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00:00:11,760 --> 00:00:20,040

The Enneagram is an ancient personality typing system that teaches there are nine basic personality types in the world,

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00:00:20,040 --> 00:00:24,660

we each carry traits of all nine personality types, but there is one type.

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00:00:24,660 --> 00:00:32,110

We naturally gravitate toward and adopt in childhood to cope and navigate the world of relationships.

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00:00:32,110 --> 00:00:42,180

As you'll learn, each type has an observably different pattern of thinking, feeling and acting that arises from a powerful, unconscious motivation.

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00:00:42,180 --> 00:00:50,190

At this point in my workshops, it's inevitable that someone will raise their hand or pull me aside and they'll say,

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00:00:50,190 --> 00:00:54,570

you know, I really don't like to be put in a box.

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00:00:54,570 --> 00:00:59,070

And here's what I tell them. The Enneagram won't put you in a box.

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00:00:59,070 --> 00:01:05,130

In fact, it's going to tell you about the box you're already in and how to get out of it.

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00:01:05,130 --> 00:01:11,760

So by understanding our type and recognizing the characteristics of it, we can learn to stop the repetitive,

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00:01:11,760 --> 00:01:18,540

self-defeating behaviors that hurt us and others and learn to enjoy life in a new way.

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00:01:18,540 --> 00:01:25,290

Think. Have you ever done something in a meeting or in a conversation and had a voice inside your head say, Oh,

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00:01:25,290 --> 00:01:32,430

I'm just so emotional all the time, or I hate it when I'm a jerk or I wish people understood me more?

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00:01:32,430 --> 00:01:37,370

Or maybe you hear this. Why do I always let people take advantage of me?

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00:01:37,370 --> 00:01:47,420

If so, the Enneagram can show you why you react to people in situations the way you do and the best part of it, by becoming self aware,

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00:01:47,420 --> 00:01:56,720

you can learn how to create patterns that are less reactive, more responsive and experienced, greater personal happiness and success.

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00:01:56,720 --> 00:02:04,040

The Enneagram recognizes that our personalities exist on a continuum from healthy to unhealthy.

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00:02:04,040 --> 00:02:13,640

There are times when your personality is in a healthy space, times when it's in a kind of average space, and times when it's, well, really unhealthy.

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00:02:13,640 --> 00:02:20,360

The point is, it's always moving up and down on a continuum ranging from healthy to average and unhealthy,

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00:02:20,360 --> 00:02:24,660

depending on where you are and what's happening in your life at the moment.

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00:02:24,660 --> 00:02:30,930

As you work through this course, I'll briefly describe in broad terms how each number typically thinks,

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00:02:30,930 --> 00:02:40,380

feels and acts when they're camped out in an average space within their type.

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00:02:40,380 --> 00:02:44,700

OK, so let me talk to you about what we call Triad's,

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00:02:44,700 --> 00:02:53,400

the nine numbers on the Enneagram are divided into three Triad's, the heart triad, the head triad and the gut triad.

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00:02:53,400 --> 00:03:03,420

Each of the numbers within each triad is driven in different ways by an emotion related to a part of the body known as the center of intelligence.

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00:03:03,420 --> 00:03:12,030

Basically, your triad is another way of describing how you reflexively perceive the world and process and respond to life.

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00:03:12,030 --> 00:03:22,150

So the first triad we'll look at is the body centered or gut triad, which includes type's eight, nine and one.

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00:03:22,150 --> 00:03:26,980

Now, the predominant emotion for those in the gut triad is anger.

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00:03:26,980 --> 00:03:34,810

Anger is always waiting beneath the surface of the skin of those who are eight, nine and once.

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00:03:34,810 --> 00:03:41,500

These three numbers are instinctual, action oriented people who respond to life straight from their gut.

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00:03:41,500 --> 00:03:47,320

These folks always want to do something and they often act before they think.

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00:03:47,320 --> 00:03:54,450

Then there's the emotionally centered or heart triad, which includes types two, three and four.

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00:03:54,450 --> 00:04:01,800

Now, these types are driven by feelings and the feeling of shame is always waiting beneath the surface of their skin,

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00:04:01,800 --> 00:04:07,110

twos, threes and fours are feeling oriented people who tend to be overly emotional.

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00:04:07,110 --> 00:04:13,140

They relate to life from their heart and are more image conscious than the other numbers.

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00:04:13,140 --> 00:04:20,890

Finally, the mentally centered or head triad comes last and includes type's five, six and seven.

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00:04:20,890 --> 00:04:25,270

Five sixes and sevens in and relate to the world through the mind,

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00:04:25,270 --> 00:04:33,370

and they tend to overthink and overplant things for these types fears what's always beneath the surface of their skin,

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00:04:33,370 --> 00:04:41,080

and it's what colors their interior world. Now, look, in this course, here's how it's going to go.

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00:04:41,080 --> 00:04:45,070

We're going to do it by Triad's and we're going to begin with the anger triad.

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00:04:45,070 --> 00:04:48,730

So I'm going to teach like this eight, nine and one.

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00:04:48,730 --> 00:04:57,730

And then I'm going to move to the heart, try out two, three and four, and then to the mentally centered or head triad five, six and seven.

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00:04:57,730 --> 00:05:02,560

It's so much easier for people to learn the Enneagram when they see how each of these

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00:05:02,560 --> 00:05:08,470

different types lives in relationship to the two other types in each of the Triad's.

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00:05:08,470 --> 00:05:19,630

I really feel confident that teaching it this way will help you figure out which is your number and understand all the other eight numbers as well.

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00:05:19,630 --> 00:05:24,640

OK, I want to tell you about wings, when you look at the Enneagram diagram,

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00:05:24,640 --> 00:05:34,450

you'll see that each number has a dynamic relationship with four other numbers, one on either side and two on lines across the diagram.

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00:05:34,450 --> 00:05:40,210

The numbers adjacent to your type are called wings like salt and pepper.

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00:05:40,210 --> 00:05:46,690

These numbers season your core number or dominant type with some of their feature characteristics.

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00:05:46,690 --> 00:05:52,990

One wing tends to be more dominant in the first half of your life and the other in the second half of life.

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00:05:52,990 --> 00:06:03,340

So imagine you discover you're a two on the Enneagram. That means you could either be a two with a three wing or a two with a one wing.

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00:06:03,340 --> 00:06:10,630

Sometimes people get this a little confused. Sometimes I hear people say, hey, I've just discovered I'm a five with a nine wing.

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00:06:10,630 --> 00:06:18,400

Well, that's not possible. Remember, your wing is adjacent to your dominant type on the Enneagram.

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00:06:18,400 --> 00:06:29,950

You can learn a lot more about wings in your workbook. The teachers who developed the Enneagram saw that each of the nine numbers has a

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00:06:29,950 --> 00:06:35,710

passion or weakness that drives the way that type sees the world and behaves again.



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00:06:35,710 --> 00:06:40,690

This is not to put you in a box, but to help you understand what drives you.

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00:06:40,690 --> 00:06:46,840

Knowing your passion will help you understand why you react the way you do in different situations.

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00:06:46,840 --> 00:06:53,590

When left unchecked or unchallenged, your passion fuels your self-defeating behaviors.

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00:06:53,590 --> 00:06:58,090

Now, I'm not talking about things in your life that you're passionate about that's different.

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00:06:58,090 --> 00:07:04,660

I'm talking about a disposition you present when you're not functioning in health or when you're not in a good space.

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00:07:04,660 --> 00:07:11,350

When we are unaware of our passion and the way it operates in our lives, we remain enslaved to it.

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00:07:11,350 --> 00:07:17,710

It's like what German psychiatrist Carl Jung said. What's unconscious owns us.

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00:07:17,710 --> 00:07:22,930

It's critical to learn your passion so you can know when it's taking the wheel.

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00:07:22,930 --> 00:07:27,730

The Enneagram is a fantastic tool to help you understand this.

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00:07:27,730 --> 00:07:38,920

Each type also has its own unique virtue, which I'll discuss when we get to the type descriptions later in the course.

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00:07:38,920 --> 00:07:48,730

Like I said, each number has a dynamic relationship with four other numbers, one on either side and two on lines across the diagram.

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00:07:48,730 --> 00:07:53,860

One of the things I like most about this personality typing system as compared to others,

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00:07:53,860 --> 00:08:01,510

is that it takes into account the fluid nature of the personality, which is constantly adapting as circumstances change.

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00:08:01,510 --> 00:08:11,260

For example, it reveals how each type typically thinks, acts and feels in times of security and in times of stress.

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00:08:11,260 --> 00:08:16,720

Your type's security point indicates the number your personality moves toward

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00:08:16,720 --> 00:08:22,090

and draws energy and resources from when you're feeling secure and healthy.

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00:08:22,090 --> 00:08:28,330

It's indicated by the arrow pointing toward your number on the Enneagram diagram.

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00:08:28,330 --> 00:08:37,270

Your type's stress point is the number your personality moves toward and draws energy and resources from when you're under pressure.

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00:08:37,270 --> 00:08:42,430

It's indicated by the arrow pointing away from your number on the Enneagram diagram.

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00:08:42,430 --> 00:08:52,000

Once you become familiar with where you go in stress and where you go in security, you can recognize when you're in a good space or a bad space.

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00:08:52,000 --> 00:08:57,730

This allows you to make wiser, more informed choices than you might have in the past.

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00:08:57,730 --> 00:09:04,660

That way, you can cover your blind spots and remain aware of how you engage with people in any given scenario.

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00:09:04,660 --> 00:09:08,710

Now, look, don't worry. We're going to cover a lot of this material in the course.

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00:09:08,710 --> 00:09:14,620

But I want to remind you about the workbook, which is a really robust resource for you,

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00:09:14,620 --> 00:09:24,501

and it's chock full of information that will help as you go along.