

THESE
WILD
HUMANS

A GUIDE TO FINDING
YOUR ENNEAGRAM TYPE

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INTRODUCTION

Welcome to my walk through the Enneagram and how to understand it. Before we get started, let me introduce myself. I am a Certified Enneagram Practitioner and ICF Certified Coach, as well as the Founder and Creator of These Wild Humans. I am also an Organizational Strategist, Consultant and Author.

When I first encountered the Enneagram, it took me several years to start to peel it back, dissect it, and take it in. I started by reading books that were over my head, and more support would have helped me a lot.

I made this guide to help you have a different experience and to assist you in understanding how to begin to find your type, and how to further your knowledge from there.

Let me also clarify that every Certified Enneagram Practitioner goes about working with this complex and beautiful system a little bit differently.

The Enneagram is built to be a journey, which you can unfold over days, months, years, decades, and lifetimes. Remember that free assessments are often only getting you a small slice of the story and if you want to be more precise, it is wise to hire a professional.

I am excited that you are starting this journey and that you have allowed me to be here with you.



COURTNEY FEIDER. BS CMT PCC
CERTIFIED ENNEAGRAM PRACTITIONER



THE ENNEAGRAM EXPLAINED

The Enneagram refers to nine different Enneagram Types, each type representing a worldview and archetype that resonates with the way certain people think, feel and act in relation to the world, others, and themselves. It is more than a profile of traits or behaviors, as it delves deeper into the motivations, defenses, and fears that lie in the often unconscious area of our personality.

To use the Enneagram, the first step is to identify your main point of resonance or core type. The Enneagram core type is a 'home base' from which we make sense of and engage with the world. Other words to describe the idea include resonance, identification, lens, perspective, or style.

It is important to keep in mind that different Enneagram styles may display similar behaviors... the Enneagram types are based on motivation (not behavior) and so outward behavior can be deceiving when exploring the Enneagram. To distinguish between types, it is important to explore why a person chooses to act in a certain way and why acting in that way is valued by that individual.

Please remember that this "brief overview" in no way takes the place of a formal assessment and debriefing session, nor does it form a complete perspective about any particular type. At the end of the document, you'll find more information about how to formally assess and dive in deeply.

MOTIVATION VS. BEHAVIOR

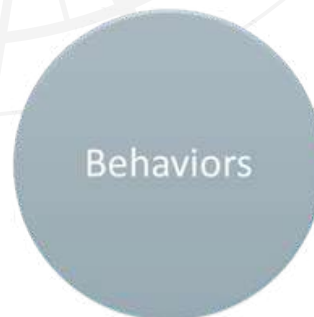
There is a massive difference between the way you see yourself, and the way others see you.

For this reason the first important element of self-awareness is understanding yourself, and the second is understanding the information others need to be given to understand you better and to truly see you for who you are.

The Enneagram gives you a tangible foundation for self-awareness through the lens of motivation. Where other assessments focus on behavior, the Enneagram begins with and centers on how and why you are motivated and what you do with that.



HOW YOU SEE YOU .



HOW EVERYONE ELSE
SEES YOU.

HOW TO FIND YOUR TYPE

STEP 1: ASSESS.

There are a variety of ways to discover your type, and each practitioner has a preference on how to do this.

When I work with people formally, I use a combination of assessments and dialogue, as I don't believe that either tells the whole story.

If you want to begin the process, you can use my favorite free assessment [here](#), or you can pay to take the IEQ9, which is the assessment I am certified in [here](#). When I work with people 1:1 we use the IEQ9 Professional Assessment, Couples Assessment and Team Assessment, depending.

As you begin the process of assessing, particularly if you begin with the abbreviated Riso-Hudson (free) assessment, you'll notice that you rank higher in certain numbers.

Write down your top 3-4 numbers. Screenshot and keep everything about your score, as your low numbers explain a lot as well.



HOW TO FIND YOUR TYPE


STEP 2: READ

Using the top 3-4 numbers that were highest for you, start to read.

Read the Core Types section of this guide, jumping around all that you want related to the numbers.

An audio version of each number's guide and a somatic practice is linked in the Core Types section too.

If you would like to read more about the Enneagram from a few of my favorite authors, [you can visit this link for a books list](#) and the reasons why I like each of them/how they are different.



*Rather than putting
us in a box, the
Enneagram shows us
how small or limited
we have made our
own box - and invites
us to be our free,
authentic self.*



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YOU MIGHT BE A ONE IF:

Accompanying audio and somatic practice here.

Here, we share the Wild Human way to recognize a Type One:

- You might often find yourself in a state of tension, yearning to better the world around you, imagining an ideal realm where everyone plays their part.
- The pillars of excellence, honor, and precision hold a special place in your heart. The sight of errors often compels you to step in and set things right.
- Rather than wearing your anger and frustration on your sleeve, you bear it within, feeling it as bodily tension - in your shoulders, clenched jaw, or rigid posture.
- Words like "should," "correctly," and "properly" frequently find their way into your vocabulary.
- You're on a quest for the right way to do things, always open to trying a better approach, but your compass generally points to the path of correctness.
- Your inner critic, always whispering, can sometimes surface as criticism of others. Yet, this external criticism is but a fraction of the relentless self-evaluation you engage in daily.
- Self-improvement is your forte; you constantly seek to refine and evolve.
- Upholding the rules is your mantra, although you frequently inspect these rules against your own inner wisdom to ensure their relevance. Should they fall short, you willingly submit to your superior set of rules.
- Your consciousness extends to your impact on the world, and you handle it with care.
- In your pursuit of what's right, you might occasionally become unyielding, seeing it as your contribution to a better world, even though it might occasionally ruffle the feathers of those around you.

LIFE AS A ONE:

SELF-TALK: The world is imperfect and I must work towards improving it. I must be good/ right/perfect and avoid mistakes. I must distinguish between right and wrong and apply myself diligently to make the world better.

The gifts of the Enneagram One include:

- Principled: Ones value integrity and want to lead by example. They stand for what is right and good.
- Objective: Ones are able to see and judge details, people, and situations objectively, without emotion.
- Conscientious: Reliable and responsible, Ones stick to their word and diligently see things through to the end.
- Structured: Ones enjoy opportunities to structure things and are naturally adept at organizing, prioritizing, and creating order.
- Quality-minded: Ones have a knack for detail and will pay attention to quality standards and the application of rules and procedures.

Typical Action Patterns

Ones sit in the action center of the Enneagram, but their control and action are mostly directed internally, manifesting as discipline, principle, and self-control. These principles are very important to Ones and others are likely to experience them as responsible, organized, quality-oriented, and critical. Ones are likely to be adept at organizing and planning, very hardworking, and conscientious. They prefer to work in a structured and systematic way, which enables them to analyze information well but may also delay the move into action on important or ambiguous issues.

Typical Thinking Patterns

Ones have a very strong sense of “right” and “wrong” and believe that it is not worth doing if it isn’t done correctly. They, therefore, set very high standards for themselves and will hold themselves and others accountable to these standards. Their inner self-critic is likely to be well developed and Ones may be constantly engaged in an inner conversation about whether things are right, have been done well enough, and how they can improve on what is already there. This internal dialogue may include a lot of “I should”, “I must” and “I ought to” as Ones desire to live according to the rules and may create an internal scorecard that they measure themselves up against.



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LIFE AS A TWO:

Accompanying audio and somatic practice here.

You might find yourself resonating as a Type Two Wild Human if:

- You possess a profound awareness of the relationships that weave around you. Intuitively, you read the emotions of others and instinctively extend your helping hand.
- Your investments lie in the currency of support, encouragement, kindness, and goodwill. Building robust, meaningful connections is your forte.
- While you're adept at discerning the needs of those around you, understanding your own desires and how to fulfill them might sometimes present a challenge.
- More often than not, your focus leans towards others rather than yourself.
- Giving direct, critical feedback can be a struggle because preserving relationships is a top priority. You'll go to great lengths to fill voids, even if it means compensating for others' lapses.
- At times, you may carry a sense of resentment, wishing someone would reciprocate the care and support you so generously give. Yet, you often feel guilty for harboring such feelings.
- You hold a deep value for the consideration and respect that people show one another.
- In the realm of projects and endeavors, you hold the skill to elevate them to a polished state. Your strategic networking prowess facilitates the accomplishment of tasks.
- Adaptability is your second nature, allowing you to effortlessly mold your presence to align with different groups. Relating harmoniously with others comes naturally.
- By and large, you radiate an affable aura. If someone doesn't seem to warm up to you, you sense their sentiments and usually know how to bridge the gap and earn their favor.

LIFE AS A TWO:

SELF-TALK: People depend on me for help. I must earn the love and appreciation of others by being there for them. I am only worthwhile if I am liked and needed. I deserve love because I am loving.

The gifts of the Enneagram Two include:

- Warm: Their demonstrative and warm nature makes it easy for others to connect with Twos and they are generally very likeable.
- Giving: Twos are caring and have the capacity to anticipate the needs of others, generously giving of themselves to others.
- People-Centered: The Two's focus on building relationships will impact positively on their capacity to step into roles where client and people relationships matter.
- Sacrificing: To support and be there for others, Twos will put their own needs and feelings on the back burner.
- Praising: Being around complimentary, supportive Twos can make people feel very special, giving them a confidence boost.

Typical Feeling Patterns

Others are likely to experience Twos as considerate, consistently warm-hearted, generous and friendly. Being helpful is very important to Twos. This type sits in the feeling or heart centre of the Enneagram and their feeling and emotional energy are projected externally towards others in empathic and supportive ways. Enneagram Twos have well-developed empathy and they are easily able to sense the feelings and needs of others. Although Twos are generally friendly and warm, they can surprise people with their anger when they feel that people are taking advantage or undervaluing them. While they struggle to ask for it, Twos also need appreciation and may experience emotional pain and anger if they are ignored, brushed aside or made to feel unappreciated.

Typical Action Patterns

Twos value relationships and will, therefore, put effort and energy into their development of them. This enables them to establish several deep friendships and connections, drawing people to them through the expression of their generosity. Twos are likely to be generous with compliments, praise and positive feedback to people around them, as they want their people to feel special, motivated and well-treated. They often enjoy expressing their appreciation of others in their own way. Often Twos act when it is needed by others. They find it easy to give advice to people and do so freely; they will respond when someone needs a favour, advice or a helping hand.



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LIFE AS A THREE:

Accompanying audio and somatic practice here.

You might be recognizing your inner Type Three Wild Human spirit if you:

- Naturally adjust your demeanor upon entering a room, effortlessly showcasing the facets of yourself that'll shine in that setting.
- Hold an incredible gift for forging connections, easily finding common ground with almost anyone. Your adaptability fosters these bonds.
- Attach a strong sense of identity to your work; what you do and produce in the world holds great significance. Learning about others' work is a fascination of yours.
- Even when you're already excelling, it seems like you're not doing enough, driving you to persistently reach for achievement. Productivity and efficiency become driving forces, sometimes to an almost robot-like extent.
- Impatience can arise when something or someone appears to obstruct your path to a goal.
- Emotions are often set aside, particularly in professional spheres, though you carry more emotional depth than others might perceive. Confidence is your public facade, even when you're not feeling that composed inside.
- Positivity, energy, and an inherent motivation to accomplish tasks are your hallmark traits.
- When working within a team, you naturally ignite and motivate others to collaborate. Recognizing untapped potential in your peers fuels your desire to help them unleash it.
- Your love for constant busyness and productivity often conceals a deep-seated fear of what may happen if you dare to slow down or pause.

LIFE AS A THREE:

SELF-TALK: The world values winners. I must succeed at all costs. I must avoid failure. I am what I do – to earn my place, I must be the best at what I do.

The gifts of the Enneagram Three include:

- **Ambition:** Threes are ambitious and have the will and energy to strive to be the best at whatever they take on. They believe in their ability to succeed.
- **Efficient:** The resourceful Three knows how to do things in a way that is efficient and productive.
- **Adaptable:** Along with being willing to adapt to achieve their goals, Threes are able to adjust to different situations, people, or environments skilfully.
- **Driven:** The Three's high energy and enthusiasm for projects get things done and push others to perform as well.
- **Results-Oriented:** Setting goals and applying themselves to achieve these are as natural to Threes as breathing. They're focused on the end result.

Typical Action Patterns

As a “doer” and goal-directed type, Threes focus on the task at hand and are energetic in working towards their goals. The adaptive Three is often referred to as the “chameleon” as they change their persona and adapt their role, behavior, communication, and presentation to suit the audience they are trying to impress. Some Threes are very drawn to activities that allow for individual competition and achievement, while more social Threes are drawn to winning teams. In a team environment, the Threes may find themselves drawn to leadership roles and others are likely to experience them as very energetic and confident.

Typical Thinking Patterns

Threes are likely to be very adept at framing mistakes and failures as “learning opportunities”, allowing them to quickly move on from these failures rather than dwelling on them and taking the setbacks personally. As an intellectually calculating individual, the Three's mental energy is focused on their goals and what it takes to achieve them. Their thought processes are likely to be quick, enabling them to adapt to changing situations rapidly. Threes frequently “assess” or read the situation to ensure that they are acting, engaging, and communicating in a way that will enhance the chances of success. The Three's competitiveness is linked to their habit of mentally comparing themselves to others, leading to feelings of being better than or worse than others. Threes tend to over-identify with their work, whether that work is corporate, parenting or creative, to the point that what they do defines who they are.



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LIFE AS A FOUR:

Accompanying audio and somatic practice here.

You might be in tune with your inner Type Four Wild Human if you:

- Navigate the world through the kaleidoscope of emotions, experiencing them on a profound level, and distinguishing their nuances with exceptional precision.
- Cherish authenticity as your guiding star. Your quest perpetually seeks the truest, most aligned, and deeply resonant facets of your inner self.
- Occasionally, you sense that others have a simpler journey in life, leaving you with a feeling of missing some innate understanding that comes effortlessly to them.
- Find yourself in the comparative realm, measuring your depth of thought and emotion against others. While recognizing your profound authenticity in certain aspects, you may simultaneously wrestle with feelings of inadequacy in other dimensions.
- Self-expression is your instinctive mode, meticulously crafting your identity for sharing with the world, whether through words, art, attire, or the work you create.
- Embrace your uniqueness as you've always felt distinct from those around you. Sometimes, this uniqueness is a source of joy, while other times, it might make you feel a bit isolated.
- Confront substantial emotions without hesitation, even if you don't always openly express them. You place great importance on comprehending and processing these emotions in your unique way.
- Prioritize truth-telling and voicing unconventional ideas. The significance of addressing uncomfortable truths weighs heavily on your heart.
- Embrace a thought process that deviates from expectations. Your mind generates diverse and imaginative concepts, ensuring you see the world through a distinctive lens.
- Infuse purpose and meaning into everything you undertake. Conforming to convention, particularly when it lacks genuine significance, isn't your preferred path.

LIFE AS A FOUR:

SELF-TALK: Something is missing – I must find what is missing in my life. I must be true to my purpose and express my authentic self. I must create beauty and meaning for myself and for the world.

The gifts of the Enneagram Four include:

- **Self-Aware:** Fours are aware of their own emotions and those of others and seek to understand these emotions. This enables them to connect deeply.
- **Purpose Driven:** Being attuned to what has meaning and purpose drives Fours to express their personal purpose and contribution to the world.
- **Inspired:** Their creative and imaginative capacity enables Fours to give unique expression to what matters to them.
- **Sensitive:** Fours are able to recognize what is missing and will dive into the heart of matters. Their feeling-based intuition enables them to be highly attuned to the environment.
- **Courage:** Fours don't shy away from suffering and the more painful aspects of the emotional world, and this gives them the courage to ask difficult questions.

Typical Feeling Patterns

Fours are very connected to feelings, both their own and the emotional undercurrents in their environment. They are generally very aware of other people's feelings, sometimes more so than others are themselves. Fours believe in exploring the full spectrum of emotions, from joy to deep sadness and they may shift between these emotions as their world and experiences change. They resonate powerfully with emotions like loss, sadness, and longing, which may lead to cycles of melancholy.

Typical Action Patterns

Fours enjoy delving deeply into their life and love sharing profound experiences with others. Many actively invite ritual as a way of creating meaning in their lives. Their search for inspiration, symbolism, and meaning may create a strong relationship with artistic expression or appreciation of the arts. When Fours are engaged with mundane or uninspiring tasks, they are likely to feel disenchanted and frustrated. Fours go to great lengths to talk about their feelings and experiences in an authentic way and most enjoy telling personal stories. Their conversations also contain a significant amount of personal "I, me, my, mine, myself" language and are aimed at establishing connections with others.



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LIFE AS A FIVE:

Accompanying audio and somatic practice here.

You might recognize your inner Type Five Wild Human if you:

- Dedicate significant time and effort to managing your energy reserves, guarding against depletion. When depletion looms, you instinctively seek ample alone time to rejuvenate.
- Treasure your privacy, feeling uncomfortable when people delve into personal questions. You value your inner sanctum.
- Possess an innate capacity for introspection and keen observation. Delving into the depths of topics that intrigue you is a passion, and you swiftly become an authority in your chosen areas.
- Maintain a separation between your thoughts and emotions. This detachment fosters a steady, logical, and rational approach, ensuring emotions don't obscure your logical thinking.
- Hold objectivity, data, and information in high regard. The pursuit of knowledge and understanding is an unwavering priority.
- Champion self-sufficiency, sometimes to the extent of diminishing your needs to avoid reliance on others.
- Thrive in profound, intellectual discussions and relish navigating intricate puzzles. Superficial office small talk isn't your cup of tea.
- May appear distant or unemotional to some, although your caring nature is genuine. You choose to keep the depths of your emotions private.
- Skillfully compartmentalize different facets of your life, effortlessly establishing boundaries as a second nature.
- When you're passionate about a subject, your dedication transforms into an encyclopedic understanding, fueling your enthusiastic commitment to causes close to your heart.

LIFE AS A FIVE:

SELF-TALK: The world is intrusive; I must protect my resources and energy so that I can think. I must be self-sufficient and not depend on others too much. I must understand and make sense of my world. I don't need much but I need my space.

The gifts of the Enneagram Five include:

- Perceptive: Fives offer objective, in-depth and insightful observations of situations and information. They are able to hold complex problems and data.
- Curious: Their interests and intellectual ideals enable five to explore and build expertise in a variety of fields, topics, and theories.
- Unsentimental: Fives approach life in an unsentimental way and can put emotions aside when needed.
- Self-Sufficient: The independent Five will protect their autonomy and privacy. They prefer to ask little of others and are able to minimize their own needs.
- Inventive: Fives' unconventional ideas and depth of knowledge enable them to be inventive, visionary, and pioneering.

Typical Action Patterns

Fives enjoy spending time alone and are never bored when doing so. They place a very high premium on privacy, although what they consider 'private' is a personal definition. Their private time is time to recharge and build up their resources, which enables Fives to set clear boundaries and limits. Independence and autonomy are extremely important to Fives, who would prefer to scale down or do without rather than having to increase dependency on others. This may lead them to adopt a frugal and minimalist lifestyle, or can also lead to hoarding. Fives generally work very carefully with resources. In social settings, Fives may be quite withdrawn unless a topic relates to their field of expertise. They are then more inclined to share a great deal of information with others.

Typical Thinking Patterns

Fives are very cerebral in their orientation and believe that knowledge is power. They have a hunger for knowledge and understanding that leads them to explore information in great depth. They may have a voracious appetite for information on certain topics and enjoy building real expertise and wisdom based on these. The mind is their refuge and detachment, objectivity and reliability are important to Fives. They have the ability to categorize information, events, and people into partitions in their minds. This enables them to keep various interests separate and creates very strong boundaries between different aspects of their life and relationships.



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LIFE AS A SIX:

Accompanying audio and somatic practice here.

You might uncover your inner Type Six Wild Human if you:

- Possess a vigilant, possibility-seeking nature. When something strikes you as awry, you instinctively note it mentally and devise plans to navigate around it, or you voice your concerns.
- Often discover yourself taking a divergent perspective compared to those around you. You're sometimes boldly contrarian, while other times, you ask questions, challenge assumptions, or reveal your reservations.
- Exude profound insight, offering an innate ability to discern a person's trustworthiness.
- Place high value on honesty, transparent communication, responsibility, and unwavering consistency.
- Naturally possess the art of community building, drawing together circles of friends or colleagues with deeply woven connections.
- Initially struggle with trust when encountering new individuals. It takes time for you to establish that sense of comfort and security.
- Don't readily follow leaders without scrutinizing their strength and honesty. Asking numerous questions is your approach to ensure alignment with the right path.
- Given your inquisitive nature, some may misinterpret you as pessimistic or always planning for the worst. Yet, you see it as a realistic and responsible outlook and might even add a touch of humor when acknowledging your "questioning" tendencies.
- Radiate genuine care and compassion for others, being an exceptionally loyal and supportive friend. Your deep empathy is a cornerstone of your connection with those around you.

LIFE AS A SIX:

SELF-TALK: The world is a threatening and unsafe place. Be prepared. Be loyal. People can count on me. Be careful whom you trust. I must not be afraid, but I must not let my guard down. I must protect myself, but I must be loyal.

The gifts of the Enneagram Six include:

- Devotion: Sixes are committed to what they value, expressing duty and care in service of people, responsibilities and causes.
- Courage: Sixes often courageously take a stand on behalf of the greater good, despite concerns and risks.
- Preparedness: Being alert and risk-aware, Sixes pay attention to what is going on in their world and act to minimise risks and threats.
- Trustworthiness: Once Sixes make a decision or commitment, they stick to it. They also respect rules and authority, as long as they feel like they can trust the source or intention.
- Team-Oriented: Sixes enjoy the cooperation and collaboration of groups and thrive in a healthy team environment.

Typical Action Patterns

Most Sixes show some form of risk-taking behaviour as a way of proving to the world and to themselves that they are not afraid. Sixes are known for their ability to work with consistency and with dedication over time. As they take the responsibility very seriously, they tend to fully commit to the job or task at hand and demonstrate loyalty and courage.

Typical Thinking Patterns

In their desire to avoid problems, Sixes tend to apply themselves to potential risks and threats in a highly analytical way. This also makes them very attuned to their environment, scanning for possible problems and challenges. Sixes are able to solve and prevent problems, but may also be very sceptical of solutions that seem too easy or simple. This “yes, but” pattern can lead to frequently and overtly challenging both solutions and authority. Sixes are very aware of authority in their thinking. While they hope to have the support and protection of people in authority, they are also very wary of being let down, disappointed or betrayed by those very same people. The Six’s internal dialogue is likely to follow a process of asking lots of questions of themselves or consulting an ‘internal committee’. They ask questions not only about what is obvious and readily apparent, but also about what is unexpressed and hidden.



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LIFE AS A SEVEN:

Accompanying audio and somatic practice here.

Embrace your inner Type Seven Wild Human if you:

- Radiate perpetual optimism, naturally spotlighting the bright side of every situation. Reframing is your forte, revealing the silver linings and how things may ultimately work to your advantage.
- Regularly embark on the quest to infuse life and work with joy. You firmly believe in the balance of dedication to your endeavors while relishing the journey.
- Possess an imaginative spirit, ever in pursuit of fresh and invigorating possibilities. You're unafraid of exploring various paths and savoring the diversity of experiences.
- Shun limitations at almost any cost, seeking autonomy and avoiding situations where others might impose constraints.
- Comprehend the need for rule-following in certain aspects of life, embracing them when their importance is evident.
- Dislike intense, negative emotions and adopt strategies to steer clear of them.
- Take charge of your life: when you encounter aspects you don't enjoy, you proactively make changes. Life's too precious not to be relished.
- Boast a wide array of interests. While you might not delve deep into every fascination, your ability to engage in diverse conversations with anyone is limitless. There's an everlasting thirst for knowledge and mental stimulation.
- Present an image of pursuing fun and adventure, but it's all about that constant search for intellectual fascination.

LIFE AS A SEVEN:

SELF-TALK: The future is full of exciting possibilities and I must experience it all! I'm ok; I deserve what I want. What's next? I must move forward; I must have my freedom.

The gifts of the Enneagram Seven include:

- Optimistic: The Seven's focus on what brings joy, happiness and pleasure to life enables them to exude optimism.
- Flexible: As Sevens are attuned to possibilities and like to keep their options open, they will be adaptable in the face of change, setbacks and challenges.
- Future-Oriented: By focusing on what is next, the Seven's enthusiastic and visionary qualities enable them to both anticipate and create an exciting future.
- Practical: At their best, Sevens combine their ideas with a practical and productive focus that enables them to make things happen.
- Adventurous: As a playful, versatile and spontaneous person, Sevens savor their freedom and like to explore new territories and experiences.

Typical Thinking Patterns

Sevens have an active mind that moves between and connects ideas with ease. This type wants to devote their energy and time to the things that interest them, and responds instantaneously to stimulation. The Seven thinking style, therefore, combines quick mental processing with a high need for mental stimulation. They want options and hate feeling that their choices are being limited or that they are being constrained in some way. This generalist knowledge can enable creativity and innovation as they have an abundance of knowledge to connect and draw on. Sevens are stimulated by their ability to generate and share a multitude of ideas with others. When they encounter new information, they will process and integrate it quickly, often learning as they go along and in the "doing".

Typical Action Patterns

Sevens get bored easily and mundane or repetitive tasks can get them down. They will, therefore, actively seek excitement and try out new things, often leaving tasks unfinished as they initiate something new. Sevens want to create momentum in life and act decisively to keep things moving forward. Under pressure Sevens will multitask, juggle plans, and may be inclined to take on more than is realistic. This embodiment of energy may manifest as busy body language and constant movement—most Sevens dislike sitting still for more than a couple of minutes. To others it may seem as if Sevens are restless, always juggling tasks or on their way somewhere else.



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LIFE AS AN EIGHT:

Accompanying audio and somatic practice here.

Unlock your inner Type Eight Wild Human if you:

- Embrace straightforwardness and authenticity. What you see is what you get - honesty and transparency are your guiding stars.
- Fearlessly confront challenges. Conflict, when necessary, doesn't deter you. You're not confrontational by design, but you won't back away when it's called for.
- Embody fearlessness. You're unafraid to challenge boundaries and achieve significant feats.
- Harness the power of anger. It's not always a negative emotion; it can provide you with energy, protection, and guidance.
- Conquer limitations. Rather than succumb to them, you work through them with relentless determination, often toggling between intense effort and total disengagement.
- Walk the line between calculated risks and impulsiveness. You're open to both strategic leaps and spontaneous decisions.
- Reveal your compassionate side, especially when defending the underprivileged. If you witness injustice, you're quick to step in and advocate for the underdog.
- Hold yourself and others to high standards. Perfection isn't the goal, but effort and commitment are deeply valued.
- Naturally gravitate toward leadership roles. Your ability to communicate candidly, advocate for yourself and others, and your reservoir of courage place you at the forefront. But sometimes, the burden of leadership can be tiring.
- Remain unshaken by the opinions of others. Their views don't define your path; your self-assurance is unwavering.

LIFE AS AN EIGHT:

SELF-TALK: The world is a tough and unjust place – only the strong survive. I am a rock; I must not be weak. I must be in control. Do it my way!

The gifts of the Enneagram Eight include:

- Assertive: Eights are confident and direct, say what they need to say, and get on with things.
- Decisive: Eights are quick to respond and willing to make decisions. They trust their gut instincts and will move things forward.
- Protective: Under their toughness, Eights are bighearted and take people under their wing. They protect the people and things they care about and will fight against injustices.
- Independent: Self-sufficient Eights dislike being dependent on others and maintain their autonomy.
- Influential: Eights have their own way of taking charge and influencing others, which includes the capacity to influence the bigger picture.

Typical Action Patterns

The Eight sits in the action center of the Enneagram – acting on gut instinct and making things happen are, therefore, second nature to this type. Eights find it easy to influence the external environment and they tend to believe that almost any action is better than doing nothing at all. Eights project themselves as direct and intense. This is likely to come across through the way they speak, their choice of words, decision-making style, and body language. Being in control is very important to an Eight, who will not only manage the big picture but also micromanage. When under pressure or when others seem to be dropping the ball, Eights will quickly step in to sort things out. Even though they dislike weakness and incompetence, Eights will be highly protective of people they feel responsible for. When people under their care are being exploited or treated unjustly, Eights will defend and protect them, as long as they don't act like victims. They will pursue justice and will actively work to correct wrongs.

Typical Thinking Patterns

Eights will tend to mentally assess people as either “strong” or “weak” and will treat them accordingly. This may lead to an “all or nothing” assessment of people and a way of paying attention to others. Eights want to know the truth and dislike ambiguity. The more information they have about progress, updates and what is going on, the more the Eight is able to focus on the bigger picture. Eights don't like getting involved in the detail as their preference lies in working on a macro-and big picture level with information. They don't respond well to being forced, bribed, or charmed into doing something that they don't want to do or seems dull and unimportant.



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LIFE AS A NINE:

Accompanying audio and somatic practice here.

Are you a Type Nine Wild Human? You might be if:

- Your quest for agreement is a familiar companion, especially in potentially conflicting conversations.
- You're keenly attuned to brewing tension. When it surfaces, your escape plan usually involves either physically stepping away or mentally checking out.
- Your emotional landscape tends to be steady, with fewer dramatic highs and lows compared to others.
- Even when you hold strong opinions, sharing them isn't your immediate inclination. Sometimes, you find yourself without an opinion, and that's perfectly fine.
- The word "no" is often challenging, as it feels like sparking conflict when your desires differ from someone else's.
- Expectations placed on you are unwelcome. You prefer not to expect too much from others, and you don't want them to have high expectations of you either. Your intrinsic motivation drives your job performance, not external pressures.
- An easygoing nature is your hallmark. Simple comforts and needs guide your path.
- You're an attentive listener, often prioritizing listening before forming an opinion.
- Understanding all perspectives comes naturally. You value every vantage point.
- While you appreciate social connections, true self-connection blossoms when you're alone. It's the only time you feel no need to filter your thoughts and desires.

LIFE AS A NINE:

SELF-TALK: I am okay as long as the people around me are okay too. The world would be a better place if people could treat each other with respect. I must keep the peace; I must be tolerant and accepting. Can't everyone just get along?

The gifts of the Enneagram Nine include:

- Agreeable: Nines are easy to get along with. Others experience them as open, receptive and peaceful.
- Understanding: Nines are able to listen to differences and understand multiple perspectives, with great skill in synthesis and finding commonalities across differences.
- Patient: Nines do things in a calm, sustainable way, trusting the natural rhythm of projects and processes.
- Supportive: Others feel accepted, heard, and understood in the presence of Nines. They accept people for who they are and see their full potential.
- Genuine: What you see is what you get with a Nine and they are unpretentious. Others can be at ease with them.

Typical Action Patterns

Enneagram 9 is in the action center of the Enneagram, but it is the conflicted archetype in this center. Nines control their environment by not allowing others to control them, typically resisting in a passive way. Their actions, and frequently lack of action, will be focused on maintaining harmony and peace. Nines shun conflict. They create familiar rhythms and routines in their lives and draw comfort from this pattern of engagement with their tasks and environment. Nines want to feel connected and close to people, and this often leads to a “blending” of energy with the people closest to them. This may take the form of adopting the habits, hobbies, interests, or even emotions of the people in their intimate space.

Typical Thinking Patterns

Nines like structured processes, clarity, and details and will, therefore, create procedures or habits very quickly. They are also likely to be adept at organizing large volumes of information or detail into a coherent structure. A Nine may be more hard-headed and stubborn than people who don't know them may realize. They will rarely express the thoughts and self-talk that they engage in with others as they do not want to “subject” them to these thoughts lest it weighs them down. Nines may be resigned to being slightly dissatisfied with certain aspects of their life or relationships.

HOW TO FIND YOUR TYPE

STEP 3: REFLECT

Slow down. We are so accustomed to search engine and AI feedback, that we often forget our own internal compass and sense of self is the wisest of all.

The answers to who you are, are within you.

Consider everything you have read.

Make some notes.

- What resonated?
- What didn't resonate at all?
- What lined up with the way you are motivated and driven (your "why")?
- What descriptions felt potentially true but made you a little bit uncomfortable?
- What elements sounded like things others have reflected to you, about you?
- What sounded like parts of you that no one even knows about?

UNLOCK YOUR WILD POTENTIAL

In learning these initial details about the Enneagram, you probably feel inspired, intrigued and even more curious than ever about your particular type as well as all of the other details you can learn as you go deeper.

AND we haven't even talked yet about the details: Subtype, Wings, Lines, Hornevians, Conflict Styles, and Centers of Expression.

If you would like to go deeper, the Becoming a Wild Human Sacred Portal is a holistic place where personal growth meets spiritual exploration within a supportive mycelium network of like-souls. Join our accessible space, designed for humans who are opening up to creating their full empowered potential for themselves.

[GET STARTED NOW](#)