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**INDIVIDUAL
STANDARD**

Enneagram Report



Quick reference to all 9 Enneagram styles

1

Strict Perfectionist - Ones are about improvement and 'right action', ensuring things are done correctly. They are principled, with a clear sense of right and wrong and may seem idealistic, self-righteous or judgemental. They organise their world and value facts, precision and clarity, working hard to avoid mistakes. Their gift is in discernment, evaluation and knowing what is right.

2

Considerate Helper - Twos want to meet others' needs in a helpful, supportive way. Warm, giving and people-oriented, they seek affirmation from their relationships and may be sensitive and angry if they feel unappreciated. They may over involve themselves in others' lives and risk being manipulative. Their development challenge is to give unconditionally and to nurture themselves as well as others.

3

Competitive Achiever - Threes are "doers" and tend to be practical, task-oriented and project a polished persona or image. They are competitive and will make sacrifices to achieve their goals and appear successful. They risk becoming overstretched or workaholic and may resort to deception or expediency to win. At higher integration, they work towards self-acceptance and authentic influence, connecting heart and hands.

4

Intense Creative - Fours search for meaning, depth and authenticity. They are emotionally sensitive and attuned to their environment, creative and expressive as individuals. They may seem emotionally moody, dramatic, focusing on what is lacking in their lives. As they integrate, Fours get in touch with their inner creative voice but able to separate their identity and their emotions.

5

Quiet Specialist - Fives are private individuals with an active mental life, observing and exploring how the world works. They struggle to share thoughts and feelings and may seem socially awkward or disinterested. At lower integration, Fives may be withdrawn, antagonistic and aggressively defend their isolation. At higher integration, they are intellectual pioneers, bringing their perceptive wisdom unselfconsciously.

6

Loyal Sceptic - Sixes easily tune into potential danger and risks, acting on a sense of anxiety, and think in sceptical ways. They value trust, responsibility and loyalty and need to feel they are safe and belong. At lower integration they may be paranoid, reactive and insecure as loyalty turns into dependency and oversensitivity. At higher integration, self-reliant and grounded Sixes give confidence to those around them, resiliently coping with risk.

7

Enthusiastic Visionary - Sevens seek variety, stimulation and fun, tackling challenges with optimism and engaging with life in a future-orientated way. As team members, they bring creativity, energy and optimism. They may seem distracted, hedonistic, insensitive or irresponsible to others. Sevens are often unhappy but deny this, escaping into hyperactivity and impulsive pleasure-seeking. At higher integration they are present, finding joy within.

8

Active Controller - Eights are forces of nature, with a strong presence and personality that values being in control. They are guarded but caring and protective of those around them. As they mask any vulnerability with a tough, no-nonsense exterior, they may seem intimidating and confrontational. At higher integration they combine their directness with compassion, collaborating with others while serving the greater good.

9

Adaptive Peacemaker - Nines are diplomatic and attuned to the ideas of others, often as facilitators or mediators in groups. They form the glue between people with their friendly, grounding and stable demeanour. They struggle to connect to their own point of view, say no, and often avoid all conflict. At high integration, they are independent and self-respecting, acting with self-awareness and autonomy.

What is the Enneagram?

The word Enneagram comes from the Greek words ennea (nine) and gram (what is written or drawn).

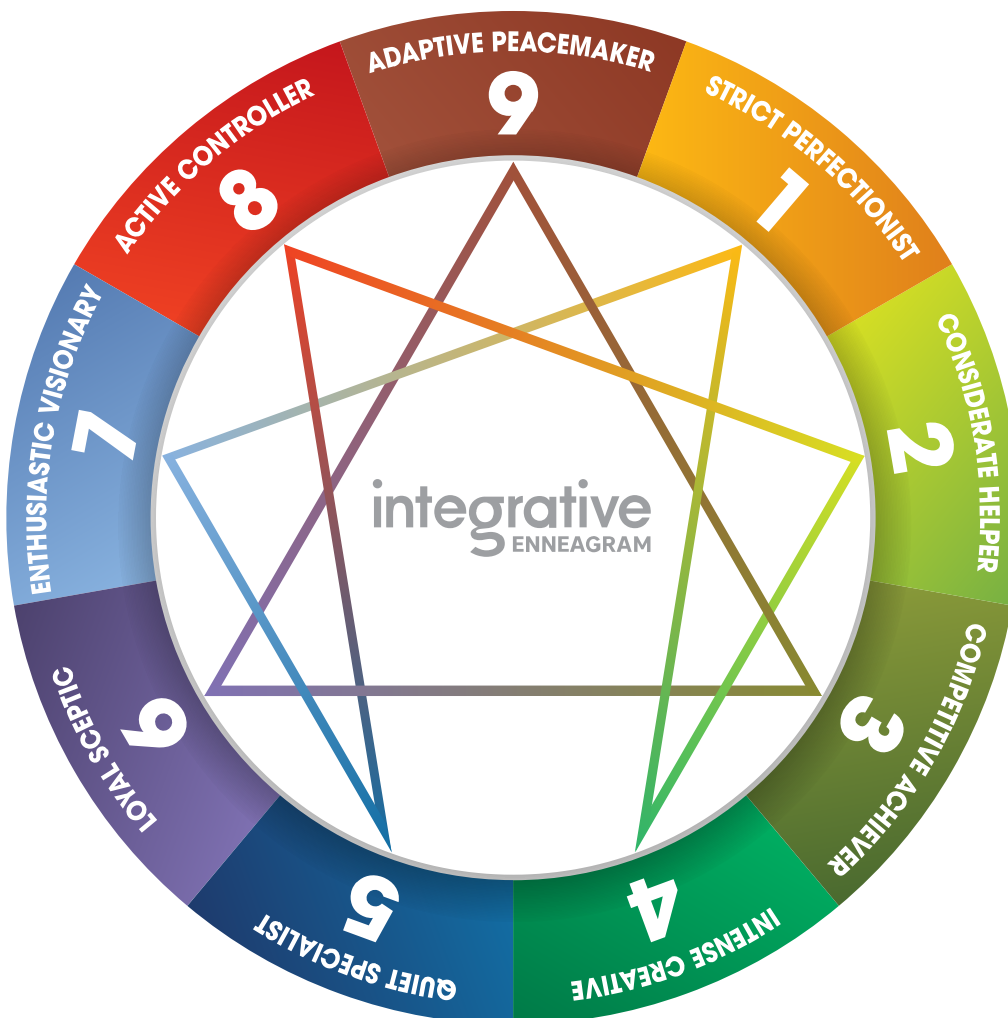
It refers to the nine different Enneagram styles, identified as numbers 1-9.

Each number represents a worldview and archetype that resonates with your core motivations. This impacts on personality as well as thinking, feeling and actions.

The Enneagram is a useful guide on your journey towards self-development, relationship building, conflict resolution and the improvement of team dynamics. It is however not aimed at "boxing", limiting or categorising you. As an individual you are more complex, unique and distinct than your Enneagram style reflects.

While your Enneagram style remains the same throughout your life, the characteristics of your style may either soften or become more pronounced as you grow and develop.

The Enneagram is an archetypal map. It is powerful, practical and rich in the content and insight it offers. You may find that at different times, different aspects of this report will resonate with you and that certain aspects of your style may be more prominent at certain times in your life, or in particular circumstances.





Introduction

This report is aimed at supporting you in the process of self-discovery and development with the Enneagram. If you are new to the Enneagram, it offers you a tool to help you find your place of resonance on the Enneagram. If you are already familiar with the Enneagram, you can use this report as a personal guide to your journey from fixated behaviours to a more liberated, actualised and integrated expression of your purpose and full potential. We highly recommend discussing this report with an accredited Integrative Enneagram practitioner to support you in your understanding the beauty and power of the Enneagram and the application of the report.

The Enneagram and Self-Awareness

The Enneagram helps you to do the hardest part of consciousness work. It helps you to realise, own and accept your strengths and weaknesses. You may therefore find that some of the aspects of this report really challenge you to look deep inside yourself and interrogate the motivations that drive your personality and behaviours. As is the case with reflection and deep self-awareness work, this may lead you to confront and access some aspects of yourself that you love and draw strength from. It may also bring you in touch with some aspects that are more uncomfortable or still need to be explored. When you read something that stirs some discomfort in you, pay close attention as it is likely to hold the seeds for the next step in your development journey.

Using the Enneagram to Develop Yourself

There are many keys to personal development within the Enneagram. Based on your current development questions and personal circumstances, different development paths within the Enneagram may be more or less helpful. On this journey of development, it is often useful to focus on the next step, rather than trying to do everything at once.

Keys to unlocking the potential of this report:

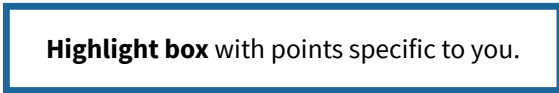
- All development through the Enneagram starts with the journey of self-discovery that enables you to find your type. This report supports you in the process of finding your type, but you will need to take the time to internalise and discover more about yourself for this to be meaningful.
- From within your type, reflect and process the insights that come from a deeper understanding of your motivations, strengths, weaknesses, defences and potential. This is the journey that allows the subconscious to become conscious.
- Once you have greater awareness around your ego-fixations, explore alternative behaviours that are more aligned with your highest intentions and potential. This is called the pathway to integration.
- Work with the insights and development guidelines of your instinctual subtype.
- Develop greater Center balance and intelligence by being present and practising mindfulness.
- If you are currently under a lot of strain and close to burn-out, explore the alternatives and lessons from the line of release for your type and take action to change aspects of your environment that are within your sphere of influence.
- If you are currently bored or in a rut due to a lack of motivation or too much routine, explore the alternatives and lessons from the line of stress for your type.

What you will find in the report

This report contains the following information that will help you understand yourself and your reasons for doing, thinking and feeling things better:

Core Enneagram Type	This section tells you more about the Enneagram style you most resonate with and the likely strengths, weaknesses and worldview associated with this style.
27 Subtypes	This section helps you understand the impact of biological drives on your personality and defines your behaviour more deeply.
Centers of Expression	This section reflects the balance of how you express patterns of thinking, feeling and action.
Wing Influence	The wing refers to the way in which one of the adjacent Enneagram styles influences and complements the expression of your main Enneagram style.
Self-Awareness and Integration	This measure indicates the extent to which you have been able to free yourself from the ego-fixations of your type. It also measures how aware you are of your blind spots.
Strain Levels	This section provides you with a high level view of your subjective experience of your current circumstances and the stress you may be experiencing.
Lines of Tension and Release	The lines connected to your main Enneagram style open pathways for working with the strain you may be experiencing and support your development journey.

Also look out for:



Detailed Enneagram Description

Your main Enneagram style is not the product of your behaviour, thoughts or feelings. It is determined by the subconscious pattern of motivation that drives your personality, values and vices. Depending on your level of self-awareness, it may be easy or difficult for you to connect to this motivation which often remains largely subconscious until you start exploring it and paying attention to the reasons why you think, act and feel in a certain way.



2

**CONSIDERATE
HELPER**

Brendan, you resonate with the Enneagram type 2 which is also known as the Considerate Helper

Warm: Your demonstrative and warm nature makes it easy for others to connect with and like you.
Giving: You are caring, anticipate the needs of others and generously give of yourself to others.
People-Centred: With a focus on relationships, you excel in roles where engaging clients and people matter.
Sacrificing: You put your own needs and feelings on the back-burner in order to support others.
Praising: You are good at paying compliments and can make people feel special, boosting their confidence.

Motivation

This style stems from the **motivational need to be liked and appreciated**. As an Ennea 2 you value relationships and as a result kindness, generosity and self-sacrifice are important to you. You strive to make the world a more loving place, and offer support and attention to those you care about.

At your best you are able to practise self-care while attending to others. You offer the gift of **love** to yourself and the world around you. At your worst your tendency to give in order to get may lead others to experience you as flattering and manipulative. This stems from a deeper belief that you do not deserve to be loved.

Typical Feeling Patterns:

- As an Ennea 2, your empathy is likely to be well-developed. Being helpful is very important to you and others are likely to experience you as considerate, consistently warm-hearted and friendly.
- Your feeling and emotional focus is predominantly projected outwards towards others. This makes you sensitive to the needs of others. However, you can neglect your own feelings and needs or feel guilty having them.
- Although you are generally friendly and warm, you can surprise people with your anger when you feel that people are taking advantage of you or they are insufficiently appreciative of what you do for them.
- You want to take care of and support those you see are being treated unfairly and can be assertive in doing so, especially those you love and are very close to.
- You may experience emotional pain if ignored or brushed aside.

Typical Action Patterns:

- You value people and put effort and energy into developing relationships with others. This enables you to establish a number of deep friendships and connections.
- You draw people to you through the expression of your generosity. You quickly respond when someone is in need of a favour or a helping hand. You find it easy to give advice and do so freely.
- People around you are likely to receive lots of compliments, praise and positive feedback, as you want them to feel special, motivated and well treated.
- You enjoy expressing your appreciation of others in your own way, and may develop your habits and routines around making others feel good. You are quick to act to prevent someone attempting to harm another person.

Typical Thinking Patterns:

- Thoughtful and considerate, you are likely to spend a lot of mental energy thinking about the people in your life. This may include their needs; needs they are not even consciously aware of themselves.
- Your thoughts are therefore likely to be filled with other people and their needs, futures, desires etc. Your thoughts rarely centre on your own needs, future and desires, even when others ask about them.
- You enjoy being indispensable and important to people or groups. This sense of being needed is central to your sense of pride and self-worth, and this dependency may impact on interpersonal dynamics in relationships.
- Being attuned to and aware of the social needs of people around you, may lead to you needlessly worrying about the people in question and their significant relationships.

Blind Spots

- Over-focussing on others may lead to you not being consistently tuned into your own needs, and you may have a blind spot for your own authentic desires. Beginning to recognise this, is the first step to more balanced relationships.
- You may not be aware of the subconscious or hidden intention behind your generosity, caring and supportive activities. Being helpful may mask deeper motivations.
- Although your intentions may be good, you may overlook the ways in which you disempower or offend others with unsolicited advice and help.
- Your attention may become confused when you try to be helpful to more than one person with different needs. You may pay attention to people and then disengage quite quickly once you lose interest in them.

Worldview

People depend on you for help. You have worth because you are liked and needed

Focus of Attention

You focus your attention on the needs of others and providing help and support in a dependable way based on these needs

Core Fear

Being unwanted, unloved, rejected and abandoned; being seen as worthless and undeserving

Self-Talk

I must be helpful

Gifts

Compassion, Love, Humility

Vices

Pride expressed through an inflated self-importance in service to others; using Seduction and subtle Manipulation

DEVELOPMENT EXERCISE



☞ Much of your self-worth depends on whether others like or appreciate you. Finding an internal source of self-worth will boost your autonomy and confidence. How can you appreciate and acknowledge yourself more?

☞ Taking care of others can take its toll on you. Wearing yourself out in service of others does not serve anyone in the long run. Invest in taking care of your own wellness and health.

☞ Getting your needs met may be difficult for you, because your own needs tend to be unconscious or unexpressed. Take time to connect to your own feelings and needs.

☞ As much as you are caring and giving, you may have an unspoken expectation that others will reciprocate in some way. Consider what you have done today to help others and ask yourself: What do I really want in return for doing this?

☞ Although you may have a radar sense for what others need, you may need to be more aware of how and when others may or may not welcome your help. Do you ask for permission when giving advice or offering assistance? How can you be more respectful of people's boundaries and autonomy?

The Ennea 2 has the following strengths and positive qualities



This section helps you tap into and appreciate the strengths and positive aspects of your Enneagram style. These strengths, when harnessed in a healthy and balanced way will support your wellbeing, goals and relationships. To help you harness these strengths, ask yourself the following questions:

- How can I use this strength to assist me in overcoming my current challenges?
- What habits and behaviours support me in my capacity to harness these strengths?
- How easy or difficult is it for me to acknowledge and appreciate my good, true and beautiful qualities?
- What does each strength look like when over-utilised or applied in an unhealthy way?

+ As an Ennea 2 you are naturally drawn to other people and will be able to quickly establish intimacy with them. You may be very attentive and fun when hosting social events or inviting people into your home.

+ In your intimate relationships, you will spend time and effort pleasing and supporting your partner. You are good at adapting to please others and will find safety in also pleasing authority.

+ Your natural empathy allows you to tune into interactions within your circle in an almost intuitive way. This awareness of what is going on may lead to people turning to you for information about the dynamics of a place.

+ You may find yourself getting very involved in the management of other people's lives.

+ You find it easy to see the potential and worth in others. This awareness will also inspire you to give of your best.

+ Many Ennea 2 individuals are very comfortable in the role of second in charge or the supportive role behind the leader.

+ You may be quite adept at “putting on a happy face” or stepping into helping mode even when you feel unhappy or lack the motivation to give more of yourself to others. Even though you may feel quite sad and depressed at times, you will prefer to keep this to yourself, not wanting to burden others with your negative emotions.

+ Your strong heart energy can be very attractive to others as there is a very special quality in your relating that others will respond to well. You express yourself as loving, positive and generous.

+ You are very good at paying people compliments. This can make people feel very special, giving them a confidence boost.

The Ennea 2 has the following weaknesses and challenges



This section helps you to recognise the challenges and weaknesses of your Enneagram style. Some of these challenges relate to times when your strengths are over-utilised or applied in an unhealthy and excessive manner. Others may stem from the expression of your deeper fears and fixations.

- ! **You may find it difficult to resist helping people,** even when they don't want your help. You may even persist with giving of yourself to others when you are overwhelmed, burnt-out and tired yourself and need support yourself.
- ! **There is a downside to your ability to adapt you** may end up struggling to connect to who you really are. You may be confused by the many versions of yourself that you present to the world, asking yourself which is really the true you. As such your mind may become saturated with other people's futures.
- ! **The paradox that you may struggle with hangs** on the fact that you focus so much of your energy on other people, you may not always be connected to and aware of your own needs. This may lead to you acting as if you have no needs or even openly denying your needs. The paradox may also manifest as a desire for freedom while also feeling confined by the extent to which others need you.
- ! **Feeling unappreciated is a trigger for you and** you may connect to deep sadness and self-pity when you feel used. Others may experience you as dependent, needy or clingy, even though this is the last way you want to come across.
- ! **As an Ennea 2 you may find yourself altering your** image and behaviour to come across as desirable and likeable to others. The energy you spend making sure that others like you, could well be spent in other ways.
- ! **Others may experience you as quite manipulative** and intrusive. You may not be sufficiently aware of boundary issues and where you are overstepping it in people's lives. This can create conflict. People may also experience your flattery as manipulative if you take it too far.
- ! **You may find it very difficult to ask others for help** and articulate your needs, but will generally accept and appreciate it if it is offered freely and spontaneously.
- ! **Despite your deep desire to be dependable, you** may in turn become dependent on the affirmation you get from your close friendships for your self-esteem.
- ! **You may have an excessively romantic view of** life. This can lead to you becoming possessive and over-involved in intimate relationships. You may sulk when your needs are not being met.

27 Subtypes & Instincts

We have three basic instinctual drives that are essential for human experience, all three residing in us as necessary body-based primal forces. They are separate from personality and are behind our life strategies, often unconscious, yet powerfully directing our fundamental way of being. While these instincts are always there, one of the three becomes dominant and is more easily accessed and therefore more easily used than the others.



The dominant instinct merges with the main Enneagram type and is then a style called the Subtype. The three basic instinctual drives, namely Self-Preservation (physical survival), One-to-One (relationships) and Social (communal hierarchy) are ways in which we express ourselves in the world and in human interactions.

All three are important for growth and the transformation process. Since the instincts can also affect each other's functions it is important to work towards attaining maturity and balance of all three the instincts, as each plays an important role in all spheres of life (work, home and family).

Brendan, you are an Enneagram type 2 with a SO Instinct

Definitions of the three instinctual goals



Social - SO

The primary concern for the Social instinct is about belonging, recognition, and relationships in social groups. Behaviour is shaped to "get along with the herd" - with family, community and groups of importance. This instinct focuses on how much power or standing one has relative to other members of "the group" in terms of whatever that might mean for a person of a specific Enneagram type.



One-On-One - SX

The primary concern for the One-to-One instinct is with intensity of experience, focusing attention on the quality and status of relationships with specific people. The energy is aimed at achieving and maintaining one-to-one connections, attracting particularly intense contacts and associates. This instinct seeks a sense of well-being through one-to-one connections with people in terms of whatever that means for a person of a specific Enneagram type



Self-Preservation - SP

The primary concern for the Self-Preservation instinct is survival, physical safety, material security, wellbeing and comfort. Behaviour is shaped to focus on safety and security concerns, on avoiding danger, maintaining a basic sense of structure, and on having enough resources. Beyond these basic concerns, the self-preservation instinct may place emphasis on other areas of security in terms of whatever that means for a person of a specific Enneagram type.

A deeper understanding of the SO - 2

Ambitious, strategic, goal-oriented and comfortable in the spotlight, your gifts are in influencing, leading and protecting others. You pride yourself on being competent and able to accomplish projects and enjoy the admiration of others.

Seen as a powerful leader who is influential and admired, you attract preferential treatment, benefits and advantages. You work best when your talents are recognised and utilised.

Your public image is crucial and you want to be seen in the company of people with power and prestige, enjoying the favor of their inner-circle. You tend to exert influence or 'earn' power from others through your competence, knowledge and skill.

This desire to present a competent, powerful image may lead you to deny vulnerability, fear, hopelessness or other uncomfortable emotions.

You tend to be a 'strategic giver' who influences others through favours, rewards, attention or approval. The motivation behind your generosity is frequently to "give to get," as you gain allegiances and respect from your strategic giving.

You tend to skillfully smooth over difficult situations, sincere in your desire to help others, whilst being supportive of their agendas. You create beneficial, well-thought- through alliances, striving to be noticed by prestigious people.

You have a talent for being able to influence people and groups to move in the direction that you desire. In doing so, you may risk overlooking those whose status doesn't bolster your position, and in the process not notice those who may really need you.

If you are unable to personally live out your ambition, you may do so by living it out through someone who you regard as important, such as a spouse, children or employees.

You may back someone on the way up for the benefit it may bring you in future, giving support with the expectation of loyalty and reciprocity. Beware of the risk of unconsciously exploiting or manipulating others, even if you are trying to help them.

At your best, you are a big picture thinker and you consider others as you go about achieving your goals. You like to play the role of protector.

DEVELOPMENT EXERCISE: Balancing and Developing as SO 2



🔄 Your growth journey is to recognise and own your need for power, prestige and competence and how that is influencing you and your relationships.

🔄 Examine your leadership and the risk of being unconsciously manipulative. Work to be more authentic and transparent in your intentions and needs and live from your true self. This act of humility and authenticity opens the path to deeper, more meaningful connections that would fulfill your deep need for love and care.

🔄 Be bold in recognizing and admitting your vulnerability. When you pride yourself on being more competent and capable than most, you rob yourself of the gift of receiving support and help from others.

🔄 Temper your tendency to overwork, and make an active effort to allow yourself to be cared for and to be vulnerable. In this way, you open up to receive as much as you give.

Centers of Expression

The Center of Expression is at the core of how individuals predominantly show up in the world. Some people project and connect to their emotions, whereas others are more connected to their thoughts and others their bodies.

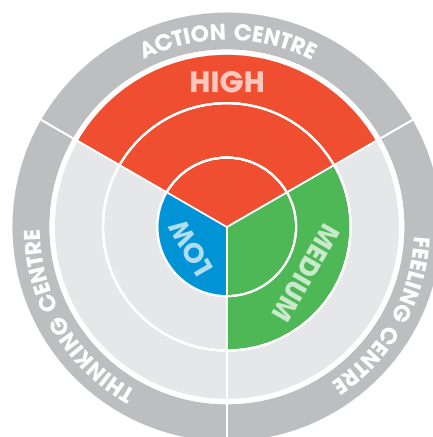


The Dominant Center you express and project into your environment is Action Center
The Weakest Center you express and project into your environment is Thinking Center

The Head-Heart-Hands analogy is another way of thinking about the Centers. We have all three Centers present, but use them differently and in a different order. Your dominant Center of Expression shapes your way of interacting with others and how they experience your energy and your approach to things. Depending on the balance between your internal experiences, intentions and your behaviour, there may or may not be consistency between your internal perception of your centers and what others experience.

It takes mindfulness, presence and using all three Centers in a healthy way, for higher Intelligent Centers to emerge. This balanced and present way of being in the world is sometimes referred to as the “fourth way”.

When confronted with an unusual or surprising situation, your sequence of expression into the world is likely to be **Action Center first, Feeling Center second and Thinking Center last.**



Action Center of Expression: HIGH



- Action Energy is *HOT*.
- It impatiently drives action and results and is mostly experienced as gut instinct and bodily presence.
- It corresponds with the area of your brain known as the brainstem which plays an important role in conducting sensory information and the basic bodily functions that keep you alive.
- Unhealthy expression of this Center is unfocused and manic.
- Healthy expression of this Center is grounded and alive.

As your Action Center is highly expressed, others are likely to experience you as:

- Responding to challenges immediately and engaging directly with the world
- Following your gut response when making decisions or confronted by an issue
- Being highly attuned to immediately turning decisions into practical implementation
- Focusing on your external environment.

At your worst, others may experience you as:

- Struggling to respond appropriately in situations where a more emotional or rational response is required
- Tending to act on impulse without planning ahead or thinking things through
- Not paying attention to the impact of decisions on others or the future or risks involved in a course of action
- Impatient, hyperactive and hasty.

Feeling Center of Expression: MEDIUM



- Feeling Energy is WARM.
- It relates to a range of emotions that we express, coupled with our experience and reaction to the world we inhabit.
- It corresponds with the area of your brain known as the limbic system which plays an important role in emotions and motivation.
- Unhealthy expression of this Center is reactive.
- Healthy expression of this Center is receptive and authentic.

Thinking Center of Expression: LOW



- Thinking Energy is COOL.
- It relates to logic, analysis and rational processing of information as well as criticism and mental chatter.
- It corresponds with the area of your brain known as the prefrontal cortex which is sometimes referred to as the executive function of the brain because of its capacity for prioritisation, judgement, goals-setting and analysis.
- Unhealthy expression of this Center is like the busy, “monkey mind”.
- Healthy expression of this Center is quiet and spacious.

As your Thinking Center is low in its expression, others are likely to experience you as:

- Less connected to the details and information that forms part of the daily flow of life
- Not consistently able to support decisions and conclusions with facts
- Less planned, objective and clear than you may intend

DEVELOPMENT EXERCISE: The Center of Intelligence



Here are some ideas on practices and approaches that support the expression of all The Centers in an intelligent, present and mindful way.



As your Action Center is most likely to be over-expressed, you can support a more balanced and healthy expression of this Center through the following exercises:

- Build self-awareness regarding the distinction between action energy that is grounded and alive vs. action energy that is unfocused and impulsive.
- Tune into your body as a regular practice by noticing and paying attention to the sensations of the body you are experiencing in the moment. You can use deliberate relaxation and breath-based exercises to do so.
- Focus on becoming more awake and attuned to The Centers of expression that are not as dominant, namely Feeling and Thinking. This entails slowing down the pace of processing, decision making and action to allow for reflection and analysis.
- Request feedback from others regarding the impact you are having on processes. For example, check in during a meeting with your colleagues on how they are experiencing your contribution and act on that immediately.
- Practice conscious movement such as yoga, tai chi or aikido to recalibrate the connection you have with your body and with pace.
- Pay attention to the sensations you are experiencing while doing everyday tasks such as chewing food, washing your hands or simply breathing in and out.



As your Thinking Center is the least expressed of The Centers, you can support a more balanced and healthy expression of this Center through the following exercises:

- Consciously make use of structured analytical, conceptual and decision making frameworks when working with information. Create a structure within which to apply yourself, for example: use a decision making matrix, SWOT analysis for strategic issues, project software for planning or to model / simulate important decisions before implementing them.
- Get in touch with your ideas, beliefs and assumptions and share them with others in an overt and conscious way. If you struggle to connect to these thought patterns on issues, ask someone to interview you in a curious way about why you are doing, thinking or feeling certain things.
- The best thinking work does not happen in a busy mind. It happens inside a quiet, spacious mind. Through mindfulness meditation and other activities that allow you to be present in the moment, you will sharpen your mind and invite greater clarity.

Your Center-Specific Styles

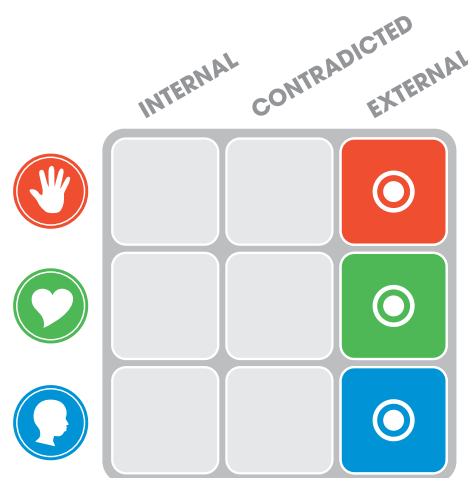
Even though your dominant Center of Expression is the Action Center, you also have a specific Triadic Style. There is a particular way in which you engage with your feelings, actions and thoughts, which is flavoured by your Enneagram Profile. You may be most aware of this when you are triggered, confused or when you realise that your instinct says one thing, your head another, and your heart something else. Each of your Centers can be operating in a specific mode: Internalised(Inwards), Contradicted(Locked), Externalised(Outwards). The combination of these three gives your personality a different way of expression to other people. Observing and becoming aware of how your center modes operate can benefit your development and growth.

Your Center-Specific Styles

- Externalised Action Center
- Externalised Feeling Center
- Externalised Thinking Center

As a result you are likely to act on gut impulses in quick and compelling ways, focus emotional and relational energy on others and apply your positive thinking energy towards ideas, the future and possibility.

This blend of energies combines traits of being direct, giving and enthusiastic, while also focusing your energy on the world around you. It is likely to intensify the value you place on being in a stimulating, positive environment. It may exacerbate tendencies to manipulate others to ensure your freedom and pleasure. At your best you will inspire others and create change as a highly active and assertive individual.



Wing Influence

The wings refer to the way in which the two adjacent enneagram styles influence and complement the expression of your main enneagram style. An important pathway to development lies through understanding the wings and using them effectively. While both wings are useful and necessary for our self-development, most individuals are more reliant on one of the wings and neglect the other. It is also possible for your wings to switch during significant changes in your life. Balanced individuals who have done a lot of psychological and self-development work may consciously access both wings.



Integration levels for Wing 1

1

2

3

Integration levels for Wing 3

HIGH	<ul style="list-style-type: none"> Bring conscience, principles and containment of feelings to the way in which you choose to be of service to others Enhance your capacity to connect with both deep love and inspired wisdom, giving you the courage to bring hope and justice to those who are most in need of this Enable you to be more perceptive and discerning, making it easier for you to say “no” to others without castigating yourself and being anxious about doing so
MODERATE	<ul style="list-style-type: none"> At times lead to a justification of your actions in the name of helping people Balance your people-orientation with a devotion to task related responsibilities Have a positive impact on your ability to pay attention to detail and pick up on inconsistencies or inaccuracies
LOW	<ul style="list-style-type: none"> Lead to suppression of your personal needs and wishes to avoid the guilt you may experience for having needs in the first place Make you more likely to verbalise negative judgements of others Potentially lead to manipulation and coercion in the name of love, with a justification that “It hurts me more than it hurts you”

HIGH	<ul style="list-style-type: none"> Enable you to move beyond your need for reassurance and love, thereby freeing you from the need to please Allow you to be both creatively expressive while also connecting you to the value of community Free you from the expectation of having your generosity returned, as generosity and kindness comes through you to others, not from you
MODERATE	<ul style="list-style-type: none"> Balance your need to be liked with a need to also be respected and the ability to respect yourself Make you feel more comfortable with and able to pursue your own dreams, goals and ambitions Increase your ability to get things done and make things happen, especially when contributing to projects that involve the welfare of others
LOW	<ul style="list-style-type: none"> Make it difficult for you to contain your unspoken needs and can lead to a growing list of expectations of others Potentially lead to you trying to hide your anger or loneliness behind an outwardly more carefree expression that seems inauthentic to others At times lead to melodramatic reactions when you feel unappreciated or feel your needs are not being met which can seem very intense to others

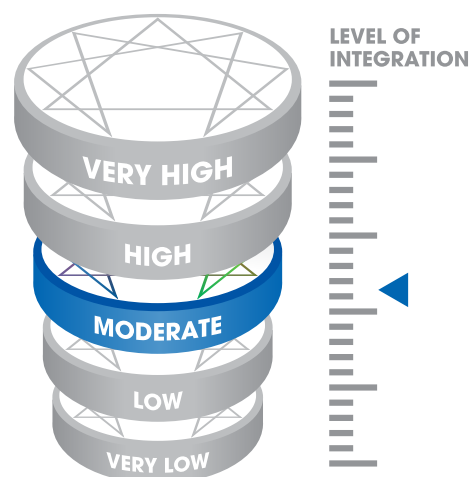
Self-Awareness and Integration

The level of Self-Awareness, self-mastery and integration indicates the extent to which you have been able to consciously free yourself from the ego-fixations of your type. It also measures how aware you are of your blind spots. Integration is a subtle and powerful journey of personal awareness development in life. This is a temporal measure and will fluctuate and change as you invest in your personal growth but also as your circumstances become more or less challenging. At a lower level of self-mastery, a lot of behaviour is driven by core fears or reactivity that relates to your main Ennea Type. At moderate levels this may have “eased” to core concerns that are less reactive, but that still drives and motivates behaviour to a large extent. At a higher level, there is often a component of “letting go” of your core concerns as you come to understand and move beyond the limitations of your main Ennea Type.



Some Enneagram models make use of nine levels of integration from a development perspective. This test aims to broadly measure your self-mastery according to five levels rather than nine. Even though we all may, at our best, be able to access a high level of self-mastery and a low level of self-mastery at our worst, there is likely to be a concentration of energy and behaviour at a particular level of self-mastery at this point in time. The description offered in this report, taps into this while acknowledging that this is not the only set of behaviours you may have access to at this point in time.

It is important to note that, at a higher levels it becomes more difficult to accurately type through a static test. At a high level of integration one moves towards the centre of the Enneagram, which may moderate the core motivations, behaviours, themes and fears of your main Ennea type significantly. At a high level of integration, working with an Enneagram coach can help you identify your type should a test be unable to do so.



Brendan, you are an Ennea 2 who operates at a MODERATE level of Enneagram awareness and mastery.

At a MODERATE level of self-mastery, the following applies:

★ **Even though you are starting to connect more** frequently to your inner experiences and the limitations of your worldview, you may often default to a more habitual or automatic response style. Maintaining self-awareness, particularly when you are experiencing a high level of strain, still takes a lot of hard work and may therefore not be consistently maintained.

★ **At a moderate level of development, you are** less likely to need others to help you meet your needs, but may still be very dependent on other people for reassurance about themselves and their relationships. This need for reassurance may manifest itself in the pride, sometimes secret pride, you take in being helpful and giving, wanting others to appreciate and notice your selfless generosity.

★ **You may find yourself feeling very possessive** about the people close to you. This may lead you to hold on to people tightly, in a way that can seem insecure and needy to others. In holding on tightly to individuals, you may find yourself inadvertently pushing them away which is the last thing you want to do.

★ **You may have a tendency to take on too many** obligations or projects, wanting to be helpful everywhere and to everyone. In the process of doing so, the traps around self-neglect and exhaustion are emphasised. You therefore run the risk of being worn out by your generosity and charity.

★ **Others may experience your attention and assistance as "meddling"** as your tendency to solve everyone's problems, give advice and get involved everywhere you see need overstep boundaries and can become intrusive.

★ **As you continue to develop and integrate as an individual,** you will find yourself moving towards more consistent and pervasive self-care, self-respect, humility, openness to feedback and personality integration.

★ **You may find yourself being drawn to the people** who most need your help, taking people and even lost causes on as "projects".

★ **You may however still need to be reminded of the** need for development when you are under strain, falling into complacency and old behaviour patterns when things are going well.

★ **You may have a vision for yourself that is still** being articulated.

DEVELOPMENT EXERCISE: Key challenges towards self-mastery and integration



🔄 **Develop your capacity to say 'no' more** often. If you are overextended, identify areas where you can hold back more, hand over tasks and empower people to do things for themselves rather than having to rely on others. Become aware of the fact that every "yes" is a "no" somewhere else, quite often a case of saying 'no' to yourself.

🔄 **You can work at integration through the** expansion of your wings. Through Ennea 2 wing 1, you connect to discernment. This enables you to draw clear distinctions between your needs and those of others while enabling you to make tough decisions when needed. Through Ennea 2 wing 3, you connect to self-respect and self-love beyond the limitations of what others think of you. Remember to be loved, you need to love yourself first.

🔄 **Explore the real motivations driving your** helping behaviour. By reviewing individual situations and unpacking why you act in a certain way from the perspective of your own internal needs rather than the externalised perspective of what others need, you may free yourself from some of the chains of obligation and your need for acceptance.

🔄 **Notice patterns of resentment and be very** conscious of self-talk around not being appreciated or what people "owe you". Replace this self-talk with the clean expression of your needs, wishes and desires.

🔄 **Try to recognise the ways in which your need** for recognition, respect and appreciation from others is leading you to stand in relationship to your generosity in a prideful way.

🔄 **Another strategy for growth is through the** connecting lines on the Enneagram. Ennea 2 links to Ennea 4 which urges you to connect to your own emotions and needs in a deep and meaningful way. Ennea 2 links to Ennea 8 which urges you to stop limiting your freedom based on what you think others expect of you.

Strain Profile

Your strain profile provides you with your subjective experience of the amount of stress you are experiencing in your present environment. It is measured separately from your Enneagram Profile in the test. It therefore gives you a view of the context within which you are operating at the moment.



This aspect of your profile is linked to the way in which you are experiencing your life circumstances right now. It is therefore a more time bound measure than the rest of your Enneagram profile. It is also a subjective measure based on how much pressure you're currently experiencing. Remember that what may cause a lot of strain for one person, may cause much less strain for another. You should therefore not use this score as an objective or comparative measure of strain in relation to someone else's profile.

Your Overall Strain Level

This indicator provides you with an aggregate, big picture view of how much strain you are experiencing at present. It combines all the different types of strain you are experiencing. Even though you may not be feeling like this right now, it does give you an indicator of where your strain level lies at present, given your current circumstances. If your life circumstances drastically change, this score will be affected.

Brendan your perceived level of Overall strain is MEDIUM.

This indicates that you are experiencing some pressure and strain in your life right now. This may be as a result of high strain in some areas of your life, while experiencing less stress in other areas of your life. Alternatively it may be as a result of a medium level of strain in most areas of your life. To understand your strain profile better, consider the specific areas of strain in your profile.

At a medium level of strain, the pressure you are experiencing may be affecting your overall wellbeing. A medium level of strain that persists over time is likely to have a significant impact on you. Consider your health and wellbeing from a holistic perspective to get in touch with ways in which this may be manifesting in your life at present. Your general level of strain may also lead to an intensification of pressure when you encounter events or tasks that cause you more pressure than normal.

If you have very few big stressors in your life at present it may be that your strain profile is tapping into a more pervasive internal tension or dissatisfaction you experience in your life. It may also relate to your personality, e.g. people who are more pessimistic in their outlook generally rate somewhat higher on some aspects of strain than people who are intrinsically optimistic. You may also show more "A-Type" behavioural tendencies, making you impatient, hard-driving and responsive to stress and deadlines in a positive manner.

If you are experiencing some significant stressors in your life at present and your strain profile is still only medium, this may be indicative of coping strategies being applied with moderate to good impact. It may to a lesser extent also relate to denial or under-reporting. It would be meaningful for you to consider your strain profile in relation to your main Enneagram type and your level of integration to help you understand this better.

A medium level of strain is often a good springboard for further growth and development, as you are likely to be feeling the impact of some behaviours or aspects of your life that isn't working. This discomfort may therefore enable you to embrace some of the changes required in your life.





As you are experiencing a medium level of strain in your life...Consider the following development activities:

🔄 Decrease the negative defence mechanisms

Your strain level may in part be as a result of old habits or patterns that you are stuck in that are not particularly useful or healthy. When working with defence mechanisms, please note that professional assistance may be required. As you let go of your defences, you may experience a surge of vulnerability as defences are put in place to protect you from pain, or anxiety in some way. Examples of defence mechanisms are denial, withdrawal and control and often start out as a good intention. Look at your main Enneagram profile for some insight into your defences.

🔄 Learn from others What are other people in a similar position to you doing that you can learn from? What are people doing that are in the same boat as you but that seem more relaxed and positive? Talk to them.

🔄 Zoom in on causes Try to understand what lies at the root of the strain and address this issue. In doing so you will have to make distinctions between symptoms and root causes. Look at the different areas of strain reported in this profile for some direction in your exploration.

🔄 Motivate yourself for change Strain can be very positive as it gives you the energy to do things and make courageous changes. Use this strain as an activation force in your life.

🔄 Enhance the positive coping mechanisms

Reflect on what you are doing that is helping you cope with the stress in your life in a positive way. Once you know what this is, do more of it.

🔄 Guard against minimising impact Don't get too used to where you are at if it isn't working for you. If you rationalise the strain over time, it may impact on your health, wellbeing and relationships in a more radical way in future as the impact on your body and relationships accumulate.

🔄 Expand your coping repertoire You may also want to consider the balance and mix of the coping mechanisms you are drawing on. If all your coping mechanisms are social, or all of them are cognitively driven, you may want to expand your repertoire to include physical exercise. Consider your Center of Intelligence to help you consider alternatives and greater balance and variety possibilities.

🔄 Zoom in on areas without strain Consider the areas of your life where you are experiencing significantly less strain. How much time are you investing in these areas of your life? What is enabling a more relaxed state here? Once you are aware of areas that are healthy, you can either choose to draw on this more, or apply the things that are working on other aspects of your life.

Environmental Strain



This indicator measures how you feel about your environment. It relates to how safe, satisfied and connected you feel to your community and neighbourhood. It also measures whether you experience your home and neighbourhood to be conducive to the quality of your life. The extent to which you live your life indoors will impact on your strain score in this area. This is a subjective measure and does not indicate that you are safe or unsafe; it merely taps into whether you feel safe or unsafe. It therefore does not provide an objective measure of the quality of your environment.

Brendan your perceived level of Environmental strain is MEDIUM.

- You feel somewhat connected and neutral about your environment and community and are challenged in some ways by this
- You don't feel consistently safe in your neighbourhood and home
- You may want to spend more time outdoors or in your community than you do at present
- Your home environment may at times be somewhat untidy, thereby inhibiting your ability to get things done
- Environmental and service delivery challenges may at times detract from your core focus



Vocational Strain



This indicator measures how you are feeling about your career choices and work. It relates to how passionate you are about your work and how enjoyable it is to you at present. Your score will also be impacted by the amount of stress you experience at work and the quality of your relationships at work. If you are unemployed or have made alternative vocational choices at present, this will also impact on your strain score in this area. This is a subjective measure and does not indicate performance at work. It merely taps into your perceptions about your current vocational reality.

Brendan your perceived level of Vocational strain is MEDIUM.

- You are somewhat satisfied with where you are at in your career
- You are neutral or mildly positive about work
- Even though there are aspects of your work you enjoy, there are also some aspects that feel mundane or are enjoyable
- You get along better with some colleagues than with others and don't feel supported by all of them
- You are aware of your stress levels at work and your ability to cope with all your responsibilities - sometimes you cope better with your workload than at other times



Physical Strain



This indicator measures how you are feeling about your connection to your body and physicality. It relates to how healthy, energised and fit you feel. This is a subjective measure and may not indicate that you are healthy or unhealthy, it merely taps into whether you feel healthy or unhealthy.

Brendan your perceived level of Physical strain is MEDIUM.

- You feel somewhat positive or neutral about your health at present
- You are comfortable with your body and weight but there may be some things you don't quite like or want to accept
- You may want to improve your fitness levels and spend a bit more time exercising than you're able to
- You don't get ill that often, but do on occasion struggle with some minor health issues
- You wake up feeling more ready and energised on some days than on others
- Your energy levels fluctuate throughout your average day



Interpersonal Strain



This indicator measures how you are feeling about your intimate relationships with family and friends. It relates to the quality of these relationships and whether you are able to invest in them. Perceived lack of support and high levels of conflict in close relationships will impact on your strain score in this area. This is a subjective measure and may not indicate whether these relationships are healthy or unhealthy. It merely taps into your experience of the quality of your intimate relationships.

Brendan your perceived level of Interpersonal strain is LOW.

- You are satisfied with the amount of time you get to spend with friends and family
- You have a social life that meets your needs
- You experience a low or normal amount of conflict in your close relationships
- You are satisfied with the level of intimacy in your closest relationships
- You feel supported by the people close to you



Psychological Strain



This indicator measures your perception of how well you are coping with your present circumstances on a psychological level. This is definitely not a tool aimed at any clinical diagnosis whatsoever. It is not an indicator of psychological problems but a high score may warrant further professional investigation and support into the impact of your circumstances on your emotional wellbeing

This is a subjective measure and may not indicate that you are actually coping or not coping, it merely taps into whether you perceive yourself as able to cope with your challenges on a psychological and emotional level and the extent to which you feel overwhelmed.

Brendan your perceived level of Psychological strain is MEDIUM.

- You are able to cope with some aspects of your present circumstances better than you feel able to cope with others
- You feel affected by your emotions on occasion and this may be impacting on your wellbeing to some extent
- You experiences bursts of stress and anxiety but are then able to relax again or you are mildly tense over time
- You have to remind yourself to stay present at all times as you may occasionally be tempted to “tune out”
- You feel down on occasion, but this is not pervasive or too intense for you to cope with
- You may wish to feel more consistently able to deal with all your challenges on an emotional level



Happiness



This indicator approaches strain from a more generalised and positive perspective. It measures whether you feel optimistic, joyful and happy about your life at present. It therefore relates to your subjective experience of fulfilment and joy in your life but other people may not experience that way in which you project yourself in quite the same way. This merely taps into how you feel about your life and not how others perceive you.

Brendan your perceived level of Happiness strain is HIGH.

- You are happy, excited and hopeful about things regardless of your current challenges and circumstances
- You don't allow others' pessimism to affect your more optimistic approach to life too much
- Despite the stress in your life, you are able to experience joy as you go about your daily routines
- You feel satisfied and fulfilled with your general circumstances and are mostly content with where you are at in life
- It is difficult for you to connect to your negative feelings so you prefer to keep things more positive



The Enneagram Lines of Release and Stretch

This section of the report draws on the two connecting lines in the Enneagram model of each Enneagram type. There are different views on the directionality of these lines. It is however generally accepted that there is a pathway towards integration and development through both of these connected Enneagram types.



The lines connecting to your Enneagram Type also impacts on the way you process and deal with the strain that you experience. For most individuals, the pathway to releasing strain lies in a certain direction but this may be also be counter-indicated in a smaller number of individuals.

4

Release Point: Creativity, Self Care, Personal

Brendan as an Ennea 2, the Considerate Helper, your point of release is likely to be at Ennea 4 which is the Intense Creative. At a secure place in yourself, you are likely to move to a place where you are able to connect to your own needs clearly, allowing you to be less driven by your need to please and appease others. In building a strong relationship with yourself, thereby moving from an External Feeling to an Internal Feeling Center, you are able to project less. This enables you to separate clearly between your own feelings and those of others. Your release of strain may therefore be through an initial deepening of psychological strain as you go deep into yourself.

At the point of connecting to self and your own needs, you may experience regrets. You may ask yourself what took you so long to pay attention to your own needs. It may even seem that others have had an easier road to self-discovery than you. This is however a doorway to the release of pressure in your life as you connect with what has meaning to you and what may have been missing as a result of your focus on the needs of others.

Investing in artistic expression or endeavours may well enable you to release additional strain. If you are not at all drawn to artistic endeavours, investing in the development of your creative thinking or the expression of your own ideas may also contribute to the release of pressure.

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Stretch Point: Assertive, Say No, Direct

Brendan as an Ennea 2, the Considerate Helper, your point of stress is likely to be at Ennea 8 which is the Active Controller.

Where the Ennea 2 is an External Feeling Center, Ennea 8 lies in the External Action Center. When you are under strain, you may find yourself focusing more and more on the needs of the people around you, repressing your own needs further. This may lead to you acting out in your relationships with others on a scale that escalates from irritability to aggression. This may lead to you feeling you need to “punish” people for not appreciating what you do for them. This may lead to you moving against the people you are trying very hard to help in an almost relentless manner.

Moving through this phase of “acting against” the people you’ve been trying to help, may well enable you to connect to your own needs with greater clarity, which is the point of release at Ennea 4. It may help you distinguish your boundaries in a very clear manner. You can however also end up moving against the will and needs of others without discovering your own. Your strain may therefore manifest paradoxically as Interpersonal Strain. When you get trapped in pressure, you both give more of yourself to others while also resenting doing so. This may also be apparent in your relationship with your work colleagues or profession. One way of freeing this up is through caring less about what others may think about you, thereby not limiting your ability to act through your projections of what others may think of your actions.