Michael
Jones

+

Jessica
Jones



iEQ9 COUPLE
Enneagram Report

integrative 9 ENNEAGRAM SOLUTIONS

Quick reference to all 9 Enneagram styles



Strict Perfectionist

Ones are about improvement and 'right action', ensuring things are done correctly. They are principled, with a clear sense of right and wrong and may seem idealistic, self-righteous or judgemental. They organise their world and value facts, precision and clarity, working hard to avoid mistakes. Their gift is in discernment, evaluation and knowing what is right.

Considerate Helper

Twos want to meet others' needs in a helpful, supportive way. Warm, giving and people-oriented, they seek affirmation from their relationships and may be sensitive and angry if they feel unappreciated. They may over involve themselves in others' lives and risk being manipulative. Their development challenge is to give unconditionally and to nurture themselves as well as others.

Competitive Achiever

Threes are "doers" and tend to be practical, task-oriented and project a polished persona or image. They are competitive and will make sacrifices to achieve their goals and appear successful. They risk becoming overstretched or workaholic and may resort to deception or expediency to win. At higher integration, they work towards self-acceptance and authentic influence, connecting heart and hands.

Intense Creative

Fours search for meaning, depth and authenticity. They are emotionally sensitive and attuned to their environment, creative and expressive as individuals. They may seem emotionally moody, dramatic, focusing on what is lacking in their lives. As they integrate, Fours get in touch with their inner creative voice but able to separate their identity and their emotions.

Quiet Specialist

Fives are private individuals with an active mental life, observing and exploring how the world works. They struggle to share thoughts and feelings and may seem socially awkward or disinterested. At lower integration, Fives may be withdrawn, antagonistic and aggressively defend their isolation. At higher integration, they are intellectual pioneers, bringing their perceptive wisdom unselfconsciously.

Loyal Sceptic

Sixes easily tune into potential danger and risks, acting on a sense of anxiety, and think in sceptical ways. They value trust, responsibility and loyalty and need to feel they are safe and belong. At lower integration they may be paranoid, reactive and insecure as loyalty turns into dependency and oversensitivity. At higher integration, self-reliant and grounded Sixes give confidence to those around them, resiliently coping with risk.

Enthusiastic Visionary

Sevens seek variety, stimulation and fun, tackling challenges with optimism and engaging with life in a future-orientated way. As team members, they bring creativity, energy and optimism. They may seem distracted, hedonistic, insensitive or irresponsible to others. Sevens are often unhappy but deny this, escaping into hyperactivity and impulsive pleasure-seeking. At higher integration they are present, finding joy within.

Active Controller

Eights are forces of nature, with a strong presence and personality that values being in control. They are guarded but caring and protective of those around them. As they mask any vulnerability with a tough, no-nonsense exterior, they may seem intimidating and confrontational. At higher integration they combine their directness with compassion, collaborating with others while serving the greater good.

Adaptive Peacemaker

Nines are diplomatic and attuned to the ideas of others, often as facilitators or mediators in groups. They form the glue between people with their friendly, grounding and stable demeanour. They struggle to connect to their own point of view, say no, and often avoid all conflict. At high integration, they are independent and self-respecting, acting with self-awareness and autonomy.

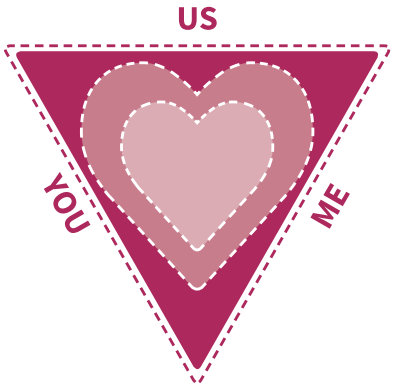
© Copyright 2011-2025 Integrative Enneagram Solutions | Michael Jones & Jessica Jones

Welcome to your Integrative Enneagram Couples Report

This report aims to support you on your journey of self-discovery and development with the Enneagram. It not only shows you how this powerful tool can help each of you find your place of resonance on the Enneagram, it provides insight into how your Enneagram profile influences your relationship, and describes how you and your partner's profiles are likely to interact. If you are already familiar with the Enneagram, this report provides a new, deeper perspective into you and your relationship.

The more time and energy you invest in your relationship and the learnings from this report, the more you both will benefit.

You + Me = Us



When you are in a romantic relationship, the interplay of your two identities creates a third identity – 'us' – which is multifaceted and reflects dynamics and subtleties unique to you and your partner as a couple.

Traditionally, many of us have been taught to think that a relationship is two people becoming one. While this is a nice thought, it is not a healthy goal. Genuinely healthy relationships are partnerships of separate, distinct people who have strong senses of their individuality and independence while feeling deeply connected to one another.

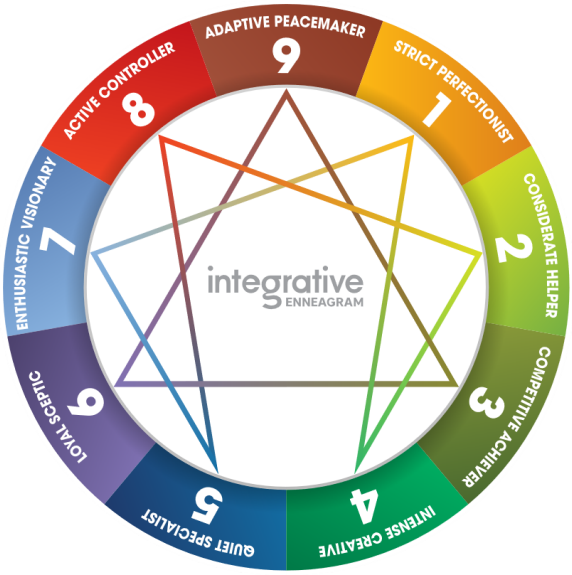
Once you enter into a romantic relationship, your personal growth is no longer separate from your partner's. Instead, you play a role in each other's growth and that of your relationship. Both of you share your gifts and influence each other in many complex ways: a couple becomes more than the sum of its parts.

Throughout this report, we will be taking you both on a journey that offers information about you, Michael and Jessica, as individuals, as well as the likely interaction of your unique profiles in combination.

The Enneagram

The Enneagram helps you go deeper and explore the often-hidden motivations that drive you and your partner to act and react in certain ways. According to the Enneagram, there are nine different ways of viewing and experiencing the world; this outlook has a profound influence on how we approach our relationships. We may think we know our partner really well, but the Enneagram allows us to see them through fresh eyes, giving us new insights into how we can connect more deeply with them.

Ultimately, the Enneagram can guide you as you begin to explore your inner worlds and give you the vocabulary to share your discoveries with your partner. The Enneagram highlights each partner's unique characteristics. A couple who takes the time to read and discuss this report will be more in touch with each other's needs and perspectives, relate better to one another, and understand themselves more clearly in the context of their relationship.



© Copyright 2011-2025 Integrative Enneagram Solutions | Michael Jones & Jessica Jones

Your Integrative Enneagram Couples Report



ENNEAGRAM & RELATING AWARENESS

Introduces you and your partner to the characteristics that make each of you unique.



ENNEAGRAM & CONNECTING INSIGHTS

Looks at some of the most significant dynamics that must be considered for a couple to establish and preserve a loving, respectful relationship.



ENNEAGRAM & LIFE EXPERIENCES

Unpack key themes in a relationship that must be taken into account and worked on to ensure that you and your partner remain compatible and sustain a healthy relationship.

Michael and Jessica, as a couple, take your time to read through your iEQ9 Enneagram Couples Report. While doing so, explore and discuss:

- What each of your **Enneagram Types** characteristically bring to your relationship?
- How can you **bring out the best** in each other?
- Given your Types, what are the **potential pitfalls** in your relationship?



© Copyright 2011-2025 Integrative Enneagram Solutions | Michael Jones & Jessica Jones



Enneagram & Relating Awareness

The Enneagram helps couples engage and relate to their partners differently, helps individuals to understand their partners better and, in turn, to be better understood by them.

If you think about it, we measure the quality of our lives by the quality of our relationships. The stronger and more authentic they are - especially our long-term romantic relationships, the happier and more fulfilled we are.

Relationships experts focus their work around both partners' unique mosaic of beliefs, values and ideas of what a relationship should look like. These ideas translate into the expectations and behaviours we bring into our relationship. The problem is that we're so deeply invested in our own point of view that we find it difficult to imagine that our partner's reality may very well be far more complex and intricate - and very different - than we first expected. We need to be able to look at our partner through a different lens so we can view their perspective more compassionately. This report offers an in-depth description of both of your viewpoints - **how they are similar, how they may differ, and how you can plot a path together.**

People are weird. When we find someone with a weirdness that is compatible with ours, we team up and call it love.

DR. SEUSS

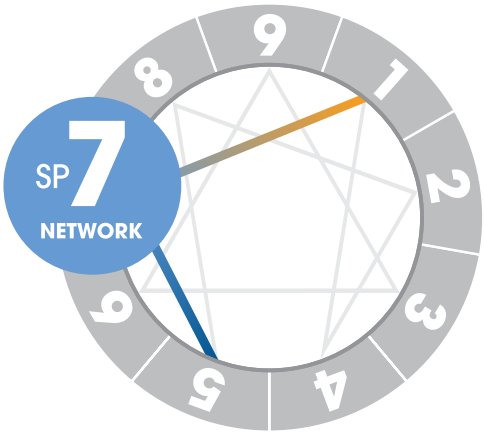
Your Enneagram Types

Your Enneagram Type reveals what makes each of you tick as an individual, including the fears, motives and desires that drive your behaviour, thoughts and feelings. Using these insights can help you gain a greater understanding and acceptance of why you and your partner act and react in specific ways.

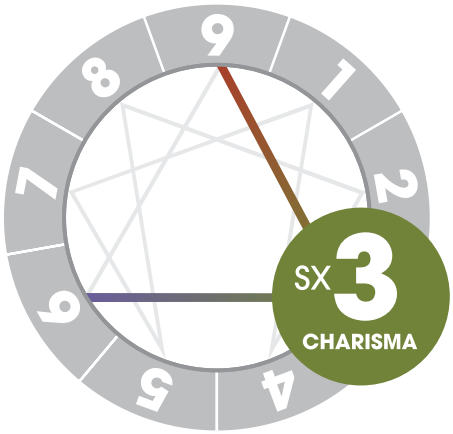
Michael and Jessica, this section of your Integrative Enneagram Couples Report allows to:

- Explore your own Enneagram Type individually, including how it shows up in your life beyond your relationship with each other
- Learn about your partner's Enneagram Type, deepest values and motivations, allowing you to develop a more compassionate understanding of their behaviour
- Explore what your individual Types have in common and where they differ, remembering that neither perspective is wrong

Michael, you resonate with the ENNEAGRAM TYPE 7, the **Enthusiastic Visionary**



Jessica, you resonate with the ENNEAGRAM TYPE 3, the **Competitive Achiever**



© Copyright 2011-2025 Integrative Enneagram Solutions | Michael Jones & Jessica Jones

Enneagram Keywords

Qualities associated with Type Sevens include:

- **Optimistic:** The Type Seven focuses on whatever brings joy, happiness, and pleasure to their life.
- **Flexibility:** Seeking possibility and options, they are adaptable in the face of change, setbacks, and challenges.
- **Future-oriented:** Their enthusiastic and visionary nature enables them to anticipate and create exciting futures.
- **Practical:** They balance their ideas with a practical, productive focus that allows them to make things happen.
- **Adventurous:** Playful and spontaneous, they explore new territories and experiences.

Qualities associated with Type Threes include:

- **Ambitious:** Type Threes strive to add value and be the best at whatever they take on. They believe in their ability to succeed.
- **Efficient:** They are productive, pragmatic and resourceful.
- **Adaptable:** They adjust willingly to different situations, people or environments, adapting to achieve their goals.
- **Driven:** They are energetic and determined to get things done and push others to perform at their best as well.
- **Results-oriented:** Focusing on the end results, setting goals, and applying themselves to achieve their goals comes naturally.

Motivation

Type Sevens' **motivational need is to experience it all and avoid pain**. Type Sevens approach life as an adventure and value a sense of freedom and optimism. Being inspired and taking advantage of opportunities are important to them.

Type Threes' **motivational need is to outshine others and be the best**. Type Threes value achievement, and therefore, efficiency, results, and image are important to them. Striving for success, Type Threes adapt to get what they want.

Worldview



Type Sevens see the world as full of exciting possibilities, ideas and experiences, always looking for the next adventure and exploring as much as possible.



Type Threes see the world as valuing winners, which drives them to focus their energy into efficiency, results, recognition, image and avoiding failure at all costs.

At Your Best & Worst

At their best, others will experience them as positive, complete, content and present in the moment. At their worst, others may experience them as impulsive, unreliable, uncommitted and unfocused, which stems from an insatiable search for fulfilment.

At their best, others will experience them as self-accepting, genuine, hardworking and effective. At their worst, their over-expressed need to appear successful may lead others to experience them as self-important, inauthentic and inconsistent, invested only in their self-worth which is built on what they do, rather than who they are.

© Copyright 2011-2025 Integrative Enneagram Solutions | Michael Jones & Jessica Jones

Focus on Attention

Type Sevens focus on what excites and interests them and on the freedom to pursue what they want and need. They are more focused on the future than on the present or the past.

Type Threes focus on being successful to ensure that they are highly regarded and respected by others. Their focus of attention, therefore, is on achievement, productivity and performance as well as winning and succeeding.

Vulnerability

Type Sevens avoid any form of restriction or limitation, fearing that they will not be free to escape discomfort and pain.

Type Threes fear that without proving their worth – without their list of successes, contributions, and accomplishments – they will be unloved and alone.

Self-Talk

Type Sevens tell themselves: *'I must have freedom'*, *'What's next? I must move forward."* This makes it difficult for them to slow down and truly connect to others in the present moment.

Type Threes tell themselves: *'I must succeed'*, *'I must avoid failure'*, *'I am what I do.'* This makes it difficult for them to slow down, stop or relax and just be their authentic self.

Gifts

Type Sevens offer the gifts of joy, freedom, and optimism.

Type Threes offer the gifts of efficiency, focus and prestige.

Blindspot

Their quick, intuitive mind may lead them to assume that they know what other people are going to say, instead of listening fully. They may act as an instant expert, leading others to question their credibility. Their need to be active and engaged is expressed in their body language and communication style, which can be distracting and frustrating to others.

They find it difficult to discuss negative issues, and prefer to turn a blind eye to failure or criticism, particularly if the criticism is about their mistakes or shortcomings. In addition, their confidence may come across as certainty, which can alienate others to the point that they close down.

Passion/Vice

The Passion of the Type Seven is **Gluttony**. Constantly seeking enjoyment, Type Sevens believe that if little is good, then more must be better. They can be insatiably hungry for new sensations, pleasures, experiences and ideas. This may result in superficial connections, and they may miss the value of depth.

The Passion of the Type Three is **Deceit** expressed in tricking themselves and others into believing that they are their self-made image. Type Threes spend a lot of time and effort cultivating the 'right' appearance as they believe their value is dependent on the affirmation of others. They carefully craft and present only what they want others to see by hiding weakness or vulnerability.

© Copyright 2011-2025 Integrative Enneagram Solutions | Michael Jones & Jessica Jones

Your Two Enneagram Types In Relationship

Michael, as a Type Seven, you likely bring to the relationship spontaneity, high energy, lightness, curiosity, a love for fun and adventure and a drive to try new things.

You tend to be playful, positive, imaginative and inventive.

As someone who typically wants to experience all the richness that life has to offer, you likely have a way of making the ordinary seem exciting.

Jessica, as a Type Three, you likely have a can-do attitude and therefore tend to be energising and encouraging to those around you.

You are generally highly practical, committed to the goals you set yourself, dedicated to Michael, your family and, ultimately, to the success of your relationship.

Michael can count on you to take responsibility, to stay with something you have committed to, and know that you will always do your absolute best.

As a Type Three-Seven couple, you will likely enjoy being active, engaging in interesting conversations and working towards realising your dreams. Both of you often support and encourage each other's projects and goals. The two of you tend to enjoy being around people and are assertive, productive, positive, charming and outgoing. You both likely bring optimism, a future-orientation and the sense of possibility to the relationship.

You both tend to be excellent and persuasive communicators. Both of you likely enjoy socialising, having adventures together, finding fulfilment and making things happen for yourselves and the relationship.

Jessica, you likely have a clear, strong focus on your goals and manage to accomplish them as a result. Michael, you tend to be comfortable going after something even if there's a chance of failure. This helps to bring fun, adventure and resilience to the relationship, especially as these are important qualities you can share with Jessica, who tends to avoid failure at all costs.

Michael, you likely bring a wealth of experience, boundless enthusiasm and good spirits. You typically talk fast and are excited by generating new ideas. At the same time, Jessica, you bring focus and encouragement, helping Michael to see these ideas through to completion, offering the freedom he needs; as long as in doing so Michael supports your need to look good.

At its best, this can be a fun, articulate, generous relationship, that embodies the joy of life.



© Copyright 2011-2025 Integrative Enneagram Solutions | Michael Jones & Jessica Jones

Bringing out the best in each other

- **Jessica and Michael, as a Type Three-Seven couple,** you both are busy, charming, friendly and positive. Both of you are action-orientated and dynamic and like to work together to make things happen. You both want to be seen as competent, confident and able to achieve anything thrown your way. You may value your shared assertiveness and 'can-do' attitude, often taking turns in taking the lead within the relationship.



- **You may thoroughly enjoy each other's company, have** imaginative and inspiring conversations and tend to share a pragmatic view. You tend to encourage each other to consider different perspectives and to be flexible in your opinions. These shared traits could help create a strong vision for the relationship, where you both enjoy seeing the bigger picture.
- **You may have a similar approach to setting and achieving goals. Michael, you likely find it exciting to have** many options and opportunities, and may enjoy discussing these with Jessica. Jessica, you may enjoy creating practical action plans to help make your and Michael's dreams come true. You may set and achieve goals with ease, bringing further depth and commitment to the relationship.
- **You are both likely to be very focused on achieving your goals, which might lead to you being out of touch with** your real needs. However, by supporting each other, you can prevent this from happening. Michael, you could encourage Jessica to loosen up a bit more and remind her that great things come from just being, not just achieving. In this way, you could help Jessica to see that there is more to life than having to plan each step of the journey. Jessica, you could encourage Michael to focus on what steps need to be taken to reach his goals. In this way, you may further help Michael to follow through on his promises and commitments, rather than looking for the next adventure or distraction when the going gets tough.
- **You both are inclined to help build each other's confidence and self-esteem. Michael, you are likely to recognise** and compliment Jessica for being who she is and for all her hard work, and thank her for standing with you through difficult times. Jessica, you could build up Michael's self-esteem by encouraging and reminding him how strong and courageous he is when pushing through challenging situations. You can also encourage him to enjoy the present moment with you. By doing this, both of you reinforce your trust and respect for each other, feeling more appreciative towards each other and may be ready to take on the world with more energy and enthusiasm.
- **You may both struggle to express your feelings authentically and could support each other to be more** vulnerable. Michael, you are likely to be resilient and tend to share more freely, which may encourage Jessica to express her feelings more openly. Jessica, your more patient, pragmatic active listening style, can invite Michael to focus his feelings towards a situation, an experience or the relationship. By doing this, you both could deepen your understanding of and connection with each other.

© Copyright 2011-2025 Integrative Enneagram Solutions | Michael Jones & Jessica Jones

Potential Pitfalls



- **Jessica, Michael may sometimes feel that you don't** care about him or his feelings. You may come across as being unable to be yourself as you change your persona depending on who you're with. Owing to your competitive drive, you may focus more on realising goals, likely giving the impression that these matter more than the relationship. Always on the go, you tend to have difficulty in relaxing as there is constantly more achievements to accomplish.
- **Michael, your likely tendency to be preoccupied with** your personal interests can make you seem self-absorbed and indifferent, which can be challenging for Jessica who feels valued when you ask for her opinion or perspective.
- **Jessica, you may become envious of Michael's** seemingly easy success; while Michael may feel that you are sacrificing fun and enjoyment to focus on your career. Neither of you may want to talk about each other's shortcomings, failures, or negative feelings, so these topics are typically avoided for as long as possible.
- **Michael, your generally open-minded and spontaneous nature can sometimes lead to potentially unfair** reasoning that Jessica's point of view or approach in life is boring; this might be especially true when she does not want to do what you want to do.
- **When you, Jessica, insist on discussing an issue in the relationship, Michael may feel as if he is being forced into** an unpleasant situation. Often, it is difficult for Michael to remain still and feel negative emotions, as his mind immediately tends to move to a more positive option. When Michael is unable to escape the negative, he may become defensive, dismissive and potentially angry. The main challenge might be for Michael to acknowledge that there is a problem, which can be very frustrating for you.
- **Jessica and Michael, you are likely to be acutely aware of how you are perceived and tend to want to maintain a** certain image. Jessica, you might become so completely focused on achieving success in your career that your relationship and family life take second place. In contrast, Michael, you tend not to take your career as seriously as Jessica, believing that if things do not go well in one job, you can easily find something better. Though Jessica may appear to be as self-confident as Michael, in reality she is not. This could explain why Jessica likely feels the need to promote herself and her accomplishments, which may make Michael feel pushed to the side.
- **Once you start to doubt each other, you may turn toward more self-serving attitudes, which could further erode** the foundation of your relationship.

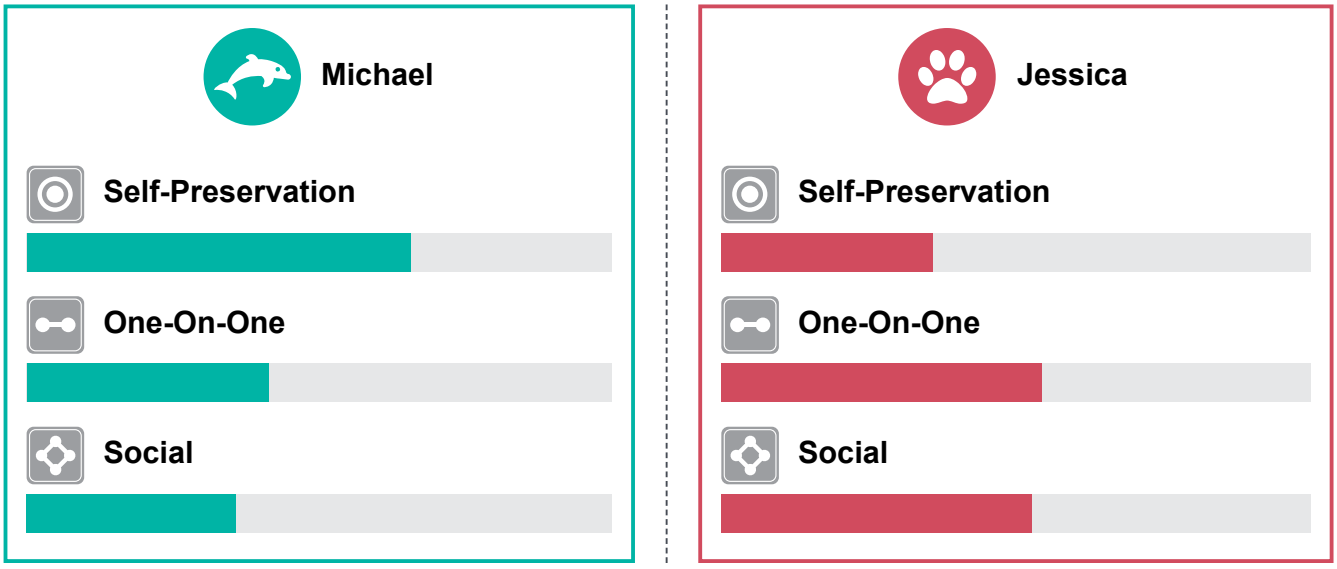
© Copyright 2011-2025 Integrative Enneagram Solutions | Michael Jones & Jessica Jones

Instincts

We have three biological instinctual drives that are essential for the human experience. Instincts relate to the fundamental primal intelligence which developed to ensure our survival as individuals and as a species. Instincts are separate from personality and are behind our life strategies, often unconsciously yet powerfully directing our fundamental way of being. While these instincts are always there, one of the three becomes dominant and is more easily accessed and, therefore, more easily used than the others.

The three basic instincts drive our survival strategy in the world and our human interactions. This layer of information is particularly valuable when you consider relationship issues and needs. Michael and Jessica, you have different dominant instincts and need to understand how it affects each other's needs and behaviour, so that you can become more in sync and harmonious with each other. Understanding your dominant instinct is as important as understanding the instincts you repress. Accessing all three instincts is important for healthy ways of being and relating. The graphs below highlight your dominant and repressed instincts.

Michael and Jessica, here is how you access your instincts:



The three instincts

The **Self-Preservation** Instinct is focused on the 'I or Self' with a drive to be more independent and self-reliant in our relationships.

The **One-to-One** Instinct is focused on 'You and Me'. It is about our innate drive to connect, share ourselves and bond intensely within a relationship.

The **Social** Instinct is focused on 'We or All of Us'. This instinct is about getting along with others, fitting into and finding our place in the group and forming secure social networks.

© Copyright 2011-2025 Integrative Enneagram Solutions | Michael Jones & Jessica Jones

What this means in your relationship

Self-Preservation Instinct

Michael, your dominant instinct is Self Preservation, which means you are more likely to focus on physical safety, material security, wellbeing and comfort. You like your independence and do not want to feel dependent on others to meet your needs. As Self Preservation-dominant, you may be concerned with the security and safeguarding of yourself from your environment and others. It adds a practical, and often financial, focus to the way in which you do things. It may also mean that you're particularly attuned to your physical environment in a very attentive way, making you sensitive to food, basic issues around the home relating to comfort and safety as well as health issues. At an unhealthy level, you may over-compensate for your fear of not being able to survive comfortably by ensuring that you have more than enough of what you need. Conversely, you may also tend to want to live frugally as you preserve the limited resources that enable you to survive.

One-on-one Instinct

Jessica, your dominant instinct is One-on-one or 'Us'. Your focus is on the intensity of experiences and intimacy of relationships. It goes beyond a mere preference for one-on-one conversations and relates to actively seeking out experiences and relationships that promise very strong concentrations of energy that create a feeling of contentment and completion with this external activity or person. You have a need to be 'seen' or feel 'met' and are also very persuasive, with an ability to connect and attract people to your side. Your One-on-one instinct provides the spice of intensity to life that makes you feel alive and energised. The intensity with which you express yourself may not only relate to the pursuit of what you enjoy and like, as you are also likely to be quite intense about the things you avoid. At an unhealthy level, your desire to have these intense experiences may lead you to lack focus as you pursue activities or relationships that provide you with the 'charge' you seek. It may also manifest as avoidance of intimacy or intense experiences with great fervour.

Michael, you may find yourself seeking to connect to your partner around simple pleasures, be it a safe and comfortable home or being physically healthy together. However, Jessica may not be drawn to connecting through these physical or pragmatic areas of life and may prefer to connect through intensity and impulsiveness that allow a deeper level of intimacy to be experienced.

How to work on your repressed instinct

Michael, your Social Instinct is the least expressed, which means you may be unaware of how you and your relationship fit into larger social structures. You might tend to avoid activities that involve connecting with family and friendship groups, preferring your independence.

Acknowledge that looking at and connecting to the broader social context may be more important to Jessica than it could be to you. Recognise that you may find it difficult to be dependent on others, including your partner. Remember, you are not an island; it is crucial to connect to others who can support you in your challenges. Aim to celebrate achievements more actively with the people who matter to you and that working towards a common goal with your partner may deepen the connection.

Jessica, your Self-Preservation Instinct is least expressed, suggesting that you may need to work to become more in-tune with your practical needs. As you may be 'out of tune' with your resource capacity, you may find yourself overcommitting to various activities or obligations, which can result in you burning out or falling ill frequently.

Recognise that having the grounding of material and physical security may be more valued by Michael than it may be by you. Acknowledge that you may underestimate and generally neglect your own practical needs, health or comfort. Remind yourself that creating a comfortable and secure space that you can retreat to is important too, and that it's important to focus your attention on your own resources, security and health.

© Copyright 2011-2025 Integrative Enneagram Solutions | Michael Jones & Jessica Jones

Subtype

When your dominant instinct blends with your core type, your Subtype is revealed. The 27 Subtype layer give a more specific, and more nuanced description of your, and your partner's personalities.



Michael, you resonate with the Enthusiastic Visionary with a Self-Preservation instinct. The Keyword is **NETWORK**

7SP

You are practical, optimistic and sociable and you enjoy life to the fullest. Whilst appreciative of the "good life," you are also capable of being present in the moment, doing one thing at a time and slowing down when you need to.

Always on the alert for new opportunities, you are generally able to get what you want. You are likely to be friendly, playful, talkative and easy to engage with. You may want people to depend on you, and are kind and generous.

Networking comes naturally to you and you build relationships that will satisfy your own interests, but are also beneficial to the other party. You view people in these networks as trusted 'family' and are loyal to them as they are to you, often placing you in a central position in the group or community. Your long-term relationships give you a sense of security, that you would have someone to support you in life.

Your two main drives are an insatiable desire for pleasure and a preoccupation with getting what you need to feel secure. Although you are motivated by a positive sense of wanting the best for everyone, you are also concerned about making sure that you have what you need to be safe and have fun. Sometimes, you may confuse desires with needs in your quest for security.

It is important to you to have a wealth of resources (financial, personal and physical) to support your survival and freedom. Sensing a shortage in one of these areas can fill you with fear that this may limit your prospects or happiness.

Intelligent and somewhat calculating, you easily notice unexpected possibilities which could benefit you and do not hesitate to capitalise on these opportunities. Using your social skills, you find a way to make things happen through the right people or the right connections. You might also feel a sense of power and that you are unrestricted by rules, which may lead you to abuse your power. You are very adept at developing rationalisations to support whatever it is that you want to do or have done.

You are a loyal friend. Even if you may appear detached at times (as you withdraw your energy to protect yourself) you always stay in touch, and can be rather protective towards those in your circle who are like family to you.

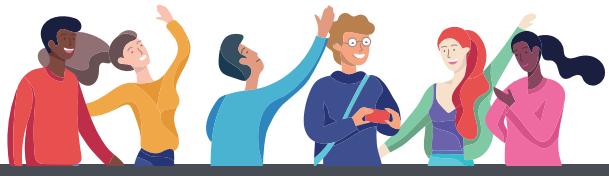
You have a driving hunger to consume as many enjoyable and gratifying experiences as possible. In your efforts to escape from life's discomfort and challenges, you may fall into a pattern of losing yourself in the pleasures of the external world, disconnecting from your feelings.

At your best, you are a practical and pragmatic leader, leveraging your strengths in business acumen, planning, opportunity-seeking, positive attitude, and support of your people in a fun and exciting environment.

Thoughts for development

The Self-preservation Seven's development journey begins with slowing down and becoming aware of how your deep-seated fear of not having enough has been motivating your demands and excesses. You can benefit from reflecting on the idea that everything in moderation will give you all you need. Practices such as mindfulness, coaching and meditation may support you in staying connected and enjoying all there is to experience in the present moment. **In your relationship, you can work on using time and space to experience and explore your and Jessica's feelings fully and deeply, rather than escaping from discomfort or fear through distraction.**

© Copyright 2011-2025 Integrative Enneagram Solutions | Michael Jones & Jessica Jones



Jessica, you resonate with the Competitive Achiever with a One-On-One instinct. The Keyword is **CHARISMA**

3SX

You are energetic, enthusiastic, charismatic and generous, a loyal and trusted friend, partner or colleague. As the ultimate cheerleader, you focus on what is good for the family, group or team and measure your success through the success of those around you.

While you tend to be competent and influential in your own right, you prefer to work in support of others. As a one-to-one Three, you get your sense of achievement from helping others to be successful, working hard to build strong relationships with the people that are important to you.

Your energy, competence and charisma are focused on projecting an image of being good and perfect for the family or team. You find it difficult to promote yourself, preferring to believe that pleasing and helping others is the correct way to earn love and approval.

You tend to be a great leader of teams and people, as you use your personal power and charisma to attract talented people to you and then focus your energy and action towards helping them reach their goals. Seeing your people succeed is the reward for your tireless support.

Your efforts to be perfect and fit others' needs attracts others to seek out your help and support, and yet you may seem insecure at times, competing for the attention and affection of those closest to you. You may find that you take criticism to heart, especially from close relationships, as it triggers your fears of disappointing others and threatens to reveal your vulnerability.

Status symbols are less important to you than enhancing your personal attractiveness as a partner. You believe in the concept of an "ideal" partner, and you may try to change your partner to fit your mental picture, or wait for an ideal partner with whom you would live "happily ever after." You want to be seen as the "best lover" or "perfect" spouse," and place a high expectation on yourself to be good, perfect and helpful to prove that you are worthy of being loved.

While you find it easy and pleasurable to support and connect with others, you sometimes have a hard time connecting with yourself. You are likely to struggle with being disconnected from your feelings, true self and even from those very relationships that are so important to you.

Whilst being well-liked and physically attractive, you may have low self-esteem, finding it difficult to be authentic in your being, your expression and feeling. You tend to disconnect from deep emotions and experiences, particularly those you feel would be uncomfortable or disturbing to those around you.

Thoughts for development

The One-on-One 3's development journey lies in learning to live for yourself rather than displacing your dreams and energy into those closest to you and supporting others instead of yourself. Your goal is to learn to give yourself the same levels of support that you so generously offer to others. **In close relationships, you need to work on the ability to express your true feelings so you can make the deep connections with others that you long to have.**

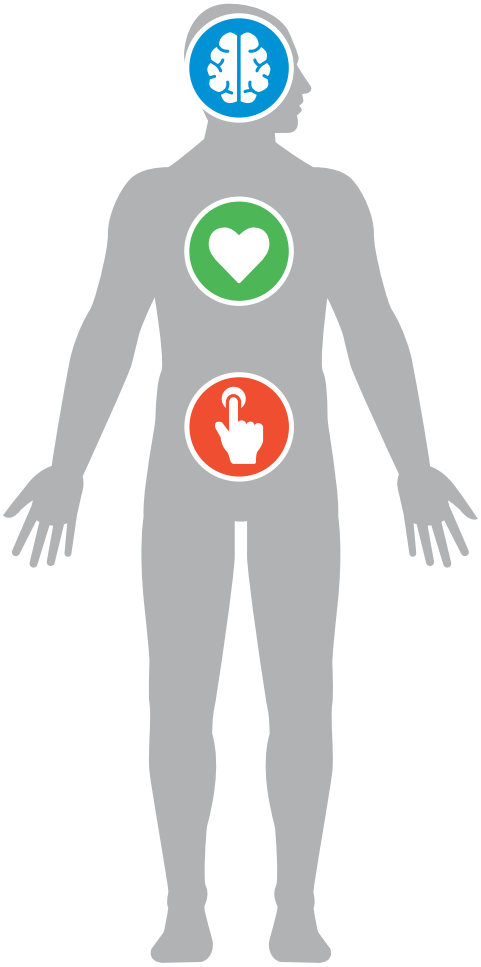
© Copyright 2011-2025 Integrative Enneagram Solutions | Michael Jones & Jessica Jones

Centers of Expression

The Centers of Expression relate to how we show up in the world and how we are likely to be perceived by others. There are three Centers of Expression: thinking, feeling and acting. Exploring the Centers helps us to understand, at a much deeper level, how we process external stimuli, make decisions, and express love in our relationships.

When we interact with people, we tend to see some as 'thinkers', some as 'feelers' and others as 'doers'. For example, we can recognise that while some people connect to their emotions and are concerned about how others feel, others are more connected to their thoughts or gut instincts. While everyone accesses all three Centers, they give different priority to each, using them in different ways and sequences.

This section explores which of your Centers you express clearly as your primary strategy in life and which ones you naturally express less. This offers you, both as individuals and as a couple, the opportunity to reflect on what it might take to express all three of the Centers in a more balanced and healthy manner.



Thinking Center | Head

What do we know? What is the best way to approach this?

The Thinking Center has a 'cool' energy and is focused on making sense of the world through knowing, analysis and consciousness. Individuals with a strong Thinking Center enjoy meaningful intellectual connections with their partner, sharing interesting conversations and exploring each other's world with curiosity.

Feeling Center | Heart

How do the people involved feel about it? What does it all mean?

The Feeling Center has a 'warm' energy and is attuned to the emotions and needs of people, focused on collaboration and authentic expression. Those with a strong Feeling Center are likely to be emotionally connected and empathic, enjoy quality time with their partner and express their love in warm, caring ways.

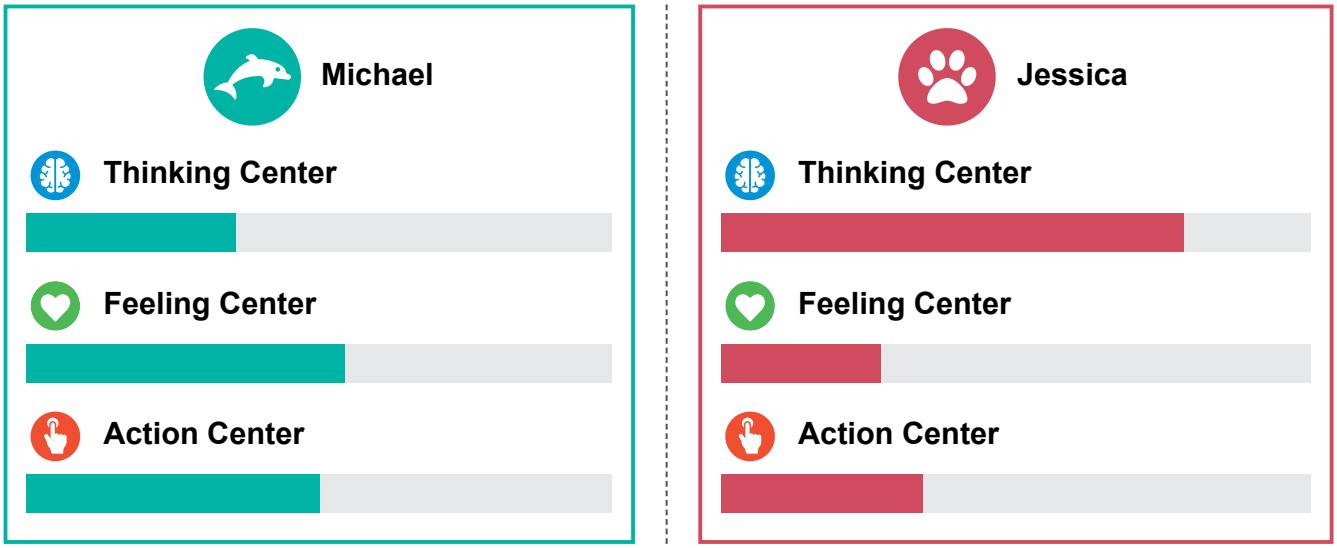
Action Center | Body or Gut

What is the priority? What needs to be done? How can we get started?

The Action Center has a 'hot' energy and is felt through our gut impulses, energy, instinctive decisions and desire to make an impact on the world. People with a strong Action Center are tuned into their body sensations and instincts and enjoy physical affection as well as expressing their love through acts of service or giving gifts.

© Copyright 2011-2025 Integrative Enneagram Solutions | Michael Jones & Jessica Jones

What this means for you as a couple:



Michael and Jessica, the above reflects that the two of you are likely to approach your everyday life differently.

Michael, with your dominant Center being the Feeling Center, you are likely to be emotionally intelligent, self-aware and aware of your connections and relationships with others. You are likely to be collaborative and consultative, preferring to work through challenges with your partner rather than acting alone. **When expressed in a healthy manner, your Feeling Center gives you the potential to be empathetic, receptive and authentic, able to give and receive feedback, and be highly effective in building strong relationships**.

Jessica, with your dominant Center being the Thinking Center, you are likely to excel at analysing an issue, generating a number of possible actions or ideas, and assessing these based on a solid understanding. You are likely able to see things without being distracted by subjective emotion. **When expressed in a healthy manner, your Thinking Center affords you a quiet clarity and curiosity, enabling you to reflect deeply, but also to move to decisions and action**.

Supporting your partner to balance their Centers…

Supporting each other to access your Centers in a more balanced way, will help the two of you grow into a more holistic way of being, both individually and as a couple.

	Help Jessica check in on the quality and focus of her busy mind, ensuring that her thoughts are not being hijacked by over-analysis and second-guessing or doubt.	**Support Michael** in his efforts to develop enhanced observation and reflection skills, encouraging him to be more curious and ask lots of questions.
	Support Jessica in exploring and sharing with you how she really feels, encouraging her to identify or name her emotions.	**Help Michael** to align to more than just his feelings by consciously shifting his focus to more objective analysis and reflection and more determined action.
	Encourage Jessica to adopt a more balanced pace so that she can still tap into her intuition and act, but in a rational, effective manner.	**Encourage Michael** to adopt a more balanced pace so that he can still tap into his intuition and act, but in a rational, effective manner.

© Copyright 2011-2025 Integrative Enneagram Solutions | Michael Jones & Jessica Jones

Expressing Love from the Centers

Michael's with your dominant Center being the feeling Center, you are likely to express Heart-Center Love. Comparatively, Jessica's with your dominant Center being the thinking Center, you are likely to express Head-Center Love.

As a result, the two of you are likely to express your love for each other in different ways.

Michael...



Heart Center Love is about 'feeling love'.

Heart-Center Love includes, for example:

- Practicing emotional intimacy whereby you communicate with intensity and authenticity your deep love and feelings for one another.
- Prioritising and setting quality time aside to spend uninterrupted special time together.
- Devoting time to romance such as walks together or candlelit dinners.
- Sharing personal feelings and having authentic, unfiltered passionate exchanges with your partner.
- Feeling for and empathising with your partner.
- Nurturing your partner's heart by practicing compassion and affirmation.

Jessica...



Head Center Love is about 'intellectualising love'.

Head-Center Love includes, for example:

- Creating a safe space for the two of you to feel open and vulnerable with each other.
- Sharing deep, meaningful conversations.
- Saying meaningful words to your partner and using different mediums, such as art, music or poetry to communicate your love.
- Exploring and understanding each other's deepest desires, passions and motivations.
- Compassionately valuing each other's different characteristics.
- Fully understanding and expressing the reasons behind why you love your partner; be it through words or gestures.

Understanding the role of our three Centers will help us appreciate how we already express love to others and how we can further develop our capacities in our Centers of Expression.

Your work as a couple begins with both of you acknowledging your own patterns and working to develop the Center that resonates most for the other. In this way, you can explicitly show your partner that you care and make them feel loved and appreciated.

© Copyright 2011-2025 Integrative Enneagram Solutions | Michael Jones & Jessica Jones

Center-Specific Styles

Center-Specific Energy Flow Focus

	INWARD	LOCKED	OUTWARD
THINKING STYLE			
FEELING STYLE			
ACTION STYLE			

Center-Specific Energy Flow Focus

THINKING STYLE

Michael: Outward Thinking

"What else is there to think about?"

- To avoid or break free from anxiety that you may be experiencing, you may try to ignore or escape the reality of your internal thoughts.
- You are likely to focus on the positive, and to verbalise your thoughts to others.
- You may focus your thinking on the future and on other more promising people, activities, events or times.
- You tend to be optimistic and focus your thoughts on the bigger picture.

Jessica: Inward Thinking

"I want to continue thinking."

- You are likely to be objective and focus your thinking on logic and facts.
- You may tend to internalise your thoughts in an attempt to maintain a sense of security and independence.
- To quieten your mind and allow for clear thinking, you may withdraw from the world and others.
- You may have a blind spot for alternative ideas or interpretations.

What this means for you as a couple…

Michael and Jessica, you have different Thinking Styles. Consequently, the two of you may find it difficult to analyse and think through issues, perspectives and alternatives together. While this might cause tension, rather leverage your awareness of your different Thinking Styles, and strike a balance by drawing on each other's gifts to encourage a focused and collaborative effort when thinking things through together.

© Copyright 2011-2025 Integrative Enneagram Solutions | Michael Jones & Jessica Jones

FEELING STYLE

Michael + **Jessica**: Locked Feeling

"I am not sure what to do with my feelings."

- You tend to be pragmatic and are likely to deal with your own feelings by hiding emotions from yourself and others., especially negative ones such as shame and sadness.
- You may have a preference for focusing on the feelings that others have of you.
- You tend to reshape your image to fit what is appropriate, rather than being truly authentic.

What this means for you as a couple…

Michael and Jessica, you may find that you connect through feeling and emotion, with a shared Feeling Style. While commonalities are a cause for celebration, you should, however, notice and be cautious that your shared blind spots, as they relate to the other two Feeling Styles might be amplified. Consider what work could be done to balance your approach better.

ACTION STYLE

Michael: Outward Action

"How do I control my external world?"

- You tend to be bold, driven, assertive and may even be impulsive at times. Instinctively, you likely know what needs to be done in order to move things forward.
- You are likely to externalise and act out your anger.
- You may assert your autonomy by attempting to control people and the environment.
- Your focus may prevent you from acknowledging your own failings, limitations or the need to change.

Jessica: Inward Action

"How can I do better?"

- You are likely to practice self-control rather than act impulsively.
- You tend to set high standards and focus on improving yourself.
- With a generally strong sense of what you believe is right and wrong, you are likely to act according to an internal compass which points you towards what you believe is right.
- Your focus may create a sense of anxiety and pressure for you, leading to you losing connection with others and the environment.

What this means for you as a couple…

Michael and Jessica, you have different Action Styles. As a result, the two of you may struggle to agree on how and when to act. While this might cause tension, rather leverage your awareness of your different Action Styles, and work to strike a balance, drawing on each other's gifts to encourage an intentional, stronger impact when getting things done together.

© Copyright 2011-2025 Integrative Enneagram Solutions | Michael Jones & Jessica Jones



Enneagram & Connecting Insights

At this point, you should have a clearer understanding of the way in which your two perspectives diverge, but also how they meet and complement each other in a unique way.

Now, let's begin to explore how all these factors show up in your behaviour towards one another: how you communicate, socialise and argue, as well as the **amount of strain** you're currently experiencing as individuals.

This includes the way you listen to your partner, engage with their thoughts and feelings, and resolve your differences through **communication**. The way you communicate is influenced by your **social style**, which is the method you generally use to engage with people, including each other. It also delves into how your partner can hit a nerve so you defend yourself and struggle to see their perspective - a typical portrait of relational **conflict.**

The meeting of two personalities is like the contact of two chemical substances: if there is any reaction, both are transformed.

C.G. JUNG

Caring as a couple

We all have unique needs and things that make us feel cared for, linked to our personality. This section offers suggestions on ways to care for both your partner and yourself.



Michael, here is how you can care for Jessica:

- **Remember that Jessica worries a lot about whether she is good enough and whether she is meeting other** people's expectations of her. Acknowledge when she does this in your relationship by trying to be the 'best' partner and represses her honest feelings in the process. It is most rewarding for Type Threes to know that their partner sees their worth whether they perform or not.
- **Remember that Jessica is likely to have difficulty feeling loved unconditionally and appreciated for who she is.** Help her to develop empathy for herself, and to separate her worth from her achievements. Pay attention to and express positives about Jessica's characteristics and the relationship.
- **When Jessica's schedule is starting to fill up with relentless activity, help her to find balance by encouraging her** to prioritise the relationships that mean the most to her. You need to make an effort with the people Jessica genuinely value and loves spending time with, as this helps her to slow down and prioritise the relationships that feel authentic, where she doesn't feel the need to prove herself.
- **Another way to help Jessica when she is working through her to-do list at a record-breaking pace is to ask her,** "Is there something practical I can do to help?", and follow through with the offer. Showing that you care by taking on some of the burdens of 'doing' shows that you understand her and that it's not only up to her to get everything done effectively.
- **When Jessica is pushing herself more than normal, remind her of the importance of slowing down and taking** time out. Encourage Jessica to rest, as she usually works so hard and exerts so much energy that she comes home with only leftovers for the relationship. Showing that you value down-time and encouraging her to relax and just be will help her to see that she is worthy of being loved irrespective of what she does.
- **Connect with Jessica's current projects and goals and support her, whether she accomplish them or not. Give** Jessica honest compliments and recognise her gifts but know that it means much more when you acknowledge her for who she is, not just for what she does.
- **Take intentional steps to make the relationship feel safe for Jessica to explore. Be transparent and share your** true feelings and opinions so that she is not wondering what you think. At the same time, when you feel that Jessica isn't telling you what she really feels, seek to understand the core of her feelings by asking questions such as "When did you start feeling this way?". In moments where she does allow herself to be emotionally vulnerable, demonstrate compassion and unconditional acceptance so that she feels safe.
- **Although Jessica tends to set lofty goals and achieve them, this might lead her to lose touch with her desires.** Help her to take pleasure more seriously by encouraging her to reflect on what makes her feel happiest and most relaxed, and then direct her energy and intensity into this.

© Copyright 2011-2025 Integrative Enneagram Solutions | Michael Jones & Jessica Jones



Jessica, here is how you can care for Michael:

- **Remember that Michael fears being limited, in pain or deprived in some way. To avoid this fear, he needs to** constantly find new adventures and experiences that will drive positive feelings. It is most rewarding for Michael to find a partner who can encourage his playful freedom of expression while grounding him in his emotions as they arise.
- **Respect Michael's need for freedom. Ensure that you have your own ideas and interests, and are independent** enough not to rely solely on Michael for fun and excitement.
- **Sevens tackle challenges presented to them with optimism and energy and are entertaining and fun to be** around. Appreciate Michael's stories and positive ideas, and open yourself to joining in on his humorous or playful ways of relating.
- **When Michael is stressed, he may be prone to frenetic activity or a racing, future-focused mind. Help him to** slow down, prioritise his thoughts, needs and obligations, and see the benefit of focusing fully on one thing at a time.
- **If Michael is struggling to follow through with his commitments, help him by discussing or writing down the** priorities that are most important and valuable to him. Remind him of the feeling of deep satisfaction and fulfilment he can get from following through with what matters most to him.
- **Understand that routines and strict schedules may challenge Michael. Help him see the importance of routine** in feeling balanced and whole while staying open to spontaneous plans or new ideas in solving problems.
- **Help Michael appreciate the process of slowing down and valuing moments, things or people which he may** consider ordinary or boring. Guide him to see that by really paying attention to the small pleasures in life, the ordinary can become quite fascinating.
- **Michael may struggle to accept the messiness of emotions – and relationships are notoriously messy. Encourage** him to voice his emotions when they arise rather than ignoring or suppressing them and letting resentment build. Start by encouraging Michael to experience his full range of emotions and letting him know that you won't run away if he shows his miserable or vulnerable side. It might be helpful to ask questions such as, "Are you really upset at this?" Or "Is there something else you're feeling that needs addressing?" Remind him that working through problems is a necessity in a healthy relationship and builds a deeper, stronger connection.

© Copyright 2011-2025 Integrative Enneagram Solutions | Michael Jones & Jessica Jones

Caring for yourself

While caring for your partner is an essential part of the commitment and the success of your relationship, as the saying goes: "secure your own oxygen mask first". In other words, to care for your partner, you also need to care for yourself. Caring for yourself allows you to bring your best self to the relationship. While you cannot coerce your partner into caring for themselves, you can support them in the process.



Michael as a Type Seven, in caring for yourself, remember that it is okay if you are not okay.

- Notice that you might be missing out on the depth of an experience by anxiously anticipating 'what's next?' or you find yourself getting easily distracted by things happening around you. Keep pulling your attention back to the present moment when your attention begins to wander, or you start looking for better places or better conversations. By being present with your partner, you open yourself up to more exciting and enriching experiences together.
- Learn to appreciate the process of slowing down and quieting your mind through meditation, exercise, journaling or other simple activities such as reading or gardening.
- Practice not putting pressure on yourself to entertain others, remain optimistic, or be energetic in social situations. Notice and reflect on how you feel and what discomfort or negative feelings it brings up by 'just being'. Journal or discuss these feelings with your partner, keeping in mind that being grounded and still won't trap and limit you and instead, might allow your most authentic self to emerge.



Jessica, as a Type Three, in caring for yourself, remember that it is okay if you are a work in progress.

- Consciously work to get in touch with simpler pleasures rather than pursuing the pleasures that you think signal success. Savouring a cup of coffee in the early hours of the morning, having a warm bath, getting up early to watch the sunrise with your partner, etc.– this is not time wasted with an idle mind, but time that's necessary just to be present and connect. If you're constantly running full steam ahead, you forget to notice the small things along the way.
- Notice when you are portraying an image of how you think you need to be to forge positive connections with your partner. Your partner appreciates and loves you for who you are, not for your accomplishments. Challenge yourself to be impulsive with your real thoughts and feelings. Consciously make room for 'just being' without living up to an ideal image and remember that your partner does not expect you to be 'on' all the time.
- Practice exploring and expressing your true feelings, regardless of how uncomfortable it feels at the time. Discomfort is a signal that you're vulnerable, and it's a crucial part of forging connection. By being real with yourself and your partner, you create the opportunity to build a safer, more sustainable foundation for your relationship.

© Copyright 2011-2025 Integrative Enneagram Solutions | Michael Jones & Jessica Jones

Strain Profiles

09 Jan 2022 (outdated)

09 Jan 2022 (outdated)

Your strain profile reflects your subjective sense of how much stress you experienced at a point in time. In a relationship, a strain profile offers a simple life check-in and a way to open up a conversation about areas of potential tension. Remember that our experience of stress is personal and subjective – what causes strain for one partner may not have the same impact on the other. Partners experience and report strain differently; this does not reflect how much strain you are experiencing in reality, but simply how you are coping. As a couple, your collective strain indicates areas where you may need to relieve pressure and where one partner might support the other.



OVERALL STRAIN

The level of overall strain is an aggregate of the six strain categories below, which gives you an average, big-picture view of strain.



ENVIRONMENTAL STRAIN

How you feel about your work and life environment, including safety and security, comfort at home and your sense of belonging in your local community.



VOCATIONAL STRAIN

How you feel about your career choices and work, focusing on strain and satisfaction at work and the quality of professional relationships.



INTERPERSONAL STRAIN

How you feel about your relationships with close friends and family, the support you receive and what you get out in return.



PSYCHOLOGICAL STRAIN

How well you are coping with your current circumstances; your overall levels of personal wellbeing, optimism, anxiety or stress and whether you are getting sufficient sleep.



PHYSICAL STRAIN

How healthy and physically strong you feel, including weight and fitness levels, wellness and energy levels and perception of your body.



HAPPINESS LEVEL

How positive and satisfied you feel, reflecting your general sense of emotional wellbeing and happiness in your life as a whole.

© Copyright 2011-2025 Integrative Enneagram Solutions | Michael Jones & Jessica Jones

Communicating as a couple

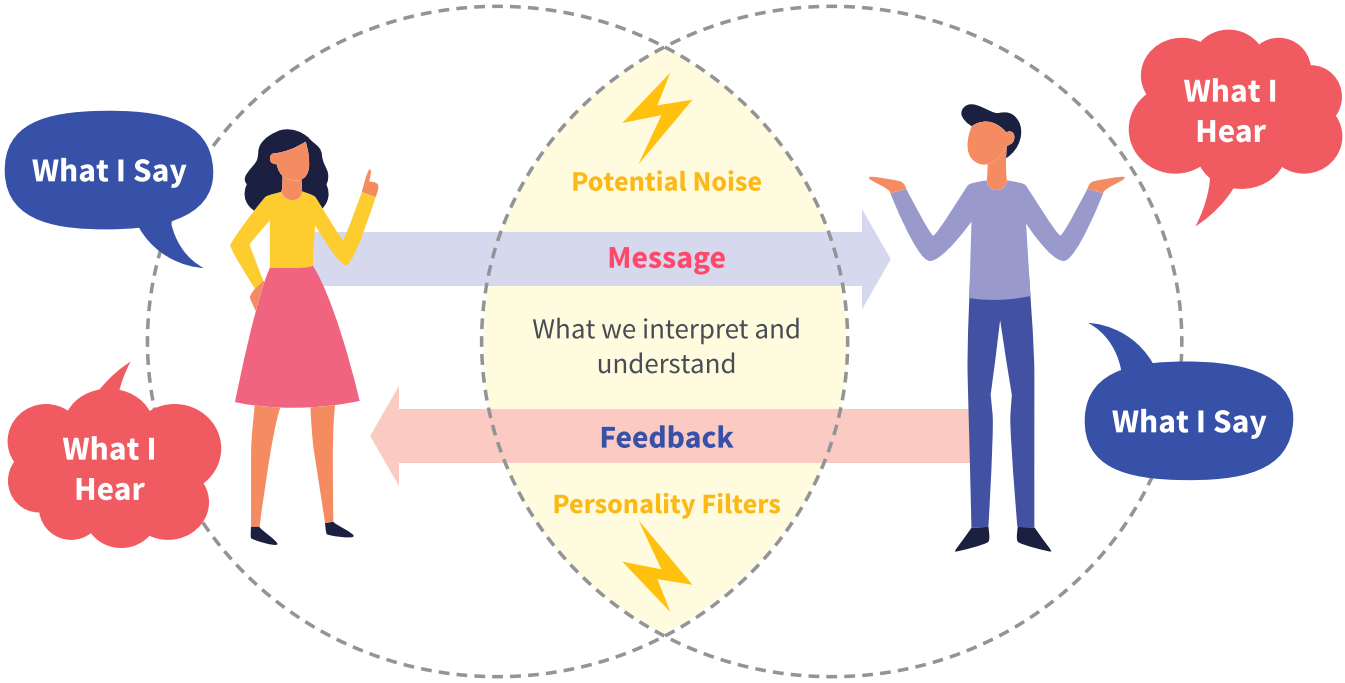
In a relationship, communication is critical – it is the way we connect with each other, express our needs and share our secrets, hopes and dreams. It can also be the source of frustration and tension for some couples.

Do you ever feel that your partner just isn't getting what you're trying to say? Many breakdowns in communication happen when we interpret our partner's words and actions through our own filters, instead of trying to understand their unique view of the world. When we are stuck in our own beliefs and not tuned into our partner's reality, we may hear messages that they did not intend, we make up our own stories, and we take offence and tend to disconnect. Before we know it, we find ourselves in a conflict.

Each of us has personal filters and styles that influence not only how we talk when we communicate with others (encoding what you want to say), but also the meaning we attach to certain words or ideas other people use and, therefore, how we listen to and interpret what our partner is saying (decoding what is being said).

In addition, communication is much more than words; it is estimated that other factors – your tone of voice and body language – make up more than 70% of communication.

There are many factors that influence how we communicate, including some beyond your control - such as your partner's mood or distractions in the physical environment - creating potential 'noise' that further confuses the communication between the two of you. We suggest ways to alleviate this, to be more present during conversations, and to calm the noise between you.



© Copyright 2011-2025 Integrative Enneagram Solutions | Michael Jones & Jessica Jones

When TALKING to each other

As a Type 7, **Michael**…

Your communication style is likely to be fast-paced and enthusiastic, optimistically seeking and envisioning fun-filled adventure.

Your underlying message: **Let's keep this interesting, positive and moving!**

Your gifts in communicating include being warm, spontaneous, talkative and open, offering options and possibilities that are both entertaining and thought-provoking.

When talking to Jessica, you tend to enjoy exploring many different possibilities and often suggest other, new opportunities and experiences.

When you feel too uncomfortable or frustrated, you may quickly change the subject to a more joyful one or dismiss the issue. This could make Jessica feel that you are not listening to her or taking her concerns seriously enough.

As a Type 3, **Jessica**…

Your communication style is likely to be specific, clear and to the point, focused on motivating others and achieving success.

Your underlying message: **What is the expected outcome?**

Your gifts in communicating include sharing your ideas and thoughts in an efficient, confident, clear and solution-orientated way, usually looking for the best outcome.

When talking to Michael, you tend to take a more active role, sharing your thoughts and ideas on getting things done and working towards solutions.

When you feel that what you are saying is not being heard fairly, or that you and your partner are not on the same page about an issue, you may try to win Michael over with logic, which may make him feel incompetent or undervalued.

Communicating through your preferred Center of Expression

Communication can also be explored through your Centers of Expression; as these fundamentally influence the way you interpret what your partner is saying and what you are hearing.

Michael, with your preferred Center of Expression being the Feeling Center you are likely to…

- Talk in a way that is sensitive, empathetic and receptive, tuned into feelings and emotions.
- Be very aware of the way you say things and what words you use to build a deeper connection with Jessica.
- Rely a great deal on how you feel, which may lead to you coming across as overly emotional or sensitive.
- Enjoy having authentic, honest and meaningful conversations, often trying to find words that are uplifting for Jessica.

When you are overwhelmed, under stress, or over-using your Feeling Center, you could feel over-sensitive to the point of feeling victimised, which is not always the reality. This could lead you to become more emotionally expressive towards Jessica by telling her why you feel hurt, pain or betrayed. You may at times suggest that Jessica is responsible for you feeling this way, which could lead to her feeling manipulated, bullied or blamed.

Jessica, with your preferred Center of Expression being the Thinking Center you are likely to…

- Talk in a way that is precise, specific, confident, structured and rich in detail, focused on understanding ideas.
- Be very aware of what you say to ensure that your partner interprets your words the way you intended.
- Rely a great deal on logic and reasoning in your communication, which may come across as detached or uncaring.
- Enjoy exploring ideas, trying to make sense of the world and your relationship based on facts and your partner's thoughts.

When you are overwhelmed, under stress, or over-using your Thinking Center, you could overcomplicate conversations by becoming too nit-picking about what is being said; wanting to over-explain what you truly mean or over-analysing what Michael said. You may also start to question Michael's intentions as a way to clarify what was said. This could lead Michael to experience you as being argumentative, judgemental or criticising.

© Copyright 2011-2025 Integrative Enneagram Solutions | Michael Jones & Jessica Jones

When we LISTEN to each other



As a Type 7, **Michael**…

You may find it easier to listen to Jessica when she talks in a more joyful and positive way. More serious, disheartening or negative conversations are uncomfortable, and you may prefer to circumvent or shut them down.

Actively listening to Jessica and being fully present in the moment, regardless of the circumstances, could offer you just the spice of conversation you might be looking for.

Not listening to Jessica's more difficult and tough conversations could make her feel that you are uninterested in what she has to say.



As a Type 3, **Jessica**…

You tend to show more interest in listening to Michael when you perceive the information he is sharing to be of value to you and others.

Over-focused on what you need to do, you may pay limited attention to what others have to say, become impatient when Michael is talking, looking out for the punchline and the purpose of the conversation.

Being too focused on making conversations quick and relevant, you may seem emotionally distant or abrupt with Michael.

Listening through your preferred Center of Expression

Explore how your dominant Centers of Expression influences our listening. Gain insights about how you interpret what your partner is saying and what you hear.



Michael, when listening from your **Feeling Center**, you are likely to…

- Be deeply engaged and involved in the conversation, very aware of Jessica's emotional state.
- Listen for her expressed feelings, responding empathetically and not be too focused on the facts and details or give a strong opinion on the choices she needs to make.

When feeling being overwhelmed, under stress, or over-using your Feeling Center, you may become distracted by the 'heat' of the conversation and the flood of emotions you feel. This could lead you to misread, block out or misunderstand what Jessica is actually saying. You might also over-empathise with her, making her feel unheard or at worst, patronised.



Jessica, when listening from your **Thinking Center**, you are likely to…

- Reflect deeply and listen intently, analytically and objectively to what Michael is saying.
- Listen more for facts, potentially not focusing too much on how something is being said or taking much notice of what emotional state your partner is in.

When feeling overwhelmed, under stress, or over-using your Thinking Center, you might start over-analysing and over-rationalising Michael's words. You may divert the conversation into the detail of what is being said, rather than the actual issue. This could make him feel that you are not hearing what he has to say, coming across as you being insensitive, or uninterested.

© Copyright 2011-2025 Integrative Enneagram Solutions | Michael Jones & Jessica Jones

Being present and calming the noise between us

Michael, you can reduce 'noise' and be more present by…

- Slowing down and opening to being truly focused on and interested in Jessica, especially during times when she needs to quieten down, reflect and have more intimate conversations, just with you.
- Spending time with Jessica, savouring the moments of joy and spontaneity, including when things don't go the way you intended. See if you can discover how both good times and not so good times can offer you gifts of feeling free and fulfilled.

Jessica, you can reduce 'noise' and be more present by…

- Listening with the intent to listen, and not immediately rushing to improve, action a positive outcome, or do something about whatever Michael is sharing with you.
- Acknowledging that being efficient and competent within the relationship is not your responsibility alone. Recognise that you are a team and ask Michael to also come up with answers, encouraging him to take the lead from time to time.

Enhancing our conversations

Continue bringing your optimism, engaging nature and focus on what is good into your conversations with Jessica.

By doing this, you invite Jessica to explore different options and possibilities with you, which could meet your immediate and future needs as a couple, shaping your conversations to be inspiring, stimulating and motivating.

Practice slowing down and inviting Jessica to fully share what she feels and thinks about any given situation, asking questions and actively listening to her responses.

Focus on creating a patient and relaxed presence that may encourage Jessica to listen more to what you have to say and feel more open to express herself.

Continue sharing your ideas and thoughts with Michael in a clear and confident way, humbly inviting him to also share his thoughts and ideas.

By actively listening and continuing to show interest in what Michael has to say or feels, he might feel more reassured, included and more inclined to share future thoughts and feelings with you.

Practice being present and listening attentively to what Michael has to say and also to the tone in which he says it.

Focus on ensuring that he receives the time and space needed to share his ideas. Encourage him to contribute to your overall conversation, even when it's 'small talk', realising that every conversation does not need to have an outcome or purpose.

The Enneagram can help you understand your own communication style as well as your partner's, reducing miscommunication and hearing each other more clearly. When you experience a breakdown of communication in your relationship, try to remember that it may be a misunderstanding. Slow down, assume positive intent, take time to clarify and to understand the other person's point of view, without your filters getting in the way. Being more mindful of how you talk and listen to each other will not only enhance your conversations; it can also encourage a deeper appreciation of each other's viewpoints, concerns and perspectives.

© Copyright 2011-2025 Integrative Enneagram Solutions | Michael Jones & Jessica Jones

Decision-making as a couple

Life as a couple may at times seem like endless decision-making. When we are single, our decisions are mostly made on our own, but when we enter into a relationship, this changes. As a couple, many decisions will affect you both, so you need to move to joint decision-making. That means learning to compromise and integrate your styles and preferences. Of course, not all decisions must be made together, and different Types will have different preferences regarding the degree of independence or interdependence they are comfortable with in the process. Whether you are actively making decisions together or considering one another in individual decisions, there are relatively few that you should make on your own. To maintain a healthy and collaborative decision-making process, each partner must understand the other's decision-making style, as well as the degree of independence the other prefers when making decisions.



Preferences in decision-making

As a Type Seven, Michael, when making decisions, you may enjoy making quick, pragmatic decisions in an optimistic fashion and may quickly check in with your partner, as long as it doesn't slow you down.

When you make decisions:

- You are likely to be flexible, able to adapt in the face of change, challenges and setbacks and typically process information quickly, rapidly making decisions.
- When made collaboratively, your decisions can create exciting new opportunities for your relationship.
- Your quick decision-making style could mean that you miss critical data or move to decisions before doing sufficient analysis. You may leave little time for reflection about a decision, on your own or with your partner. You may also move on to the next decision or task quickly.
- You may value connecting with your partner around important decisions. However, you may struggle to voice your concerns and shy away from dealing with any negative consequences or negative emotions that may arise from a decision.

As a Type Three, Jessica, when making decisions, you are likely to prefer to be relatively independent of your partner, enjoying the idea of putting your competence into practice and making efficient, pragmatic decisions.

When you make decisions:

- You may be driven to be efficient and effective and are likely to make quick, rational and context-specific decisions that you feel will be successful.
- Your focus on ensuring that your decisions lead to achievement may lead to you being somewhat risk averse. You may struggle to share your concerns with others, particularly your partner.
- Owing to your 'results-orientated' nature, you may find it challenging to slow down to discuss and make decisions with your partner, instead typically taking the lead in order to get things done.
- Decisions with a high risk of failure can lead you to shift from being highly decisive to becoming 'frozen' in indecision.

© Copyright 2011-2025 Integrative Enneagram Solutions | Michael Jones & Jessica Jones

Making decisions collaboratively

Jessica and Michael, your different decision-making styles and preferences can cause friction in your relationship. The contrast between Jessica's goal-directed, fast-paced decision-making approach and Michael's preference for idealistic, energised decision-making may sometimes frustrate both of you, but it also offers the opportunity to balance and support each other.

You may share some behaviours and can work to integrate your two perspectives, so that both your styles complement each other. When making decisions, you have the potential to work together dependably and steadfastly, building your relationship on trust and respect for each other.

Jessica and Michael, in your partnership, you are both likely to be positive and assertive; you know how to make things happen and you approach decisions with a 'can-do' attitude. You may have a sense that anything is possible when making decisions, which may lead you to start new projects or make changes without thinking them through. Both of you tend to say 'yes' quickly and work hard in pursuit of your desired outcomes. Over time you may be at risk of over-commitment and burnout.

Jessica, you should bear in mind that you may have a preference for fast-paced and assertive decision-making that will lead you to success. You may make decisions to take on roles, commitments or responsibilities to maintain your image. This may trigger Sevens who may not value achievement and image as much as you do and tend to fear feeling trapped by decisions that may limit their scope of future opportunities, to resist what they don't find enjoyable.

Michael, you should remember that your flexible decision-making may lead you to be future-focused and approach decisions with broad strokes. Threes likely appreciate your positive outlook; however, they may become frustrated if they think that you aren't taking your decisions as seriously as they would like or if you don't take the most systematic or efficient approach. Threes like Jessica tend to be driven by the desire to be successful, and any signals that you are not as motivated as them or are wasting time and resources by doing something inefficiently may cause them anxiety.

In a healthy partnership, an effective decision-making process enables you both to pursue practical action while also seeking fulfilment.

- Jessica, you might consider allowing Michael's fun, affirming style to support you in relaxing and putting things into perspective when making a decision.
- Michael, you might draw on Jessica's pragmatism and efficiency to balance out your more spontaneous decision-making style.

© Copyright 2011-2025 Integrative Enneagram Solutions | Michael Jones & Jessica Jones

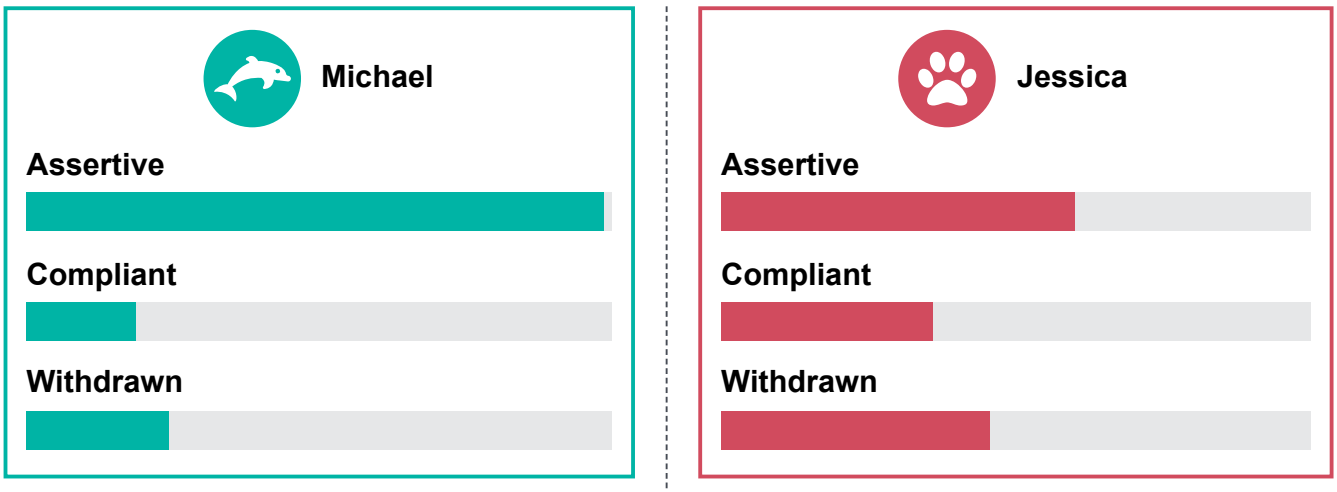
Social Styles

Our Social Styles influence how we engage with those around us and the strategies we use to get what we want and need. By understanding your Social Style, you can gain insight into how you navigate your relationship with your partner and those with people in your wider social circle. Understanding each other's Social Styles enhances your ability to interact and engage as a couple, improving both your connection and the relationship.

Each of us has a preferred Social Style, and knowing yours and your partner's can help you to understand each other's needs, allowing you to feel energised and engaged, especially when they differ.

ASSERTIVE STYLE	• **Feel energised and engaged when able to discuss and debate.** • Have an internal drive to take charge and directly pursue what we want.	*I would like you to…* ***"actively listen to what I am saying"***
COMPLIANT STYLE	• **Feel energised by being clear, courteous and well-mannered.** • Have an internal drive to follow the rules and do things correctly.	*I would like you to…* ***"invite me to speak as well"***
WITHDRAWN STYLE	• **Feel energised by having space and spending time to reflect.** • Have an internal drive to connect deeply with their thinking and feeling.	*I would like you to…* ***"provide me with time and space to reflect and respond"***

Your Social Styles profiles



Michael and Jessica, as you share an Assertive Social Style. You are likely both energetic, extroverted, independent and often quick to assert your ideas and opinions.

In the relationship, you are both likely to be actively involved, not afraid of speaking your mind or taking charge of situations. Both are likely to push to make things happen or to be heard.

© Copyright 2011-2025 Integrative Enneagram Solutions | Michael Jones & Jessica Jones

What this means in your relationship and social circles

Given that you share an Assertive Social Style, Michael and Jessica, your relationship combination generally brings powerful synergy and shared gifts of purpose, intent, action and drive.

You may experience an energising, joyful and exciting relationship, both approaching the world with an active, go-getter energy. Both partners are capable of being bold and direct, and you may appreciate the fact that your significant other is not easily intimidated by your strength and assertiveness. As a couple, you are likely to present a convincing, competent front and have a way of making things happen for yourselves and others in your circle. As Assertive types, you are likely to share a belief that you can resolve any problem, threat or obstacle by applying your will; this shared determination leads you to back each other with confidence.

In social groups, you may both be outgoing and extroverted at gatherings, generally confident in meeting and when interacting with people. You are also both likely to actively seek out adventure and exciting experiences, potentially leading to quite a full shared social calendar. A love for interesting and engaging conversations makes you likely to drive discussions toward invigorating topics, and you may be popular guests or 'the life of the party'. However, you may also find yourselves working the room to your advantage; if either of you finds yourself in an unstimulating situation or conversation, you may mentally or physically check out.

However, Michael and Jessica, leaning too heavily into your Social Style and not accommodating each other could lead to tensions, even though they are the same. You may both see confrontation as a healthy way of getting to the point, getting things resolved and getting things done. Your philosophy tends to be that good things come to those who actively go after them. Feeling liberated in this equally assertive partnership, you may become overly assertive with each other, demanding that your individual needs are met.

As you both appreciate being heard and having the freedom to assert yourself, the challenge arises when deciding who speaks first and who listens to whom. To avoid this, provide each other with airtime and listen well. Both should work to truly hear what your partner has to say, be it in a private conversation or within social groups.

The joint journey of growth



Michael & Jessica,

How can you help your partner?	You both are independent, energetic and enjoy taking charge, but you also may need reminding to slow down and take a breath. Focus on loving, valuing and appreciating your partner's inner vulnerability and tenderness, not only their strength, and allow yourself the same appreciation. Allow your partner to express themself and appreciate their need for autonomy.
What can you learn from your partner?	Share your frustrations and fears with each other and learn that being vulnerable, slowing down the pace and allowing yourself to trust your partner and others to take charge does not translate into you being insecure or timid. Learn to lean on your partner and share the lead, knowing that they support you with equal comfort and confidence. Learn to be more compassionate with yourself and each other.
How can you move towards your partner?	Become more present with each other and your friends in the here and now, instead of focusing on the destination or outcome. Slow down to enable yourself to truly connect and step into each other's heart space and share your feelings. Consider each other's perspectives, hearing your partner out and asking what they think. Connect more deeply to each other, focusing on sharing your opinions equally and making decisions collectively.

© Copyright 2011-2025 Integrative Enneagram Solutions | Michael Jones & Jessica Jones

Managing conflict consciously

The likelihood of occasional conflict in a relationship is inevitable. While many might focus on the frequency and nature of these conflicts, equally important is how you both behave during them and what fallout results. When handled in a healthy, mature way, conflict can actually be good for the relationship, resulting in greater understanding, growth and development.

To understand the conflict process within a relationship, it is important to see that conflict is a dance between two perspectives, with missteps and choices on both sides. This section of the report walks you through three stages of conflict, to help you understand yourself and your partner's responses better and therefore, manage conflict in healthier ways.



What upsets you?

Our Enneagram Type influences what we are sensitive to, which means that you and your partner may be triggered by different circumstances, behaviours and events. You may sometimes find it difficult to understand why certain things upset your partner so much when to you, it isn't an issue. By becoming more aware of each other's triggers or sensitive points, you can deepen your understanding of one another, and move towards greater compassion and empathy.

Michael, as a Type 7, you can be triggered by feeling controlled, confined or restricted by Jessica. You may get upset when you feel she does not take you seriously, or is being dismissive of your feelings and ideas. You are also likely to be triggered if your optimistic view is attacked or if Jessica is negative, dragging you down.

When upset, Jessica is likely to experience you as…

- Impatient, restless or distracted, looking for something more positive and pleasant to do or talk about.
- Quick to state your case, justifying and rationalising your way of thinking and your behaviour.
- Acting superior, more judgemental, critical or disapproving of her.

Jessica, as a Type 3, you can be triggered when you feel that you are being judged as not being good enough or accused of dishonesty. You are also likely to become upset if you feel that you are being blamed for not acting in Michael's best interests or failing the relationship, even though you believe you work hard to support Michael.

When upset, Michael is likely to experience you as…

- Suppressing your real emotions and putting up a façade that the issue is smaller than it actually is.
- Remaining silent, or becoming overly abrupt and to the point in your responses.
- Overly focused on what 'needs to get done' and on doing it yourself.

© Copyright 2011-2025 Integrative Enneagram Solutions | Michael Jones & Jessica Jones

What happens when you are triggered?

Each Type tends to default to a specific strategy when triggered and feel the need to defend themselves. Your responses, when triggered, can not only block you from really connecting to your partner, but they can block you from resolving your issues authentically.

Michael, when triggered, you protect your self-image by reframing setbacks and negative experiences into positives, useful or for good. You pretend hurtful feelings don't affect you and you believe you are okay.

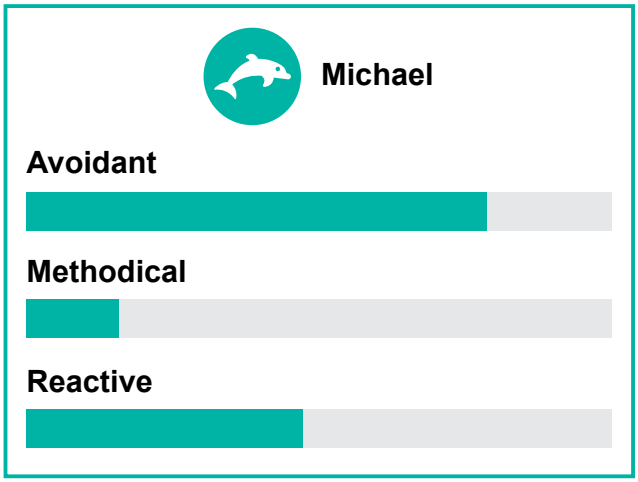
You may come across as flippant to Jessica when she feels you are not taking issues seriously or see how quickly you avoid the problem.

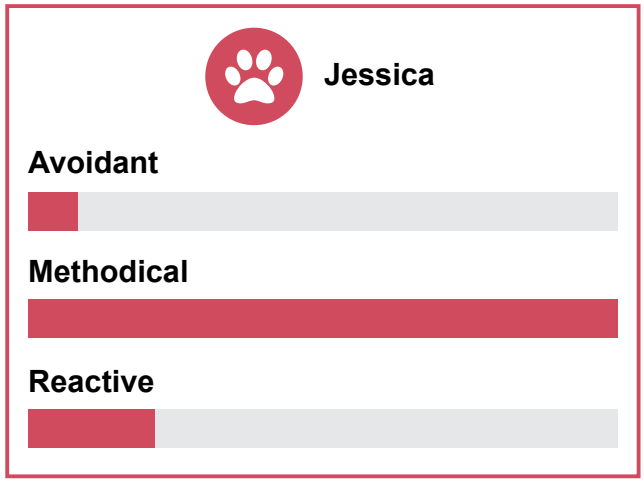
Jessica you can over-identify with your achievements to the extent that you believe "I am what I do". Any negative feedback or judgement on your performance feels like an attack on the value of your being. You quickly switch topics to portray a more positive image of yourself, as you try to get out of a difficult situation.

Your competitive nature and strong drive to succeed may make Michael feel like he has to lose for you to win. When triggered, you may not hear the honest feedback Michael gives you.

How do you approach, process and react to conflict?

When we experience conflict, when things are not going well, or when things are not going our way, we each have our own style of processing and reacting, which is our Conflict Style. The Enneagram describes three Conflict Styles: Avoidant, Methodical and Reactive.





Michael, with an Avoidant Conflict Style, which means you are likely to focus on escaping the situation or reframing and rationalising the problem in an attempt to make it go away. Walking away from conflicts or concentrating on the positive side saves you from having to confront the person, feeling or problem head-on.

You rely on a positive outlook to avoid or escape problems, even denying them at times and turning your focus to helping Jessica find innovative solutions to challenges she may see as unsolvable.

Jessica, with an Methodical Conflict Style, which means you are likely to repress your feelings and approach problems systematically, focussing on the task at hand. Repressing your feelings allows you to keep a cool head and resolve the issue in a logical way.

You rely on a practical approach to conflict, wanting to solve it in an efficient and effective manner. You may expect Michael to approach challenges in the same, logical way.

© Copyright 2011-2025 Integrative Enneagram Solutions | Michael Jones & Jessica Jones

Noticeable phrases you may use are:

"Let's look on the bright side!"

"We can and will get through this!"

"What do you think is a reasonable way to deal with this?"

"Let's make a plan. Let's fix it. How can we do this together?"

When in a healthy state…

When in a healthy state, you may experience stimulating and thought-provoking conversations as you face conflict or challenges together. Both are inclined to envision different scenarios and solutions while also appreciating and acknowledging each other's role, thoughts and feelings. With Jessica's ability to objectively focus on the problem at hand, and Michael's optimism and receptivity towards Jessica's thoughts, synergised conversation can be established. Based on the objective reflections of Jessica, and Michael suggesting new ideas to explore, together you make informed decisions on how best to resolve differences in ways that are both practical and inspiring.

When you are under pressure or strain…

When you are under pressure or strain, you may fall into a pattern where negative emotions are overly suppressed, and problems are not entirely resolved, a pattern which could prevent real issues from being deeply discussed or sustainably resolved. When in conflict, Michael seeks to deny that any serious problem exists, and Jessica focusses on resolving the problem without consideration for feelings. Both partners may become more stubborn and unapproachable, leading to possible feelings of criticism, rejection and apprehension. You might experience frustration and the feeling that you are working at cross-purposes.

Managing conflict as a couple

Your unique combination of Conflict Styles has its advantages and challenges. Balance the gifts and shortcomings of your Avoidant-Methodical Conflict Styles by slowing down and connecting to your emotions about an issue, including the negative ones, and voicing your true opinions rather than rushing to find solutions.

Michael, allow yourself to acknowledge that there is a problem and honestly share how you think and feel about it. Take time to truly hear and reflect on Jessica's feedback and responses, as this could help her be more trusting of your point of view, and thus respond to you more positively.

Jessica, allow yourself to express your view of the actual problem from a more positive perspective, still including the facts and reality but also acknowledging Michael's discomfort. This could help Michael experience your feedback in a more positive light, and respond to your suggestions more willingly and authentically.

By doing this as a couple, you could find ways to resolve difficult situations with more understanding and compassion, which will bring you closer to each other.

© Copyright 2011-2025 Integrative Enneagram Solutions | Michael Jones & Jessica Jones



Enneagram & Life Experiences

When we think of relationships, we tend to associate them with romantic concepts such as soulmate, passion, love and loyalty, and we often don't stop to think about the significant impact the more mundane tasks of life - going to **work**, navigating joint **finances**, building a **home** and **parenting** - have on our happiness or frustration.

In this section, we unpack these areas of life, including the sensitive topic of **emotional intimacy** and the part that separates a relationship from a friendship: **affection** and **sexual intimacy**. In other words, we will explore how you live together and connect in the closest way that you can.

No road is long with good company.

TURKISH PROVERB

Connecting intimately

Intimacy is one of the things that defines romantic relationships as different from any other. Intimacy comes in various forms, including emotional, physical and sexual, each representing a different way to connect with your partner.

For real intimacy to occur, partners must be willing to reveal their true selves and acknowledge their partner's true self in a way that is caring, honest and tender.

When both partners are willing to be open and vulnerable and to communicate compassionately, couples can deepen their intimacy, forming a more powerful and authentic connection that nourishes them both as individuals and as a couple.



Emotional Intimacy

Emotional intimacy is when a couple is prepared to take a risk and 'bring down the walls', sharing with each other their innermost thoughts and feelings.

As a Type 7, **Michael** your deepest fear in a relationship may be realising that love is not a state of constant bliss but rather, a journey that is messy, complex, and requires a great amount of sacrifice. The armour you are likely to most often use to protect yourself from confronting this fear is to rationalise any negative feelings about your relationship, or re-frame painful emotions into feelings that are easier to manage. This may prevent you from connecting deeply to Jessica when you try to evade problems and may leave Jessica feeling alienated - like you don't care enough to mend the cracks in your relationship.Being emotionally intimate means taking off your armour and slowing down enough to sit with your emotions and share with Jessica how she is affecting you individually and in the relationship. At the same time, it means reckoning with the fact that it's okay not to be okay, and to share intense and painful emotions with Jessica.

As a Type 3, **Jessica** your deepest fear in a relationship may be that you won't be worthy of love by just being who you are. The armour you most often use to protect yourself from confronting this fear is to create an image or 'mask' that indicates to Michael that you are competent and successful. Your emotions, fears and insecurities are seldom considered a necessary part of this mask, as you may feel that by letting Michael see this side of you, you risk being judged, rejected or perceived as worthless. The pressure to keep up this winning image can prevent you from accessing your real needs and emotions, which may leave Michael feeling disconnected from you, as though there's a barrier stopping them from understanding and engaging with you completely.

© Copyright 2011-2025 Integrative Enneagram Solutions | Michael Jones & Jessica Jones

You might find that when you're particularly anxious or insecure about your relationship, you accentuate the positive things in your life and your mind becomes incredibly busy and distracted, wanting and thinking of more things to pursue. At this point, ask yourself, "If my mind wasn't filled with anxious or anticipatory thoughts, what feelings might I have to deal with right now?". Taking note of these feelings and sharing them with Jessica is a great start. It's crucial to let yourself feel these emotions as they come up, rather than avoiding them and letting them build up, which may have an even greater negative impact on your relationship at a later stage. A good way to challenge yourself to be more vulnerable with Jessica is to notice when you are avoiding tough conversations or making impulsive plans. By committing yourself to having conversations that make you feel uncomfortable, you risk feeling emotional pain and anxiety more intensely but open yourself up to greater connection and joy in your relationship.

Being emotionally intimate means taking off your armour and slowing down enough to feel whatever emotions arise at a point in time, without telling yourself you need to hide your less glamorous feelings from Michael, choosing to share more 'acceptable' negative emotions rather than admit to what you're really feeling (e.g. "I'm just stressed at work", rather than "I feel neglected by you and I need some affirmation"). An effective way to challenge yourself to be more vulnerable with Michael is to notice when you are trying to 'think and do now and feel later' to repress your feelings. When you find yourself hustling to prove to Michael that you have everything together, remember that having difficult conversations without trying to fix anything, and showing yourself as you are, without your mask, takes courage. You will find that having the courage to be honest about how you feel with a partner who values you as a person, and not just a performer, will create an opening for you to be truly known and loved.

Physical Affection

Physical affection is a way of relating to your partner in everyday interactions and includes supportive, caring contact such as reaching out to touch your partner's arm or hold their hand, embracing your partner in a hug or giving them a massage. Physical touch reassures and acts as a tangible demonstration of affection.



Type Sevens may enjoy indulging in affection and are likely to take the time they need to explore their desires. They might find themselves often thinking of the future, meaning that when they're affectionate and intimate with their partner they aren't fully present. Type Sevens are typically affectionate and physical but may often be rushed while doing it – for example, their partner may experience a hug on the run and watch as the Type Seven quickly moves onto their next activity. Type Sevens may prefer reassuring contact, such as foot rubs or just touching while watching TV but can become irritated or dismissive if they feel smothered. Their need to plan the next engagement might translate into never feeling satisfied in the moment with what is. Even a spontaneous, fun-filled intimate moment may not be fulfilling enough to a Type Seven, who always wants more. This means that moments of affection become a mental rather than an emotional or physical experience as they may have already imagined or fantasised about it. Type Sevens may struggle to be constantly present in their bodies and their emotions, so in general, physical affection may be a challenge.



Type Threes may desire to be the centre of attention in their relationship so that they can feel loved and accepted. They are likely to appreciate feeling seen and desired by their partner. As a result, affectionate intimacy, especially public displays of affection, might make them feel noticed, loved and appreciated. For example, they may also appreciate their partner reaching out to hold their hand or give them a kiss, whether in the comfort of their own home or out on the town. However, their partners can be aware that impatience may be a barrier to physical connection for Type Threes. They may find themselves feeling conflicted, wanting to receive affection as well as make their partner feel loved, while their internal drive may be taunting them to complete their tasks or activities. Type Threes should work on slowing their pace and prioritising time for intimacy, spending time together and connecting. Type Threes also need to allow themselves to be present with their partner, both physically and emotionally, putting their tasks and to-dos out of their mind for those special moments. This, in turn, could support the Type Three in becoming receptive and aware of their partner, connecting more intimately with them and releasing themselves from all concerns about the inadequacies they think they have.

© Copyright 2011-2025 Integrative Enneagram Solutions | Michael Jones & Jessica Jones

Sexual Intimacy

Sexual intimacy encompasses stimulating, sexual and erotic touch, sexual interactions and lovemaking, and flirting, courting and fantasy.

Type Sevens tend to be curious about new and exciting experiences and may enjoy some sexual experimentation. They can be wonderful sexual playmates and might explore many different sexual interests. When being physically intimate with their partner, a Type Seven's wandering mind may lead them not to be fully in the moment, and they may miss out on the full pleasure of the experience. They may find themselves always looking to the good and positive things in their sex lives with their partners, rather than focusing on what they don't like and enjoy. A Type Seven whose thoughts are elsewhere may make their partner feel unappreciated or rejected. Often distracted, Type Sevens may enjoy pursuing potential lovers or fantasising about sexual liaisons.

The work for a Type Seven lies in becoming receptive to their partner, fully present in the moment and making the commitment to return to this state of groundedness more often than not. They may need to actively remind themselves not to get lost in their heads, thinking about what is coming next or rushing to the 'good stuff'. When fully present in the moment, Type Sevens can be more open to giving equal attention to their and their partner's deep sexual pleasures, longings, desires and emotions. Cultivating presence nurtures and truly enriches the Type Seven's life, as well as their partner's sensuous sexual experience. Type Sevens should come to understand that presence and sobriety do not take away from the pleasure of possibility but instead essentially breathes life into experiences. If they feel unconditionally appreciated and secure with their partner, they are able to explore and connect more deeply in the moment.

Type Threes may believe that love is earned through their achievements. When physically intimate with their partner, a Type Three may disconnect from their own heart's desires and emotions and become goal-directed with the aim of achieving climax (for themselves or their partner). They may also want to showcase their sexual competence, thereby focusing on performing for their partner and on the praise they hope to receive, which could result in them losing connection with the here and now and hold them back from fully experiencing their own pleasure. Type Threes may be reluctant to ask their partner what they want or like best in the bedroom for fear of diminishing their 'successful lover' image. In their fantasies, to alleviate performance anxiety, Type Threes may find themselves enjoying thoughts of sex where they don't need to perform, or where they allow themselves to feel insecure and be led by a partner rather than take charge. Type Threes need to work on the ability to relax, stifle the temptation to perform and tap into their natural range of feelings, which will enrich their sensual experience.

If Type Threes cannot slow down, they will find it very hard to be affected by intimate feelings and allow themselves to be truly vulnerable with their partner. As they relax into just being present to themselves and their partner, they experience the joy of being appreciated and loved for who they are. Fundamentally, the Type Three needs to embrace sex as a space to 'just be', releasing themselves from the outcomes and standards they feel they need to achieve, allowing sex to become about intimacy and mutual care, rather than a way in which to impress their partner.



© Copyright 2011-2025 Integrative Enneagram Solutions | Michael Jones & Jessica Jones

Building Intimacy

Intimacy is a vital component of a healthy relationship. When intimacy is lacking, a relationship can suffer. Maintaining intimacy requires work and attention. Restoring intimacy after it is lost can be a lot tougher than working hard to preserve.

Michael, you may associate intimacy with security and reassurance. As a Type 7, when being intimate and connecting with Jessica:

- Try not to look for endless opportunities. Instead, calm your mind in order to both express and receive love in the moment.
- Challenge yourself to experience raw feelings, rather than just imagining them.
- Relax into your body, become receptive and slow down to connect with your partner.
- Instead of worrying about being bored, focus on the details of your experience, on your partner, and the experience you are sharing.
- Realise that presence IS how we experience the joy and richness of intimacy, and it does not hinder variety.

Jessica, you may associate intimacy with bonding and connection. As a Type 3, when being intimate and connecting with Michael:

- Try not to try too hard and occasionally challenge yourself just to be present and let your partner take the lead.
- Own your own pleasure and experience by practising being more honest with yourself about your true feelings and desires. Also, be open about these with your partner.
- Do not be afraid to ask your partner to express what they want and like best during sex.
- Learn to let go of your to-do list, tasks and goals, and allow yourself to relax and enjoy the present moment.



© Copyright 2011-2025 Integrative Enneagram Solutions | Michael Jones & Jessica Jones

Parenting Together

While a parenting section is included in this report, we do not assume that all couples are parents or even wish to be parents. This section is offered for those who are interested. Whether you use it or not is entirely up to you.



Parenting is one of the most challenging, stimulating, stressful and rewarding roles you can undertake as individuals and as a couple. Taking it on successfully requires not only a whole set of skills and knowledge but also a high degree of self-awareness. Understanding yourselves, your motivations, your behaviours and your reactions is a key prerequisite for making mindful choices about how you engage with and raise your children. When parents understand their own strengths and weaknesses, they free themselves up to respond to the challenges of parenting in the most effective way; ensuring that their children blossom and thrive.

While no Type is more likely to be a better parent than any other, and all nine flavours of parenting contribute uniquely to a family, parents are likely to have varying and unique parenting styles which will impact their children differently. Unpacking your respective values, core beliefs, stories and assumptions about parenting can help you consciously blend and balance your parenting styles into an effective, supportive co-parenting strategy.

Couples who bring awareness and consciousness to their collaborative parenting efforts are likely to become the best possible parenting team. By leaning into each other's parenting styles and being supportive of each parent's challenges, you will experience greater flexibility and more choice as you respond to the challenges and triumphs of this significant role.

Michael...

As a Type Seven parent, your dream for your children may be that they are happy, optimistic individuals who enthusiastically pursue all of the experiences that they desire and lead a full and fulfilling life with no regrets. You tend to encourage them to go after their desires and interests, to take risks, not letting their anxieties hold them back, and believe that anything is possible. You likely hope that they can adapt in the face of challenges, change and setbacks, and remain positive and flexible in tackling new opportunities and possibilities.

Jessica...

As a Type Three parent, your dream for your children may be that they grow into competent individuals who are goal-oriented, successful, strive to be the best that they can be, and also inspire others to achieve. You may hope that they become confident, capable, smart and talented, and are, therefore, accepted within a world that acknowledges success and winners. You motivate and encourage your family to be challenged by and adapt to obstacles, believing that, with hard work, they can do whatever they set their minds to.

© Copyright 2011-2025 Integrative Enneagram Solutions | Michael Jones & Jessica Jones

Michael, one of the core worries that you may have for your children is that they will be limited, unable to escape pain and suffering, feel trapped and can't immerse themselves in opportunities and experiences. You may be tempted to help them overcome suffering and pain by reframing it in a positive and exciting way. You are likely fun-loving and young at heart and can often relate well to your children. You may enjoy stepping into your imagination and are able to enchant your children with fantastical tales or ideas. You may hope to model this love of life to your children as you encourage them to explore the world.

Michael, you are likely to be upbeat, spontaneous and may feel overly responsible for making sure your whole family is happy and having a good time. You may strive to create fun, memorable adventures for your children.

- You may prefer to encourage your family to look on the bright side of life to shield them from pain and negative feelings. Remember to slow down, connect to your feelings and remind them of your emotional depth.
- You may find it important that your children are not limited. Remind your family that you may find opportunities for them and encourage them to explore the world as a way of showing your love.

Jessica, one of your core worries is that your children might experience the pain of failure and do not reach the goals they have set for themselves. You are likely to see their potential and may worry that you will be pushy in encouraging them to make full use of their potential. You may be very involved in your children's lives, throwing yourself into parenting just as much as everything else that you set your mind to. Your children are likely to feel encouraged and supported to be self-driven and achieve their dreams and goals. You may model resilience and adaptability in the face of adversity, encouraging your children to do the same.

Jessica, you are likely to constantly push yourself and your children to be better. You may experience anxiety that stems from the high standards you set for yourself in your every role, be it a parent, partner, friend, or employee. You may encourage your children to set goals for themselves and to believe that with hard work, anything is attainable.

- Remind your children that they are unconditionally loved and appreciated for who they are and not only for what they do or accomplish.
- Intervening on your children's behalf may take away an opportunity for them to build their own resilience and competence. Remind them that you do not want them to fail and want to encourage and support them.

Supporting your partner as a parent…

Michael, you can help Jessica to slow down and be in the moment rather than multitasking, project planning or imagining their future successes. Jessica, learn to really value, admire and respect your children for who they are and not for what they do or accomplish. Michael, challenge your partner to detach from the children's performance, and instead, to focus on acknowledging your children's feelings and opinions. Encourage her to be open-minded to your children's ideas and solutions.

Jessica, you can help Michael to slow down, focus his thoughts, and be present in the moment with your children. Michael, be aware of putting a positive spin on reality and seeing the silver lining rather than a negative truth or experience. Instead, listen to what your children don't like, what they find painful or uncomfortable, and help them realise that life has both joy and sorrow. Jessica, encourage your partner to become more consistent and follows through on his word.

© Copyright 2011-2025 Integrative Enneagram Solutions | Michael Jones & Jessica Jones

Finance as a couple



While conflict about money or finances is one of the most common disputes between partners, most arguments about money are really not about money. Rather, they are often a result of a failure to understand each other's needs and to respect each other's values, goals and habits when it comes to money. As David Rosell says, **"Money can't buy you love, but it sure can tear it apart."**

If left unaddressed, financial issues can add significant stress to a relationship, leading to blame, anger, stress and intimacy problems. While there is no one right way to manage shared finances, communication is vital. Research shows that when couples are able to talk, strategise and share their financial fears and dreams, they improve their relationship's sustainability. To enable effective conversations and to be able to work together towards sustainable financial solutions, you need to understand your monetary needs and what motivates your own and your partner's financial behaviour.

Individual Financial Ideas and Habits

Michael - Freedom, exploring opportunities

You may view finances through your need for freedom. Having money means that you can seize opportunities that interest you without being held back or restrained. Your 'big picture' and futuristic thinking may let you see profitable financial ventures that your desire for financial independence and optimistic confidence allow to pursue rather than being tied down to one financial path. The downside to this is that you may be so blinded by the possibility of something that you invest unwisely or waste money for the sake of feeling free. Challenge yourself to see financial structure as a tool to ground yourself in what you really want and need, rather than pursuing fleeting opportunities.

Jessica - Successful image, achievements

You may view finances through your need for success – when you earn money, you may feel a sense of achievement. You may see money as a way to gain the security you need and maintain the resources and image necessary for you to portray your accomplishments. As a result, you tend to be a savvy and efficient financial planner, able to identify the most effective way to acquire income. While hustling, making money and budgeting may come easy to you, sustainably spending your money can be more difficult. Often, you get caught between spending your money pragmatically and spending money to create a successful image. You may also get caught up in your drive to earn and may find that money becomes your primary motivator. Remind yourself that there is a balance between earning and taking time to rest and rejuvenate.

As a couple, be aware of the following potential strengths and challenges:

You may have a shared positive outlook toward finances and may choose to believe that everything will turn out okay if you work hard enough. You may use your money to achieve an ideal, be it achieving a successful image for you, Jessica, or pursuing freedom and new adventures for you, Michael. Both of you might struggle not to overspend or overindulge in the latest and newest exciting trends.

Be aware of potential conflict between your priorities and spending. While Jessica, you tend to be a workaholic and make practical and clear financial goals, Michael, you may be more opportunity-orientated and more likely to use your money more spontaneously to pursue future prospects. As you tend to be goal-orientated, Jessica, you may become frustrated at your partner's seeming lack of focus and changeability when it comes to financial plans. Michael, you may become frustrated by the 'all work and no play' attitude of your partner when it comes to enjoying your money and investing in exciting opportunities. Explore ways of planning and budgeting together that harness both of your strengths to develop sustainable financial plans.

Be courageous and honest in conversations about money. Do not allow shame and fear to build and prevent you from connecting to and building your shared dreams together.

© Copyright 2011-2025 Integrative Enneagram Solutions | Michael Jones & Jessica Jones

Healthy financial support as a couple

In crafting a strategy for dealing with your collective finances, it might be helpful to consider how you could amplify your partner's gifts and reduce their challenges. By combining your skills and knowledge, you are more likely to find a strategy that is fair to you both.



Michael, as a partner to a Type 3, pay attention to the following:

Enneagram 3 Gifts

- Jessica may enjoy setting financial goals and will work hard to ensure that they materialise. She is likely to have practical financial plans and ways to monitor whether she is successfully on track, or not.
- Innately goal-orientated, Jessica is likely to help formulate and inspire others to stick to and achieve their financial goals.
- Jessica is adaptable by nature and may readily adopt another strategy to achieve her financial goals, should she see that her current strategy is not as effective as she had hoped.

Enneagram 3 Challenges

- Should Jessica focus all her energy and effort solely on achieving her financial goals, she is likely to put herself at risk of experiencing burnout.
- Jessica could become hyper-focused on work and achievement and might struggle to lead a balanced lifestyle and invest in relationships. She may struggle to slow down and celebrate reaching her financial goals, as Jessica tends to rush to set and achieve the next goal.
- Jessica tends to focus on building the image she wishes to show to the world and consequently fall into the trap of disproportionally spending too much on luxury items that she feels might enhance this image.



Jessica, as a partner to a Type 7, pay attention to the following:

Enneagram 7 Gifts

- Owing to his big picture and futurist thinking, Michael may be quick to make a business deal and as a result, may be able to enjoy the financial benefits.
- His optimism may shield Michael from ever being 'down and out' and may drive him to find sources of finance should it be required.
- Michael is likely to be very generous with his financial wealth and will care for and support his loved ones selflessly.

Enneagram 7 Challenges

- Michael may lack attention to detail, which could result in him not being clear on where he is actually spending his money. Though he generally is focused on the future, he may not be very good at doing the hard work to prepare for it, such as saving conscientiously.
- His fear of limitations can result in him overcommitment to financial expenses. In addition, Michael may impulsively invest in an exciting new opportunity without fully thinking through the ramifications.
- Michael may spend recklessly as a way to avoid negative emotions and cope with his stresses, doubts and anxiety.

© Copyright 2011-2025 Integrative Enneagram Solutions | Michael Jones & Jessica Jones

Life at Work and at Home

Each Enneagram Type has its own motivations and, therefore, different priorities about how they want to spend their time, energy and resources. When you are single, these choices are generally yours to make without worrying about anyone else but in a relationship, what each of you prioritises and wants to do with your time can be a cause of conflict.

For that reason, it is crucial that you both understand how you individually and collectively prioritise your life and time, balancing the need to honour what each of you enjoys and views as important, as well as understanding how these impact your relationship and planning for shared quality time together.

Michael, as an Enneagram Type 7 and Jessica as an Enneagram Type 3, these are some of the priorities and desires that you may need to balance and prioritise in your relationship together:

Work-Life

Michael, the endless excitement and opportunity that you see on the horizon often extends into your working world. A hierarchical and rule-driven workplace might cause you a lot of frustration as you strive to be regarded as an equal among your co-workers and believe you can produce your best work when you aren't confined by strict routine and rules. This could mean you are likely to strive to be a part of a flexible, fun working environment, or choose to take on a number of roles or projects simultaneously. You may even feel limited and bored staying on one career path for years on end, and may frequently leave a job behind to chase a new and more thrilling one. The mundane tasks that are an aspect of work may leave you feeling irritated, and you could bring the frustration home and vent on Michael. You tend to need verbal affirmation or other incentives for hard work and can feel highly discouraged when you are handed more criticism than compliments. When you react to stress at work, you could either become increasingly scattered and restless or throw yourself into your work and become quite serious and self-controlled.

Jessica, work is likely to be a sphere of life where you can be recognised, commended, and rewarded for your efforts, unlike the uncertain and less-glamorous sphere of feelings and relationships. Our culture rewards the Type Threes' behaviour and so it might be hard for you to notice when your work habits are becoming detrimental to your relationships. You are likely to feel secure when you can be actively engaged in your work and thus, 'doing' is a form of control for you. Work is the ideal place to exert your time and energy, and you may naturally find yourself gravitating toward leadership roles. As a result, you may risk your work-life invading your home-life if your work is an important part of your identity. Thus, any professional threat (like a layoff, illness, or a failed project) is incredibly stressful for you and can leave you feeling like you've lost a considerable piece of your identity. When you engage in 'workaholic' behaviours like working for longer hours than necessary or bringing work home, your relationships are likely to suffer. If your partner doesn't understand your need to be successful, you could become resentful.

***Michael**, you need to encourage Jessica to take time away from work to prevent her from burning out while trying to be a brilliant partner, a brilliant friend and a brilliant professional. Michael, taking a genuine interest in what your partner is dealing with at work can open the door for conversations that allow her to see that she is more than just her work. This could involve emphasising her positive relationships at work, reminding her of where she has been successful, and appreciating her for the treasured contributions she has made outside of work (in realms such as family and friends).*

Jessica**, you could encourage Michael to develop staying power and commitment at work by noticing when his thoughts are becoming increasingly scattered, and he is imagining new ways of escaping an uncomfortable situation or project at work. Gently suggest that he slow down and focus on one thing at a time.* ***Michael, by reflecting on your values and finding a line of work that keeps challenging you, you might find that delving deeply into a task or long-term project becomes a meaningful and interesting adventure in itself, rather than just work.

© Copyright 2011-2025 Integrative Enneagram Solutions | Michael Jones & Jessica Jones

Home-Life



As a Type Seven, Michael, you typically want a space that is both warm and inviting enough to host guests, and comfortable and cosy enough to be a place where you can relax and unwind. In your entertainment spaces, you generally strive to make your guests feel relaxed and happy. Your personal space might not be consistently neat or organised, but you'll put more effort into organising and decorating shared spaces. Chores will likely cause you to feel frustrated and impatient because they seem boring and prevent you from doing things you enjoy. You often avoid chores until they have to be done. When you can't bear a mess any longer, you might have intense, energetic cleaning-and-organising sprees. You generally have a firm idea about how you want to spend your day, which usually involves a combination of plans with friends and family and free time for spontaneous activities. You tend to be full of energy and often enjoy hosting guests or going out to find fun and adventure. One thing you're probably sure about is that you don't enjoy extended periods on your own or being coerced into doing something you don't want to do. You are probably open to trying new food, but won't be disciplined in following recipes even if you love cooking.



As a Type Three, Jessica, you're likely to want your home to fit the image of what you define as success, whether this be a glamorous and extravagant home, or a more modest nest that demonstrates your achievements in a subtler way (with the latest technology or luxurious, tasteful interior). When committed to homemaking, you tend to put tremendous energy into it, and feel most at peace when everything is in its 'right' place. You put great importance on getting things done and are likely to have a routine that gets chores done as quickly as possible. You may be frustrated if your partner or family members fail to keep up with these routines and meet your expectations. You often find it difficult to disconnect from work completely once you're home and may benefit from scheduling your weekend with activities that distract you from work. When you aren't fulfilling commitments, you often enjoy socialising, engaging in some form of exercise, or working on a side project. When it comes to food, you tend to see food as fuel. This doesn't mean you don't find pleasure in it, but you might plan your meals for the week ahead and find the quickest ways to prepare them. You may also focus on eating in ways that support your health and appearance, leading to diets or eating plans.

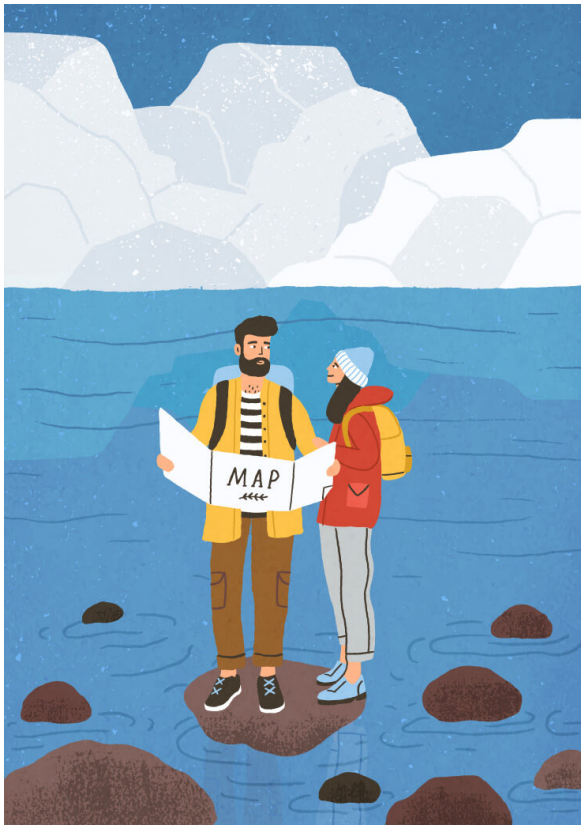
Integrating work-life, home-life and everything in between…

Jessica and Michael, as a Type Three-Seven couple, you both have ambitious ideas of what a great life looks like and will direct your time and energy into pursuing many activities and experiences. You may find it easy to be positive and playful with each other and share your ideas and bold life goals with passion and intensity. This often means that when you're together, you find it easy to have fun and be adventurous. However, you are both likely to neglect quiet time at home together or sharing your deeper feelings, as you tend to prefer keeping things light while the two of you independently engage in plans or projects at work, or with friends and family. You share an overarching goal of personal fulfilment, but Jessica might pursue this through setting work goals and devoting most of her time to achieving these independently. In contrast, Michael pursues his passions, whether this be social events, personal projects or independent fun adventures. Both of you could benefit from slowing down and focusing on the present moment. Your challenge is to direct your energy into spending quiet time together (at home or outside of it) and discussing the feelings that arise when your workload is less, or you have agreed on your commitments.

© Copyright 2011-2025 Integrative Enneagram Solutions | Michael Jones & Jessica Jones

Concluding thoughts…

While you have come to the end of this report, it is not the end of your journey as a couple, but rather the start of a new chapter of your great adventure. We invite you to continue exploring your relationship through the lens of the Enneagram with the knowledge that, while the journey may seem long, the lessons learned on the way will fuel and sustain the longevity and health of your relationship.



There is no denying it: creating and maintaining a happy and healthy relationship takes work. The great news is that the Enneagram and the contents of this report offer you insights and a deeper sense of yourself and your partner, which ultimately leads to greater compassion in your relationship. And compassion is one of the most important and enduring foundations upon which to build and sustain a happy and healthy relationship.

As you do this work, remember the three components of the relationship triangle (You + Me = Us) and the importance of paying equal attention to all three to ensure the longevity and health of your relationship. As Aristotle noted: "love is a single soul inhabiting two bodies". Given what you have read in the pages of this report, you might consider:

What seems clearer to you now?

What seems to no longer be so important?

What needs to happen next in your relationship that will make it even stronger?

What daily couple rituals could you implement to support this?

"

The hope for unconditional love is the hope for a different life than the one we have been given. Love is the conversation between possible, searing disappointment and a profoundly imagined sense of arrival and fulfillment; how we shape that conversation is the touchstone of our ability to love in the real inhabited world.
The true signature and perhaps even the miracle of human love is helplessness, and all the more miraculous because it is a helplessness which we wittingly and unwittingly choose; in our love of a child, a partner, a work, or a road we have to take against the odds.

David Whyte - *©Many Rivers Press. www.davidwhyte.com*