have fun and enjoy!



(Example of one of the Trifecta variants "the Visionary")

The "27 Enneagram Personality Trifecta Names and Descriptions"

125 - THE MENTOR

At their best: they are ethical, idealistic, purpose driven, loving, generous, attentive, objective, focused, perceptive, and open minded.

At their worst: they are judgmental, inflexible, controlling, critical of self and others, indirect, possessive, martyrlike, arrogant, withholding, and alienated.

With a **Triple Focus:** to details

126-THE DUTIFUL ASSISTANT

At their best: they are ethical, idealistic, purpose-driven, loving, generous, attentive, curious, supportive, honest, and reliable

At their worst: they are judgmental, inflexible, controlling, critical of self and others, indirect, possessive, martyrlike, anxious, unpredictable, defensive, testy

with a **Triple Focus:** to duty, compliance, supportive helper

127- THE TEACHER

At their best: they are ethical, idealistic, purpose driven loving, generous, attentive fun-loving, spontaneous, innovative, inspirational

At their worst: they are judgmental, inflexible, controlling, and critical of self and others indirect, possessive, martyrlike self-centered, impulsive, opinionated, distracted, unreliable and self-destructive

with a **Triple Focus:** on contribution and the betterment of people

135-THE COMPETENT EXPERT

At their best: they are ethical, idealistic, purpose driven efficient, self-motivated, practical, empowering objective, focused, perceptive, and open minded

At their worst: they are judgmental, inflexible, controlling, and critical of self and others self-centered, pretentious, vindictive, overly competitive, and deceptive arrogant, withholding, and alienated

with a **Triple Focus:** on preciseness and being exacting

136-THE PROJECT MASTER

At their best: they are ethical, idealistic, purpose driven efficient, self-motivated, practical, empowering curious, supportive, honest, and reliable

At their worst: they are judgmental, inflexible, controlling, and critical of self and others self-centered, pretentious, vindictive, overly competitive, and deceptive anxious, unpredictable, defensive, testy

with a **Triple Focus:** on doing, being responsible, or industrious

137 - THE SYSTEMS ARCHITECT

At their best: they are ethical, idealistic, purpose driven efficient, self-motivated, practical, empowering fun-loving, spontaneous, innovative, inspirational

At their worst: they are judgmental, inflexible, controlling, and critical of self and others self-centered, pretentious, vindictive, overly competitive, and deceptive self-centered, impulsive, opinionated, distracted, unreliable and self-destructive

with a **Triple Focus:** on being a impeccably foundational

145- THE RESEARCHER

At their best: they are ethical, idealistic, purpose driven intuitive, empathetic, original, creative, aesthete objective, focused, perceptive, and open minded

At their worst: they are judgmental, inflexible, controlling, and critical of self and others moody, self-absorbed, envious, self-indulgent arrogant, withholding, and alienated

with a **Triple Focus:** on being analytical

146-THE PHILOSOPHER

At their best: they are ethical, idealistic, purpose driven intuitive, empathetic, original, creative, aesthete curious, supportive, honest and reliable anxious, unpredictable, defensive, testy

At their worst: they are judgmental, inflexible, controlling, and critical of self and others moody, self-absorbed, envious, self-indulgent

with a **Triple Focus:** on being critical of themselves and others

147-THE VISIONARY

At their best: they are ethical, idealistic, purpose driven intuitive, empathetic, original, creative, aesthete fun-loving, spontaneous, innovative, inspirational

At their worst: they are judgmental, inflexible, controlling, and critical of self and others moody, self-absorbed, envious, self-indulgent self-centered, impulsive, opinionated, distracted, unreliable and self-destructive

with a **Triple Focus:** on idealistic standards and visions

258- THE STRATEGIST

At their best: they are loving, generous, attentive objective, focused, perceptive, and open minded protective, confident, direct, and have a magnanimous heart

At their worst: they are indirect, possessive, martyrlike arrogant, withholding, and alienated insensitive, overly aggressive, demanding, uncompromising, and tyrant-like

with a **Triple Focus:** on rejection sensitivity

259-THE PROBLEM SOLVER

At their best: they are loving, generous, attentive objective, focused, perceptive, and open minded accepting, patient, kind, gentle, nonjudgmental, and are great mediators

At their worst: they are indirect, possessive, martyrlike arrogant, withholding, and alienated passive aggressive, apathetic, stubborn, spaced-out, overly accommodating, and self-forgetting

with a **Triple Focus:** on avoiding conflict

268-THE RESCUER

At their best: they are loving, generous, attentive curious, supportive, honest and reliable protective, confident, direct, and have a magnanimous heart

At their worst: they are indirect, possessive, martyrlike anxious, unpredictable, defensive, testy insensitive, overly aggressive, demanding, uncompromising, and tyrant-like

with a **Triple Focus:** on being the protector and hero

269-THE GOOD NEIGHBOR

At their best: they are loving, generous, attentive curious, supportive, honest and reliable accepting, patient, kind, gentle, nonjudgmental, and are great mediators

At their worst: indirect, possessive, martyrlike anxious, unpredictable, defensive, testy passive aggressive, apathetic, stubborn, spaced-out, overly accommodating, and self-forgetting

with a **Triple Focus:** on helping others and people pleasing

278-THE FREEDOM SEEKER

At their best: they are loving, generous, attentive fun-loving, spontaneous, innovative, inspirational protective, confident, direct, and have a magnanimous heart

At their worst: they are indirect, possessive, martyrlike self-centered, impulsive, opinionated, distracted, unreliable and self-destructive insensitive, overly aggressive, demanding, uncompromising, and tyrant-like

with a **Triple Focus:** on manipulating others, libertine, and free thinking

279-THE PEACE SEEKER

At their best: they are loving, generous, attentive fun-loving, spontaneous, innovative, inspirational accepting, patient, kind, gentle, nonjudgmental, and are great mediators

At their worst: they are indirect, possessive, martyrlike self-centered, impulsive, opinionated, distracted, unreliable and self-destructive passive aggressive, apathetic, stubborn, spaced-out, overly accommodating, and self-forgetting

with a **Triple Focus:** they are on being upbeat and positive and ok-ness (i.e., all being okay in their surrounding and with others)

358-THE SOLUTION MASTER

At their best: they are efficient, self-motivated, practical, empowering objective, focused, perceptive, and open minded protective, confident, direct, and have a magnanimous heart

At their worst: they are self-centered, pretentious, vindictive, overly competitive, and deceptive arrogant, withholding, and alienated insensitive, overly aggressive, demanding, uncompromising, and tyrant-like

with a **Triple Focus:** on being strategic

359-THE THINKER

At their best: they are efficient, self-motivated, practical, empowering objective, focused, perceptive, and open minded accepting, patient, kind, gentle, nonjudgmental, and are great mediators

At their worst: they are self-centered, pretentious, vindictive, overly competitive, and deceptive arrogant, withholding, and alienated passive aggressive, apathetic, stubborn, spaced-out, overly accommodating, and self-forgetting

with a **Triple Focus:** on the hiding of true self from others by creating a camouflage

368-THE JUSTICE FIGHTER

At their best: they are efficient, self-motivated, practical, empowering curious, supportive, honest, and reliable protective, confident, direct, and have a magnanimous heart

At their worst: they are self-centered, pretentious, vindictive, overly competitive, and deceptive anxious, unpredictable, defensive, testy insensitive, overly aggressive, demanding, uncompromising, and tyrant-like

with a **Triple Focus:** on confronting and challenging others

369-THE NEGOTIATOR

At their best: they are efficient, self-motivated, practical, empowering curious, supportive, honest, and reliable accepting, patient, kind, gentle, nonjudgmental, and are great mediators

At their worst: they are self-centered, pretentious, vindictive, overly competitive, and deceptive anxious, unpredictable, defensive, testy passive aggressive, apathetic, stubborn, spaced-out, overly accommodating, and self-forgetting

with a **Triple Focus:** on being adaptive and shape shifting

378-THE MOVER AND SHAKER-THE GO GETTER

At their best: they are efficient, self-motivated, practical, empowering fun-loving, spontaneous, innovative, inspirational protective, confident, direct, and have a magnanimous heart

At their worst: they are self-centered, pretentious, vindictive, overly competitive, and deceptive self-centered, impulsive, opinionated, distracted, unreliable and self-destructive insensitive, overly aggressive, demanding, uncompromising, and tyrant-like

with a **Triple Focus:** they are this combination is triply assertive type when it comes to their goal or vision

379-THE LIKEABLE REPRESENTATIVE

At their best: they are efficient, self-motivated, practical, empowering fun-loving, spontaneous, innovative, inspirational accepting, patient, kind, gentle, nonjudgmental, and are great mediators

At their worst: they are self-centered, pretentious, vindictive, overly competitive, and deceptive self-centered, impulsive, opinionated, distracted, unreliable and self-destructive passive aggressive, apathetic, stubborn, spaced-out, overly accommodating, and self-forgetting

with a **Triple Focus:** being positive, happy and goodwill

458- THE ORIGINAL INTELLECTUAL

At their best: they are intuitive, empathetic, original, creative, aesthete objective, focused, perceptive, and open minded protective, confident, direct, and have a magnanimous heart

At their worst: they are moody, self-absorbed, envious, self-indulgent arrogant, withholding, and alienated insensitive, overly aggressive, demanding, uncompromising, and tyrant-like

with a **Triple Focus:** on being independent thinkers

459-THE CONTEMPLATIVE

At their best: they are intuitive, empathetic, original, creative, aesthete objective, focused, perceptive, and open minded accepting, patient, kind, gentle, nonjudgmental, and are great mediators

At their worst: they are moody, self-absorbed, envious, self-indulgent arrogant, withholding, and alienated passive aggressive, apathetic, stubborn, spaced-out, overly accommodating, and self-forgetting

with a **Triple Focus:** they are on withdrawing as a means of self-protection. This is the most introverted of all the 27 trifecta types

468-THE TRUTH TELLER

At their best: they are intuitive, empathetic, original, creative, aesthete curious, supportive, honest, and reliable protective, confident, direct, and have a magnanimous heart

At their worst: they are moody, self-absorbed, envious, self-indulgent anxious, unpredictable, defensive, testy insensitive, overly aggressive, demanding, uncompromising, and tyrant-like

with a **Triple Focus:** on intensity and reactivity

469-THE SEARCHER

At their best: they are intuitive, empathetic, original, creative, aesthete curious, supportive, honest, and reliable accepting, patient, kind, gentle, nonjudgmental, and are great mediators

At their worst: they are moody, self-absorbed, envious, self-indulgent anxious, unpredictable, defensive, testy passive aggressive, apathetic, stubborn, spaced-out, overly accommodating, and self-forgetting

with a **Triple Focus:** on doubting themselves and others

478-THE MESSENGER

At their best: they are intuitive, empathetic, original, creative, aesthete fun-loving, spontaneous, innovative, inspirational protective, confident, direct, and have a magnanimous heart

At their worst: they are moody, self-absorbed, envious, self-indulgent self-centered, impulsive, opinionated, distracted, unreliable and self-destructive insensitive, overly aggressive, demanding, uncompromising, and tyrant-like

with a **Triple Focus:** on being creative, original, and independent

479-THE GENTLE SPRITE

At their Best: they are intuitive, empathetic, original, creative, aesthete fun-loving, spontaneous, innovative, inspirational accepting, patient, kind, gentle, nonjudgmental, and are great mediators

At their Worst: they are moody, self-absorbed, envious, self-indulgent self-centered, impulsive, opinionated, distracted, unreliable and self-destructive passive aggressive, apathetic, stubborn, spaced-out, overly accommodating, and self-forgetting

with a **Triple Focus:** on being magically imaginative