

Me, Myself, and Why? // Enneagram Lines & Arrows

Type & Core Motivation	In security ...	In stress ...
1 - The Reformer <i>To be good, ethical, and improve the world.</i>	→ 7 - May find wisdom and optimism, becoming more accepting and encouraging. OR May become overly idealistic, unrealistic, or lose sight of their own principles.	→ 4 - May become critical and self-doubting, focusing on flaws and feeling melancholy. OR May develop a deeper sense of compassion and understanding for themselves and others.
2 - The Helper <i>To be loved and needed by others.</i>	→ 4 - May develop authenticity, offering help with genuine care and understanding. OR May become overly focused on others' needs, neglecting their own or creating unhealthy dependencies.	→ 8 - May become manipulative and controlling, seeking validation through excessive helping. OR May set healthy boundaries and prioritize their own well-being while still supporting others.
3 - The Achiever <i>To be valuable and successful.</i>	→ 6 - May find security in collaboration and guidance, becoming more team-oriented . OR May become overly reliant on others for validation or lose their sense of individual purpose.	→ 9 - May withdraw and avoid challenges, neglecting responsibilities to maintain peace. OR May develop a stronger sense of inner worth and confidence, independent of external achievements.
4 - The Individualist <i>To be unique, special, and find their authentic self.</i>	→ 1 - May embrace personal growth and purpose, becoming more idealistic and driven to make a difference. OR May become self-righteous, judgmental, or lose touch with their true needs and desires.	→ 2 - May become self-pitying and envious, seeking validation through others' attention. OR May develop a healthier sense of acceptance and appreciation for their unique qualities.
5 - The Investigator <i>To understand the world and be competent.</i>	→ 8 - May gain confidence and decisiveness, sharing knowledge with purpose and taking action. OR May become arrogant, domineering, or lose their curiosity and openness to new ideas.	→ 7 - May become scattered and escapist, avoiding challenges through distractions and fantasies. OR May develop a stronger sense of connection with the world and engage more actively in life.
6 - The Loyalist <i>To be secure, safe, and part of a supportive group.</i>	→ 9 - May find inner peace and trust, becoming more independent and self-assured. OR May become overly independent, distrustful, or lose their sense of belonging and connection.	→ 3 - May become anxious and seek validation through external achievements and approval. OR May develop a stronger sense of inner security and self-worth, independent of external
7 - The Enthusiast <i>To experience joy, excitement, and avoid boredom.</i>	→ 5 - May develop focus and depth, finding joy in knowledge, mastery, and meaningful experiences. OR May become workaholic, overly serious, or lose their sense of spontaneity and joy.	→ 1 - May become critical and negative, seeking excitement through finding flaws and negativity. OR May develop a more balanced approach to life, integrating both joy and responsibility.
8 - The Challenger <i>To be powerful, in control, and protect themselves and others.</i>	→ 2 - May use their strength to nurture and support others, fostering connection and collaboration. OR May become overly protective, controlling, or lose their sense of individual identity.	→ 5 - May become isolated and withdrawn, fearing vulnerability and relying solely on logic. OR May develop a deeper sense of trust and emotional connection with others.
9 - The Peacemaker <i>To maintain inner peace and harmony in relationships.</i>	→ 3 - May develop healthy ambition and direction, finding peace through contributing and achieving goals. OR May become overly ambitious, driven, or lose their sense of inner peace and harmony.	→ 6 - May become indecisive and fearful, clinging to comfort and avoiding conflict at all costs. OR May develop a healthier assertiveness and ability to navigate conflict constructively.