

Enneagram Types in Stress and Anger

(extracted from The Essential Enneagram, by David Daniels)

TYPE 1

What is stressful to me

Not being able to quiet my internal critic and the associated anxiety and worry. Feeling overburdened by a sense of personal responsibility and conscientiousness. Too much error to correct. Too much that must be done right. Trying to let go of resentments and associated tension. Others blaming me or not taking responsibility for their mistakes.

What I react to with my anger

Unfairness. Irresponsibility. Things being done the wrong way. The flagrant ignoring or disobeying of rules. Being unjustly criticized.

The nature of my anger

Resentment. Self-justification. Tension and tightness. Outbursts of indignation.

TYPE 2

What is stressful to me

Feeling indispensable to too many people and projects. Confusion about my own needs. Trying to exercise my own freedom to be who I am and to take care of myself. Emotional upheavals resulting from investing so much in relationships, especially challenging ones.

What I react to with my anger

Feeling unappreciated or uncared for. Feeling controlled. Unmet personal needs and wants.

The nature of my anger

Intense, often sudden, emotional outbursts. Accusations. Crying.

TYPE 3

What is stressful to me

The pressure that comes from basing how good I feel about myself on how much I get done and on status, prestige, and power. Not knowing my real feelings and values. Doing too much.

What I react to with my anger

Obstacles: anything or anyone that threatens or thwarts the successful achievement of my goals. Incompetence Indecisiveness. Inefficiency. Criticism.

The nature of my anger

Impatience. Irritability. Occasional outbursts.

TYPE 4

What is stressful to me

People and experiences not living up to my romantic ideals or desire for intensity. Wanting more than is available. Envy of what others have that I do not have or what they are that I am not. Unmanageable feelings, especially in emotional crises.

What I react to with my anger

People who disappoint me, let me down, or leave me. Remembering such people from my past. Being slighted, rejected, abandoned. Feeling misunderstood. Phoniness and insincerity.

The nature of my anger

Fiery outbursts or dissolving into tears. Depression

TYPE 5

What is stressful to me

Failing to maintain sufficient privacy, boundaries, and limits. Becoming fatigued. Having desires, needs, and wants that lead to dependency. Trying to learn everything there is to know before taking action.

What I react to with my anger

Being considered factually incorrect. Demands, intrusions. An overload of emotional input. Not having the opportunity for enough private time to restore my energy.

The nature of my anger

Self-containment and withholding. Tension and disapproval. Short bursts of temper.

TYPE 6

What is stressful to me

The pressure I put on myself in my efforts to deal with uncertainty and insecurity. Difficulties with authority, either excessive obedience or rebellion. Trying to maintain the trust and goodwill of others while experiencing mistrust and ambivalence toward them.

What I react to with my anger

Untrustworthiness, betrayal. Feeling cornered, controlled, or pressured. Interactions with others that feel too demanding. Others' lack of responsiveness to me.

The nature of my anger

Wit. Sarcasm. Biting remarks. Accusations. Defensive lashing out.

TYPE 7

What is stressful to me

Coping with the overload that results from trying to sample all that life has to offer. Making the same mistakes over and over because of my desire to avoid pain. Making commitments and then feeling trapped by them.

What I react to with my anger

Constraints or limits that prevent me from getting what I want. People who are often stuck, unhappy, depressed, or blaming others.

The nature of my anger

Brief and to the point. Short-lived. Episodic. Impetuous.

TYPE 8

What is stressful to me

Being unable to correct perceived injustice. Having to contain my confrontational style and having difficulty containing it. Going full-out and denying fatigue and pain.

What I react to with my anger

Deceit. Manipulation. People who won't stand up for themselves. Others not responding to me or to what has to be done. Boundaries or rules that are unjust or too constraining. Attempts to control me.

The nature of my anger

Powerful anger expressed in direct, confrontational style or armored withdrawal. Balancing the books (revenge).

TYPE 9

What is stressful to me

Taking a position. Saying no to someone and having that person get angry. Having to make timely decisions and set priorities. Dealing with a commitment I made that I didn't really want to make.

What I react to with my anger

Being treated as not important. Feeling controlled by others. Being forced to face conflict.

The nature of my anger

Passive aggression, manifested as stubbornness or resistance. Occasionally "boiling over" and exploding.