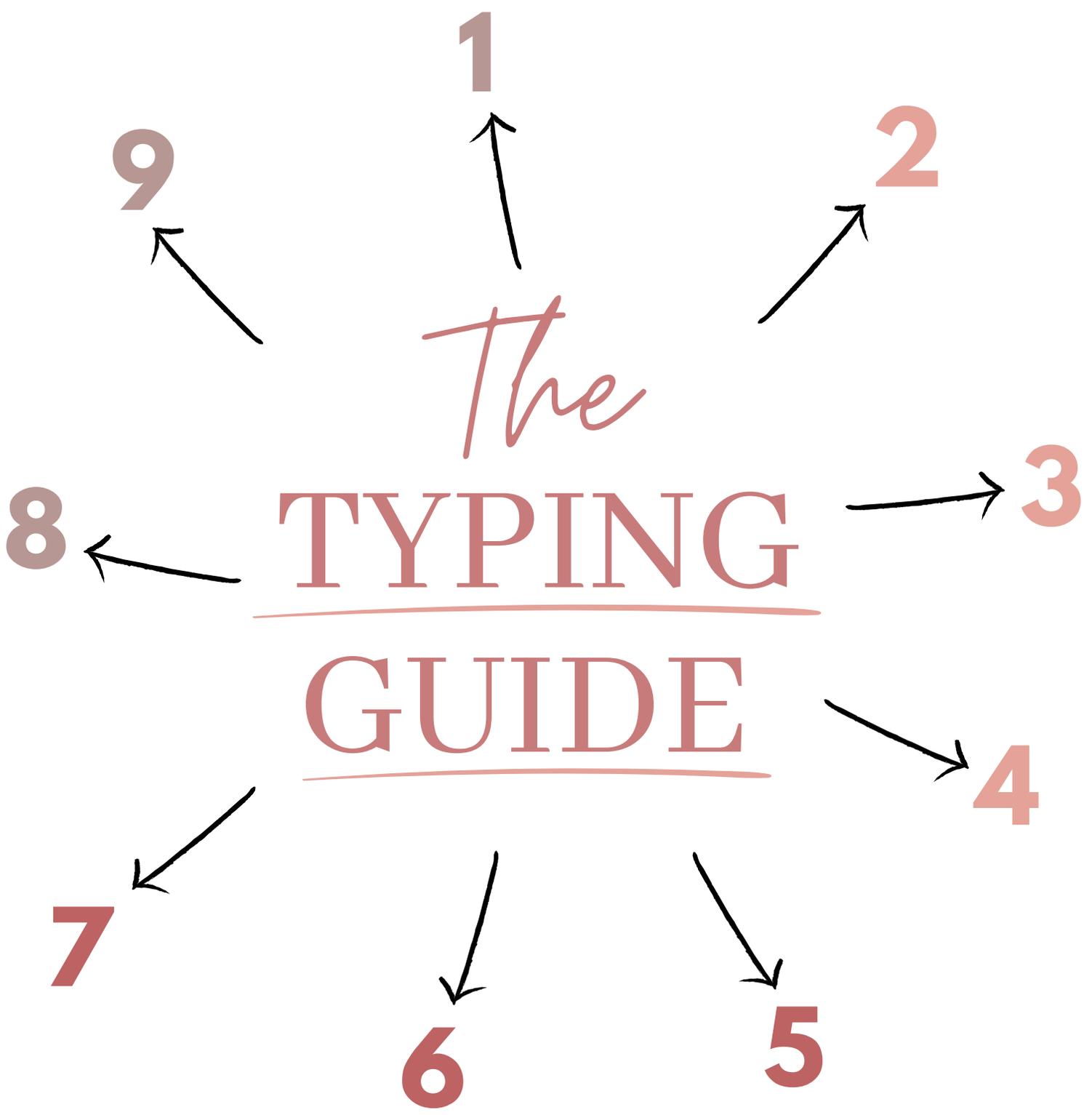


ENNEAGRAM + MARRIAGE



ENNEAGRAM + MARRIAGE

WHAT'S MY TYPE?

It's so awesome that you want to understand
your personality on a *deeper level!*

The Enneagram is a system of nine basic personality types that describes how people tend to interpret the world and manage their emotions.

The Enneagram maps each of these types on a nine-pointed diagram (“ennea” = nine + “gram” = diagram) which helps to illustrate how the types relate to one another. The lists below provide a great introduction to some of the main attributes of the types and are a valuable resource in determining your type.

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STEP 1: HOW DO YOU LOVE?

First, here is a basic list of the nine Enneagram types and the ways each one enjoys loving their partner best! This will give you a clue about your type(s). Please circle all that apply below, but try to choose no more than 1, 2, or 3.

TYPE	Ways each type enjoys loving their partner best!
1	Love with precision, order, and goodness.
2	Love with generosity and helpfulness.
3	Love with achievement and extravagance.
4	Love with creativity and compassion.
5	Love with innovation, wisdom, and curiosity.
6	Love with loyalty and planning.
7	Love with joy and enthusiasm.
8	Love with passion and protection.
9	Love with peace and thoughtfulness of others.

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STEP 2: WHAT DOES SAFETY MEAN TO YOU?

Next, here are how the various types often find their *safety in relationships* may find these traits endearing in a union or marriage. However, when someone becomes imbalanced and holds one of their fears up too tightly, these traits can create an unhealthy relationship.

Circle one, two, or three beliefs you have about your personal safety.

TYPE	How each type finds safety
1	Order equals safety.
2	Giving equals safety.
3	Achievement equals safety.
4	Ranking and uniqueness equal safety.
5	Knowing equals safety.
6	Preparedness equals safety.
7	Freedom equals safety.
8	Power equals safety.
9	Peace equals safety.

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STEP 3: WHAT IS YOUR CORE FEAR?

As you're shaping your theories about your type from the above information, below are the basic core issues or fear that each type typically struggles with.

Try to select just ONE of the core fears below that resonates with you most deeply. This is an important step because even if your answers on the above two exercises differ, it's usually possible to determine one's type by alienating the issue that is the most difficult for him or her to deal with.

TYPE	Core Fear	How this may be expressed in one's inner dialogue
1	Order	If I am not all good, I am all bad.
2	Giving	If I am not serving or being served, I am not worthy.
3	Performing	If I am not gloriously achieving, I am nothing.
4	Ranking	If I am not better or unique, I am to be despised and not special.
5	Knowing	If I am not fully competent, I will be overwhelmed and lose my life.
6	Preparedness	If I am not prepared, I will lose all my security.
7	Freedom	If I am not free, I will be overwhelmed and in unbearable pain.
8	Power	If I am vulnerable, I will be overtaken and completely defeated.
9	Peace	If I do not keep the peace, I will lose my relationships and disappear.

**ENNEAGRAM
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**REFLECTION
QUESTION**

In light of everything you've learned, what do you think your type is and why?

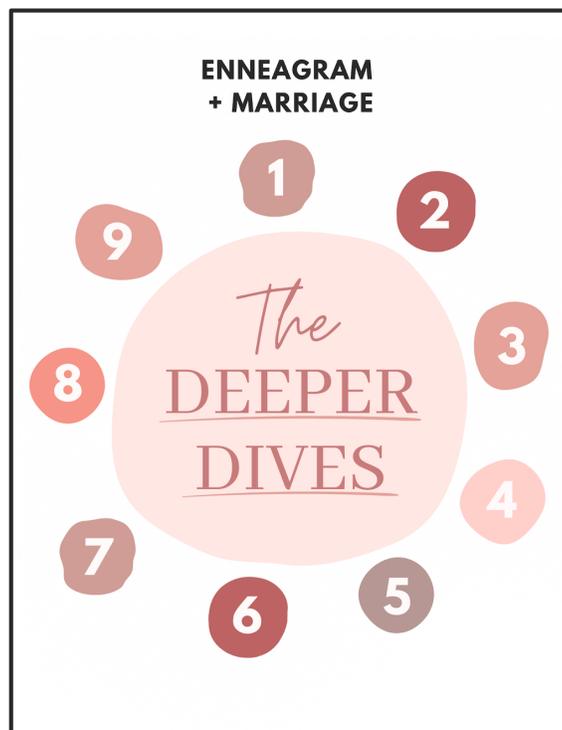
ENNEAGRAM + MARRIAGE

STEP 4: GO DEEPER!

Thank you so much for taking the time to answer the above questionnaire! Now that you know your Enneagram Personality Type, how about taking it to the next level? Want to know how your personality type might be influencing your relationships?

If you are ready to go deeper, check out The Deeper Dives for each personality type! I'm giving them away BOGO for anyone who finishes this Quick Typing Guide! That means you can get two for the price of one, so that you can dive deeper in your marriage with your spouse!

Use code **BOGO** here!



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FORGET**

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more about how E+M
can help you and your partner to grow
together and glow together!

Love living intentionally with you! - Christa

