



## Enneagram Values, Vulnerabilities, and Moving Beyond

Type	What is Valued? Values tell us what is important to us	Vulnerabilities Energy flows where attention goes. When focused on vulnerabilities our perceptions are opaque and distort reality	Moving Beyond When focused on what we genuinely value our perceptions are clear and reality is as it is
1	Being good and being right	Especially sensitive to criticism and being told they are wrong. The perfectionist approach is a way of assuring they won't be criticized. They can't be criticized if they are perfect or blame them as long as they are trying really hard.	Appreciate that there is more than one right way a "imperfections in myself and others. Allow free time to feel resentment as a clue to suppressed wants or needs.
2	Relationships and being loving	Easily hurt by rejection and by a lack of attention and appreciation shown them. They are sensitive to feeling useless and unneeded. Their rescuing style is an attempt to gain recognition, gratitude, and acceptance and to make themselves necessary and important in the lives of others.	Realizing that being loved does not depend on their actions. Practice taking care of wants and needs. Use anger to realize you are not indispensable and that is ok. Receive help from others, when appropriate. Notice when helpfulness is being used to control.
3	Success and accomplishments	Rejection and failure is devastating. The achieving approach is an attempt to be successful and to maintain relationships through performing and doing for others. The concern about image and looking good has to do with getting people to like them.	Moderate the pace. Let emotions surface. Ask yourself if success and the expectations of others. Set limits on success. Success comes from being, not from doing and having.
4	Relationships, belonging, and being special	Hurt by feeling abandoned or left out, or by going unnoticed. They are sensitive to feeling flawed, undesirable, and unwanted. Longing for what is missing. Being "special" is an attempt to get others to notice them and keep others connected to them.	Focus on what is positive in life right now rather than on what is missing and intense feelings. Participate in physical activities. As emotions begin to subside. Appreciate ordinary everyday life.
5	Privacy and personal space	Easily spooked by being invaded, having demands and expectations put on them, and being deprived, belittled or ridiculed. The knowing and loner style is an attempt to ward off intrusions, be self-sufficient, and avoid looking foolish.	Allow myself to experience feelings instead of detaching. Invite intrusion. Take action, realizing that I have a right to engage in conversation, to express myself, and to be vulnerable.
6	Fidelity, consistency, and security	Scared by perceived threats and challenges. Dislike intensely being caught off guard and to the misuse of authority. Phobic (loyal and dependent) or counter-phobic (rebellious and independent) are two sides of the same coin which seeks to purchase safety and security.	Be and act as own authority. Reclaim faith in self, in others, and in the natural part of life. Check out fears and concerns. Recognize that both fight and flight are reactions to fear.
7	Enjoyment, freedom and variety, being upbeat and resourceful	Limited options bring feel like a form of death. Become deflated by having their balloons burst, parades rained on, and parties pooped. Their sunny-side-up style is an attempt to stay on the high side of life and experience as much as life has to offer.	Notice when seeking pleasurable options is a response to fear of freedom, or an escape from pain. Practice working in the moment and less in the future. Appreciate more of the positive and avoid the negative.
8	Justice, autonomy, and being strong	Hate being neglected, unjustly treated, and feeling powerless. Their big energy and powerful style is their way of being in charge and guaranteeing they will be heard, won't feel weak, and won't be taken advantage of.	Notice the intensity and the impact on others. Treat others as progress in experiencing vulnerability and tend to moderate impulsivity. Apply only the appropriate amount of force. Win-win solutions. Learn to compromise.
9	Unity, harmony, and peace	Especially wary of and torn apart by conflict. Easily hurt by neglect. The relaxed, resigned style is an attempt to defend against feeling invisible, uncared for and having to assert themselves – which might disrupt the flow of the universe.	Pay attention to own needs and well-being. Use anger to notice feelings I may be blocking out when I turn away. Notice when prolonged ruminating keeps me from setting boundaries. Practice loving myself as well as I love others.

This material is from the following sources:

David Daniels, M.D., and Virginia Price, Ph.D., *The Essential Enneagram: The Definitive Personality Test and Self-Discovery Guide*  
erry Wagner, <http://www.enneagrampectrum.com/>