

# Enneagram Types in Relationships

## ONES

Core desires: To be good, complete, and balanced

Core fears: Being corrupt and unworthy

Contributions	Challenges
<b>Divine Gift: Rightness/Goodness</b> <b>Transformational Growth: Patience</b>	<b>Root Sin: Resentment</b> <b>Idealized Self-image: I am Reasonable</b>
Works for good of all Creates Solutions Ethical Conscientious Honest Reliable Organized/Orderly Productive/hard-working Persevering Strives for excellence Thorough	Rigid/Inflexible Perfectionistic Judgmental Intolerant Stubborn Dogmatic Critical of others Overly serious Unrealistic Demanding Uptight

### *In Relationship with a One?*

- Reassure them of your love and acceptance, even though they have imperfections.
- Appreciate them for their high ideals, their hard work, and that they help you become a better person.
- Recognize with compassion that they have a relentless inner critic that is never satisfied.
- Be careful how you criticize them or notice their mistakes. Gentleness and sensitivity go a long way in how they receive your corrections and suggestions.
- They want to work on improving your relationship. Remind them of the good that comes from struggles and that your relationship is not bad if you have them.
- They are keenly perceptive on what needs to be improved; a spouse is wise to listen to their perceptions, but also to balance their right or wrong thinking with suggestions of other options. Call on their desire to do the right thing.
- Bring fun and novelty to your marriage, inviting them to relax and play away from their duties. Plan times away, but don't expect a quick response to spontaneous ideas.
- They enjoy getting things done well, being organized, and developing new systems to improve your lives. Appreciate these desires rather than chiding them for working so hard.
- Express your own feelings of rejection, hurt, inferiority, alienation, etc. when they are critical and demand perfection from you.
- They have a hard time recognizing their own anger and disappointment in the imperfections of themselves, you, others, and the world. When they are upset, be curious as to what they are really angry about.
- Do your share of responsibilities and follow through on agreements you have made.
- They are detail conscious. They appreciate small things like being on time, social etiquette, being responsible, following the rules. Ask them what small things you can do to ease their angst and to contribute to making life easier.
- They need compliments and assurance, even though they may have a hard time giving these to others.
- Help them notice and celebrate improvements and progress toward the ideal since they will naturally see what is not right or perfect.

# Enneagram Types in Relationships

## TWOS

Core desires: To feel loved for one's self and to contribute

Core fears: Being useless and indispensable

Contributions	Challenges
<b>Divine Gift: Love and Nurture</b> <b>Transformational Growth: Humility</b>	<b>Root Sin: Pride</b> <b>Idealized Self-image: I am Loving</b>
Compassionate Loving Generous Attentive Nurturing Hospitable Sensitive Unselfish Supportive Affirming Openhearted	Intrusive Flatterer Manipulative Possessive Effusive Overly accommodating Martyr-like Seeks appreciation Patronizing Indispensable Smothering

### *In Relationship with a Two?*

- Reassure them that they are special to you, and that you love and accept them even if they don't meet your every need.
- Appreciate their warmth and generosity and all that they do for you.
- Recognize that you may rely too heavily on them to meet your needs. Break the cycle and stop needing them so much.
- Be aware that if you express a need, they feel obligated and driven to meet it.
- Allow them to express their gifts of hospitality, friendship, and caring even though it may be a sacrifice for you.
- Get them to express their needs and to accept help, reassuring them that it is okay to need others. It is terrifying for them to realize they are dependent.
- Help them to say "No."
- Initiate ways to connect with them by opening up your heart and showing your love.
- Think of ways you can serve them before they even ask for help. Do nice things for them.
- Take an interest in their problems and circumstances, even though they easily turn the conversation back to yours.
- Be aware that they are vulnerable to rejection and loss because they emphasize relationships so much for their identity.
- Listen carefully to them and ask them how they really feel. Celebrate when they express their true needs, and assure them again that they are accepted and loved.
- Expect them to get anxious when their own expressed needs are in conflict with the needs of others.
- Express to them when you are feeling manipulated and controlled. Rather than giving in to their manipulations to get what they want, work toward understanding the real needs for each of you. Find a solution that addresses both needs.
- Anger and outbursts of hysteria are signs of unmet needs, especially of feeling unappreciated or not needed.
- Encourage them to pursue their own interests and creativity, even if it feels selfish to them.

# Enneagram Types in Relationships

## THREES

Core desire: To be valuable and to fulfill potential

Core fear: Being incapacitated and unable to accomplish

Contributions	Challenges
<b>Divine Gift: Hope and Radiance</b> <b>Transformational Growth: Honesty</b>	<b>Root Sin: Deceit/Vainglory</b> <b>Idealized Self-image: I am Outstanding</b>
Productive Energetic Empowering Visionary Focused Hard-working Optimistic Team builder Competent Goal-oriented Inspiring	Exaggerated/Boastful Image-conscious Insensitive Exploitative Defensive Workaholic Expedient Superficial Self-promoting Success-driven Self-Deceptive

### *In Relationship with a Three?*

- Reassure them that you love and accept them for who they are, not for what they accomplish or how they appear to others.
- Respect them for their achievements and hard work. They thrive on compliments.
- Understand that their heart is in their work, and resist being offended by their emphasis on prioritizing it. At the same time, help them to take time away and to set limits on their work life.
- They are not in touch with their feelings, and especially avoid negative emotions that will slow them down. Ask about their feelings and give affirmation and encouragement when they express their true heart.
- Encourage relationships outside of their agenda, especially by nurturing existing friendships.
- Work together on common goals; this gives them energy for the relationship. It helps if they see your relationship as an important task with desired results.
- They have a hard time relaxing and letting go, even on vacation. Give them some time to unwind before expecting their full attention.
- Be aware of their fear of failure, both in their work life or your relationship. If they are upset or anxious, it may be a sign that they are facing a potential public failure.
- Gently challenge their tendency to exaggerate, boast, and present an unbalanced positive spin in order to look successful. They are not aware of the subtleties of their deceptions.
- They are more secure when they have a defined role and know what is expected of them. Work at a clear expression of your expectations and what you need from them, rather than expecting them to simply know.
- Recognize them for their efforts in your relationship. They will stop doing things that aren't noticed or don't seem to achieve results.
- Set a time to talk about your relationship and life's details. They don't like to be interrupted if they are focused on a task.
- Encourage them to develop and nurture their inner life, setting aside time to get in touch with their true center that is not attached to their performance or accomplishments.

# *Enneagram Types in Relationships*

## **FOURS**

Core desires: To be authentic and uniquely significant

Core fears: Being deficient, unnoticed, and abandoned

<b>Contributions</b>	<b>Challenges</b>
<b>Divine Gift: Originality/Depth/Beauty</b>	<b>Root Sin: Envy</b>
<b>Transformational Growth: Contentment</b>	<b>Idealized Self-image: I am Special</b>
Authentic Creative Sensitive Compassionate Perceptive Intuitive Refined Sincere Sentimental Original Expressive	Exaggerated Moody Withdrawn Self-pitying Depressive Self-absorbed Melancholic Dramatic Possessive Eccentric Impractical

### *In Relationship with a Four?*

- Reassure them that you will always be there for them, and that they are loved and accepted just as they are. Show your love frequently.
- Appreciate their range and depth of their feelings, even though their rich emotional life may require much from you.
- Celebrate the beauty they bring into your life and your environment. Their special touches make your lives unique and rich.
- Love is complex for them. Nothing is simple. Count on relating to them on an emotional level and with intensity and make it safe for them to express themselves.
- Be aware of your own feelings and share them honestly in order to connect with them on the deep level they desire.
- They have a push-pull way of relating, focusing on your negative aspects when you are present and on your positive aspects when you are at a distance. Be strong in yourself when they push and pull.
- Understand that they feel something is missing and that others have what is missing. Help them to discover what they long for and to see that they have all they need right now.
- Be honest about how their moodiness affects you.
- They fear abandonment and will sometimes reject before they are rejected. Acknowledge their fear and assure them of your commitment.
- Join them in creative and artistic experiences, such as drama productions and art shows. Share together what you felt or observed.
- Melancholy is sometimes their friend. Don't offer easy solutions or explain their pain. You also don't need to take it on yourself. If their depression becomes overwhelming, constant, or dangerous, you may need to get outside help.
- They sweetly reminisce about the past and focus on what is to come. Help them to see the beauty and reality of the present.
- They conduct their lives like a work of art. Encourage them to be creative and expressive, and use their creativity to contribute to the world.

# Enneagram Types in Relationships

## FIVES

Core desires: To be capable, competent, and wise

Core fears: Being depleted and lacking sufficient resources

Contributions	Challenges
<b>Divine Gift: Wisdom/Truth</b> <b>Transformational Growth: Generosity</b>	<b>Root Sin: Greed</b> <b>Idealized Self-image: I am Perceptive</b>
Curious Insightful Interesting Rational Witty Informed Observant Sensitive Persevering Thorough Objective Knowledgeable	Self-Reliant Distant Private Cynical Unassertive Intense Unassertive Isolated Miserly Heady Abstract Overwhelmed

### *In Relationship with a Five?*

- Assure them that your love and commitment is steady and constant.
- Appreciate and respect them for the wisdom, counsel, and objective perspective that they bring to your life. Invite them to share their perspectives and knowledge with you.
- Respect their need for privacy and personal time alone. This is important for their sense of well-being and autonomy.
- They resist demands on their time, energy, and resources as they fear running out and feeling depleted. Balance this with reminders that they have will have enough for what is required of them.
- They have limits to their social capacity; don't pressure them to socialize, especially with unfamiliar people. Understand their need to withdraw for a bit to reenergize when they are in a social situation.
- They are protective of their inner world and you may feel 'frozen' out by them at times. Don't take this as a personal rejection.
- Tell them what you need in an objective and non-demanding way. Give them time to consider and respond. You will receive more support if they don't feel pressured to respond in a certain way or quickly.
- In conflict, try to be objective and rational. Speak in a straightforward manner and briefly.
- Emotional reasoning is hard for them to grasp, and strong emotions feel overwhelming and paralyzing.
- Expect them to express their love and intimacy in nonverbal ways. Feelings for them are hard to express in words. It is in the quiet moments that they can surface.
- They generally answer questions in a calculated, rational, and narrow manner. They may only offer the information that is required or requested. You may have to keep asking in order to get more.
- Realize they have difficulty with spontaneity and do not like to be caught off guard. They like to know what to expect and how to be prepared.
- Encourage them to get out of their head and to use their wisdom and objectivity for causes outside of themselves.

# Enneagram Types in Relationships

## SIXES

Core desires: To find support and guidance

Core fears: Being defenseless and unprepared for life's challenges

Contributions	Challenges
<b>Divine Gift: Faithfulness/Loyalty</b> <b>Transformational Growth: Courage</b>	<b>Root Sin: Anxiety/Angst</b> <b>Idealized Self-image: I am Reliable</b>
Trustworthy Loyal Honorable Responsible Supportive Practical Determined Prepared Cooperative Dedicated Interdependent	Cautious Timid Controlling Hyper-vigilant Suspicious Dependent Rigid Indecisive Ambivalent Doubtful Security Conscious

### *In Relationship with a Six?*

- Assure them that you will always love them, especially when they express doubts about deserving your love and commitment.
- Appreciate their reliability and loyalty. They provide a safe haven for you and will always be there for you. They will be your greatest ally.
- Encourage them to talk about their fears and concerns. Help them focus on the what might go well rather than the worst-case scenario.
- Realize that they tend to over-prepare and take precautions to avoid dangers or being caught unprepared. This gives them a feeling of security, especially in new situations.
- Challenge them to take some risks, to relax, and trust the outcomes.
- They are filled with self-doubt about their ability to handle life and the many responsibilities they assume. Remind them of the times they have been courageous and competent in the past.
- They panic when their security or certainty is threatened. A safe and secure environment and relationship is important to their well-being.
- They tend to be dependent on others for leadership, decision-making, and approval. Encourage them to make their own decisions apart from input from others, especially you. Help them to trust themselves and realize they are capable and courageous.
- Expect them to identify the problems in your relationship. Embrace their observations and explore ways to address them. They also need to be reassured that you see positive aspects of your relationship.
- In conflict, look for constructive resolution. They are more secure when they have clear definitions, agreements, and expectations.
- They tend to be overly responsible and will carry more than their share. Resist taking advantage of this. Let them 'off the hook' so they can relax.
- They waver between belief and doubt, being fully committed but still having doubts about a relationship. They need to know they can trust you.
- When you compliment them, they really don't believe it. This can be frustrating, but don't stop telling them how worthwhile and valuable they are to you.

# *Enneagram Types in Relationships*

## SEVENS

Core desires: To be satisfied and fulfilled

Core fears: Being trapped and limited

<b>Contributions</b>	<b>Challenges</b>
<b>Divine Gift: Joy/Abundance</b> <b>Transformational Growth: Sobriety</b>	<b>Root Sin: Gluttony</b> <b>Idealized Self-image: I am Okay</b>
Optimistic Enthusiastic Spontaneous Charming Imaginative Versatile Entertaining Visionary Curious Engaging Playful	Impulsive Superficial Distracted Escapist Restless Unreliable Indecisive Reckless Inconsistent Excessive Flighty

### *In Relationship with a Seven?*

- Assure them that you adore them and will keep them company while you both enjoy life's adventures together.
- Appreciate the fun, optimism, and spontaneity they bring to your life.
- They have a hard time seeing a problem and addressing it. They want to gloss over it rather than face any difficulty, pain, or conflict.
- They may resist talking about challenges in your relationship, and need to be reminded of the positive outcomes of making changes or improvements. When you need to have a difficult conversation, set a time limit and plan something enjoyable to do afterwards.
- They do not like limitations and have a hard time sticking with one thing or managing all of the ideas running through their minds.
- They want to keep their options open so decision-making is usually put off until the last minute. Set deadlines for decisions. A list of pros and cons will help them evaluate and make decisions more rationally.
- It is hard for them to say 'no' to all of life's possibilities and adventures. Realize that it feels like dying to their dreams or losing something when they can't do it all.
- Encourage them to express the range of emotions from joy to pain. Provide a listening ear and cheer them on when they say they are angry, resentful, or sad.
- They need high levels of stimulation, adventure, and interactions. Let them plan and experience their own activities if you can't join in very well.
- Plan something spontaneous and surprise them.
- Remember they are fearful, especially of making a wrong decision, being tied down, or being trapped in unpleasant feelings or situations.
- They want to imagine a bright future and enjoy dreaming and making big plans. Don't downplay their enthusiasm, but remind them of what is practical and doable for now.
- Encourage them to step back from a situation and take an objective view.
- Remind them that life includes both joy and suffering, and that there is much to gain from life's difficult experiences.

# Enneagram Types in Relationships

## EIGHTS

Core desires: To protect themselves and experience aliveness

Core fears: Being vulnerable and powerless

Contributions	Challenges
<b>Divine Gift: Power/Protection</b> <b>Transformational Growth: Tenderness</b>	<b>Root Sin: Lust/Shamelessness</b> <b>Idealized Self-image: I am Strong</b>
Inspiring Just Protective Compassionate Energetic Resilient Confident Direct Assertive Influential Empowering	Forceful Loud Vengeful Possessive Intimidating Insensitive Domineering Rebellious Excessive Combative Explosive

### *In Relationship with an Eight?*

- Assure them of your love, affection, and respect, especially when they share any vulnerability or weakness.
- Appreciate the strength and intensity and passion they bring to your life.
- Be honest and direct. They enjoy a good and fair confrontation that leads to a resolution.
- Stand up for yourself and let them know if they have wounded you. They will respect you if you are independent and strong, but don't attack their character.
- Don't assume everything is a personal attack. They can be overly aggressive at times. When they are angry, back off and let it subside until they calm down.
- They rarely allow others to hurt them and they avoid vulnerability. If you hurt them emotionally, they will want to get you back. Recognize their attempts at revenge and confront them. Apologize if you hurt them.
- Realize that intimacy is not easy and they can mistake tenderness for dependency and powerlessness. You can help them by sharing honestly and demonstrating that your love is not contingent on them being strong. They need to know they can trust you before they surrender themselves.
- One of their main concerns is personal freedom. They will resist if you attempt to over-control or manipulate them.
- They have a tendency toward excess, all-or-nothing living. This may burden you with the task of keeping life in balance and drawing limits.
- They create an explosive and exciting environment which may intimidate you and others.
- Encourage them to show compassion and tenderness toward others in tangible ways, like giving gifts, expressing affection, and listening.
- Respect them for the gift of empowering others and standing up for the weak and vulnerable.
- Thank them for the ways they believe in you and challenge you to be a stronger and more independent person.

# Enneagram Types in Relationships

## NINES

Core desire: To have inner stability and peace of mind

Core fear: Being dismissed and insignificant

Contributions	Challenges
<b>Divine Gift: Peace/Oneness</b> <b>Transformative Growth: Engagement</b>	<b>Root Sin: Indolence/Sloth</b> <b>Idealized Self-image: I am Settled</b>
Easy-going Content Receptive Diplomatic Guileless Patient Unpretentious Open-minded Down to earth Reassuring Accepting	Indifferent Spaced-out Apathetic Passive-Aggressive Indecisive Uncommitted Detached Appeasing Obstinate Neglectful Resigned

### *In Relationship with a Nine?*

- Assure them they are important to you and that you need the valuable contribution they make to your life.
- Appreciate their easy-going nature and the calmness and assurance they bring.
- Encourage them to discover and express what they really think, feel, and want. Don't let them 'just go along' with you or others.
- They may seem to be in agreement in order to keep things peaceful and comfortable, but they may not be. Probe for their true stance and listen attentively when they attempt to communicate what is important to them, even if it is difficult for you to hear.
- They rebel under nagging, complaining, and pressure to get things done.
- They need you to take leadership in your relationship, and to be the one to take initiative for change. They don't want to rock the boat.
- They have a hard time getting going and can wander around lost without any direction. Help them get focused and directed by clarifying goals and action steps. Once this happens, they are generally more happy and productive.
- They fantasize about merging with an ideal spouse and having a perfectly harmonious life. Remind them that this is not real life, but that you do enjoy being connected with them.
- They can be hurt if you forget things they have told you. Remembering small details communicates they are important. They want to know that they matter to you and are in your heart and mind.
- They are passive-aggressive and stubborn when they finally recognize they have lost themselves. Be aware that they struggle between wanting symbiosis and being autonomous. One day they will push, the next day they will pull.
- Making decisions are difficult because they see all sides of an issue, but they often don't know their own side. Ask them to define their position and cheer them on when they express themselves. Be patient when they are indecisive.
- Allow them to relax. They need time regularly to just sit and be still. This gives them energy to get going again.
- Be a champion for them when they pursue their own interests, dreams, and goals.