

## ENNEAGRAMMETEST

### What do I avoid?

1. Anger/ Humiliation
2. Need/ Abandonment
3. Failure/ Disregard
4. Banality
5. Void/ Blackmail
6. Transgression/ Ambiguity
7. Pain/ Limitation
8. Weakness
9. Conflict

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### Typical Sentences- 5

- Other people are too curious about me
- My personal space is extremely important and nobody else should invade it
- I have my house, my friend X, my colleague Y and my family and none of them should meet
- When I want to study something new, I want to know everything about it and if this isn't possible I don't proceed
- Other people tell me that I'm cold and distant
- I can think freely only when I'm alone, without external interference
- When I want to do something important I have to be adequately prepared, but I never feel prepared enough
- As a child my personal space was often invaded and/or it seemed to me that my parents weren't interested in me
- It seems that I'm always asked to give more than I'm willing
- Before doing anything, I analyse every detail to be precise, I don't want to be wrong and therefore be ridiculous
- My opinion is almost always more objective than others'
- I can't understand why some people can be so illogical
- I'm happy in my solitude
- I have various strategies to avoid interacting with undesired people
- I don't like going to places which are too crowded or noisy
- Generally, I don't take the initiative to interact with other people, I prefer observing what happens and if needs be only do so when it's absolutely necessary
- Often, visualising a project in my mind is like having realistically done it

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#### Typical Sentences- 4

- I like doing things that nobody likes, if everybody likes them I probably don't
- I don't think other people can comprehend me, my inner world is confusing and difficult to understand
- I'm attracted by the symbolic, the essential, the authentic
- I'm accused of exaggerating in either melancholy or euphoria
- Things could turn out to be better, but it's not up to me
- I know and recognise suffering, therefore people who suffer can easily interact with me
- I don't like the idea of being like everybody else, being categorised
- I have deep feelings that other people often can't imagine
- When I remember a situation my attention often goes to what was missing, to what could have been and wasn't
- I try to smile even though inside I feel really sad
- When I do something I do it my way, it must have my style
- It's important to have the opportunity to behave in an authentic and confident way
- In my interests I can boast a certain sophistication, good taste and originality
- Sometimes I don't really know what I want
- Changes in my life have often been conditioned by unfortunate events
- Since my earliest memories, I recognise that my feelings are very deep
- Showing myself in public is stressful for me

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### Typical Sentences- 8

- The rule of life is this: the strong survive, the weak are eliminated
- I'm often said to be aggressive or violent, but it's just because I know what I want
- I have a natural inclination for uncovering lies
- Injustice makes me furious: I'm not afraid of fighting for what is right
- I quickly reveal other people's weaknesses
- It's natural for me to take charge of a situation in a group
- I can't stand anybody having control over me
- I find it difficult to trust somebody. To have proof of one's loyalty I must challenge them
- I don't fear conflict, in fact it gives a chance for the truth to come out
- When I discover a weakness of mine, I do my best to conceal it
- I protect who is under my wing
- I can easily identify who has the power in a group
- There is only right or wrong, black or white, grey doesn't exist
- When something isn't right I don't hesitate to mention it, it doesn't matter if somebody is hurt
- I can't resist the temptation of knocking a bighead down a peg or two
- I don't like idleness: I'm an active person
- Life is a battlefield, it's fundamental to be strong and combative

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## Typical Sentences - 6

- I often doubt other people's reliability
- I'm sceptical by nature
- Very often I find myself struggling with my fears
- Being a responsible person is very important to me
- I work well in a team, I'm loyal
- I'm often said to be pessimistic or suspicious, but in reality I'm just cautious
- There must be thorough guidelines for work or laws
- It's very important to know who I can trust and who I can't
- Most of my choices are dictated by my need to feel safe
- I can't stand ambiguity; I need to know which side to take
- My team's victory is my own victory; I'm not interested in being a standout figure
- I like to be prepared for any kind of change, unexpected events produce anxiety
- I'm aware of being more sensitive to possible threats than other people
- I feel that a lot is asked of me. I sometimes doubt I have a private life, it seems to me that I live for other people
- Sometimes I'm afraid of standing out for fear of arguing with somebody
- Knowing where I stand in relation to others is very important for me
- I'm a very good team worker, I do my best to complete my responsibilities

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### Typical Sentences - 9

- I rarely get nervous or agitated about something, I'm a tranquil person
- I can't understand why other people argue so much!
- I don't judge other people; it's rare that I don't like somebody I know
- Sometimes it is so hard for me to understand who is right or wrong that I don't even know what to think
- I tend to play things down to make people relax
- I can easily see how people could make peace
- I am an adaptable person, unless I'm hurried or put under pressure
- Sometimes I'm accused of being apathetic and lacking initiative
- I always moderate my behaviour
- Sometimes I put some errands off, I'll deal with them tomorrow
- I define myself, with satisfaction, as an accommodating and balanced person
- For me it's natural to reassure people when they have got a problem
- It's not worth getting agitated, in life things are what they are
- I don't get too excited about things: I like doing things calmly
- Work before pleasure
- When somebody argues or raises their voice, I do my best to keep calm
- I generally feel I'm in the right, but I don't say anything to avoid confrontation

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### Typical Sentences - 7

- Staying in the same place for a long time is boring for me
- I'm often appreciated for my sense of humour
- I like telling funny anecdotes
- I look at my future with enthusiasm
- I like cheering up a friend when they feel down by trying to make them smile
- If less is good, more is better!
- Opportunity never knocks twice at any man's door
- I'm often said to be able to lighten up situations
- Sometimes I'm accused of being superficial, but it's just my ability to lighten up a negative situation
- Money is there to be spent on enjoying yourself, on treats
- I'm quite easy on myself, I allow myself the right rewards
- Being negative doesn't help, it's better to be positive
- I'm very curious, I like knowing something about everything
- If everybody were more carefree the world would be a happier place
- I like to be seen as a happy and positive person
- I've been told that I'm ill disciplined but there's method to my madness.
- I can easily jump from one thing to another because I quickly grasp the concept

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## Typical Sentences - 1

- If you want something done right, do it yourself!
- I do my best to correct my mistakes
- For me it's very important to get better every day
- Sometimes I spend too much time thinking about the injustices in life
- I'm a meticulous person, I pay attention to details and I can't understand people who don't
- It's rude to be late. Time is precious for everybody
- When I realise I'm not listened to, I easily get angry
- I know how things should be done and I get annoyed when my suggestions are not taken into consideration
- I criticise myself a lot, others less
- A slight imperfection can discourage my enthusiasm
- I've got clear ideas about what is right or wrong, so I try hard to do what is right
- My life is built on values, without which my existence wouldn't make much sense
- My moral integrity is fundamental for me
- I know that if people really understood what I meant, they would say I'm right
- I feel I'm the only person who cares about doing things properly and that things are as they should be
- Things should go as expected, improvising means a lack of organisation
- While I'm doing other things, my mind fills up with accusations, judgement and self criticism or otherwise

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### Typical Sentences – 3

- I'm a dynamic person, I want to be a worthy member of a team
- I like getting praise about my work, which I care very much about
- I can clearly see my objective and I want to know which stage of the process I'm in
- I think about time in terms of making the most of opportunities. I use my time to reach my goals
- I hate the idea of failing
- Appearance is not everything, but it is a very important part
- I can't stand negative judgment about myself, I try hard to be appreciated
- I think a lot about my objectives
- Sometimes I realise I can be an opportunist, I make sure I'm in the right place at the right time
- Taking part is not enough, I want to be number one
- I do my job to my best, I live my job
- When I set an objective I do anything to reach it, even if it takes a lot of energy and time
- I'm a good motivator when it comes to reaching a common goal
- It's very important for me to be seen as a successful person
- Being active makes me feel alive, I don't like being lazy
- I take care of my image, the first impression is important
- In my opinion youth, resourcefulness and ambition are important values

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## Typical Sentences – 2

- Often I know what someone needs more than they do
- I give a large part of my time and commitment to other people
- Sometimes one look is enough to understand if I'm liked by somebody or not
- I would like other people to pay attention to me as I do to them
- I like finding other people's qualities and openly expressing my appreciation
- Sharing part of my belongings is important for me
- I deserve a special position in the heart of my loved ones, bearing in mind everything I do for them
- Sometimes I feel I give a lot to other people, while getting very little back
- I naturally help other people when they find themselves in embarrassing situations
- I don't have much time for myself: I feel I'm indispensable for many people and this drains my energy
- I'm a good confidant, I like being asked for advice by friends, relatives and acquaintances
- I pay attention to anybody who might need help
- I try not to interfere in other people's life, I do so only when necessary and always just for their sake
- Sometimes I feel my freedom is limited due to the many things I do for the people close to me
- My excessive generosity sometimes makes me feel unsatisfied
- In the end I really like the fact that other people need me
- I tend to put my needs aside when somebody else's are more important

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