

# CHECKLIST FOR DISCERNING YOUR ENNEAGRAM TYPE

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ENNEAGRAM

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**MISTYPING IS INCREDIBLY COMMON. USE THIS CHECKLIST TO MAKE SURE THAT YOU REALLY ARE THE TYPE THAT YOU THINK YOU ARE. THE ENNEAGRAM SERVES LITTLE PURPOSE FOR US IF WE DON'T KNOW OUR TYPE. IT'S NOT THE END GOAL, BUT IT IS THE ESSENTIAL FIRST STEP. EACH STEP COMES WITH A RESOURCE LINK OR AN ACTION STEP.**

## 1 PREPARE BY LAYING A FOUNDATION

Use this resource as you begin to learn about the Enneagram. Laying a foundation in the beginning will help direct your efforts & get the most out of the Enneagram.

**Resource: [Laying a Foundation for the Enneagram](#)**

## 2 UNDERSTANDING ASSESSMENTS

Assessments are the quickest & least accurate way to discern your Type. However, as long as we're aware of this, then they can be a great launching pad to begin with. Here's what you need to know about assessments. Many assessments list/rank your top potential Types. We are uniquely multifaceted beings with aspects of each Type in our personality. However, we are not multiple Types. We do not change Types. The assessments can offer some options for which Type you mostly likely identify as.

**Action: [Take the Assessment](#)**

## 3 LEARN ABOUT YOUR TOP POTENTIAL TYPES

Lots of people choose to read *The Road Back To You* which is a great introduction to the Nine Types. You can read the whole book or jump to the chapters listed as your top potential Type's on the assessment. Ryan O'Neal, aka *Sleeping At Last*, created a series of songs from the perspective of each of the Nine Types. On his podcast he talks about the Type & the making of each song. As you're learning, pay attention to your reactions. We usually have a big adverse reaction to hearing about our Type. That's a big clue.

**Resource: [The Sleeping At Last Podcast](#)**

**Action: [Read The Road Back to You](#)**

## 4 LISTEN TO PEOPLE TALK ABOUT THEIR TYPE

One of the best ways to discern your Type is to hear people talk about their own experiences as their Type.

**Resource: [Typology Podcast](#) - [The Enneagram Journey Podcast](#) - [The Road Back to You Podcast](#)**

## 5 PRACTICING SELF-AWARENESS

It's a major shift from self-knowledge (knowing facts about ourselves) to self-awareness (seeing ourselves as we are in the moment, being present with & understanding our thoughts, feelings & actions). We can learn about the different Type's in a detached sort-of way, but until we practice honest self-awareness we'll find it hard to really identify with some of the deeper parts of our Type. The patterns & cycles we fall into unaware may be explained by combining self-awareness with the insight from the Enneagram.

**Action: Think back on your day & pick 2-3 memorable situations. Reflect on them & write out the thoughts & feelings that you had at the time & how you've processed them since they happened.**

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## 6 UNDERSTANDING EACH TYPE'S SELF-IMAGE

Each Type has an unconscious self-image that they need to be perceived as to feel okay. We develop this self-protective facade as children to feel safe & belong. However, as we grow up it becomes a restrictive cage. We unconsciously cling to it for safety & control, but it actually keeps us disconnected from reality. Even more than that, when we're bound to our Type's self-image we keep our selves from being truly known by the people we love.

**Resource:** @EnneagramUs

**Resource:** The Wisdom of the Enneagram

## 7 HOW STRESS & INSECURITY SHOW UP FOR YOU

Each Type has a direction they go to in stress. It's indicated by the Type's "arrow of disintegration". The "arrow" points to the Type whose characteristics we manifest when under stress or feeling insecure.

**Resource:** Wisdom of the Enneagram

**Action:** Reflect back on how you responded to 3-5 difficult situations in your life. Write them out & look for any similarities or common themes that run throughout.

## 8 ASK YOUR PEOPLE

We can have *all* of this *knowledge* and still lack awareness. We may still have a hard time being sure which is our Type. A lot of the time, even with *all* of this knowledge, it can still be hard to discerning our Type because we can't bear to see our hidden shadowsides. We often do our best to disassociate ourselves from those parts completely. "The human capacity for self-deception is staggering"- John-Mark Comer, Bridgetown Church. When we're so close to the situation our vision gets blurred. That's why it can be so helpful to ask our safe people how they see us. We can present them with our top potential Enneagram Types & ask if they would agree that you are motivated by some version of the Type's core fear, desire and need. Have they seen any of these characteristic patterns or signs of stress in you?

**Action:** Write down a summary of each of your top potential Types & share it with 2-3 of your safe people who know you well & have seen you in different environments over a long period of time.

## 9 TRY IT ON FOR SIZE

Pick your most likely Enneagram Type & try it on for size. Hold it lightly & see if it keeps making sense of your experiences. Does it seem to line up or generally predict your reactions or worldview? Are any new connections made clear as you look at yourself through the lens of that Type?

**Action:** Practice seeing yourself through the lens of your top most likely Type. Does it seem to fit?

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