



FIND YOUR ENNEAGRAM TYPE GUIDE

The true power of the Enneagram is unleashed when you discover your core type. From here you can learn your habits and patterns that were hidden and ultimately become more free. Here are some options for discovering your type:

READ and REFLECT

One way to discover your type is to read about the various type descriptions in a variety of books (recommended books below). Take time to reflect on underlying dynamics, hidden emotions, and behavioral tendencies of the types that you seem to resonate with. Remember some types are much easier to recognize (i.e. SEVEN, EIGHT, and TWO), while other types are more hidden (i.e. THREE and NINE).

As part of this, start paying attention to your behaviors and feelings and see what patterns you observe. Try on different types like a suit and see how they fit you and where they don't fit. Talk with others who know you and see what they think.

Be mindful of the fact that some parts of yourself or your own motivations are hidden from you. Be open and curious, especially when you find a type that you dislike, fear, or hope is not your type. Often that is a good indicator of where to dig a little deeper.

ASSESSMENTS

Different assessments exist each providing a slightly different framework to help you find your primary type. However, when you consider the dynamic and complex nature of the Enneagram, all assessments will be incomplete. I find assessments very useful for narrowing down your range of types. However, the results of any assessment should be tempered by the process of observing and reflecting.

Assessment Options:

<https://www.integrative9.com/GetYourType/>

This assessment link gives you several options at various price and report levels. The assessment is very thorough and has high validity.

<http://www.9types.com/rheti/index.php>

This is a very short free version that is useful for narrowing down, but shouldn't be understood as definitive of your type.

ENNEAGRAM DEBRIEF:

Finally, in conjunction with the assessment, if you really want to discover your type and go deeper, I recommend you schedule a private one-to-one consultation with an Enneagram expert to help you understand your type and the implications of discovering it.

I offer Enneagram Debrief sessions for \$350. If you're interested in scheduling one, please email info@lanterninc.net

BOOKS:

For those who would like more information but still prefer the reader's digest version:

The Enneagram Made Easy: Discover the 9 Types of People by Renee Baron and Elizabeth Wagele (1994)

The Essential Enneagram: The Definitive Personality Test and Self-Discovery Guide by David Daniels and Virginia Price (2009)

For those who want to take their learning deeper:

The Wisdom of the Enneagram: The Complete Guide To Psychological and Spiritual Growth for the Nine Personality Types, by Don Richard Riso and Russ Hudson (1999)

Bringing Out the Best in Yourself at Work: How to Use the Enneagram System for Success by Ginger Lapid-Bogda (2004)