



TYPE CP6 SELF-AWARENESS PQF

Name:

Date:

To assist with self-awareness and gathering clues through the process of coached Enneagram typing. After explaining the 9 types work through this Powerful Question Framework (PQF) worksheet.

Scale each and reflect on the overall description of each QUALITY.
 0 = Not true at all. 10 = Always true.

.../10

I relate to the words on the Enneagram card.
 I see myself in the feeling of the cartoon.
 I can identify with the 'trying' statement.

.../10

I don't trust people and am forced to look after myself.
 I worry and think a lot, because I plan for the worst.
 I speak my mind aggressively and challenge.

.../10

Integrity, honesty, fairness and justice are very important to me. I challenge power and authority.

.../10

I openly and directly question a lot. It's difficult to know what the safest thing to do is, so I gather information and demand answers. But I don't trust easily.

.../10

My body posture shows my directness. I try to show myself and others that I am not afraid, and that I am strong. I sometimes make 'us' and 'them' camps seeking to protect the underdogs in groups. I challenge people in power and feel right to do so.

.../10

When I feel low, I attack and question.
 When I feel good I trust my heart, slow down peacefully and become less defensive.

.../10

Look at the voices below. How strongly do you relate to the tone and posture of these voices?

security safe
 assert diligent
 what if loyal
 doubt think
 worry cause
 challenge defend
 solve cautious
 check fight
 protect/plan unsure



Reflections and Comments:

Can I trust you?

I'm tough.

So much could go wrong.

I'm not afraid... am I?

I will give you feedback.

I can be with you and against you.

Life's not fair.

I want to champion a cause.

I protect the underdogs.