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Hudson
Enneagram
Type
Indicate**

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In March, 2001, the *Riso-Hudson Enneagram Type Indicator (RHETI, Version 2.5)* was officially validated by independent research. The research, the subject of a doctoral dissertation at a state university, concluded that the RHETI is "valid and reliable" as a test instrument with "solid psychometrics." Internal-consistency reliability scores indicate that the RHETI ranges from 56% to 82% accurate for the various types, with an overall accuracy of 72%. The RHETI is the *only validated, true Enneagram-based questionnaire* available, and the only test to be *independently validated by an impartial researcher*. It also compares well to the standard NEO PI-R test. More information about the RHETI is available from The Enneagram Institute and online at our website. You may also take the RHETI on our website at www.EnneagramInstitute.com for only \$10.

For additional copies of this Offprint, for a referral to an Enneagram teacher in your area, or to have the *Riso-Hudson Enneagram Type Indicator* interpreted by an Enneagram teacher trained and certified by Don Richard Riso and Russ Hudson, please contact The Enneagram InstituteSM. Copies of the RHETI Offprint are available for purchase online from www.Amazon.com.

Copies of the new QUEST-TAS Offprint, two independent questionnaires in one 20 page booklet, from Don Riso's and Russ Hudson's latest book, *The Wisdom of the Enneagram*, are available from The Enneagram InstituteSM for \$10 a copy (plus S&H). Discounts for bulk purchases. Copies of the QUEST-TAS are now available for purchase online from www.Amazon.com.

To purchase the best-selling *The Wisdom of the Enneagram* (1999) by Don Riso and Russ Hudson, please contact Bantam Books Special Sales Department at (800) 726-0600 or visit The Enneagram InstituteSM website at www.EnneagramInstitute.com. To obtain copies of the following best-selling books by Don Riso, *Personality Types - revised edition* (1996), *Understanding the Enneagram - revised edition* (2000), *Discovering Your Personality Type: The NEW Enneagram Questionnaire* (1995), and *Enneagram Transformations* (1993), for use in Enneagram workshops, as well as in business and organizational settings, please contact Houghton Mifflin Company, 222 Berkeley Street, Boston, Massachusetts 02116 at (800) 225-3362. A 47% discount on bulk orders of 16 or more copies (you may mix titles) is available directly from the Houghton Mifflin Company's Special Sales

The Riso-Hudson Enneagram Type Indicator (Version 2.5)

Directions

The *Riso-Hudson Enneagram Type Indicator* (Version 2.5) consists of 144 paired statements. It is a questionnaire which requires you to choose the statement in each pair that best describes you **as you have been throughout most of your life.**

Mark an X in the box to the right of the statement you have selected. For example, if you feel that a statement such as "I have been friendly and outgoing" fits you better than "I have been shy and quiet," mark an X in the box to the right of the first statement. You may, at times, have been somewhat shy and quiet, or you may not always have been friendly and outgoing. But if you were forced to choose between the two, which statement more accurately reflects your past general attitudes and behavior? It has helped people to follow these instructions by recalling how they were in their early twenties, from 20-25 years of age. (Younger people should answer on the same principle, although focusing on their recent history.)

Some pairs of statements compare subtle differences between the personality types, and choosing one over the other requires you to think carefully about which response has been more true of you. In some of the pairs, both statements may *almost* be equally true. If you reflect carefully, however, you will find that one of the statements has been more true of you than the other. Choose this statement in each pair. You may want to skip particularly "difficult" pairs and return to them after you have finished the entire test. Or, you may wish to review your choices for the whole test after you have finished. Feel free to change an original response if, after further reflection, you feel that another response is more appropriate. While it is useful to wrestle with "difficult" pairs of statements, there may be 2-5 pairs that simply do not apply to you, and you may skip these.

Read the statements carefully before responding, but do not try to "over-analyze" them. You will get more accurate results if you answer spontaneously rather than think of extreme situations in which both statements might possibly be true of you. Remember that there are no "right" answers and that no personality type is better than any other. Furthermore, the RHETI does not indicate how healthy or unhealthy a person is, so relax and answer the statements simply and honestly.

If you have difficulty discovering your personality type because two or more top scores are very close, you might find it helpful to discuss your responses with someone who knows you well, such as a spouse, close friend, or therapist. After you have taken the *Riso-Hudson Enneagram Type Indicator*, please see *Personality Types* (1996) for full descriptions, *Understanding the Enneagram* for more information and applications, and the complete text of *Discovering Your Personality Type* for more about interpreting the RHETI.

If the instructions are followed, this test is approximately 80-87% accurate for discovering your main personality type. In some cases, it may be necessary to take the RHETI several times. Naturally, if you have been in therapy or a psychological or spiritual practice of some sort, you will have developed over time. Nevertheless, your core self will remain the same since you do not actually change your personality type. By responding to the statements *as you have been most of your life*, you are attempting to find out what your "core" self is.

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	A	B	C	D	E	F	G	H	I
1. I've been romantic and imaginative					<input type="checkbox"/>				
I've been pragmatic and down to earth		<input type="checkbox"/>							
2. I have tended to take on confrontations							<input type="checkbox"/>		
I have tended to avoid confrontations		<input type="checkbox"/>							
3. I have typically been diplomatic, charming, and ambitious			<input type="checkbox"/>						
I have typically been direct, formal, and idealistic				<input type="checkbox"/>					
4. I have tended to be focused and intense								<input type="checkbox"/>	
I have tended to be spontaneous and fun-loving									<input type="checkbox"/>
5. I have been a hospitable person and have enjoyed welcoming new friends into my life						<input type="checkbox"/>			
I have been a private person and have not mixed much with others					<input type="checkbox"/>				
6. It's been difficult for me to relax and stop worrying about potential problems		<input type="checkbox"/>							
It's been difficult for me to get myself worked up about potential problems		<input type="checkbox"/>							
7. I've been more of a "street-smart" survivor							<input type="checkbox"/>		
I've been more of a "high-minded" idealist				<input type="checkbox"/>					
8. I have needed to show affection to people						<input type="checkbox"/>			
I have preferred to maintain some distance with people								<input type="checkbox"/>	
9. When presented with a new experience, I've usually asked myself if it would be useful to me			<input type="checkbox"/>						
When presented with a new experience, I've usually asked myself if it would be enjoyable									<input type="checkbox"/>
10. I have tended to focus too much on myself					<input type="checkbox"/>				
I have tended to focus too much on others		<input type="checkbox"/>							
11. Others have depended on my insight and knowledge								<input type="checkbox"/>	
Others have depended on my strength and decisiveness							<input type="checkbox"/>		
12. I have come across as being too unsure of myself		<input type="checkbox"/>							
I have come across as being too sure of myself				<input type="checkbox"/>					

	A	B	C	D	E	F	G	H	I
13. I have been more relationship-oriented than goal-oriented..... I have been more goal-oriented than relationship-oriented.....			<input type="checkbox"/>			<input type="checkbox"/>			
14. I have not been able to speak up for myself very well..... I have been outspoken--I've said what others wished they had the nerve to say.....					<input type="checkbox"/>				<input type="checkbox"/>
15. It's been difficult for me to stop considering alternatives and do something definite..... It's been difficult for me to take it easy and be more flexible.....				<input type="checkbox"/>				<input type="checkbox"/>	
16. I have tended to be careful and hesitant..... I have tended to be bold and domineering.....		<input type="checkbox"/>					<input type="checkbox"/>		
17. My reluctance to get too involved has gotten me into trouble with people..... My eagerness to have people depend on me has gotten me into trouble with them.....	<input type="checkbox"/>					<input type="checkbox"/>			
18. Usually, I have been able to put my feelings aside to get the job done..... Usually, I have needed to work through my feelings before I could act.....			<input type="checkbox"/>		<input type="checkbox"/>				
19. Generally, I've been methodical and cautious..... Generally, I've been adventurous and taken risks.....		<input type="checkbox"/>							<input type="checkbox"/>
20. I have tended to be a supportive, giving person who seeks intimacy with others..... I have tended to be a serious, reserved person who likes discussing issues.....				<input type="checkbox"/>		<input type="checkbox"/>			
21. I've often felt the need to be a "pillar of strength" I've often felt the need to perform perfectly.....			<input type="checkbox"/>				<input type="checkbox"/>		
22. I've typically been interested in asking tough questions and maintaining my independence..... I've typically been interested in maintaining my stability and peace of mind.....								<input type="checkbox"/>	
23. I've been a bit cynical and skeptical..... I've been a bit mushy and sentimental.....		<input type="checkbox"/>				<input type="checkbox"/>			

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	A	B	C	D	E	F	G	H	I
24. I've often worried that I'm missing out on something better..... I've often worried that if I let down my guard, someone will take advantage of me.....									<input type="checkbox"/>
25. My habit of being "stand-offish" has annoyed people..... My habit of telling people what to do has annoyed people.....				<input type="checkbox"/>	<input type="checkbox"/>				
26. I have tended to get anxious if there was too much excitement and stimulation..... I have tended to get anxious if there wasn't enough excitement and stimulation.....	<input type="checkbox"/>								<input type="checkbox"/>
27. I have depended on my friends and they have known that they can depend on me..... I have not depended on people; I have done things on my own.....		<input type="checkbox"/>							
28. I have tended to be detached and preoccupied..... I have tended to be moody and self-absorbed.....					<input type="checkbox"/>				<input type="checkbox"/>
29. I have liked to challenge people and "shake them up"..... I have liked to comfort people and calm them down.....						<input type="checkbox"/>	<input type="checkbox"/>		
30. I have generally been an outgoing, sociable person..... I have generally been an earnest, self-disciplined person.....				<input type="checkbox"/>					<input type="checkbox"/>
31. I've wanted to "fit in" with others—I get uncomfortable when I stand out too much..... I've wanted to stand out from others—I get uncomfortable when I don't distinguish myself.....	<input type="checkbox"/>								
32. Pursuing my personal interests has been more important to me than having stability and security..... Having stability and security has been more important to me than pursuing my personal interests.....		<input type="checkbox"/>							<input type="checkbox"/>
33. When I've had conflicts with others, I've tended to withdraw..... When I've had conflicts with others, I've rarely backed down.....					<input type="checkbox"/>			<input type="checkbox"/>	
34. I have given in too easily and let others push me around..... I have been too uncompromising and demanding with others.....	<input type="checkbox"/>			<input type="checkbox"/>					
35. I've been appreciated for my unsinkable spirit and resourcefulness..... I've been appreciated for my deep caring and personal warmth.....						<input type="checkbox"/>			<input type="checkbox"/>
	A	B	C	D	E	F	G	H	I

	A	B	C	D	E	F	G	H	I
36. I have wanted to make a favorable impression on others..... I have cared little about making a favorable impression on others.....			[]					[]	
37. I've depended on my perseverance and common sense I've depended on my imagination and moments of inspiration.....		[]			[]				
38. Basically, I have been easy-going and agreeable..... Basically, I have been hard-driving and assertive		[]					[]		
39. I have worked hard to be accepted and well-liked Being accepted and well-liked has not been a high priority for me			[]					[]	
40. In reaction to pressure from others, I have become more withdrawn In reaction to pressure from others, I have become more assertive.....								[]	[]
41. People have been interested in me because I've been outgoing, engaging, and interested in them..... People have been interested in me because I've been quiet, unusual, and deep						[]			
42. Duty and responsibility have been important values for me Harmony and acceptance have been important values for me		[]							[]
43. I've tried to motivate people by making big plans and big promises I've tried to motivate people by pointing out the consequences of not following my advice							[]		
44. I have seldom been emotionally demonstrative I have often been emotionally demonstrative							[]		[]
45. Dealing with details has not been one of my strong suits..... I have excelled at dealing with details									[]
46. I have often emphasized how different I am from most peoples, especially my family I have often emphasized how much I have in common with most people, especially my family.....					[]				[]

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	A	B	C	D	E	F	G	H	I
47. When situations have gotten heated, I have tended to stay on the sidelines.....									[]
When situations have gotten heated, I have tended to get right into the middle of things.....							[]		
48. I have stood by my friends, even when they have been wrong.....		[]							
I have not wanted to compromise what is right even for friendship.....				[]					
49. I've been a well-meaning supporter.....						[]			
I've been a highly-motivated go-getter.....			[]						
50. When troubled, I have tended to brood about my problems.....					[]				
When troubled, I have tended to find distractions for myself.....									[]
51. Generally, I've had strong convictions and a sense of how things should be.....				[]					
Generally, I've had serious doubts and have questioned how things seemed to be.....								[]	
52. I've created problems with others by being pessimistic and complaining.....		[]							
I've created problems with others by being bossy and controlling.....							[]		
53. I have tended to act on my feelings and let the "chips fall where they may".....						[]			
I have tended not to act on my feelings lest they stir up more problems.....	[]								
54. Being the center of attention has usually felt natural to me.....			[]						
Being the center of attention has usually felt strange to me.....					[]				
55. I've been careful, and have tried to prepare for unforeseen problems.....		[]							
I've been spontaneous, and have preferred to improvise as problems come up.....									[]
56. I have gotten angry when others have not shown enough appreciation for what I have done for them.....						[]			
I have gotten angry when others have not listened to what I have told them.....				[]					
57. Being independent and self-reliant has been important to me.....							[]		
Being valued and admired has been important to me.....			[]						

58. When I've debated with friends, I've tended to press my arguments forcefully
 When I've debated with friends, I've tended to let things go to prevent hard feelings

59. I have often been possessive of loved ones--I have had trouble letting them be
 I have often "tested" loved ones to see if they were really there for me

A	B	C	D	E	F	G	H	I
							[]	
[]								
					[]			
	[]							

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	A	B	C	D	E	F	G	H	I
69. I have spent a lot of time looking inward—understanding my feelings has been important to me					[]				
I have not spent much time looking inward—getting things done has been important to me.....							[]		
70. Generally, I have thought of myself as a sunny, casual person	[]								
Generally, I have thought of myself as a serious, dignified person.....				[]					
71. I've had an agile mind and boundless energy									[]
I've had a caring heart and deep dedication.....						[]			
72. I have pursued activities that had a substantial potential for reward and personal recognition.....			[]						
I have been willing to give up reward and personal recognition if it meant doing work I was really interested in								[]	
73. Fulfilling social obligations has seldom been high on my agenda.....					[]				
I have usually have taken my social obligations very seriously.....		[]							
74. In most situations, I have preferred to take the lead							[]		
In most situations, I have preferred to let someone else take the lead.....	[]								
75. Over the years, my values and lifestyle have changed several times			[]						
Over the years, my values and lifestyle have remained fairly consistent.....				[]					
76. Typically, I have not had much self-discipline.....									[]
Typically, I have not had much connection with people.....								[]	
77. I have tended to withhold my affection, and have wanted others to come into my world.....					[]				
I have tended to give my affection too freely, and have wanted to extend myself to others							[]		
78. I have had a tendency to think of worst case scenarios.....		[]							
I have had a tendency to think that everything will work out for the best	[]								

	A	B	C	D	E	F	G	H	I
79. People have trusted me because I am confident and can look out for them							[]		
People have trusted me because I am fair and will do what is right				[]					
80. Often, I have been so involved in my own projects that I have become isolated from others								[]	
Often, I have been so involved with others that I have neglected my own projects						[]			
81. When meeting someone new, I have usually been poised and self-contained.....			[]						
When meeting someone new, I have usually been chatty and entertaining									[]
82. Generally speaking, I have tended to be pessimistic					[]				
Generally speaking, I have tended to be optimistic	[]								
83. I have preferred to inhabit my own little world								[]	
I have preferred to let the world know I'm here							[]		
84. I have often been troubled by nervousness, insecurity, and doubt		[]							
I have often been troubled by anger, perfectionism, and impatience				[]					
85. I realize that I have often been too personal and intimate						[]			
I realize that I have often been too cool and aloof.....			[]						
86. I have lost out because I have not felt up to taking opportunities.....					[]				
I have lost out because I have pursued too many possibilities									[]
87. I have tended to take a long time to get into action.....								[]	
I have tended to get into action quickly				[]					
88. I usually have had difficulty making decisions.....		[]							
I seldom have had difficulty making decisions							[]		
89. I have had a tendency to come on a little too strong with people.....						[]			
I have had a tendency not to assert myself enough with people	[]								
90. Typically, I have been even-tempered			[]						
Typically, I have had strong changes of mood					[]				
91. When I've been unsure of what to do, I've often sought the advice of others.....		[]							
When I've been unsure of what to do, I've tried different things to see what worked best for me.....									[]

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	A	B	C	D	E	F	G	H	I
92. I have worried that I would be left out of other's activities..... I have worried that others' activities would distract me from what I had to do				[]		[]			
93. Typically, when I have gotten angry, I have told people off Typically, when I have gotten angry, I have become distant.....			[]				[]		
94. I've tended to have trouble falling asleep..... I've tended to fall asleep easily	[]							[]	
95. I have often tried to figure out how I could get closer to others I have often tried to figure out what others want from me.....		[]				[]			
96. I have usually been measured, straight-talking, and deliberate I have usually been excitable, fast-talking, and witty.....							[]		[]
97. Often, I have not spoken up when I've seen others making a mistake Often, I have helped others see that they are making a mistake				[]		[]			
98. During most of my life, I have been a stormy person who has had many volatile feelings During most of my life, I have been a steady person in whom "still waters run deep"	[]								[]
99. When I have disliked people, I have usually tried hard to stay cordial—despite my feelings..... When I have disliked people, I have usually let them know it—one way or another		[]	[]						
100. Much of my difficulty with people has come from my touchiness and taking everything too personally Much of my difficulty with people has come from my not caring about social conventions					[]			[]	
101. My approach has been to jump in and rescue people My approach has been to show people how to help themselves						[]		[]	
102. Generally, I have enjoyed "letting go" and pushing the limits Generally, I have not enjoyed losing control of myself very much.....				[]					[]

	A	B	C	D	E	F	G	H	I
103. I've been overly concerned with doing better than others I've been overly concerned with making things okay for others.....			[]						
104. My thoughts generally have been speculative—involving my imagination and curiosity..... My thoughts generally have been practical—just trying to keep things going		[]						[]	
105. One of my main assets has been my ability to take charge of situations One of my main assets has been my ability to describe internal states					[]		[]		
106. I have pushed to get things done correctly, even if it made people uncomfortable..... I have not liked feeling pressured, so I have not liked pressuring anyone else.....				[]					
107. I've often taken pride in how important I am in others' lives..... I've often taken pride in my gusto and openness to new experiences						[]			[]
108. I have perceived that I've often come across to others as presentable, even admirable..... I have perceived that I've often come across to others as unusual, even odd			[]						[]
109. I have mostly done what I had to do..... I have mostly done what I wanted to do		[]			[]				
110. I have usually enjoyed high-pressure, even difficult, situations I have usually disliked being in high-pressure, even difficult, situations							[]		
111. I've been proud of my ability to be flexible—what's appropriate or important often changes I've been proud of my ability to take a stand—I've been firm about what I believe in			[]						[]
112. My style has leaned toward spareness and austerity..... My style has leaned toward excess and over-doing things								[]	[]

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113. My own health and well-being have suffered because
of my strong desire to help others
My relationships have suffered because of my strong desire
to attend to my personal needs

	A	B	C	D	E	F	G	H	I
						[]			
	[]				[]				
		[]							
				[]			[]		
						[]			
								[]	
			[]						
									[]
	[]				[]				
								[]	
		[]							
				[]					
							[]		
			[]						
						[]			
									[]
				[]				[]	
									[]
	A	B	C	D	E	F	G	H	I

	A	B	C	D	E	F	G	H	I
124. Generally, I have not had much confidence in myself..... Generally, I have had confidence only in myself.....		[]					[]		
125. I've probably been too passive and uninvolved I've probably been too controlling and manipulative.....	[]					[]			
126. I've frequently been stopped in my tracks by my self-doubt..... I've rarely let self-doubt stand in my way.....			[]		[]				
127. Given a choice between something familiar and something new, I've usually chosen something new..... I've generally chosen what I knew I already liked: why be disappointed with something I might not like?.....		[]							[]
128. I have given a lot of physical contact to reassure others about how I feel about them..... I have generally felt that real love does not depend on physical contact.....						[]			
129. When I've needed to confront someone, I've often been too harsh and direct..... When I've needed to confront someone, I've often "beaten around the bush" too much.....			[]				[]		
130. I have been attracted to subjects that others would probably find disturbing, even frightening..... I have preferred not to spend my time dwelling on disturbing, frightening subjects.....									[]
131. I have gotten into trouble with people by being too intrusive and interfering..... I have gotten into trouble with people by being too evasive and uncommunicative.....		[]				[]			
132. I've worried that I don't have the resources to fulfill the responsibilities I've taken on..... I've worried that I don't have the self-discipline to focus on what will really fulfill me.....							[]		[]
133. Generally, I've been a highly intuitive, individualistic person..... Generally, I've been a highly organized, responsible person.....				[]	[]				

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	A	B	C	D	E	F	G	H	I
134. Overcoming inertia has been one of my main problems.....	[]								
Being unable to slow down has been one of my main problems.....									[]
135. When I've felt insecure, I've reacted by becoming arrogant and dismissive.....			[]						
When I've felt insecure, I've reacted by becoming defensive and argumentative.....		[]							
136. I have generally been open-minded and willing to try new approaches.....									[]
I have generally been self-revealing and willing to share my feelings with others.....					[]				
137. I've presented myself to others as tougher than I really am.....								[]	
I've presented myself to others as caring more than I really do.....						[]			
138. I usually have followed my conscience and reason.....									
I usually have followed my feelings and impulses.....				[]					[]
139. Serious adversity has made me feel hardened and resolute.....			[]						
Serious adversity has made me feel discouraged and resigned.....	[]								
140. I usually have made sure that I had some kind of "safety net" to fall back on.....		[]							
I usually have chosen to live on the edge and to depend on as little as possible.....									[]
141. I've had to be strong for others, so I haven't had time to deal with my feelings and fears.....								[]	
I've had difficulty coping with my feelings and fears, so it's been hard for me to be strong for others.....					[]				
142. I have often wondered why people focus on the negative when there is so much that's wonderful about life.....	[]								
I have often wondered why people are so happy when so much in life is messed up.....				[]					
143. I have tried hard not to be seen as a selfish person.....						[]			
I have tried hard not to be seen as a boring person.....									[]
144. I have avoided intimacy when I feared I would be overwhelmed by people's needs and demands.....								[]	
I have avoided intimacy when I feared I would not be able to live up to people's expectations of me.....			[]						

Scoring Instructions

Add the X's marked in Column A, Column B, Column C, and so forth, through Column I. Place the number of X's you have made in the boxes below for columns A through I. If you have marked one box in each pair of statements and have added the number of X's correctly, the sum will be 144. If not, go back and recheck for mistakes either in counting X's or in arithmetic.

Each column corresponds to a personality type, as given below. Please note that they have been randomized and are not in numerical order.

Columns	A	B	C	D	E	F	G	H	I
Numerical Values									
Personality Type	Nine	Six	Three	One	Four	Two	Eight	Five	Seven

Mark the proper numerical value on the Score Sheet on the next page. Note that the personality types have been arranged in numerical order beginning with types Two, Three, and Four (in *The Feeling Triad*), and so forth. Connect the marks you have made to produce a graph that represents the various values for the nine Functions within your personality. (For more about interpreting the Functions in your full personality profile, see *Discovering Your Personality Type*, pp. 80ff.) The second Score Sheet is for analyzing your scores according to The Hornebian Groups (see *Personality Types, revised edition*, 1996, pp. 433-436). These Groups indicate whether the overall orientation of your personality is assertive, compliant, or withdrawn. Note that the columns on this Score Sheet have been reorganized for these three Groups.

Discovering which of the nine types is your *basic personality type* is the object of this test. Your highest score will indicate your basic type, or it will almost certainly be among the top 2-3 scores. To confirm your results, read the complete descriptions in *Personality Types* and *Understanding the Enneagram*.

If properly taken, the *Riso-Hudson Enneagram Type Indicator* will have accurately assessed your basic personality type. If the results you have obtained are unclear, please review your responses to see if, on further reflection, you wish to change any of them.

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Score Sheet I: The Three Triads

Type	Two	Three	Four	Five	Six	Seven	Eight	Nine	One
Score									
32									
31									
30									
29									
28									
27									
26									
25									
24									
23									
22									
21									
20									
19									
18									
17									
16									
15									
14									
13									
12									
11									
10									
9									
8									
7									
6									
5									
4									
3									
2									
1									
Type	Two	Three	Four	Five	Six	Seven	Eight	Nine	One
	<i>The Feeling Triad</i>			<i>The Thinking Triad</i>			<i>The Instinctive Triad</i>		

High
Above Average
Median
Below Average
Low

Score Sheet II: The Hornevian Groups

Type	Three	Seven	Eight	One	Two	Six	Four	Five	Nine
Score									
32									
31									
30									
29									
28									
27									
26									
25									
24									
-									
23									
22									
21									
20									
-									
19									
18									
17									
16									
-									
15									
14									
13									
12									
-									
11									
10									
9									
8									
-									
7									
6									
5									
Type	Three	Seven	Eight	One	Two	Six	Four	Five	Nine
	<i>The Assertive Group</i>			<i>The Compliant Group</i>			<i>The Withdrawn Group</i>		
	Sum = _____			Sum = _____			Sum = _____		

High

Above Average

Median

Below Average

Low

The Nine Personality Types of the Enneagram

1. **The Reformer.** The principled, idealistic type. Ones are conscientious and ethical, with a strong sense of right and wrong. They are teachers, crusaders, and advocates for change: always striving to improve things, but afraid of making a mistake. Well-organized, orderly, and fastidious, they try to maintain high standards, but can slip into being critical and perfectionistic. They typically have problems with resentment and impatience. *At their Best:* wise, discerning, realistic, and noble. Can be morally heroic.

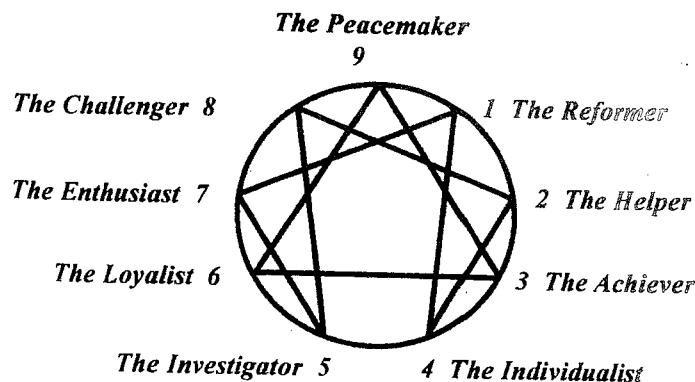
2. **The Helper.** The caring, interpersonal type. Twos are empathetic, sincere, and warm-hearted. They are friendly, generous, and self-sacrificing, but can also be sentimental, flattering, and people-pleasing. They are well-meaning and driven to be close to others, but can slip into doing things for others in order to be needed. They typically have problems with possessiveness and with acknowledging their own needs. *At their Best:* unselfish and altruistic, they have unconditional love for others.

3. **The Achiever.** The adaptable, success-oriented type. Threes are self-assured, attractive, and charming. Ambitious, competent, and energetic, they can also be status-conscious and highly driven for advancement. They are diplomatic and poised, but can also be overly concerned with their image and what others think of them. They typically have problems with workaholicism and competitiveness. *At their Best:* self-accepting, authentic, everything they seem to be—role models who inspire others.

4. **The Individualist.** The introspective, romantic type. Fours are self-aware, sensitive, and reserved. They are emotionally honest, creative, and personal, but can also be moody and self-conscious. Withholding themselves from others due to feeling vulnerable and defective, they can also feel disdainful and exempt from ordinary ways of living. They typically have problems with melancholy, self-indulgence, and self-pity. *At their Best:* inspired and highly creative, they are able to renew themselves and transform their experiences.

5. **The Investigator.** The perceptive, cerebral type. Fives are alert, insightful, and curious. They are able to concentrate and focus on developing complex ideas and skills. Independent, innovative, and inventive, they can also become preoccupied with their thoughts and imaginary constructs. They become detached, yet high-strung and intense. They typically have problems with eccentricity, nihilism, and isolation. *At their Best:* visionary pioneers, often ahead of their time, and able to see the world in an entirely new way.

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The Riso-Hudson Enneagram Type Names

6. **The Loyalist.** The committed, security-oriented type. Sixes are reliable, hard-working, responsible, and trustworthy. Excellent “troubleshooters,” they foresee problems and foster cooperation, but can also become defensive, evasive, and anxious—running on stress while complaining about it. They can be cautious and indecisive, but also reactive, defiant and rebellious. They typically have problems with self-doubt and suspicion. *At their Best:* internally stable and self-reliant, courageously championing themselves and others.

7. **The Enthusiast.** The busy, productive type. Sevens are extroverted, optimistic, versatile, and spontaneous. Playful, high-spirited, and practical, they can also misapply their many talents, becoming over-extended, scattered, and undisciplined. They constantly seek new and exciting experiences, but can become distracted and exhausted by staying on the go. They typically have problems with impatience and impulsiveness. *At their Best:* they focus their talents on worthwhile goals, becoming appreciative, joyous, and satisfied.

8. **The Challenger.** The powerful, aggressive type. Eights are self-confident, strong, and assertive. Protective, resourceful, straight-talking, and decisive, but can also be ego-centric and domineering. Eights feel they must control their environment, especially people, sometimes becoming confrontational and intimidating. Eights typically have problems with their tempers and with allowing themselves to be vulnerable. *At their Best:* self-mastering, they use their strength to improve others' lives, becoming heroic, magnanimous, and inspiring.

9. **The Peacemaker.** The easy-going, self-effacing type. Nines are accepting, trusting, and stable. They are usually creative, optimistic, and supportive, but can also be too willing to go along with others to keep the peace. They want everything to go smoothly and be without conflict, but they can also tend to be complacent, simplifying problems and minimizing anything upsetting. They typically have problems with inertia and stubbornness. *At their Best:* indomitable and all-embracing, they are able to bring people together and heal conflicts.

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