

ENNEAGRAM PERSONALITY TEST

(adapted from <https://www.depts.ttu.edu/hr/EmployeeResources/Images-and-Documents/EnneagramAssessmentPre-classPacket.pdf>)

Score the statements in all 9 parts of this test according to how true or applicable they are to you.

When you are finished, add up the scores in each part and enter them in the spaces below. Bring the completed test with you to our next class.

Part A: _____
Part B: _____
Part C: _____
Part D: _____
Part E: _____

Part F: _____
Part G: _____
Part H: _____
Part I: _____

PART A— 1 Almost Never 2 Rarely 3 Sometimes 4 Frequently 5 Almost Always

1. _____ I am creative and have an artistic view of life.
2. _____ I feel different from others, as if "on the outside looking in."
3. _____ I tend to experience more melancholy than most people I know.
4. _____ I tend to be overly sensitive.
5. _____ I feel that something is missing in my life.
6. _____ I feel envious of other people's relationships, lifestyles, and accomplishments.
7. _____ I thrive in environments where I can express my creativity.
8. _____ When misunderstood, I can become withdrawn, self-conscious, and/or rebellious.
9. _____ I tend to be romantic and long for the great love of my life to come along.
10. _____ I can be caught in a fantasy world of romance and imagination.
11. _____ I enjoy having elegant, refined, unique things that no one else has.
12. _____ I am attracted to what is intense and out of the ordinary.
13. _____ I tend to be moody, withdrawn, and self-absorbed when stressed.
14. _____ I tend to be compassionate, expressive, and supportive when not stressed.
15. _____ I can be deeply hurt by the slightest criticism.
16. _____ I tend to be reflective and to search for the meaning of my life.
17. _____ I strive to be unique and have done things to avoid being ordinary.
18. _____ Manners and good taste are extremely important to me.
19. _____ People have seen me as overly dramatic.
20. _____ I believe it is important to understand my own and other people's feelings.

PART B– 1 Almost Never 2 Rarely 3 Sometimes 4 Frequently 5 Almost Always

1. _____ I have a strong sense of responsibility and am a hard worker.
2. _____ I try to prepare for every contingency.
3. _____ I am suspicious of others and wonder about their motives.
4. _____ Making decisions on my own may cause me anxiety.
5. _____ Safety and security are priorities in my life.
6. _____ I doubt my own decisions and opinions about myself.
7. _____ I believe it is important for people to be with other people or to belong to a group.
8. _____ I value the belief that everything is going to be all right yet often lack faith in this belief.
9. _____ Friends and family provide the support I feel is necessary in life.
10. _____ I tend to take things too seriously and overreact to small issues.
11. _____ I don't really trust anybody I haven't known for a long time.
12. _____ I look for danger, unsafe people, or unsafe situations.
13. _____ I tend to be suspicious, anxious, and defensive when stressed.
14. _____ I tend to be caring, warm, and loyal when not stressed.
15. _____ When feeling anxious I can be overly vigilant and controlling.
16. _____ When feeling relaxed, I tend to be friendly and responsive to people.
17. _____ In a relationship, it has been difficult for me to trust the commitment of the other person.
18. _____ When afraid of something, I do what is necessary to overcome my fear.
19. _____ I tend to worry more than other people.
20. _____ I believe it is important to understand my own and other people's feelings.

PART C– 1 Almost Never 2 Rarely 3 Sometimes 4 Frequently 5 Almost Always

1. _____ I dislike confrontation and try to keep the peace.
2. _____ I am easygoing, "laid back," and optimistic.
3. _____ I listen patiently and can be very understanding and comforting to friends.
4. _____ I tend to procrastinate and ignore problems or brush them under the rug.
5. _____ I am attracted to habits and routines, can relax easily, and can tune out reality through TV, daydreaming, a good book, etc.
6. _____ I have difficulty making decisions because "everything looks good."
7. _____ Routine and structure help me stay focused and accomplish things.
8. _____ I can be forgetful, neglectful, and "fuzzy" about details.
9. _____ I can feel angry even though I might look peaceful.
10. _____ I get tired easily and would love to take time during the day to relax and renew my energy.
11. _____ I can be a "homebody" and enjoy the comfort and peace of home.
12. _____ In relationships, I seek harmony and peace through a sense of belonging and/or by bonding with the other person.
13. _____ I dislike people nagging me; this makes me quite stubborn.
14. _____ I may do routine and unimportant things before I tackle an important job.
15. _____ I tend to be withdrawn, forgetful, stubborn, and passive-aggressive when stressed.
16. _____ I tend to be open-minded, receptive, and very patient when not stressed.
17. _____ I tend to go along with what people say just to get them off my back.
18. _____ Too much to do or too many decisions to make can make me angry, anxious, and/or depressed.
19. _____ I'm told I'm a "nice person" and dislike putting myself first.
20. _____ I'm motivated by the need to maintain peace of mind and harmony in my life.

PART D– 1 Almost Never 2 Rarely 3 Sometimes 4 Frequently 5 Almost Always

1. _____ I tend to be more emotional than most people I know.
2. _____ I consider relationships the most important part of my life.
3. _____ I see myself as caring and helpful and like to make people feel special and loved.
4. _____ I have trouble saying no to requests.
5. _____ Giving feels more comfortable than receiving.
6. _____ I need to feel close to people and feel rejected and hurt if I don't experience that closeness.
7. _____ I like feeling indispensable and helping others become successful.
8. _____ I like to be gracious, outgoing, and connected with people.
9. _____ I avoid expressing negative feelings and like to compliment and flatter people.
10. _____ I have a strong need to be noticed, liked, and appreciated for what I do for others.
11. _____ I like people to depend on me and deliver on my promises.
12. _____ In intimate relationships, I value being told that I'm loved and wanted.
13. _____ People feel comfortable telling me their problems.
14. _____ I work very hard at maintaining relationships.
15. _____ I tend to be possessive and demanding when stressed.
16. _____ I tend to be loving, caring, and supportive when not stressed.
17. _____ I know how to get people to like me.
18. _____ I can act like a martyr when not appreciated.
19. _____ I believe that my motives for helping others are noble and helpful.
20. _____ I'm motivated by the need to be appreciated, loved, and connected to people.

PART E– 1 Almost Never 2 Rarely 3 Sometimes 4 Frequently 5 Almost Always

1. _____ I am good at marketing and selling myself and my ideas.
2. _____ I like doing more than one or two things at a time; I enjoy "multitasking."
3. _____ I want to be "number one" and am confident in my abilities.
4. _____ I love to work and be productive, and work has tended to be a top priority in my life.
5. _____ I have been goal-oriented for as long as I can remember.
6. _____ I value looking good, presenting a good first impression, and "dressing for success."
7. _____ Getting a product to market before the competition is more important than waiting until it is "perfect."
8. _____ I prefer being with people to being alone.
9. _____ I value finding the most practical, effective way to do a job.
10. _____ To impress, I may take on too much and make promises I can't keep.
11. _____ I have been told I am not in touch with my emotions.
12. _____ I believe that competition is a good thing and tend to be very competitive.
13. _____ I value exceeding standards and rising to the top of my profession.
14. _____ I tend to "spin" the facts and be overly self-promoting when stressed.
15. _____ I tend to be honest, competent, and charming when not stressed.
16. _____ I believe that negative feelings are an obstacle to getting the job done.
17. _____ I find it easy to adapt to different people and situations.
18. _____ I enjoy supporting the careers of people whom I care about and who deserve it.
19. _____ I have difficulty understanding why people settle for second best.
20. _____ I'm motivated by being outstanding and being recognized for my personal success and achievements.

PART F– 1 Almost Never 2 Rarely 3 Sometimes 4 Frequently 5 Almost Always

1. _____ I'm uncomfortable around loud, emotional people.
2. _____ I enjoy analyzing things, gathering data, and figuring out what makes things tick.
3. _____ I tend to be shy and withdrawn, especially at social events.
4. _____ I tend to be more comfortable expressing ideas than emotions, especially spontaneously.
5. _____ I may hesitate while I try to organize my thoughts and may not speak at all if I'm not comfortable with what I want to say.
6. _____ I try to avoid confrontations.
7. _____ I enjoy spending time alone pursuing my personal interests.
8. _____ I'm sensitive to criticism but try to hide that sensitivity.
9. _____ I enjoy the sense of independence that comes from living frugally.
10. _____ I prefer people not to know how I feel or what I think unless I tell them.
11. _____ People may find it difficult to follow my train of thought.
12. _____ I enjoy having control of my own time and private space.
13. _____ I easily annoyed by people who act unintelligent or uninformed.
14. _____ I have ideas, theories, and opinions about almost everything.
15. _____ I tend to socialize with people who are interested in the same things I am.
16. _____ I tend to be distant, stubborn, and pessimistic when stressed.
17. _____ I tend to be insightful, objective, and sensitive when not stressed.
18. _____ I can be critical, cynical, and argumentative and can act intellectually superior.
19. _____ I don't mind working alone and enjoy being self-sufficient.
20. _____ I rely on facts rather than emotions to make decisions.

PART G– 1 Almost Never 2 Rarely 3 Sometimes 4 Frequently 5 Almost Always

1. _____ I feel that life is to be enjoyed and am optimistic about the future.
2. _____ I'm talkative, playful, and at times uninhibited.
3. _____ I like to leave my options open; "don't hem me in" describes me well.
4. _____ I have lots of friends and acquaintances and support them by cheering them up.
5. _____ I need to feel stimulated and like new, fun, exciting, and different things.
6. _____ I tend to be idealistic and ambitious and want to contribute something positive to the world.
7. _____ I like to entertain and enjoy telling stories and getting laughs.
8. _____ I like to be "on the go" and may appear hyperactive to people. =
9. _____ I enjoy trying many things and can do many different things fairly well.
10. _____ I dislike to be bored, and I avoid doing boring, mundane things.
11. _____ I tend to do things in excess and to always want more.
12. _____ I'm supersensitive to possessive people; they make me feel uncomfortable.
13. _____ I have acted inappropriately, undisciplined, and/or rebellious when stressed.
14. _____ I tend to be fun-loving, imaginative, and optimistic when not stressed.
15. _____ When I find work that I like, I can be very productive and enthusiastic.
16. _____ I see no value in enduring suffering and pain and try to avoid it.
17. _____ I become frustrated if there is not enough time to do all the fun things I want to do.
18. _____ I dislike being around pessimistic, negative people.
19. _____ I tend to be excited and impatient about accomplishing plans.
20. _____ I'm motivated to feel excited, satisfied, and happy and to do and experience more.

PART H– 1 Almost Never 2 Rarely 3 Sometimes 4 Frequently 5 Almost Always

1. _____ I stand up for what I want and need in life.
2. _____ People see me as courageous and look to me as a natural leader.
3. _____ I value, strength and autonomy take pride in taking care of my own needs and expect others to do the same for themselves.
4. _____ I am impatient with people who are indirect or indecisive.
5. _____ I am assertive and like to compete and win.
6. _____ I am extremely protective of my loved ones and feel good about helping the underdog.
7. _____ I like expressing my power and being the boss and/or being in charge.
8. _____ I am not gullible; you must earn my trust, and I will challenge your loyalty.
9. _____ I like taking risks and the excitement of competition.
10. _____ I work hard and know how to get things done.
11. _____ I love to be challenged, and I and enjoy a good fight.
12. _____ I would rather be respected than liked.
13. _____ I feel I must take charge because I am the strongest & most decisive person in the group.
14. _____ I'm proud about being direct, telling it "like it is," and expressing "tough love."
15. _____ I tend to be rebellious, controlling, and insensitive when stressed.
16. _____ I tend to be energetic, self-confident, and helpful when not stressed.
17. _____ I am uncomfortable expressing emotions other than anger.
18. _____ When I trust people, I can let down my guard and be more sensitive.
19. _____ I tend to go overboard in the pursuit of fun and pleasure.
20. _____ I'm motivated by the need to protect myself & my loved ones & to be powerful & in control of my life

PART I– 1 Almost Never 2 Rarely 3 Sometimes 4 Frequently 5 Almost Always

1. _____ I have a strong sense of right and wrong and strive for perfection.
2. _____ I take pride in being self-disciplined, moderate, and fair.
3. _____ Personal integrity is extremely important to me.
4. _____ I tend to be more logical than emotional.
5. _____ I can be too serious and lack spontaneity.
6. _____ I'm critical of myself (my own worst critic) & find it easy to be judgmental & critical of other people as well.
7. _____ I'm easily discern what is wrong in a situation and how it could be done better.
8. _____ I tend to be a workaholic and a perfectionist.
9. _____ I value being well organized and punctual in myself and others.
10. _____ Morals and ethics are more important than compassion and tolerance.
11. _____ I tend to see the glass as "half empty" and to look for what needs fixing.
12. _____ I do not consider being a perfectionist a negative thing and like to make sure all the details are just right.
13. _____ I tend to be intolerant, inflexible, and demanding when stressed.
14. _____ I tend to be rational, reasonable, and accepting when not stressed.
15. _____ I fear being criticized or judged as being improper by other people.
16. _____ I find it difficult to forgive and can carry a grudge for a long time.
17. _____ I have difficulty seeing the "gray" areas of an issue U tend to see things in black & white.
18. _____ I have difficulty admitting I'm wrong.
19. _____ I believe that rules, regulations, policies, and procedures have a purpose and should be followed and am frustrated when others break rules.
20. _____ I'm motivated by the need to be correct, fair, and self-disciplined.