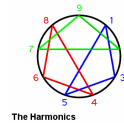


# Cracking The Code

Enneagram Subtypes	Enneagram type Basic Desire	Tips for Enneagram Motivation
<b>E1 Perfectionist:</b> Ruler, Emperor, King, Father, Leader, Manager, Director, Law Enforcer, Judge, Patriarch	Need to be RIGHT; have integrity & be balanced	to be right, improve the world, consistent in their ideals, to be beyond criticism
<b>E2 Nurturer:</b> Queen, Empress, Mother, Healer, Creator, Giver, Helper, Matriarch, Humanitarian, Power Behind the Throne	seek LOVE; want to be loved & needed	to be loved, to express feelings for others, to be needed & appreciated, to get others to respond
<b>E3 Achiever:</b> Competitor, Doer, Pragmatist, Ambitious, Success Oriented, Dedicated Apprentice, Aspiring Star	seek STATUS; to be valuable to be “the best”	to be affirmed, to distinguish themselves from others, to gain attention, to be admired, to impress others
<b>E4 Creative:</b> Artist, Fairy Queen, Oracle Goddess, Venus, Storyteller, Musician, Poet, Soul-mate.	seek ORIGINALITY; to be unique and have significance	express originality, create beauty, can withdraw to protect self, take care of emotional needs attract “rescuer”
<b>E5 Sage:</b> Observer, Philosopher, Guru, Spiritual Teacher, Wise-one, Holy-one, Sharman, Interpreter of events, Teacher	seek KNOWLEDGE; to be competent	to possess knowledge, understand the environment, to have everything figured out as a way of defending against threats
<b>E6 Questioner:</b> Skeptic, Protector, Server, Loyalist, Guardian, Pillar of Community, Family Preserver, Defender of Earth	seek SECURITY; to feel supported and secure	To feel safe, secure & supported by others, to have reassurance, test others, to fight anxiety & insecurity
<b>E7 Innocent Adventurer:</b> Adventurer, Pioneer, Explorer, Seeker, Child, Jester, Joker, Fool, Clown, Learner, Dreamer	seek STIMULATION; to be satisfied & content with no needs unfulfilled	to maintain freedom, happiness; avoid missing out on experiences; to keep excited, occupied & avoid pain
<b>E8 Knight:</b> Crusader, Champion, Hero, Warrior, Explorer, Martial Artist	seek POWER; control, survival, protection	to be self-reliant & prove their strength, be important & remembered, to dominate
<b>E9 Harmoniser:</b> Storyteller, Catalyst for Change, Apprentice Wizard, Alchemist, Magician, Druid, Scientist, Illusionist	seek PEACE; maintain inner stability and peace of mind	create harmonious environment, avoid conflict, preserve things as they are



Strengths of Enneagram type	Challenges of Enneagram type	Development Tips for Enneagram type
<b>E1 Perfectionist:</b> Clear, responsible, discerning, practical, committed to lifelong self-improvement	Critical and judgmental, impatient, overly directive	Relax, have a plan but not an overly-structured one, have an attitude of positive regard
<b>E2 Nurturer:</b> Empathic listeners, psychologically savvy, available, offer useful advice and resources	Over-involved, too relationship-focused, create dependency, hesitant to offer negative feedback	Refrain from giving advice, maintain enough distance to allow a full perspective
<b>E3 Achiever:</b> Pragmatic, results-oriented, organizational savvy, strong interpersonal skills, confident	Inattentive to feelings, frustrated with clients who don't "get it" quickly, may appear artificial	Be real and not in a role, share times when you have suffered or even failed, engage feelings
<b>E4 Creative:</b> Understanding, empathic, compassionate, patient dealing with difficult issues	Over-emphasize feelings, over-use personal stories, over-personalize issues	Keep your stories simple and concise, keep a healthy emotional distance while being fully attentive
<b>E5 Sage:</b> Objective, calm, analytical, think systematically	Appear remote, detached or unavailable, overemphasize tasks over emotions	Engage your feelings and physical sensations so you are fully integrated, pursue feelings
<b>E6 Questioner:</b> Insightful, truthful, dependable, anticipate and plan thoroughly	Appear contagiously anxious, convey a more negative than positive attitude, plan excessively	Be calm and centred, consider positive possibilities equally with negative ones
<b>E7 Innocent Adventurer:</b> Enthusiastic, creative, optimistic, ability to frame issues from different perspectives	Unfocused, inattentive, talk more than listen, offer too many ideas or suggestions	Stay focused, pursue context as well as content, explore feelings in depth
<b>E8 Knight:</b> Clear and strong, honest, able to identify key issues, organizational and political savvy	Overly direct and directive, impatient, overconfident or invincible	Allow your vulnerability and accessibility to be present, be patient with the process
<b>E9 Harmoniser:</b> Approachable, nonjudgmental, calm and relaxed, accepting of multiple perspectives	Slow interpersonal pace, indirect, reluctant to give opinions, slow to act	Let your client know what you are thinking and feeling, ask challenging questions