

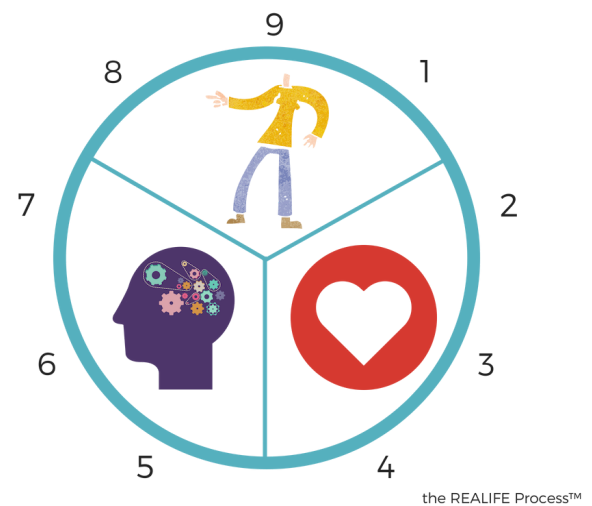
# THE ENNEAGRAM IN YOUR REALIFE™

The Enneagram – is both a psychological and spiritual system that gives us knowledge and understanding about our human behaviors and motivations. Some behavior patterns are amazing and come from a very authentic place within us. These patterns can be our greatest strengths. Other behavior patterns have been adapted over time through motivations such as fear, shame, and anger.

The Enneagram identifies nine different personality types, One through Nine, to help us understand both our authentic and adaptive patterns of how we think, feel, act, and react.

The benefit of the Enneagram is that when we take off the distorted lens we have been looking through and see our automatic responses with clarity, we can become more aware of how these responses impact the quality of our life and the lives of those we interact with both personally and professionally. This clarity gives us the awareness to choose differently in how we process our thoughts, emotional responses, actions, or reactions.

Now, instead of seeing through a very narrow lens, our prescription can change. Through the Enneagram, we have a clearer vision our of best REALSELF and how we can live our best REALIFE and bring our best REALWORK to the world in which we live. The possibilities are now endless to live a life that matters!



## Resources & Credits:

While there are several Enneagram Professionals whose work has contributed to the development of the tool, the REALIFE Process™ has such gratitude for the following professionals and credits their work specifically as being formative to the Enneagram in Your REALIFE™:

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Teresa McCloy is an IEA Accredited Professional Member.

She is also Professionally Certified through the ©iEnneagram Motions of the Soul by Clare Loughrige.



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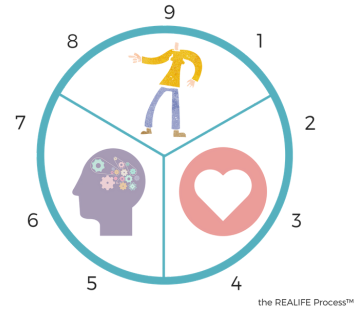
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## HARMONY TRIAD MODEL

While there are several models of Enneagram discovery, it is important to remember, as George Box said, “All models are wrong, but some are useful.” In relation to the Enneagram, we adapt his quotation to say, “All models are incomplete, but some are useful.” The Harmony Triad model focuses on three equally important centers of intelligence—the Head (5,6,7), the Heart (2,3,4) and the Body (8,9,1). Different from other models, the Harmony Triad allows each person access to a head, heart, and body space. This connection most readily brings awareness to our whole REALSELF and allows us to experience harmony in our REALIFE and REALWORK in a deeper way.



## BODY CENTER

### Type 8 – Challenger / Powerful

Eights pursue both justice and truth and like to keep situations under control. They want to make important things happen, are not afraid of big decisions, and will fight for the underdog. Eights are many times seen as confrontational and intimidating.

**Authentic Eights** are – Assertive, Self-Confident, Strong, Protective, Resourceful, Decisive, Visionary

**Adaptive Eights** are – Aggressive, Confrontational, Domineering, Self-Centered, Insensitive, can be Prone to Excess, Dislike Weakness, seen as Intimidating

As **Type Eights** develop wholeness and move from being the Challenger into bringing Pure Power, they can be their authentic REALSELF and access the **Type Five** HEAD CENTER giving warm direction and the **Type Two** HEART CENTER bringing loving power to relationships and teams.

### Type 9 – Peacemaker / Peaceful

Nines seek peace, harmony, and positive mutual regard. They are stable, optimistic, and very supportive. They dislike conflict, tension, and desire for everything to go smoothly, sometimes simplifying problems. Many times they are seen as disengaged from others and their surroundings.

**Authentic Nines** are - Adaptable, Compassionate, Easygoing, Supportive, Patient, Nonjudgmental, Diplomatic

**Adaptive Nines** are - Indecisive, Numbed Out, Apathetic, Undisciplined, Unassertive, Stubborn, Conflict-Avoidant

As a **Type Nine** develops wholeness and moves from being a Peacekeeper to bringing Peace, they show up as their authentic REALSELF and access the effectiveness of the **Type Three** HEART CENTER and the devoted **Type Six** HEAD CENTER by speaking courageously within relationships and teams.

### Type 1 – Reformer / Goodness

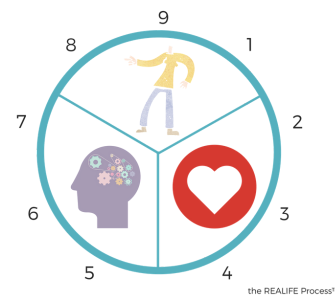
Ones seek perfection in the world and constantly strive to improve themselves, everyone, and everything around them. They are self-controlled, quick to judge and spend lots of energy trying not to make a mistake. Many times they are seen as overly critical of others but are often their own worst critic.

**Authentic Ones** are - Self-disciplined, Hardworking, Organized, Wise, Discerning, Realistic, Honest

**Adaptive Ones** are - Inflexible, Controlling, Self-Righteous, Overly Serious, Reactive, Opinionated, Impatient

As a **Type One** develops wholeness and moves from Reforming to demonstrating Goodness, they can bring their authentic REALSELF and access the enthusiasm of the **Type Seven** HEAD CENTER and the creative **Type Four** HEART CENTER to be accepting of the ideas of others.

# HEART CENTER



## Type 2 – Helper / Loving

Twos want to be liked and focus their attention on meeting the needs of others. They look for cues from others to interpret the degree to which they are appreciated. They are often resentful, feel taken advantage of, and forget that their own needs matter. Many times they are seen as overly helpful and smothering.

**Authentic Twos** are – Warm, Generous, Empathic, Enthusiastic, Nurturing, Supportive, Motivating

**Adaptive Twos** are – Prideful, Manipulative, Clingy, Possessive, Play the Martyr, Angry when Unappreciated

As **Type Twos** develop wholeness and move from over Helping toward Loving, they can bring their authentic REALSELF and access the confidence of the **Type Eight** BODY CENTER and the objectiveness of the **Type Five** HEAD CENTER to become detached from others and focus on their own needs.

## Type 3 – Achiever / Effectiveness

Threes organize their lives toward achievement and success. They thrive on recognition, accomplishments, and competition. Threes are able to adapt to almost any situation, especially if they think it will improve others' perceptions of them. Many times they are seen as uncaring of others in order to achieve an end result.

**Authentic Threes** are - Energetic, Charming, Optimistic, Self-assured, Inspiring, Introspective

**Adaptive Threes** are - Deceitful, Superficial, Cut corners, Intense, Self-conscious, Guilt-ridden

When **Type Threes** move from Achieving to Effectiveness, they bring their Authentic REALSELF and access the loyalty of the **Type Six** HEAD CENTER and the patience of the **Type Nine** BODY CENTER to become present to the moment with themselves and others.

## Type 4 – Individualist / Creative

Fours desire to feel special and have a unique life. Their emotions, especially painful ones, play out very powerfully in their lives. They never feel truly understood by others, although it is one of their deepest longings. Fours have a unique ability to be very present to the needs of others. Many times they desire to have someone rescue them from deep feelings and they tend to focus on what is missing.

**Authentic Fours** are – Imaginative, Sensitive, Intuitive, Artistic, Compassionate, Introspective, Analytical

**Adaptive Fours** are – Self-absorbed, Hypersensitive, Impractical, Moody, Depressed, Envious

When **Type Fours** move from being an Individualist to being Creative they bring their Authentic REALSELF and access the realism of the **Type One** BODY CENTER and the optimism of the **Type Seven** HEAD CENTER to feel respected and understood by those with whom they connect at the deepest level.

# HEAD CENTER

## Type 5 – Investigator / Wise

Fives deepest desire is to know that they are capable. They gather information in order to master particular subject matters. The inner world of ideas and analysis is safer than their own emotions or the feelings of others. They have the ability to see new and original possibilities and put them in steps and sequences. Many times fives are seen as distant and disconnected from others and have difficulty expressing their feelings.

**Authentic Fives** are – Objective, Focused, Perceptive, Curious, Pioneers, Systematic, Expert

**Adaptive Fives** are – Intellectually Arrogant, Withholding, Controlled, Cynical, Negative, Standoffish, Stingy

When **Type Fives** move from being Investigators to being Wise, they bring their Authentic REALSELF and access the strength of the **Type Eight** BODY CENTER and the empathy of the **Type Two** HEART CENTER to connect with others and be generous with their wisdom.

## Type 6 – Dutiful / Loyal

Sixes are insightful and team players, but are hyper-vigilant about their environment and whether they can trust themselves and others. They question almost everything and consider multiple options for systems and safety. Sixes are cooperative and trustworthy to a fault. Many times they are seen as anxious and others can be frustrated with their indecisiveness.

**Authentic Sixes** are – Trustworthy, Responsible, Insightful, Collaborative, Problem-solving, Preserving, Devoted

**Adaptive Sixes** are – Worrisome, Indecisive, Self-Defeating, Paranoid, Preoccupied with Worst-Case Scenarios

When **Type Sixes** move from being Dutiful to being Loyal, they bring their Authentic REALSELF and access the peaceful nature of the **Type Nine** BODY CENTER and the self-assured nature of the **Type Three** HEART CENTER to remember to use their voice and show up courageously.

## Type 7 – Impulsive / Enthusiast

Sevens love new possibilities and want to experience them all. As they anticipate what will come next, they often miss the present and can bury the emotions they are feeling. They love to keep their options open and are often resistant to structure. Many times sevens are seen as the life of the party and have a need for instant gratification.

**Authentic Sevens** are – Optimistic, Spontaneous, Generous, Multitalented, Uplift/Enliven Others, Imaginative

**Adaptive Sevens** are – Narcissistic, Self-indulgent, Hyperactive, Rebellious, Struggle with Long-Term Commitments

When **Type Sevens** move from being Impulsive to being Enthusiastic they bring their Authentic REALSELF and access the organized nature of the **Type One** BODY CENTER and the sensitive nature of the **Type Four** HEART CENTER to remember to stay present to their feelings of both pain and joy and lean into structure with others and their teams.

