Jasmin Sample

03 JUL 2023 | ENGLISH | STRICTLY CONFIDENTIAL



iEQ9 INDIVIDUAL STANDARD

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 are 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 At lower integration, Fives may be withdrawn, antagonistic and aggressively defend their isolation.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.

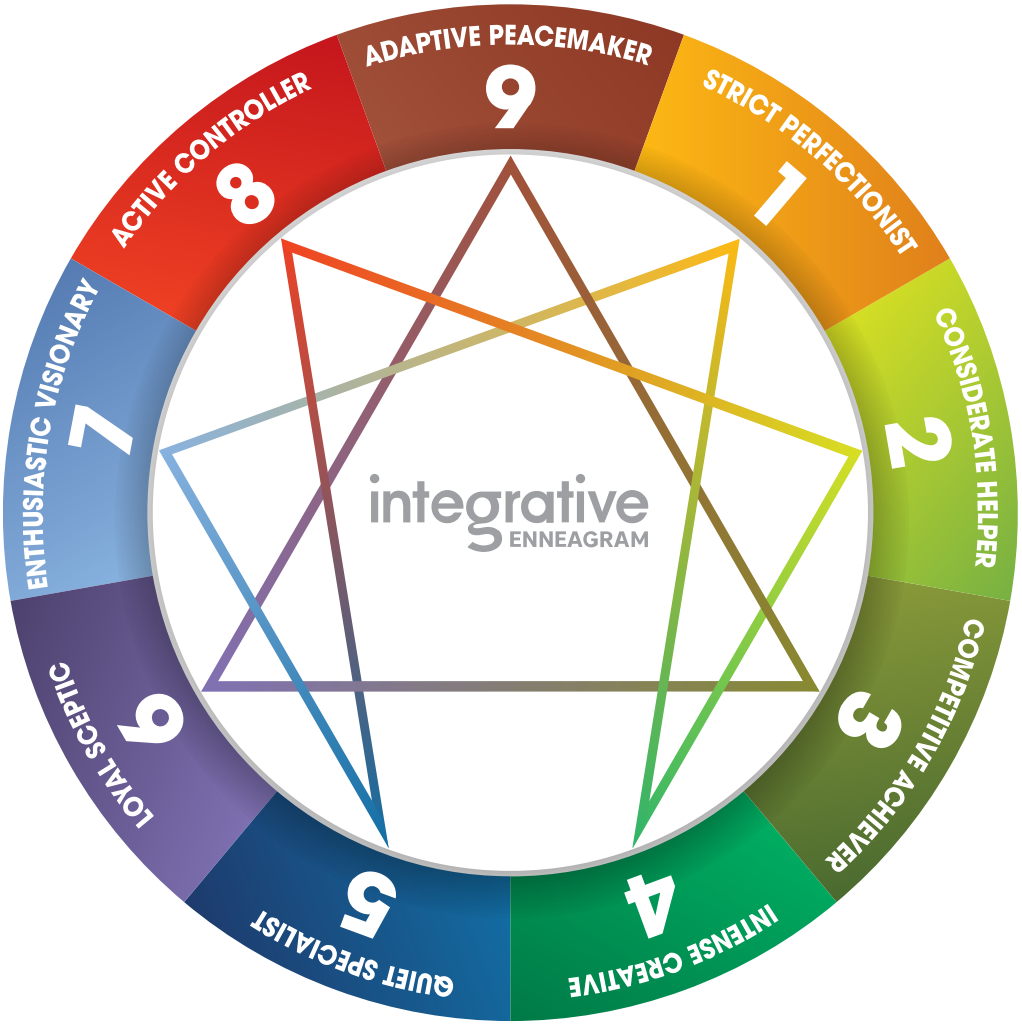
What is the Enneagram?

The word Enneagram comes from the Greek words ennea (nine) and gram (what is written or drawn).
It refers to the nine different Enneagram styles, identified as numbers 1-9.
Each number represents a worldview and archetype that resonates with your core motivations. This impacts on personality as well as thinking, feeling and actions.

The Enneagram is a useful guide on your journey towards self-development, relationship building, conflict resolution and the improvement of team dynamics. It is however not aimed at "boxing", limiting or categorising you. As an individual you are more complex, unique and distinct than your Enneagram style reflects.

While your Enneagram style remains the same throughout your life, the characteristics of your style may either soften or become more pronounced as you grow and develop.

The Enneagram is an archetypal map. It is powerful, practical and rich in the content and insight it offers. You may find that at different times, different aspects of this report will resonate with you and that certain aspects of your style may be more prominent at certain times in your life, or in particular circumstances.





Introduction

This report is aimed at supporting you in the process of self-discovery and development with the Enneagram. If you are new to the Enneagram, it offers you a tool to help you find your place of resonance on the Enneagram. If you are already familiar with the Enneagram, you can use this report as a personal guide to your journey from fixated behaviours to a more liberated, actualised and integrated expression of your purpose and full potential. We highly recommend discussing this report with an accredited Integrative Enneagram practitioner to support you in your understanding the beauty and power of the Enneagram and the application of the report.

The Enneagram and Self-Awareness

The Enneagram helps you to do the hardest part of consciousness work. It helps you to realise, own and accept your strengths and weaknesses. You may therefore find that some of the aspects of this report really challenge you to look deep inside yourself and interrogate the motivations that drive your personality and behaviours. As is the case with reflection and deep self-awareness work, this may lead you to confront and access some aspects of yourself that you love and draw strength from. It may also bring you in touch with some aspects that are more uncomfortable or still need to be explored. When you read something that stirs some discomfort in you, pay close attention as it is likely to hold the seeds for the next step in your development journey.

Using the Enneagram to Develop Yourself

There are many keys to personal development within the Enneagram. Based on your current development questions and personal circumstances, different development paths within the Enneagram may be more or less helpful. On this journey of development, it is often useful to focus on the next step, rather than trying to do everything at once.

Keys to unlocking the potential of this report:

- All development through the Enneagram starts with the journey of self-discovery that enables you to find your type. This report supports you in the process of finding your type, but you will need to take the time to internalise and discover more about yourself for this to be meaningful.
- From within your type, reflect and process the insights that come from a deeper understanding of your motivations, strengths, weaknesses, defences and potential. This is the journey that allows the subconscious to become conscious.
- Once you have greater awareness around your ego-fixations, explore alternative behaviours that are more aligned with your highest intentions and potential. This is called the pathway to integration.
- Work with the insights and development guidelines of your instinctual subtype.
- Develop greater Center balance and intelligence by being present and practising mindfulness.
- If you are currently under a lot of strain and close to burn-out, explore the alternatives and lessons from the line of release for your type and take action to change aspects of your environment that are within your sphere of influence.
- If you are currently bored or in a rut due to a lack of motivation or too much routine, explore the alternatives and lessons from the line of stress for your type.

What you will find in the report

This report contains the following information that will help you understand yourself and your reasons for doing, thinking and feeling things better:

Core Enneagram Type	This section tells you more about the Enneagram style you most resonate with and the likely strengths, weaknesses and worldview associated with this style.
27 Subtypes	This section helps you understand the impact of biological drives on your personality and defines your behaviour more deeply.
Centers of Expression	This section reflects the balance of how you express patterns of thinking, feeling and action.
Wing Influence	The wing refers to the way in which one of the adjacent Enneagram styles influences and complements the expression of your main Enneagram style.
Self-Awareness and Integration	This measure indicates the extent to which you have been able to free yourself from the ego-fixations of your type. It also measures how aware you are of your blind spots.
Strain Levels	This section provides you with a high level view of your subjective experience of your current circumstances and the stress you may be experiencing.
Lines of Tension and Release	The lines connected to your main Enneagram style open pathways for working with the strain you may be experiencing and support your development journey.

Also look out for:



Highlight box with points specific to you.

Detailed Enneagram Description

Your main Enneagram style is not the product of your behaviour, thoughts or feelings. It is determined by the subconscious pattern of motivation that drives your personality, values and vices. Depending on your level of self-awareness, it may be easy or difficult for you to connect to this motivation which often remains largely subconscious until you start exploring it and paying attention to the reasons why you think, act and feel in a certain way.



1 STRICT PERFECTIONIST

Jasmin, you resonate with the Enneagram type 1 which is also known as the Strict Perfectionist

Principled: You want to lead by example and value your integrity. You stand for what is right and good.
Objective: You are able to see and judge details, people and situations objectively, without getting emotional.
Conscientious: You are reliable and responsible. You stick to your word and see things through to the end.
Structured: You enjoy opportunities to structure your world and are naturally adept at organising.
Quality-minded: You have a knack for detail and pay attention to quality and the application of standards.

Motivation

This style stems from the **motivational need to be good or right**. As an Ennea 1 you are likely to value being a good person and as a result self-control, integrity and quality are important to you. You strive for perfection and appreciate standards and structure.

At your best others experience you as inspiring and idealistic. You offer the gift of **dignity** to yourself and the world around you. At your worst others may experience you as judgemental, critical, uncompromising and pedantic. This stems from an acute awareness of imperfections and a sense of not being good enough.

Typical Action Patterns:

- Self-control is important to you. You are likely to be adept at organising, and prefer to work in a structured and systematic way, enabling you to plan and complete tasks reliably.
- Others tend to experience you as responsible, organised, quality-oriented and critical. You work hard and may overwork to meet your own standards. You tend to be thorough and rigorous in everything you do, believing that if something is worth doing, it is worth doing correctly.
- You are likely to be hardworking and conscientious, focussing your efforts on achieving excellence or perfection. These high standards make you take on too much, believing that others will not meet the required level of quality.

Typical Thinking Patterns:

- A desire to live according to the rules may have led you to develop an internal scorecard against which you measure yourself and others. You have a strong sense of right and wrong, set high standards for yourself, and hold yourself and others accountable to these standards.
- Your inner critic is well-developed and you may constantly focus on whether things are right, have been done well enough, and how you can improve them. Your internal dialogue may include a lot of “I should”, “I must” and “I ought to”. This list of what you should or should not do may both stretch and restrict you – once you believe you should do something, you find it quite easy to do so in a disciplined way.
- You may seek out groups that validate and allow you to express less correct needs as a result of that group’s unique rules, using others to justify things that you would otherwise not be able to.

Copyright 2010-2026 Integrative Enneagram Solutions

Typical Feeling Patterns:

- You work hard to keep your emotions under control and although you may experience a lot of anger, you rarely express it. You are more likely to express momentary irritation.
- Your anger may be triggered when you consider how things should be and you may find it difficult to accept the way things are now.
- Your feelings of frustration and resentment are likely to centre on others and the ways they seem irresponsible, and unconcerned with quality or unethical.
- Even though you strive for perfection and are highly self-critical, you intensely dislike it when others point out your imperfections and tend to react defensively.
- When you choose to express anger, it is well thought-through and you are able to justify your objections with a list of grievances and details about past disappointments.

Blind Spots

- You might feel surprised when others interpret your comments as criticism, suggesting a blind spot for the ways you appear critical or impatient, even when trying to be constructive.
- Many Ennea 1s believe they know how things should be and that they have an obligation to fix the flaws they see. As a result, you may overstep your authority or intrude on others' turf.
- You may be unaware of how irritation, anger and resentment show up in body language despite your efforts to control and repress these emotions.
- When you feel certain about an issue, your self-critical nature is silenced and you may become self-righteous and stubborn, struggling to see or accept that others might also have a valid perspective or response.

Worldview

The world is imperfect and you can work towards improving it and improving yourself.

Focus of Attention

You focus attention on distinguishing between right and wrong, good and bad, correct and incorrect.

Core Fear

That there is something intrinsically wrong with you; being defective and "not good enough"

Self-Talk

I must be perfect, I must avoid mistakes.

Gifts

Goodness, Dignity, Wholeness

Vices

Anger expressed as irritation, frustration, resentment and self-righteousness. Hurtful Criticism of self and others for not being perfect.

DEVELOPMENT EXERCISE

You will benefit from recognising, getting to know and finding healthy ways of working with your repressed or unexpressed anger. How easy is it for you to recognise and express your anger in a healthy way?

As your self-mastery grows, you will become more flexible and adaptive; both essential capabilities in a complex world. Can you see and appreciate that everything cannot be judged as black or white; right or wrong?

To be more integrated, learn to let go of the need to control, contain and maintain all the details all the time. What needs to shift in you, in order for you to believe that others are also responsible and conscientious?

Relax the strong voice of your inner-critic. Put some effort into noticing and appreciating what is positive or right about each situation, project or person you encounter. Think of a challenging situation or project - how would you change your approach if you were to leverage more off what is already working or going well?

Notice how your need to be good and right creates physical tension in your body. Learn to listen to the messages from your body. What can you do to let go, relax and connect to the playful and open aspects of your body today?

The Ennea 1 has the following strengths and positive qualities

This section helps you tap into and appreciate the strengths and positive aspects of your Enneagram style. These strengths, when harnessed in a healthy and balanced way will support your wellbeing, goals and relationships. To help you harness these strengths, ask yourself the following questions:

- How can I use this strength to assist me in overcoming my current challenges?
- What habits and behaviours support me in my capacity to harness these strengths?
- How easy or difficult is it for me to acknowledge and appreciate my good, true and beautiful qualities?
- What does each strength look like when over-utilised or applied in an unhealthy way?

The Ennea 1 seeks to live as a model of integrity and to behave in an exemplary manner. This can set the tone for others in terms of quality, responsibility and ethics.

You are very conscientious and when you say yes to a task or take responsibility for something, you see it through to the end.

You probably enjoy and excel when given the opportunity to structure and organise work. Being given disorder and chaos with the opportunity to create practical order and structure is therefore stimulating to you.

Your ability to monitor and regulate your own behaviour is probably well developed. Monitoring how you act and express yourself enables you to distinguish yourself as controlled and particular.

Even though you find it difficult to delegate, when you do so you will be precise and detailed in your instructions; you provide clear goals and guidelines for others.

You are likely to be known as someone with a highly discerning mind. Your alert and observant ability should enable you to zoom in on mistakes, inaccuracies and quality problems.

Your need for perfection may even manifest as an immaculate appearance (clothes, hair etc.) or a particular interest in maintaining your fitness and physique. This drive towards self-improvement may serve you in some aspects of your life.

Even though you are very critical, you will respond positively when you find others who are able to meet your exacting standards. This positive assessment will enable you to trust the person in question with tasks and responsibility that may seem slightly unlike you to people who don't understand your criteria of measurement.

You desire integrity and will uphold ethics and policy in decision making. You may resonate with the need to find an ethical platform on which to construct your life.

Your focus on methodology enables you to emphasise the action aspects of tasks and put emotions aside when necessary. This also facilitates consistency and quality.

Your meticulous approach makes it easy for you to justify and explain your decisions to others.

You are likely to be adept at controlling your emotions.

When you show your emotions openly, you will be able to justify and explain your reasons for these feelings in a lot of details.

The Ennea 1 has the following weaknesses and challenges

Just as every Enneagram type has core strengths, each also has potential areas for growth. This section explores tendencies and patterns that may arise for Ennea 1s, particularly when strengths are overextended or when underlying fears come into play. Understanding these patterns is a key step in harnessing your full potential.

Taking on a huge workload may be one way of keeping busy and disconnecting from your feelings.

You may struggle to delegate and pass responsibility on to others as you believe that they will rarely do it right or as well as you do.

Your need to get it right may also lead to very slow decision making or an avoidance of decisions, in case it turns out to be the "wrong" decision.

Because you prefer self-control to anger and want to act in a manner that is beyond reproach, you may struggle to read the cues of anger effectively. This self-denial may lead to your anger "sneaking up" on you, leading to reactive behaviours.

Relaxing when there is work to be done may be very difficult, if not impossible, for you to do. This inability to relax impacts on you as well as the people around you. It can lead to you being over-serious as well as to compulsive behaviour such as compulsive cleaning, ordering, sorting and planning.

Others can experience your need to get it right as rigid and moralistic. This critical stance in relation to others often impacts on the extent to which people are willing to be proactive and show initiative. Critical energy quickly extinguishes the creative spark in others and does the same thing to your own creativity.

By constantly monitoring your expression and action, you may end up struggling with spontaneity and may end up worrying excessively about details and aspects of yourself that others don't notice and appreciate.

Despite generally being critical, you will very rarely be able to access this if you believe that you are doing the right thing. This may make it difficult for others to discuss a problem with you that you don't see; and can lead to a 'moral high ground' which others fear to tread.

Ennea 1's may have a subconscious belief that love should be earned and that you can only earn love by not making mistakes and being "perfect". This may lead to you also holding your significant others to very high standards which may lead to them feeling judged by you.

Your need to avoid mistakes and get things right can lead to "Analysis Paralysis" and procrastination. In an attempt to perfect things, you may miss deadlines or opportunities to act. It can lead to things taking you longer to complete which in turn may lead to long working hours and work encroaching on other responsibilities.

Your sense of responsibility and desire not to disappoint others is so deeply entrenched that it leads to you pushing through with tasks and commitments you don't want to follow through on, merely because you said "yes" in the past and refuse to go back on your commitment. This can lead to resentment and may act as an undercurrent in tone to significant relationships but will most likely not be expressed.

The Ennea 1 suppresses and denies "bad" emotions. Despite working hard at controlling irritation, resentment and anger in particular, it may be showing up in your body language more than you are aware of. Your sense of self-control may therefore be unrealistic as others are likely to pick up on these emotions anyway. It will therefore still impact on group dynamics, despite your efforts to control these emotions.

The Ennea 1 is quite adept at making others feel judged and found wanting despite having a constructive intent with their feedback – whether this is about lack of responsibility in others or the extent of quality and commitment you show. This may impact on team dynamics in an unhealthy way as well as on people's confidence levels.

27 Subtypes & Instincts

We have three basic instinctual drives that are essential for human experience, all three residing in us as necessary body-based primal forces. They are separate from personality and are behind our life strategies, often unconscious, 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 dominant instinct merges with the main Enneagram type and is then a style called the Subtype. The three basic instinctual drives, namely Self-Preservation (physical survival), One-to-One (relationships) and Social (communal hierarchy) are ways in which we express ourselves in the world and in human interactions.

All three are important for growth and the transformation process. Since the instincts can also affect each other's functions, it is important to work towards attaining maturity and balance of all three instincts, as each plays an important role in all spheres of life (work, home and family).

Jasmin, you are an Enneagram type 1 with a Self-Preservation (SP)

Definitions of the three instinctual goals

Self-Preservation - SP

The primary concern for the Self-Preservation instinct is survival, physical safety, material security, wellbeing and comfort. Behaviour is shaped to focus on safety and security concerns, on avoiding danger, maintaining a basic sense of structure, and on having enough resources. Beyond these basic concerns, the self-preservation instinct may place emphasis on other areas of security in terms of whatever that means for a person of a specific Enneagram type.

Social - SO

The primary concern for the Social instinct is about belonging, recognition, and relationships in social groups. Behaviour is shaped to "get along with the herd" - with family, community and groups of importance. This instinct focuses on how much power or standing one has relative to other members of "the group" in terms of whatever that might mean for a person of a specific Enneagram type.

One-On-One - SX

The primary concern for the One-to-One instinct is with intensity of experience, focusing attention on the quality and status of relationships with specific people. The energy is aimed at achieving and maintaining one-to-one connections, attracting particularly intense contacts and associates. This instinct seeks a sense of well-being through one-to-one connections with people in terms of whatever that means for a person of a specific Enneagram type

A deeper understanding of the SP - 1

Your gift to the world is your focus on what is right and proper and the self-discipline you bring to ensuring your own conduct meets these standards. Others see your good intentions, patience, decency and reliability shine through in everything that you do and experience you as warm, friendly and kind. You are disciplined, organised and will work tirelessly to meet your commitments.

Despite this, worry is a natural companion in your life. You have difficulty with ambiguity and uncertainty and you feel the need to plan, predict and control the future. In particular, you worry about how your own failings and mistakes might impact on the future and this makes it hard to let go and be carefree. You assume that the world isn't a forgiving place for your mistakes or shortcomings.

You believe that your survival depends on getting things right, and you constantly work towards perfecting yourself and your actions. You may engage in ritualized or obsessive activities and thoughts in an effort to keep your anxiety at bay and to feel you have control over your environment.

You may be described as a perfectionist. With your heightened sense of responsibility and awareness of what the 'ideal' should be, you are very hard on yourself. Your fierce inner critic finds fault or sees the need for improvement, creating feelings of anger and frustration with yourself and others. However, your inner critic also tells you that anger is inappropriate behaviour, which leads you to repress angry emotions and instead work hard to be tolerant, patient and calm with others.

When focused on tasks, you can be seen as a 'micromanager:' controlling and a stickler for detail, with a tendency to check and double check to make sure that everything is perfect.

You see yourself as the custodian for the 'right way' to do things and you may have taken on responsibility from an early age. As a leader, you take on a lot of responsibility but also can see clearly how to proceed. At your best, you share this with wisdom, support and appreciation for the efforts of others. In less healthy expressions, strictly or rigidly enforcing this 'right way' can lead to conflict as others feel that their view or perspective is not included or that they are being excessively criticised.

You are a tireless worker and may put your personal desires and well-being on hold for the sake of doing what needs to be done. You place a much higher value on being right than on being happy and this can lead to inner tension.

In relationships you may believe that people do not willingly share, so that love and support are not freely given and must be earned with good behaviour. Your belief is that everyone must look after themselves, and you start worrying when you have to support someone else.

DEVELOPMENT EXERCISE: Balancing and Developing as SP 1

- **Your growth and development journey lies in** the relationship with your internal critic and the underlying anger that simmers beneath your high expectations and frustrations.
- **Consciously intervene with presencing and** mindfulness practices that grow awareness of your mindset, relationships and your view of reality. Practices that encourage serene awareness of how feelings show up in your body are particularly helpful, such as meditation, breathing, yoga, tai chi or martial arts.
- **Create a discipline around making time and** space for self-care and your own well-being – through exercise, play, spending time in nature or any other activity that brings you joy.
- **Rather than judging and suppressing your** emotions as 'bad,' seek to reveal and understand the thought patterns and triggers that default to anxiety-provoking future scenarios, past happenings, judgement of self, others, events and contexts.
- **Paradoxically, by working to embrace your** imperfections and limitations as part of your unique gifts, you invite serenity and the ability to express your best self. Reducing anxiety creates space for your talents of focus and determination, perseverance and principles to be felt more fully in the world.

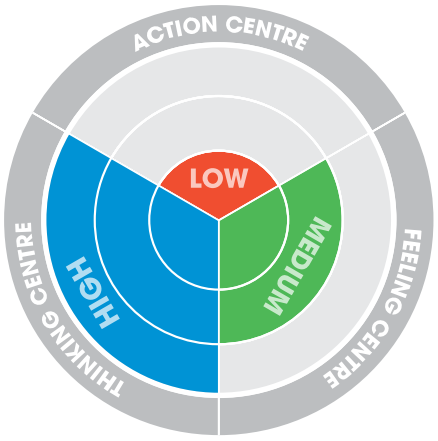
Centers of Expression

The Center of Expression is at the core of how individuals predominantly show up in the world. Some people project and connect to their emotions, whereas others are more connected to their thoughts and others their bodies.



The Dominant Center you express and project into your environment is Thinking Center
The Weakest Center you express and project into your environment is Action Center

The Head-Heart-Hands analogy is another way of thinking about the Centers. We have all three Centers present, but use them differently and in a different order. Your dominant Center of Expression shapes your way of interacting with others and how they experience your energy and your approach to things. Depending on the balance between your internal experiences, intentions and your behaviour, there may or may not be consistency between your internal perception of your centers and what others experience.



It takes mindfulness, presence and using all three Centers in a healthy way, for higher Intelligent Centers to emerge. This balanced and present way of being in the world is sometimes referred to as the “fourth way”.

When confronted with an unusual or surprising situation, your sequence of expression into the world is likely to be **Thinking Center first, Feeling Center second and Action Center last.**

Thinking Center of Expression: HIGH

- Thinking Energy is COOL.
- It relates to logic, analysis and rational processing of information as well as criticism and mental chatter.
- It corresponds with the area of your brain known as the prefrontal cortex which is sometimes referred to as the executive function of the brain because of its capacity for prioritisation, judgement, goal-setting and analysis.
- Unhealthy expression of this Center is like the busy, “monkey mind”.
- Healthy expression of this Center is quiet and spacious.

As your Thinking Center is highly expressed, others are likely to experience you as:

- Relying on logic and intellect as a means of solving problems and responding to the world
- Objective and analytical
- Contributing clarity and deep knowing to problem solving and planning
- Interested in detail and observing the functioning of the world.

At your worst, others may experience you as:

- Struggling to respond appropriately in situations where a more emotional or gut-instinct response is required
- Overly analytical and inclined to intellectualise problems
- Having a busy mind that is constantly processing and evaluating information
- Fixated ideas and beliefs about the world, yourself and others that distorts what you pay attention to.

Copyright 2010-2026 Integrative Enneagram Solutions

Feeling Center of Expression: MEDIUM

- Feeling Energy is WARM.
- It relates to a range of emotions that we express, coupled with our experience and reaction to the world we inhabit.
- It corresponds with the area of your brain known as the limbic system which plays an important role in emotions and motivation.
- Unhealthy expression of this Center is reactive.
- Healthy expression of this Center is receptive and authentic.

Action Center of Expression: LOW

- Action Energy is *HOT.*
- It impatiently drives action and results and is mostly experienced as gut instinct and bodily presence.
- It corresponds with the area of your brain known as the brainstem which plays an important role in conducting sensory information and the basic bodily functions that keep you alive.
- Unhealthy expression of this Center is unfocused and manic.
- Healthy expression of this Center is grounded and alive.

As your Action Center is low in its expression, others are likely to experience you as:

- Responding to challenges at your own pace
- Less likely to trust and act on gut response or information from the body when making decisions or confronted by an issue
- Easily falling into habitual thinking, feeling and action patterns as a result of insufficient contact with body intelligence.

DEVELOPMENT EXERCISE: The Center of Intelligence

Here are some ideas on practices and approaches that support the expression of all The Centers in an intelligent, present and mindful way.

As your Thinking Center is most likely to be over-expressed, you can support a more balanced and healthy expression of this Center through the following exercises:

- Build self-awareness regarding the distinction between thinking energy that is spacious and quiet vs. thinking energy that is expressed as busy, “monkey mind”.
- Tune into the quiet mind as a regular practice by practicing mindfulness meditation or other forms of presencing.
- Focus on becoming more awake and attuned to The Centers of expression that are not as dominant, namely Action and Feeling. This entails connecting to your gut knowing as well as relating to others and your own heart.
- Deliberately tune into the self-talk, beliefs and assumptions that are guiding your focus of attention that may mostly be playing out at a subconscious level. Ask yourself from a space of curious acceptance: “Why am I paying attention to this and not that? / Why do I value this? / Where is my attention going? / Do I really know this to be true?”
- Shift the attention in meeting preparation from what needs to be done, to how things could be done. This is the shift from content into process. Practice making deliberate process choices to support desired outcomes as opposed to getting lost in content.
- Tune into the impact of your contributions on the people around you. Ask for feedback from those you trust on how to maximise your contribution to the group through greater self-awareness and new patterns of participation.

Copyright 2010-2026 Integrative Enneagram Solutions

As your Action Center is the least expressed of The Centers, you can support a more balanced and healthy expression of this Center through the following exercises:

- Breathe deeply and make the deliberate choice to consult your body when making decisions. What instinctive "knowing" emerges when you listen to yourself from a place that is present and grounded in the moment?
- Get in touch with your body and gut knowing. Exercises that strengthen your awareness of your body such as massage, resistance training, horseback riding and dancing can be helpful in this regard.
- The body is capable of holding history and trauma in a significant way. If you experience sensitivity or anxiety when coming into contact with the sensations of the body, consider working with a somatic practitioner (body therapist) to support this journey.

Your Center-Specific Styles

Even though your dominant Center of Expression is the Thinking Center, you also have a specific Triadic Style. There is a particular way in which you engage with your feelings, actions and thoughts, which is flavoured by your Enneagram Profile. You may be most aware of this when you are triggered, confused or when you realise that your instinct says one thing, your head another, and your heart something else.
Each of your Centers can be operating in a specific mode: Internalised (Inwards), Contradicted (Locked), Externalised (Outwards). The combination of these three gives your personality a different way of expression to other people. Observing and becoming aware of how your center modes operate can benefit your development and growth.

Your Center-Specific Styles

- Internalised Action Center
- Externalised Feeling Center
- Internalised Thinking Center



As a result you are likely to internalise or practice self-control in the face of gut impulses, focus emotional and relational energy on others and quietly apply your thinking energy inward, thereby creating a rich thought-world for yourself.

This blend of energies combines traits of being principled, giving and wise. It is likely to intensify the value you place on paying attention to the kinds of details that are important to you in your world. At your best it will enable you to step into the space of mentoring others through the application of information, wisdom and energy to support the growth of others.

Wing Influence

The wings refer to the way in which the two adjacent enneagram styles influence and complement the expression of your main enneagram style. An important pathway to development lies through understanding the wings and using them effectively. While both wings are useful and necessary for our self-development, most individuals are more reliant on one of the wings and neglect the other. It is also possible for your wings to switch during significant changes in your life. Balanced individuals who have done a lot of psychological and self-development work may consciously access both wings.

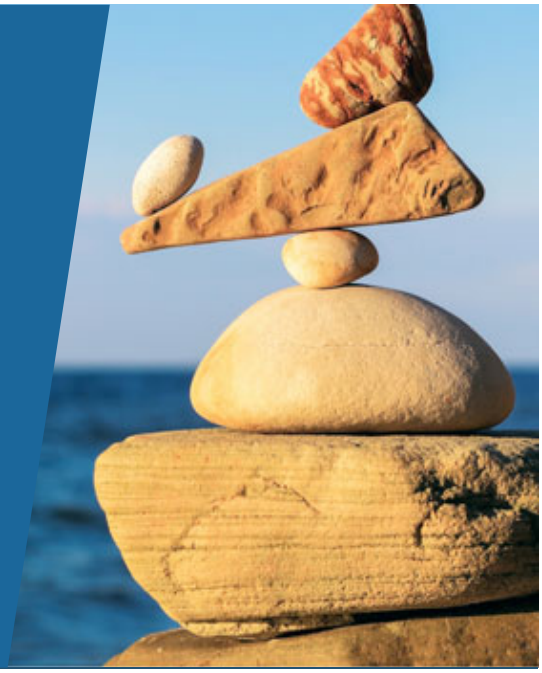


Integration levels for Wing 9 9 — 1 — 2 **Integration levels for Wing 2**

	Integration levels for Wing 9	Integration levels for Wing 2
HIGH	• Soften your internal tension, making it slightly easier for you to relax and loosen up without having to get away from all your responsibilities • Make it easier for you to not take your judgements too seriously • Make it easier for you to explore and ask for inputs from other people rather than only depending on your own opinions and judgements	• Balance your task-orientation with a greater degree of people-orientation, thereby tempering your standards with concern for people • Enable you to be more consistently generous, giving and kind by focusing your sense of justice and fairness on other people as much as on what is right or wrong for you • Make it easier for you to display warmth and affection towards other people by engaging them in social conversation
MODERATE	• Improve your ability to relax about things that aren't perfect • Enable you to take small breaks to get away from your responsibilities for a moment before continuing with work • At times lead to others experiencing you as detached and disconnected from human aspects involved in matters	• At times lead to others experiencing you as somewhat hypocritical due to your tendency to claim the moral high ground • Make you more sensitive to criticism than someone with a wing 9 • Enable you to hold an awareness of standards and quality while also being sensitive to the implications of this on people
LOW	• Lead to an over-control of feelings which could result in physical inflexibility • Make decision making more difficult for you and can lead to slow decisions or indecision • Potentially lead to you "sweating the small stuff" as it may contribute to compulsive tendencies	• Potentially lead to dependency and jealousy in intimate relationships • Lead to self-punishment and increasing expectations that you are unable to measure up to • Create an impression with others that you are self-righteous

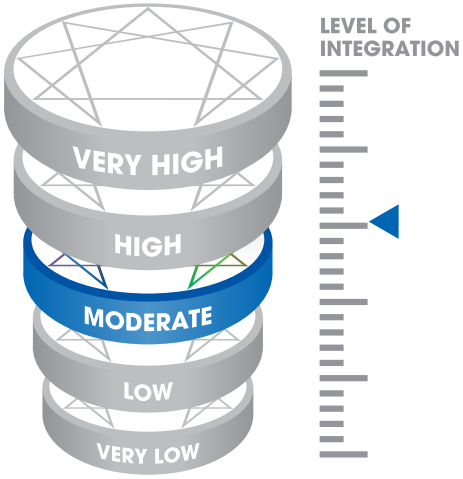
Self-Awareness and Integration

The level of Self-Awareness, self-mastery and integration indicates the extent to which you have been able to consciously free yourself from the ego-fixations of your type. It also measures how aware you are of your blind spots. Integration is a subtle and powerful journey of personal awareness development in life. This is a temporal measure and will fluctuate and change as you invest in your personal growth but also as your circumstances become more or less challenging. At a lower level of self-mastery, a lot of behaviour is driven by core fears or reactiveness that relates to your main Ennea Type. At moderate levels this may have "eased" to core concerns that are less reactive, but that still drives and motivates behaviour to a large extent. At a higher level, there is often a component of "letting go" of your core concerns as you come to understand and move beyond the limitations of your main Ennea Type.



Some Enneagram models make use of nine levels of integration from a development perspective. This test aims to broadly measure your self-mastery according to five levels rather than nine. Even though we all may, at our best, be able to access a high level of self-mastery and a low level of self-mastery at our worst, there is likely to be a concentration of energy and behaviour at a particular level of self-mastery at this point in time. The description offered in this report, taps into this while acknowledging that this is not the only set of behaviours you may have access to at this point in time.

It is important to note that, at higher levels it becomes more difficult to accurately type through a static test. At a high level of integration one moves towards the centre of the Enneagram, which may moderate the core motivations, behaviours, themes and fears of your main Ennea type significantly. At a high level of integration, working with an Enneagram coach can help you identify your type should a test be unable to do so.



Jasmin, you are an Ennea 1 who operates at a MODERATE level of Enneagram awareness and mastery.

At a MODERATE level of self-mastery, the following applies:

★ **Even though you are starting to connect more** frequently to your inner experiences and the limitations of your worldview, you may often default to a more habitual or automatic response style. Maintaining self-awareness, particularly when you are experiencing a high level of strain, still takes a lot of hard work and may therefore not be consistently maintained.

★ **You may be struggling to see the defective and less** constructive aspects of behaviour of those friends, colleagues or team members whose quality of work and standards of excellence you value. These individuals may seem beyond reproach to you at times.

★ **You will react negatively to suggestions that your** standards are slipping or that violate your values, but may be more able to cope with some aspects of feedback that allow you to improve the quality of your work.

★ **You are likely to be quite aware of your critical** thoughts and feelings. This awareness may lead you to try and control your inner-critic, irritation, frustration and anger. Your body language may however still be giving you away to others despite your attempts to mask or hide these thoughts and feelings.

★ **As you continue to develop and integrate as an** individual, you will find yourself moving towards more consistent and pervasive self-motivation, self-knowledge, openness to feedback and personality integration.

★ **You may however still be more reminded of the need** for development when you are under strain, falling into more complacency when things are going well.

Copyright 2010-2026 Integrative Enneagram Solutions

Your judgemental tendencies are likely to still manifest quite strongly, especially if you feel mistakes are being made or that standards are slipping. This allows you to move from "Judge" to "Teacher", with a greater emphasis on corrective action than on punishment.

You may have a vision for yourself that is still being articulated.

You are methodical and systematic when tackling challenges, but are starting to control your compulsive tendencies when they arise.

DEVELOPMENT EXERCISE: Key challenges towards self-mastery and integration

Redefine perfection to excellence. This is not a lowering of standards, but whereas perfection never allows for mistakes, excellence allows room for a mistake to happen once, before learning from it and growing in the process.

Give yourself permission to be compassionate and kind to yourself, especially when you've made mistakes.

Focus on noticing and appreciating the positive in yourself and others as a daily development practice.

Explore your anger constructively.

Learn to express your needs and what has personal meaning to you.

You can also work at integration through the expansion of your wings. Through Ennea 1 wing 9, this enables you to learn to relax. Through Ennea 1 wing 2, you learn to soften your task orientation by focusing more on other people. This requires you to be more open, empathic and engaging.

Another strategy for growth is through the connecting lines on the Enneagram. Ennea 1 links to Ennea 4 which urges you to tune into your deep personal needs and what has meaning to you more. Ennea 1 links to Ennea 7 which urges you to have big, bold visions and to explore possibilities rather than focusing so much on limitations and problems.

Strain Profile

Your strain profile provides you with your subjective experience of the amount of stress you are experiencing in your present environment. It is measured separately from your Enneagram Profile in the test. It therefore gives you a view of the context within which you are operating at the moment.



This aspect of your profile is linked to the way in which you are experiencing your life circumstances right now. It is therefore a more time bound measure than the rest of your Enneagram profile. It is also a subjective measure based on how much pressure you're currently experiencing. Remember that what may cause a lot of strain for one person, may cause much less strain for another. You should therefore not use this score as an objective or comparative measure of strain in relation to someone else's profile.

Your Overall Strain Level

This indicator provides you with an aggregate, big picture view of how much strain you are experiencing at present. It combines all the different types of strain you are experiencing. Even though you may not be feeling like this right now, it does give you an indicator of where your strain level lies at present, given your current circumstances. If your life circumstances drastically change, this score will be affected.

Jasmin, your **Overall strain is MEDIUM.**



This indicates that you are experiencing some pressure and strain in your life right now. This may be as a result of high strain in some areas of your life, while experiencing less stress in other areas of your life. Alternatively it may be as a result of a medium level of strain in most areas of your life. To understand your strain profile better, consider the specific areas of strain in your profile.

At a medium level of strain, the pressure you are experiencing may be affecting your overall wellbeing. A medium level of strain that persists over time is likely to have a significant impact on you. Consider your health and wellbeing from a holistic perspective to get in touch with ways in which this may be manifesting in your life at present. Your general level of strain may also lead to an intensification of pressure when you encounter events or tasks that cause you more pressure than normal.

If you have very few big stressors in your life at present it may be that your strain profile is tapping into a more pervasive internal tension or dissatisfaction you experience in your life. It may also relate to your personality, e.g. people who are more pessimistic in their outlook generally rate somewhat higher on some aspects of strain than people who are intrinsically optimistic. You may also show more "A-Type" behavioural tendencies, making you impatient, hard-driving and responsive to stress and deadlines in a positive manner.

If you are experiencing some significant stressors in your life at present and your strain profile is still only medium, this may be indicative of coping strategies being applied with moderate to good impact. It may to a lesser extent also relate to denial or under-reporting.It would be meaningful for you to consider your strain profile in relation to your main Enneagram type and your level of integration to help you understand this better.

A medium level of strain is often a good springboard for further growth and development, as you are likely to be feeling the impact of some behaviours or aspects of your life that isn't working. This discomfort may therefore enable you to embrace some of the changes required in your life.

DEVELOPMENT EXERCISE

As you are experiencing a medium level of strain in your life...Consider the following development activities:

Decrease the negative defence mechanisms Your strain level may in part be as a result of old habits or patterns that you are stuck in that are not particularly useful or healthy. When working with defence mechanisms, please note that professional assistance may be required. As you let go of your defences, you may experience a surge of vulnerability as defences are put in place to protect you from pain, or anxiety in some way. Examples of defence mechanisms are denial, withdrawal and control and often start out as a good intention. Look at your main Enneagram profile for some insight into your defences.

Learn from others What are other people in a similar position to you doing that you can learn from? What are people doing that are in the same boat as you but that seem more relaxed and positive? Talk to them.

Zoom in on causes Try to understand what lies at the root of the strain and address this issue. In doing so you will have to make distinctions between symptoms and root causes. Look at the different areas of strain reported in this profile for some direction in your exploration.

Motivate yourself for change Strain can be very positive as it gives you the energy to do things and make courageous changes. Use this strain as an activation force in your life.

Enhance the positive coping mechanisms Reflect on what you are doing that is helping you cope with the stress in your life in a positive way. Once you know what this is, do more of it.

Guard against minimising impact Don't get too used to where you are at if it isn't working for you. If you rationalise the strain over time, it may impact on your health, wellbeing and relationships in a more radical way in future as the impact on your body and relationships accumulate.

Expand your coping repertoire You may also want to consider the balance and mix of the coping mechanisms you are drawing on. If all your coping mechanisms are social, or all of them are cognitively driven, you may want to expand your repertoire to include physical exercise. Consider your Center of Intelligence to help you consider alternatives and greater balance and variety possibilities.

Zoom in on areas without strain Consider the areas of your life where you are experiencing significantly less strain. How much time are you investing in these areas of your life? What is enabling a more relaxed state here? Once you are aware of areas that are healthy, you can either choose to draw on this more, or apply the things that are working on other aspects of your life.

Environmental Strain

This indicator measures how you feel about your environment. It relates to how safe, satisfied and connected you feel to your community and neighbourhood. It also measures whether you experience your home and neighbourhood to be conducive to the quality of your life. The extent to which you live your life indoors will impact on your strain score in this area. This is a subjective measure and does not indicate that you are safe or unsafe; it merely taps into whether you feel safe or unsafe. It therefore does not provide an objective measure of the quality of your environment.

Jasmin, your **Environmental Strain is HIGH.**

- You don't feel that connected to your environment and are acutely aware of the collective challenges in your community
- You feel quite unsafe in your neighbourhood and home
- You are likely to spend a lot of time indoors and may not want to or consider spending more time outdoors or in the community
- Your home environment may be inhibiting your ability to get things done
- Environmental and service delivery challenges may be big on your agenda and may detract from your core focus on a regular basis



Vocational Strain

This indicator measures how you are feeling about your career choices and work. It relates to how passionate you are about your work and how enjoyable it is to you at present. Your score will also be impacted by the amount of stress you experience at work and the quality of your relationships at work. If you are unemployed or have made alternative vocational choices at present, this will also impact on your strain score in this area. This is a subjective measure and does not indicate performance at work. It merely taps into your perceptions about your current vocational reality.

Jasmin, your **Vocational Strain is LOW.**

- You are satisfied with where you are at in your career
- You are happy at work and enjoy what you are doing most of the time
- You get along well with your colleagues and feel supported by them
- You feel able to cope with the amount of stress and responsibility you carry
- You may potentially feel ready to take on more challenges



Copyright 2010-2026 Integrative Enneagram Solutions

Physical Strain

This indicator measures how you are feeling about your connection to your body and physicality. It relates to how healthy, energised and fit you feel. This is a subjective measure and may not indicate that you are healthy or unhealthy, it merely taps into whether you feel healthy or unhealthy.

Jasmin, your **Physical Strain is MEDIUM.**

- You feel somewhat positive or neutral about your health at present
- You are comfortable with your body and weight but there may be some things you don't quite like or want to accept
- You may want to improve your fitness levels and spend a bit more time exercising than you're able to
- You don't get ill that often, but do on occasion struggle with some minor health issues
- You wake up feeling more ready and energised on some days than on others
- Your energy levels fluctuate throughout your average day



Interpersonal Strain

This indicator measures how you are feeling about your intimate relationships with family and friends. It relates to the quality of these relationships and whether you are able to invest in them. Perceived lack of support and high levels of conflict in close relationships will impact on your strain score in this area. This is a subjective measure and may not indicate whether these relationships are healthy or unhealthy. It merely taps into your experience of the quality of your intimate relationships.

Jasmin, your **Interpersonal Strain is LOW.**

- You are satisfied with the amount of time you get to spend with friends and family
- You have a social life that meets your needs
- You experience a low or normal amount of conflict in your close relationships
- You are satisfied with the level of intimacy in your closest relationships
- You feel supported by the people close to you



Psychological Strain

This indicator measures your perception of how well you are coping with your present circumstances on a psychological level. This is definitely not a tool aimed at any clinical diagnosis whatsoever. It is not an indicator of psychological problems but a high score may warrant further professional investigation and support into the impact of your circumstances on your emotional wellbeing
This is a subjective measure and may not indicate that you are actually coping or not coping, it merely taps into whether you perceive yourself as able to cope with your challenges on a psychological and emotional level and the extent to which you feel overwhelmed.

Jasmin, your **Psychological Strain is MEDIUM.**



- You are able to cope with some aspects of your present circumstances better than you feel able to cope with others
- You feel affected by your emotions on occasion and this may be impacting on your wellbeing to some extent
- You experiences bursts of stress and anxiety but are then able to relax again or you are mildly tense over time
- You have to remind yourself to stay present at all times as you may occasionally be tempted to “tune out”
- You feel down on occasion, but this is not pervasive or too intense for you to cope with
- You may wish to feel more consistently able to deal with all your challenges on an emotional level

Happiness

This indicator approaches strain from a more generalised and positive perspective. It measures whether you feel optimistic, joyful and happy about your life at present. It therefore relates to your subjective experience of fulfilment and joy in your life but other people may not experience the way you project yourself in quite the same way. This merely taps into how you feel about your life and not how others perceive you.

Jasmin you report experiencing a MEDIUM level of Happiness at this point in time.



- You are happier on some days than others or that you feel mildly optimistic or even neutral about things
- You temper your optimism with a realistic perspective on what is possible
- You would welcome more joy and fulfilment into your daily life
- There are some things you would like to change about your life, but you are contented about most aspects of your life
- You experience both stress and joy in equal amounts

Copyright 2010-2026 Integrative Enneagram Solutions

Lines of Release and Stretch

These Enneagram Lines reveal unique insights and pathways for your personal growth journey that go beyond your core type. They connect you to qualities that challenge and expand your habitual patterns, broadening your perspective and revealing new possibilities. By intentionally engaging with both lines, you'll discover new dimensions of yourself, enhancing your resilience, greater awareness and authenticity.



7 Release Point: Relax, Spontaneity, Exploration

Jasmin, turn to your Release Line when struggling with pressure to gain a fresh perspective that provides emotional grounding and renewed energy. This path reveals complementary strengths that restore balance when life feels overwhelming.

Integrate Work and Fun

- You don't often allow yourself the luxury of relaxation or letting go. Consciously create spaces and time for relaxation and enjoyment.
- Take pleasure in the world around you. This isn't about shirking responsibility, but about recognizing the importance of balance.

Become More Spontaneous

- Practice trusting your instincts and your ability to adapt to changing circumstances. This allows you to become less dependent on excessive planning and preparation, freeing up mental energy.
- No longer see playfulness and responsibility as an either/or choice; this enables you to release much of the inherent strain. Embrace unplanned moments.

Explore Possibilities

- When you feel yourself judging (yourself or others), pause and ask if this standard is objectively true. Are there other valid ways of approaching this situation?
- Actively engage with different perspectives; connecting to alternative ways of doing things frees up energy often consumed by defending your 'right' way.

4 Stretch Point: Expressive, Creative, Self Care

Engage with your Stretch Line when feeling stuck or stagnant to see your challenges differently. This transformation path develops powerful qualities outside your comfort zone, creating breakthroughs by challenging old patterns.

Develop Deep Connections

- Because your inner critic can be harsh, actively cultivate deeper, more meaningful connections with people and activities that resonate with you.
- Work to connect with the perspectives of others in a non-judgmental way. Seek understanding rather than immediate evaluation.

Expand into a More Fluid Working Style

- Jasmin, Challenge your tendency towards rigidity. Practice adaptability and "going with the flow" to release energy that's often trapped by a strong sense of responsibility.
- Moving from "should" to "want" can unleash spontaneity and a sense of freedom within you. Experiment with less structured approaches.

Express Yourself More Creatively

- Find outlets for creative expression as a vital part of building resilience. This doesn't necessarily mean becoming an artist; it's about finding ways to express your inner world.
- Encourage yourself to try doing things in ways that invite expression rather than judgment, allowing for more spontaneity and exploration.

Copyright 2010-2026 Integrative Enneagram Solutions