



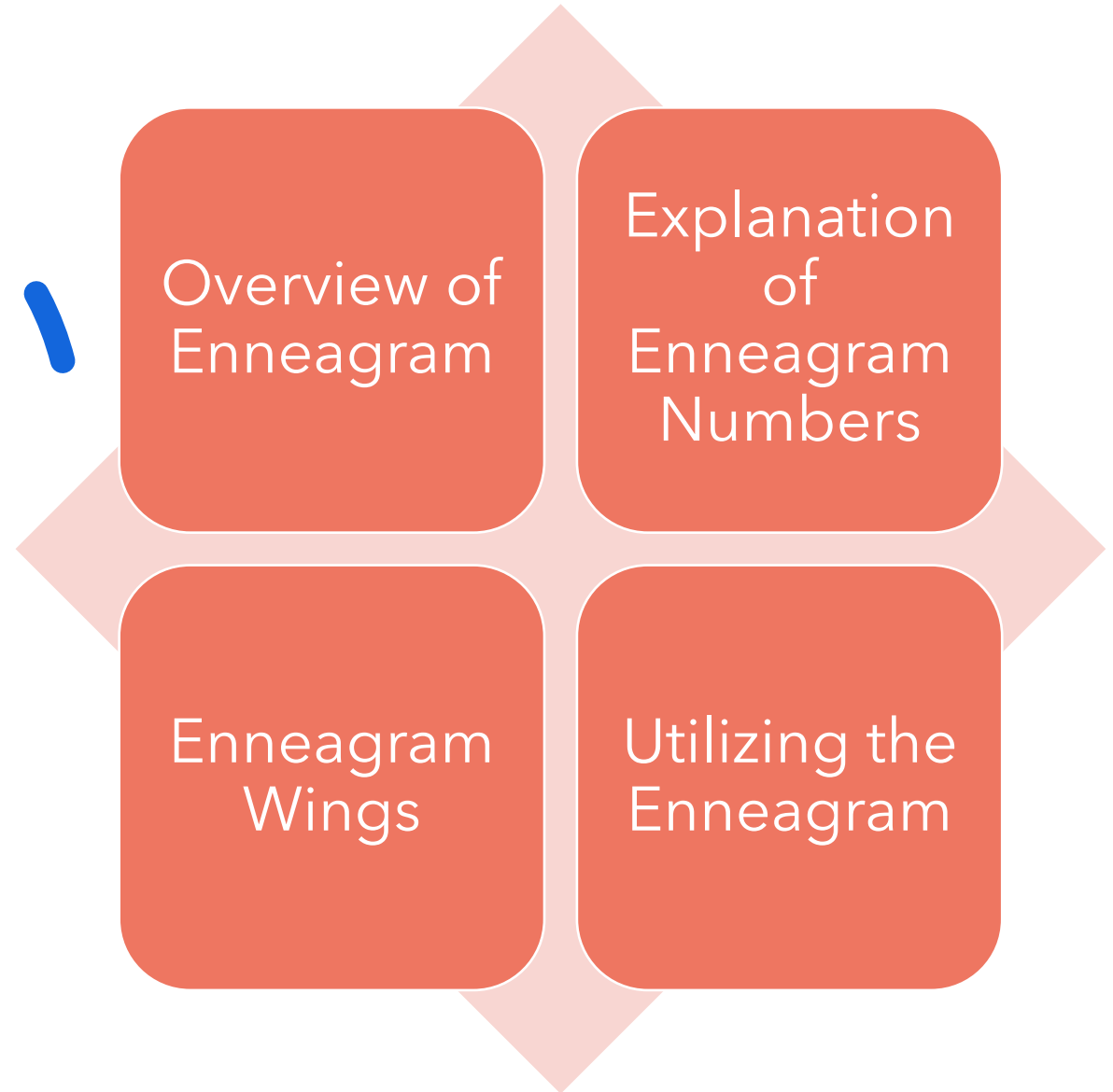
# The Story of YOU!

Utilizing the Enneagram to  
Navigate the World

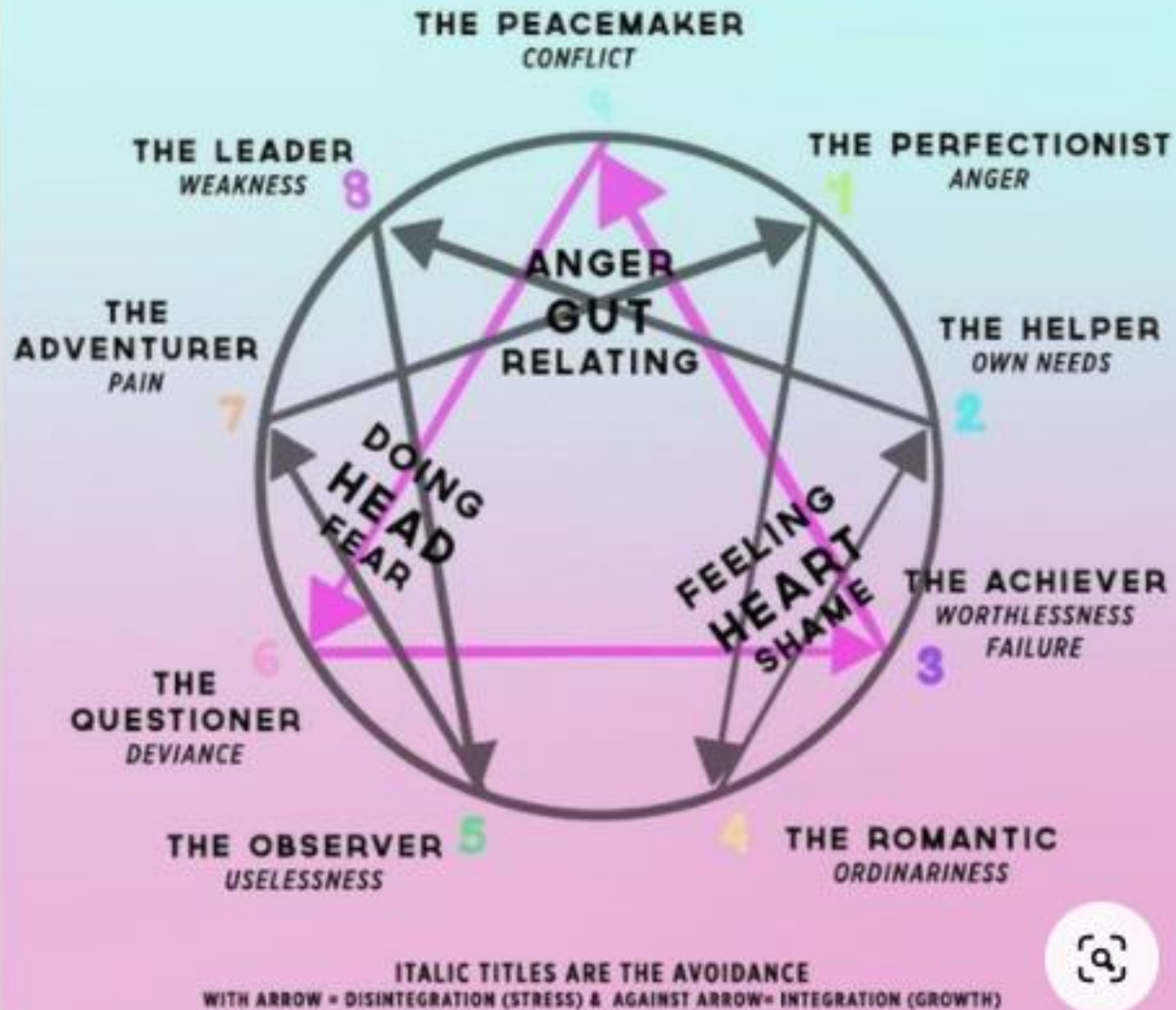
Katrina Lewis, M.Ed



# Workshop Overview

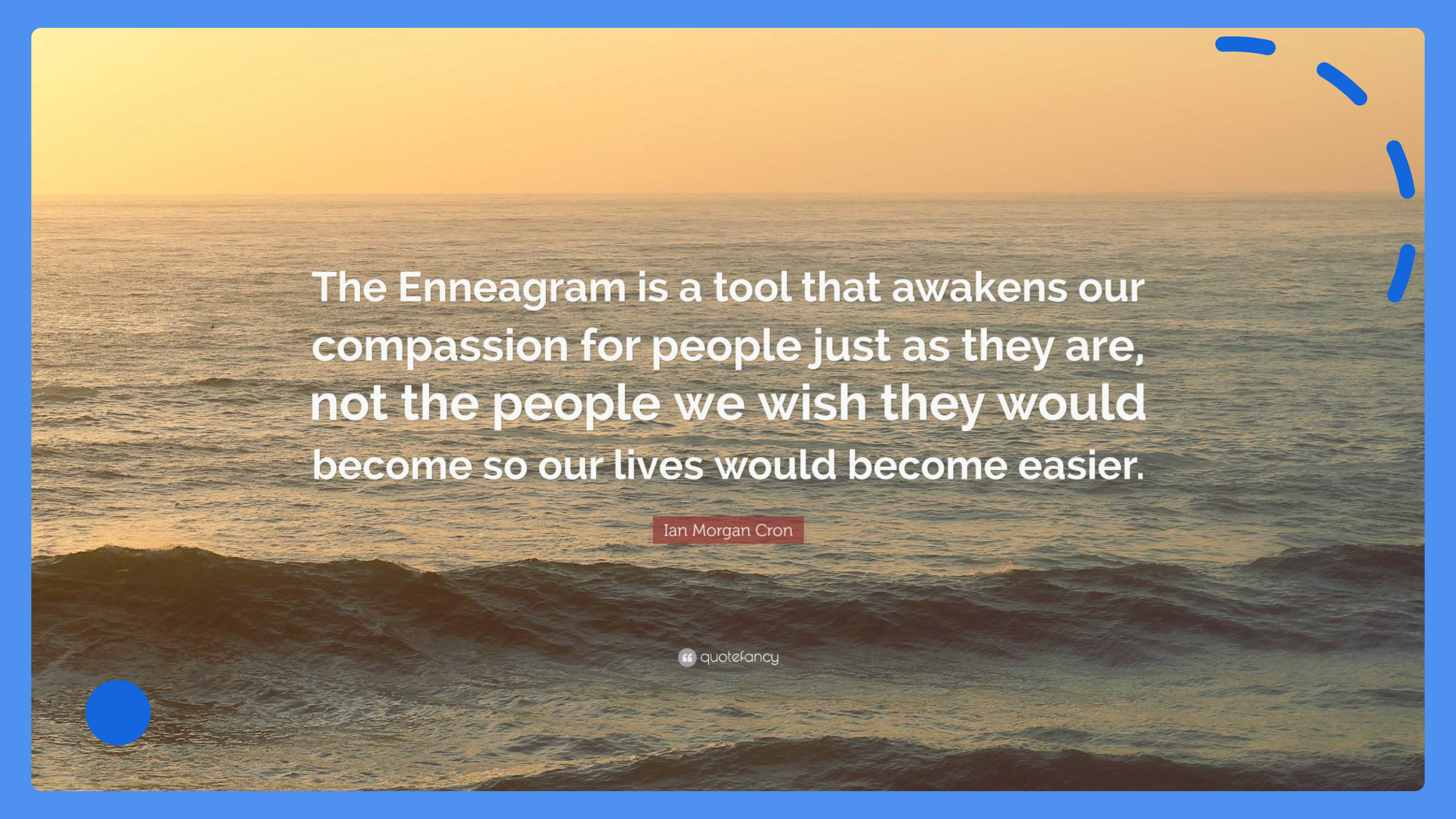


# ENNEAGRAM



The Enneagram is a *system* of personality typing that describes **patterns** in how people interpret the world and manage their emotions.



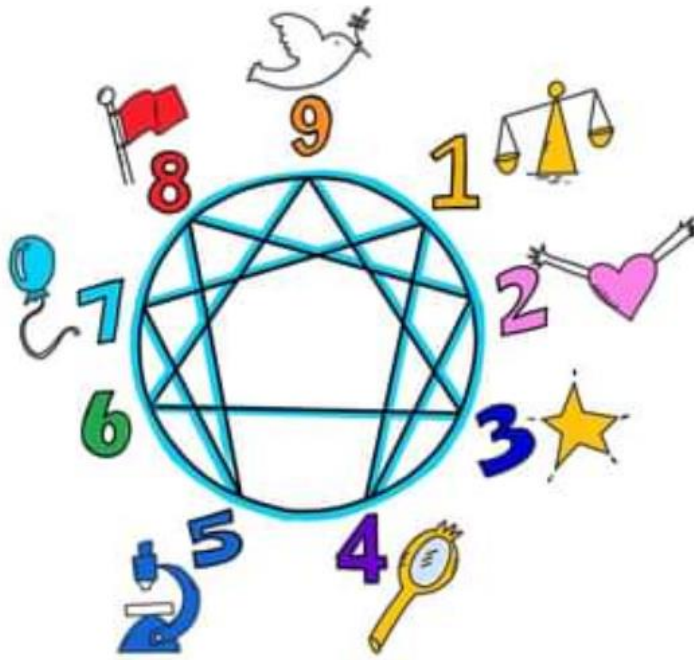
A sunset over the ocean with a blue border and decorative elements. The sky is a warm orange and yellow, transitioning to a deep blue at the top. The ocean is dark blue with white-capped waves in the foreground. A solid blue circle is in the bottom left corner, and a dashed blue line is in the top right corner.

The Enneagram is a tool that awakens our  
compassion for people just as they are,  
not the people we wish they would  
become so our lives would become easier.

Ian Morgan Cron

“ quote fancy





- Enneagram was developed in 1915
- Enneagram includes **nine different narratives** for how we live our life
- We each adopted an enneagram narrative in childhood to make sense of **WHO** we are

- Understanding our enneagram number creates **self-awareness**
- Uncovers the *patterns of behavior* that sub-consciously **drive and motivate** us to act in certain ways
- Encourage you to take **responsibility** for your behavior and help you understand why we act and react how we do



**THE ENNEAGRAM  
DOESN'T PUT YOU  
IN A BOX.**

**IT SHOWS YOU  
THE BOX YOU'RE  
ALREADY IN AND  
HOW TO  
GET OUT OF IT.**

**IAN CRON, THE ROAD BACK TO YOU**

[DIGITALMOMBLOG.COM/ENNEAGRAM](https://DIGITALMOMBLOG.COM/ENNEAGRAM)



# Enneagram Type 1

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We use our personality to protect ourselves from our Core Fear and to also obtain our Core Desire.

## ⊗ Core Fear:

Being bad, evil, angry, wrong, inappropriate, irresponsible, and condemned.

## ⊕ Core Desire:

To have integrity, balance, to be virtuous, ethical, and a “good boy or girl.”

## Unconscious Childhood Message

It is **not** okay to make a mistake

## Core Weakness

Anger

## Heart longs to hear

You are good!

# Insight for One

## Need to Focus on Self-Care

Become critical and judgmental of others

## Unhealthy State

Feel it is their responsibility to fix everything

## Suggestions for Relaxation

Give yourself thirty minutes to do something YOU enjoy



**DEAR LITTLE ONE,**

You're way too hard on yourself. Your mistakes are not your identification factors, grace is! So have fun. Make some mistakes, then learn from them.

**FROM,  
A ONE WHO LOVES YOU**

## Enneagram Type 2

We use our personality to protect ourselves from our Core Fear and to also obtain our Core Desire.

### ⊗ Core Fear:

Being unloved or unwanted for being purely themselves.

### ⊕ Core Desire:

To feel loved and to be wanted for themselves only.

## Unconscious Childhood Message

It is not okay to have your own needs

## Core Weakness

Pride

## Heart longs to hear

You are wanted and loved!



# Insights for Twos

## **Need to Focus on Self-Care**

Become condescending and selfish

## **Unhealthy State**

Gives to others, hoping for love in return

## **Suggestions for Relaxation**

Take a walk and spend some time alone, noticing how it feels to take a deep breath in and out

TYPE TWO,

Take care of  
yourself and not just  
others today.



# Enneagram Type 3

We use our personality to protect ourselves from our Core Fear and to also obtain our Core Desire.

## ✘ Core Fear:

Being worthless, a failure, incapable, unimpressive, unsuccessful, and inefficient.

## + Core Desire:

To feel valuable and worthwhile by just being themselves without having to preform.

## Unconscious Childhood Message

It is not okay to have your own feelings and identity

## Core Weakness

Deceit

## Heart longs to hear

You are loved for who you are, not what you achieve!

# Insights for Threes

## **Need to Focus on Self-Care**

Become self-focused and self-promoting

## **Unhealthy State**

Seeks achievement for affirmation and validation

## **Suggestions for Relaxation**

Unplug from social media

TYPE THREE,

Let yourself find  
rest today no matter  
how hard it may be.





## Enneagram Type 4

We use our personality to protect ourselves from our Core Fear and to also obtain our Core Desire.

### ⊗ Core Fear:

Being inadequate, emotionally cut off, plain, ordinary, commonplace, mundane, abandoned, defective or flawed.

### ⊕ Core Desire:

To find themselves and their unique significance.

## Unconscious Childhood Message

It is not okay to be functional or too happy

## Core Weakness

Envy

## Heart longs to hear

You are seen and valued for who you are!

TYPE FOUR,  
Sit with the truth that  
you are significant and  
lack nothing today.



# Insights for Fours

**Need to Focus on Self-Care**  
Become angry and exclusive

## **Unhealthy State**

Allow their imagination to build stories around situations

## **Suggestions for Relaxation**

Play music that makes you feel alive

## Enneagram Type 5

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We use our personality to protect ourselves from our Core Fear and to also obtain our Core Desire.

### ⊗ Core Fear:

Fear of obligation, annihilation, intrusion, emptiness, surplus, being ignorant, overwhelmed, dependent, or invaded.

### ⊕ Core Desire:

To be capable and competent.

**Unconscious Childhood Message**  
It is not okay to be comfortable in the world

### **Core Weakness**

Greed

### **Heart longs to hear**

Your needs are not a problem!



# Insights for Five

## **Need to Focus on Self-Care**

Become preoccupied and annoyed by others

## **Unhealthy State**

Retreat into their minds to escape their realities

## **Suggestions for Relaxation**

Go for a drive

TYPE FIVE,  
Learn today with a  
childlike wonder.



## Enneagram Type 6

We use our personality to protect ourselves from our Core Fear and to also obtain our Core Desire.

### ⊗ Core Fear:

They have fear of fear itself, being in danger, uncertainty, chaos, not having support, security, and guidance. They also fear being blamed, in trouble, alone, targeted, helpless, unsafe, and physically abandoned.

### ⊕ Core Desire:

To have security, guidance, and support.

## Unconscious Childhood Message

It is not okay to trust yourself

## Core Weakness

Fear

## Heart longs to hear

You are safe and secure!

# Insights for Sixes

## **Need to Focus on Self-Care**

Begin blaming others and demanding control

## **Unhealthy State**

Look to people or organizations to secure their safety

## **Suggestions for Relaxation**

Engage in a physical activity

TYPE SIX,

Be sure to be loyal to  
yourself today and not  
just to others.



# Enneagram Type 7

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We use our personality to protect ourselves from our Core Fear and to also obtain our Core Desire.

## ✘ Core Fear:

Fear of being incomplete, inferior, limited, bored, trapped in emotional pain, sadness, disappointment, criticism or missing out.

## ⊕ Core Desire:

To be satisfied and content.

## Unconscious Childhood Message

It is not okay to depend on anyone for anything

## Core Weakness

Gluttony

## Heart longs to hear

You will be taken care of!



# Insights for Sevens

## **Need to Focus on Self-Care**

Become self-centered and excessive

## **Unhealthy State**

Look to outside sources to fill themselves up

## **Suggestions for Relaxation**

Sit outside and take in the scenery

TYPE SEVEN,

Today, find a moment  
to celebrate life fully.



## Enneagram Type 8

We use our personality to protect ourselves from our Core Fear and to also obtain our Core Desire.

### ⊗ Core Fear:

Fear of being weak, powerless, vulnerable, underestimated, humiliated, harmed, manipulated, and at the mercy of injustice.

### ⊕ Core Desire:

To protect themselves.

### Unconscious Childhood Message

It is not okay to be vulnerable or trust anyone

### Core Weakness

Lust

### Heart longs to hear

You will not be betrayed

# Insights for Eights

## **Need to Focus on Self-Care**

Become domineering and controlling

## **Unhealthy State**

Push their agenda, believing their way is the only way

## **Suggestions for Relaxation**

Engage in a project you enjoy

TYPE EIGHT,

Make sure to celebrate  
your passion and  
strength today.



# Enneagram Type 9

We use our personality to protect ourselves from our Core Fear and to also obtain our Core Desire.

## ✘ Core Fear:

Being in conflict, loveless, separate, uncomfortable, unimportant, overlooked, shut out, alone, or inharmonious.

## ⊕ Core Desire:

To have inner stability and peace of mind.

## Unconscious Childhood Message

It is not okay to assert yourself

## Core Weakness

Sloth

## Heart longs to hear

Your presence matters



# Insights for Nines

## **Need to Focus on Self-Care**

Become withdrawn and people-pleasing

## **Unhealthy State**

Go along with others to keep the peace

## **Suggestions for Relaxation**

Spend time in nature, mediation, establish inner peace

TYPE NINE,

Your voice is important  
and is worthy of being  
heard today.



# Enneagram at Work



Common language



Increase self-awareness



Recognize strengths



Understand communication styles



Foster empathy



Conflict resolution strategies



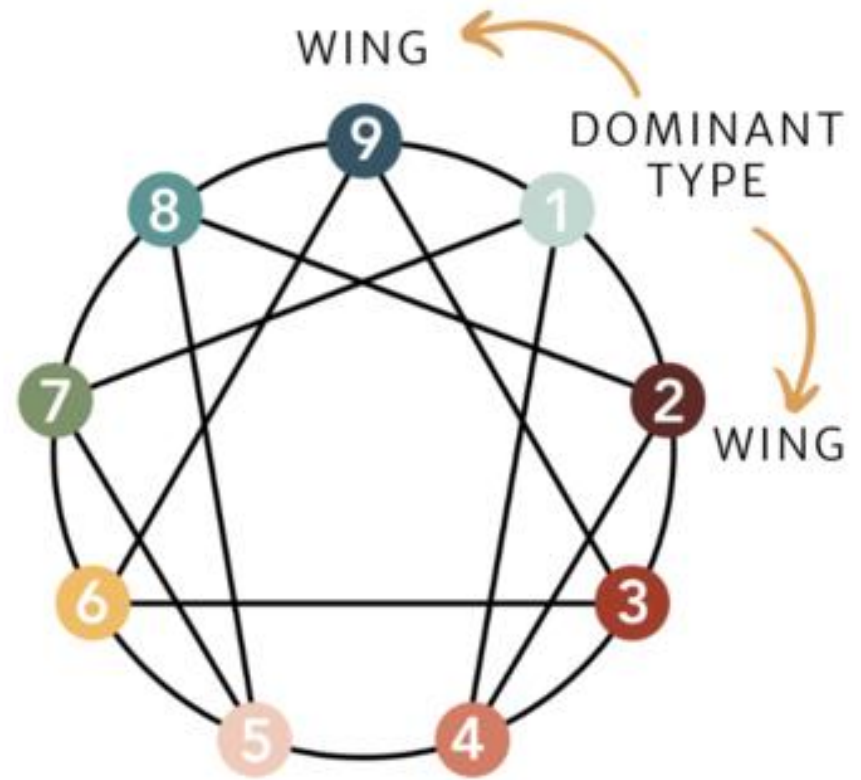
Improve Communication

# ENNEAGRAM TYPES IN A MEETING



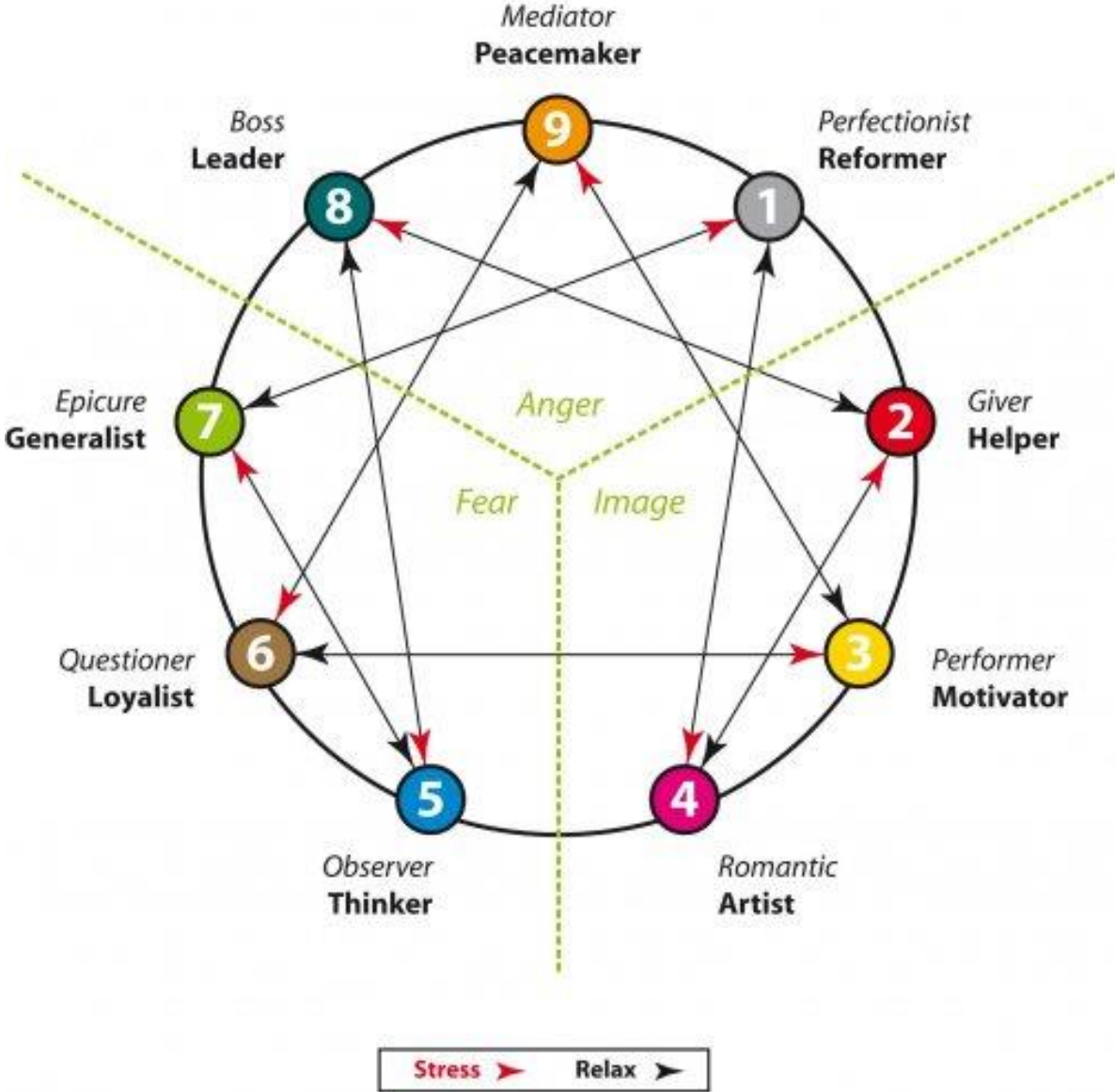
# Enneagram Wings

TYPES ADJACENT TO YOUR  
DOMINANT TYPE





# THE ENNEAGRAM



# References

- Enneagram Coach:  
[www.youenneagramcoach.com](http://www.youenneagramcoach.com)
- The Enneagram Institute:  
[www.enneagraminstitute.com](http://www.enneagraminstitute.com)
- Truity: [www.truity.com](http://www.truity.com)

Today,  
I have  
the POWER  
to change my  
story.





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