

Enneagram

GUIDE



Simply Stories

with
Emily Humphries

ABOUT

I grew up in a family that was actively involved in the church & accepted the truth of the gospel at an early age. As a result, over the years I memorized MANY awana verses & to this day I'm still friends with the girls from my high school small group. In college went through a realization that I needed to OWN my faith. What I believed extended beyond a one-time moment of salvation and even beyond being part of a family history of believers. I realized I needed to DAILY choose God's ways over mine. I was all about doing what I felt like & ultimately that wasn't taking me anywhere stable or pleasant. I was feeling so much shame & guilt as a result of being distant from anything spiritual for that first year in college & began 'dragging' my best friend with me to church & small group. My best friend at the time is now my Husband. Nick's the best.

We've been married now for 6 years & have 2 daughters ages 3 & 2.

All this time, even to today, I'm a member of the church I grew up attending.

My husband was on staff at our church for 7 years before becoming the graphic designer for our local MLS soccer team. We both LOVE art, music, film all things connected to creativity.

I have a Fine arts degree & made pottery in Nashville till my oldest was born.

I have several pieces in our home but I love seeing my mugs, plates & bowls "out in the wild."

About 4 years ago I began struggling with understanding how to navigate a challenging relationship. I remember praying ALL the time for God to give me wisdom over relationships. During this time I would binge-listen to MANY podcasts while taking care of my house & baby. In her podcast, Annie Downs would frequently state her goals were for folks to love the Enneagram & MLS. (and here I am an Enneagram coach & my husband on staff for a MLS team! crazy..)

I just remember listening to the person talking about the Enneagram & thinking "WHAT IN THE WORLD!? THIS IS SCARY ACCURATE!.....but is it CONSISTENTLY accurate?... Is this just as accurate about my husband & friends & family?" I was like a dry sponge & the more I learned the more it stuck with me. I found myself naturally bringing the Enneagram up in conversations, trying my best to educate anyone who cared to listen. Then I started feeling prompted there might be something God wanted for me to do with this information. I kept those Spirit-led nudgings tucked in my mind then 3-4 people naively/divinely confirmed what I felt God was asking for me to do. The only step left to take was to figure out a way to become certified to teach & coach others with this tool. That year we had just enough financial margin to afford a Coaching program. Despite having to press pause a couple times in these past few years, I was able to complete my certification in 2019 & launch my own coaching business.

WHERE TO START

Get yourself a copy of *The Road Back to You*. If you don't enjoy reading, get the audio version. This book is almost universally agreed upon as the best 101 level Enneagram resource by many coaches & experienced Enneagram teachers. The book describes each of the nine types in an entertaining & easy-to-read format, compared to reading about cold-facts and lists about each of the nine types. It's so important to learn about the Enneagram & the descriptions of each type in a narrative format. The Enneagram was exclusively taught by oral traditions until about 1970.

For the same reasons find Enneagram panel discussions, where a group of individuals speak candidly about their experiences in their type, on Youtube or podcasts. Currently panels, books and workshops are the richest way to learn.

Partner with a coach or counselor trained in the Enneagram if you're struggling to understand or apply the information on your own. Many people reach out to coaches to assist them through the process of identifying their main Enneagram type.

There are increasingly more & more Enneagram podcasts. You can just about find a speaker or podcast style that fits with your preferences.

Which leads me to sharing with you an important caveat; the Enneagram isn't a "christian thing." What I mean is, the Enneagram is not anchored exclusively to any one faith perspective. You'll need to keep that in mind when accumulating resources so that you can collect materials that align with any spiritual beliefs you might have.

BEFORE WE BEGIN

The Enneagram is an evolving human personality theory. So this means it is constantly being developed and refined. Psychologists and neurologists are beginning to solidify and prove many of the theories but for now it's best describes as a theory.

Your personality is a mask or defensive barrier that protects your deeper identity. Just like you would wear a rain jacket to provide a protective barrier from the rain, you are not "a rain jacket." The idea is that we each have a personality archetype that we prefer to use most often, and still we are not that type. Our main Enneagram type is determined by what serves the most and then is embellished with smaller parts of the remaining 8 types. SO, you'll have a little of all 9 types but ultimately rely on ONE the most.

To determine your MAIN type you can take an assessment, read the book I mentioned, or listen to panels, or work with an Enneagram coach. Regardless of the method(s) used you'll have to do some deep introspection & work to uncover the WHY's behind your actions, feelings or thoughts. This is because the personality types are separated and defined by specific motivations. These motivations are made up of your type's core fear, core desire, weakness or vice & your core longing. Other personality typologies like Myers Briggs, DISK, Strengths Finder and many more are determined by external actions or behaviors, while the Enneagram is Internal & mostly subconscious motivations which precede any actions.

Each of the 9 types have a name, but numbers are easier to reference & likely what you're most familiar with seeing/hearing. For example, "The moral perfectionist" or type 1 are synonymous.

Draw a circle, starting with the number 9 centered at the top. Then moving clockwise evenly space out the numbers 1-8 around the outside of the circle until you're back at 9.

Wings will be your neighboring numbers/types chronologically to the left or right of your main type. The lines you're likely used to seeing, that form the symbol, are the pathways of each type to their stress & growth points. You'll see other lines that connect & divide the 9 types into groupings of 3 called triads. there are several triads but the most common or foundational of the triadic concepts are the intelligence centers.

That's enough info to start with...

WINGS

I recently posted a series on wings on my Instagram account @EnneagramGuide.

Wings are the numbers/types to your left & right if you're looking at the the symbol or if you think through 1-9 chronologically.

For example if your dominant in type 2, your wings would be "2wing1" (to the left of your type) & "2wing3" (to the right of your type.)

Your inner motivations such as your type's core fears, desires, vice, longing remain the same, while wings are when you pick up a little of your neighboring type's characteristics to serve these inner motivations. What you choose to borrow or not borrow from your neighboring types is entirely up to the individual. This is one of many ways the Enneagram allows for a dynamic range in personalities.

Your wings can be balanced, meaning you equally use a little of both to serve your main type's motivations. You can have a heavily dominant wing. Which means you might have a stronger, more frequent preference for the traits of one of your wings and have SIGNIFICANTLY less or none of the other wing. You can also shift back and forth in how much you use of each wing. This looks like easily moving back and forth between each wing to operate in the environment you're in or the season of life etc..

In order to more fully understand & apply wings you'll need to do a *little* reading about the types that are your wings.

One coaching service I offer is in how to intentionally use information from your main type & wings alone, for personal development.

PATHS

The difference between a wing & going to other numbers in stress or health is that wings are on either side of your type while the types we move to in stress or integration are often ACROSS the symbol. The types you move to in stress or integration are fixed and are established based on your dominant type. Learning what these types are requires looking into your type & learning more about the Enneagram.

*STRESS DOESN'T MEAN YOU'RE UNHEALTHY

*INTEGRATION DOESN'T MEAN YOU'RE A BETTER PERSON

I regularly address these misconceptions & as a result I don't even use this language in how I approach coaching. I have adopted the use of the word PRESSURE instead of stress.

In John 16:33 Jesus assures us "In this world you WILL have distress & troubles" and? "TAKE HEART I have overcome the world." A person is not less than or greater than because they are moving along either of these paths. Movement along these paths is a natural byproduct of our ability to adapt in this fallen world.

What the framework of the Enneagram is describing is how in times of distress (pressure) we move along a pathway to access the energy, qualities, characteristics of another type. We can take hold of their full range of traits from unhealthy to healthy in order to deal with our distress.

Likewise with integration, we move along a SEPARATE pathway to access the energy, qualities, characteristics of another type and we can take hold of their full range of traits from unhealthy to healthy in learning new ways to experience growth.

Observing our tendencies in growth or pressure would be a great first step. From there the next step would be to meet with a coach or study about your type in pressure or growth to name any broken patterns and determine new approaches to pressure or growth. Try to resist any temptations to view types as hierarchical simply because of the circumstances you might borrow their strategies.

TRIAD

The whole concept around triads is that the 9 types can be divided into thirds. Each grouping of 3 types are unified by common traits. There are SEVERAL triadic concepts, the one most referenced on Instagram or in casual Enneagram convos are what is known as the Intelligence Centers.

Intelligence Center triads take the 9 types & separate them by how they interpret information & use their intelligence to process what goes on internally & externally. Each Intelligence Center shares an emotional struggle & focuses their attention on a specific theme.

The Intelligence Centers are as follows; Head, Heart & Gut or sometimes called Body.

Head types 5,6,7 use thinking primarily as the information about themselves & the world around them. They'll more heavily rely on facts, data, observations, patterns, logic.

These types struggle with fear and focus their attention on security/provision.

Heart types 2,3,4 use feelings primarily as the information about themselves & the world around them. They'll more heavily rely on emotions, and how they feel/how others feel.

These types struggle with shame and focus their attention on relationships/image.

Gut/Body types 8,9,1 use their gut intuition about what's "right/wrong" primarily as the information about themselves & the world around them. They'll more heavily rely on their body sensations

"nervous stomach," body heat from anger/passion etc, ideas of right/wrong, black & white reasoning.

These types struggle with anger/guilt and focus their attention on justice/fairness.

Triads are a wonderful starting place to determine your main type. If you can determine which Intelligence Center you connect with most you have then eliminated 6 other types as options for your main Enneagram type.

COACHING

What are the key differences in a Enneagram Coach and a therapist?

Enneagram coaches, are the equivalent to a life-coach. An Enneagram coach can listen to parts of your type's habits & work with you towards practical steps to meeting your specific goals. You might have a fitness coach who works with you to reach a fitness goal, or financial coach to work with you to reach a financial goal. These examples are parallel to the same kinds of instruction & encouragement provided by an Enneagram coach.

Counselors & therapists have the necessary qualifications to honor issues around trauma, grief, mental health, addictions and so much more. Therapy is often work centered around healing from a person's past. There are counselors and therapists who also have certification in the Enneagram and can address how this tool can speak into these areas. If you have met with or currently meet with a trained & licensed counselor then an Enneagram coach could SUPPLEMENT your growth & personal development, coaches can not and should never take precedence over the appropriate care for your deeper needs.

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