

**What a Type 1 needs:**

**Encourage me go easy on myself.**

**Encourage me to breathe and be present with me.**

**Provide me with a non-judgmental viewpoint.**

**Remind me that it is more important for me to be human than to be  
without fault.**

**Encourage me to take time out and do something just for fun.**

**Remember that I am my own worst critic.**

# Enneagram Type 1

We learned to gain love and self-regard by being good, responsible, and conscientious, meeting our high internal standards, and following the rules. We suppressed our anger and developed tension and resentment.

Anger  
Resentment

VS  
Serenity  
Acceptance

## The Perfectionist - The Reformer

**Reactive to:** Unfairness.

Irresponsibility. Things being done the wrong way. Being unjustly criticized. Rules being broken.

“I know how things should be done.”

**Pray for us that we may:**

Accept the things that we cannot change, the courage to change the things that we can, and the wisdom to know the difference.

**Scripture:**

John 8:7

“Let him who is without sin among you be the first to throw a stone at her.”

**What a Type 2 needs:**

**Appreciate me for my independent self, not for what I do for you.**

**Pay attention to my real needs.**

**Ask about my needs.**

**Reinforce me for saying no when appropriate.**

**Express appreciation for my giving.**

**Don't be seduced by the help I give.**

## Enneagram Type 2

We learned to get our personal needs fulfilled by giving others what we felt they needed and wanted. We expected that they would do the same for us. We developed feelings of pride at being indispensable.

Pride

VS

Humility  
Freedom

## The Helper - The Giver - The Pleaser

**Reactive to:** Rejection; feeling unappreciated or uncared for; feeling controlled; unmet personal needs and wants; people not caring for and supporting others.

"I often know how people feel before they themselves do."

Pray for us that we may:  
open to your grace and know we are loved for who we are, not for how much others need us.

Scripture: John 8:32

"Then you will know the truth, and the truth will set you free."

**What a Type 3 needs:**

**Encourage me to pay attention to my feelings and relationships.**

**Remind me that I cannot earn love.**

**Show me that you love me for who I am, not what I do.**

**Be supportive of me when I reveal my true self.**

**Let me know what is important to you.**

**Remind me to slow down and smell the roses.**

# Enneagram Type 3

I learned to get love and approval by achieving success, working hard to be the best, and by maintaining a good image

Self Deception  
Vanity

VS  
Honesty  
Hope

## The Performer - Achiever - Deceiver

**Reactive to:** anything or anyone that thwarts successful achievement of goals; indecision; failure; looking unsuccessful to others

“Feelings are like speed bumps. They just slow me down!”

Pray for me that I may:  
Remember that I am loved for  
who I am not what I do.

Scripture: Matthew 6:33  
But seek first the kingdom of God  
and his righteousness, and all these  
things will be added to you.

**What a Type 4 needs:**

**Encourage me to keep my mind on what is positive and present.**

**Honor my feelings and idealism.**

**Reveal your true feelings and true reactions to me.**

**Let me see that you really understand me instead of trying to change me.**

**Encourage me to maintain a consistent course of action despite my fluctuating and intense feelings.**

# Enneagram Type 4

We learned to keep searching for an ideal love or perfect circumstance to make us feel loved, whole and complete again. We developed feelings of longing and envy for what is missing.

Envy

VS

Contentment  
Balance

## The Romantic - The Individualist

**Reactive to:** people who let me down, disappoint, or leave me. Not being treated as special or unique; phoniness; feeling unfulfilled

"I don't know who I am if I'm like all the others. I have to stand out and in any case be different."

Pray for us that we may:  
Find peace within ourselves and begin to embrace that which is simply regular.

Scripture: 2 Corinthians 1:4 He comforts us in all our troubles so that we can comfort others. When they are troubled, we will be able to give them the same comfort God has given us.

**What a Type 5 needs:**

**Respect my need for privacy and space.**

**Make clear distinctions between your requests and demands.**

**Provide moderate feedback about your own feelings.**

**Encourage me to be self-disclosing and to express my feelings in the  
here and now.**

**Appreciate my sensitivity.**

**Appreciate my ability to live and let live.**

# Enneagram Type 5

We learned to protect ourselves from intrusive demands by becoming private and self-sufficient. We did this by limiting what we want and by accumulating a lot of knowledge. We tend to hoard what is essential to us.

Greed  
Withholding  
VS  
Non-attachment  
Generosity of  
Spirit

## The Observer The Thinker The Expert

**Reactive to:** Demands, intrusions.  
Being factually incorrect. Too much emotional input. Not having enough private time to recharge; dependency.

“I often feel there is a buffer of energy between me and others. It’s kind of like the balloon we had to keep between us at dances.”

Pray for us that we may:  
Trust that Your love is enough.  
Help us to allow in Your Holy Spirit,  
that we may have abundant life.

Scripture: John 15:13  
May God, the giver of hope, fill you with continual joy and peace because you trust in Him--so that you may have abundant hope through the power of the Holy Spirit.

**What a Type 6 needs:**

**Be consistent and trustworthy with me.**

**Be self disclosing and encourage me to do the same.**

**Encourage me to act as my own authority.**

**Encourage me to move ahead, even if the way is uncertain.**

**Remind me to breathe and trust that He will sustain me.**

**Remind me that some insecurity and uncertainty is a part of life.**

## Enneagram Type 6

We learned to seek security and certainty as a substitute for basic trust by either becoming phobic and obedient or Counter-phobic and challenging. We tend toward worst case scenario thinking; scanning for hazards.

Cowardice  
Doubt

VS  
Courage  
Faith

## The Loyal Skeptic - The Doubter

**Reactive to:** Untrustworthy authorities; betrayal; feeling cornered controlled or pressured. Being dismissed; others demands.

“Is the glass half full or half empty? I don’t know, but it is made of glass so be careful. It could break.”

Pray for us that we may:  
Trust in You, trust in ourselves and trust in others.

Scripture: 1 John 4:18  
There is no fear where love exists. Rather, perfect love banishes fear, for fear involves punishment, and the person who lives in fear has not been perfected in love.

**What a Type 7 needs:**

**Support me when I slow down and stick with my commitments.**

**Let me know how important your own needs and wants are.**

**Encourage me to appreciate more deeply the feelings of others by practicing loving kindness.**

**Help me to keep things simple.**

**Encourage me to be in the present, even when it might involve discomfort.**

**Encourage me to work on one thing at a time.**

# Enneagram Type 7

We learned to protect ourselves from limitations and pain by engaging in pleasurable activities and by imagining many fascinating possibilities for the future. We became gluttons for interesting ideas and experiences.

Gluttony

VS

Sober Joy

## The Epicure - The Enthusiast

**Reactive to:** Constraints or limits; negative people; routines; having to stick with decisions; having limited options; anything perceived as boring.

“I am always planning for pleasurable, positive, possibilities”

Pray for us that we may:  
Trust that we are known by Him who made us and that we are loved entirely; all is well; rest in Him.

Scripture: 2 Corinthians 4:18  
So we fix our eyes not on what is seen, but on what is unseen. For what is seen is temporary, but what is unseen is eternal.

**What a Type 8 needs:**

**Speak your own truth.**

**Stand you ground.**

**Be forthright.**

**Provide feedback about their impact on you.**

**Be supportive when I reveal my softer feelings and emotions.**

**Stay firm in your convictions.**

# Enneagram Type 8

We learned to be strong, powerful and forceful by imposing our own truth and by hiding our vulnerability in order to protect ourselves and others and to gain respect and a sense of worth.

Shamelessness

VS

Innocence  
Mercy

## The Protector - The Challenger

Reactive to: deceit and injustice; manipulation; people who won't stand up for themselves; boundaries, rules or constraints.

"I feel like a Mack truck full of marshmallows."

Pray for us that we may:  
Learn that the greatest strength lies in surrender to His will.

Scripture: Luke 18:17  
Truly, I say to you, whoever does not receive the kingdom of God like a child shall not enter it."

**What a Type 9 needs:**

**Encourage me to express my own position.**

**Asking me what I want and giving me time to figure out the answer.**

**Supporting me we I act responsibly toward myself.**

**Allow me to acknowledge my anger.**

**Encourage me to set and keep my own boundaries, limits, and  
priorities**

# Enneagram Type 9

Through inertia toward ourselves and our own priorities, we forget ourselves and merge with others. We tend to substitute inessentials and small comforts for our real priorities as a substitute for unconditional love.

Self forgetting

VS

Right Action

## The Peacemaker - The Mediator

**Reactive to:** being forced to take a position; being pushed into action; having to say no; facing conflict; being treated as unimportant

“It’s not worth the effort. Why should I take and stand when I can sit, and why should I sit when I can lie down.”

Pray for me that I may:  
Love myself kindly and  
equally to loving others.

Scripture: Philippians 4;13

“I can do all things through  
Him who strengthens me”