Enneagram:  
A Tool For Self Awareness  

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“Understanding the Enneagram is like having a pair of special glasses that allows us to see beneath the surface of ourselves and other people with special clarity”

(Riso and Hudson, 3).
Exploring the Enneagram: Origins

The WORD--Greek

- Ennea--Nine
- Gram--Something written or drawn
- It is a nine-points model.

The Enneagram is a geometric figure that originally represented natural processes within creation, and later came to delineate nine basic personality types of human nature and their complex interrelationships.
Exploring the Enneagram: Origins

The symbol may have ancient origins; it’s underlying theory is found in Greek philosophy.

Links have been made to ancient teachings of Kabbalah, Christianity, Islam and other traditions.
KABBALISTIC TREE OF LIFE: 10 Sephirot
Exploring the Enneagram: Contemporary Development

1910’s: George Gurdjieff
1950’s: Oschar Ichazo
1970’s: Claudio Naranjo
1980’s: Helen Palmer AND Stanford psychiatrist David Daniels developed Narrative Enneagram and founded International Enneagram Association
1990’s: Don Riso and Russ Hudson developed RHETI questionnaire. Founded Enneagram Institute.
Exploring the Enneagram: Contemporary Development
Exploring the Enneagram: How It Works

So
How
Do I
Know
My
Type?

Typing oneself is a process that comes quickly for some, and takes much time and reflection for others.

Read/Listen/Talk to others

Witnessing/Self Observation

The motivations of the types are more important than the behaviors associated with it.

Take Enneagram test

No one should type another person.
Exploring the Enneagram: How It Works

We can find ourselves reflected in the whole of it. The whole Enneagram is within us, yet one type will be our core personality.

People do not change from one basic type to another, though we grow to include more of the other types within us.

Not everything in a type’s description will apply.
We are all SHADES and VARIATIONS of our personality type
The intention is to gain clarity about the internal patterns, triggers, and motivations that drive us, to learn to observe them as they arise, to detach from them, and eventually set them aside when they do not serve us.
Exploring the Enneagram: How It Works

The system is a tool combining spirituality and psychology.

Each type reveals the psychological mechanism by which we lose sight of our true nature – our Divine Essence.

Personality is formed by a combination of our innate temperament, and the self images, strategies and behaviors that allowed us to cope with our environment.
Exploring the Enneagram: How It Works

Your Type Offers Insight Into:

- External behaviors
- Underlying attitudes
- One’s characteristic sense of self
- Conscious and unconscious motivations
- Emotional reactions
- Defense mechanisms
- What we pay attention to
- Our spiritual barriers and potentials
MEDIATOR
Attention goes to: conflict and discomfort. Energy goes into other people and avoiding/preventing conflicts.

PROTECTOR
Attention goes to: those who need protection and to power and control. Energy goes into being powerful, protecting and fighting.

PERFECTIONIST
Attention goes to: what is right and wrong, being good. Energy goes into trying to improve.

EPICURE 7
Attention goes to: what limits and constraints. Energy goes into interesting ideas and pleasurable experiences.

GIVER
Attention goes to: the wants and needs of others, being appreciated. Energy goes into giving & helping.

LOYAL SKEPTIC
Attention goes to: hazards and potential worst-case scenarios. Energy goes into becoming vigilant, questioning or doubting.

PERFORMER
Attention goes to: what brings success & gaining approval. Energy goes into achieving goals, tasks and prestige.

OBSERVER
Attention goes to: the expectations of others. Energy goes into becoming private and self-sufficient and acquiring knowledge.

ROMANTIC
Attention goes to: what is missing. Energy goes into searching for the most unique, special and fulfilling.

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RUSS HUDSON DESCRIBES...

**TYPE 1:**
The Perfectionist

**TYPE 4:**
The Romantic/Individualist

**TYPE 7:**
The Epicure/Enthusiast
SILLY CARTOON DESCRIBES...

**TYPE 1:**
The Perfectionist

**TYPE 4:**
The Romantic/Individualist

**TYPE 7:**
The Epicure/Enthusiast
And now….
The moment you’ve been waiting for!

Complete the Essential Enneagram Test

Review the Type Description of your first choice

Turn to someone else to discuss whether the type you chose seems to describe you. Why or why not?

Remember that finding your type may take time!
Exploring the Enneagram: There’s Much More
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**THREE INSTINCTS/ DRIVES**

1.) Self-Preservation  
2.) Social  
3.) Sexual/Bonding/Intimacy

SOOOOOO...  
3 main instincts x 9 types, = 27 subtypes
Why Enneagram as a Tool for Chaplains?

Potential for both Spiritual and Psychological Growth

Psychological growth = Ability to Function more effectively

Spiritual growth = Acceptance of self, compassion for others
By utilizing the Enneagram one can begin to transform patterns of emotional and psychological rigidity and become more present to self and others, whether as a caregiver or in personal relationships.
The Key to Transformation…

- Lies in our ability to be present
- To abide in the here and now, with our minds, hearts, bodies, and spirits fully engaged
- Our personality is not at all interested in the here and now.
- Personality constantly draws us somewhere else--habitual thoughts, emotional reactions, fantasies about the future, and old stories about who we are and what others have done to us cloud our awareness.

- Don Riso and Russ Hudson
SNAP!

S = Stop
N = Notice
A = Ask
P = Pivot

A PRACTICE TO HELP PAY ATTENTION TO OUR TYPE’S PATTERNS, AND TO LOOSEN THEM
Exploring the Enneagram is not about “fixing” ourselves but gaining access to our higher essential qualities.

- Acceptance
- Love
- Authenticity
- Forgiveness
- Compassion
- Courage
- Joy
- Strength
- Presence
- Gratitude


THANK YOU!