

# Enneagram Personality Inventory – E1

Check what best describes you

- 1. I like to be organized and orderly
- 2. Its difficult for me to be spontaneous
- 3. I often feel guilty about not getting enough accomplished
- 4. I don't like it when people break rules
- 5. Incorrect grammar and bad spelling bother me a lot
- 6. I am idealistic. I want to make the world a better place
- 7. I am (almost) always on time
- 8. I hold on to resentment for a long time
- 9. I think of myself as being practical, reasonable & realistic
- 10. When jealous, I become fearful and competitive
- 11. Either I don't have enough time to relax, or I think I shouldn't
- 12. I tend to see things in terms of "right or wrong", "good or bad"
- 13. I analyze major purchases very thoroughly before I make them
- 14. I dread being criticized or judged by others
- 15. I often compare myself with others
- 16. Truth and justice are very important to me
- 17. I often feel that time is running out & there's so much more left to do
- 18. I almost always do what I say I will do
- 19. I worry almost constantly about one thing or another, or about everything
- 20. I love making every detail perfect

## Personality Inventory – E2

Check what best describes you

- 1. I want to make people feel comfortable coming to me for guidance & advice
- 2. Relationships are more important to me than almost anything else
- 3. Sometimes I feel overburdened by peoples' dependence on me
- 4. I have trouble asking for what I need
- 5. I crave, yet sometimes fear, intimacy
- 6. I am more comfortable giving than receiving
- 7. I am very sensitive to criticism
- 8. I work hard to overcome all obstacles in a relationship
- 9. I try to be sensitive and as tactful as possible
- 10. When I am alone I know what I want, but when I'm with others I'm not sure
- 11. It's very important that others feel comfortable and welcome in my home
- 12. I don't want my dependence to show
- 13. Watching violence on TV and seeing people suffer is almost unbearable
- 14. Sometimes I feel a deep sense of loneliness
- 15. If I don't get the closeness I need, I feel sad, hurt
- 16. Sometimes I get physically ill and emotionally drained from taking care of others
- 17. I often figure out what others would like in a person, then act that way
- 18. I enjoy giving compliments and telling people that they are special to me
- 19. I am attracted to being with important or powerful people
- 20. People have said I exaggerate too much and am overly emotional

## Personality Inventory – E3

Check what best describes you

- 1. I'm almost always busy
- 2. I like to make to-do lists, progress charts & schedules for myself
- 3. I don't mind being asked to work overtime
- 4. I have an optimistic attitude
- 5. I go full force until I get the job done
- 6. I believe in doing things as expediently as possible
- 7. It is important for people to better themselves & live up to their potential
- 8. I'm not interested in talking a lot about my personal life
- 9. I try not to let illness stop me from doing anything
- 10. I hate to see jobs undone
- 11. I tend to put work before other things
- 12. I can't understand people who are bored. I never run out of things to do
- 13. It is sometimes difficult for me to get in touch with my feelings
- 14. I work very hard to take care of and provide for my family
- 15. I like identifying with competent groups or important people
- 16. I try to present myself well and make good first impressions
- 17. Financial security is extremely important to me
- 18. I generally feel pretty good about myself
- 19. People often look at me to see how I am
- 20. I like to stand out in some way

## Personality Inventory – E4

Check what best describes you

- 1. Being understood is very important to me
- 2. My friends say they enjoy my warmth and my different ways of looking at life
- 3. I can become nonfunctional for hours, days or weeks when I'm depressed
- 4. I am very sensitive to critical remarks and feel hurt at the tiniest things
- 5. It really affects me emotionally when I read upsetting stories in the newspaper
- 6. My ideals are very important to me
- 7. I cry easily. Beauty, Love, Sorrow and Pain touch me deeply
- 8. My melancholy moods are real and important. I don't necessarily want to get out of them
- 9. I often long for what others have
- 10. I try to support my friends, especially when they are in crisis
- 11. I live in the past and in the future more than the present-day reality
- 12. I place greater importance on my intuition
- 13. I try to control people at times
- 14. I hate insincerity and lack of integrity in others
- 15. I have spent years longing for the great love of my life to come along
- 16. I focus on what is wrong with me, rather than what is right with me
- 17. I like to be seen as one of a kind
- 18. I am always searching for my true self
- 19. Sometimes I feel very uncomfortable, different, and isolated even with my friends
- 20. When people tell me what to do, I often become rebellious and do as I wish—the opposite

## Personality Inventory – E5

Check what best describes you

- 1. I learn from observing or reading as opposed to doing
- 2. It's hard to express my feelings in the moment
- 3. I get lost in my interests and like to be alone with them for hours
- 4. I usually experience my feelings more deeply when I'm by myself
- 5. Sometimes I feel guilty that I'm not generous enough
- 6. I try to conceal my sensitivity to criticism and judgment
- 7. Brash, arrogant, loud people offend me
- 8. Conforming is distasteful to me
- 9. I like to associate with others who have expertise in my field
- 10. I like having a title (Dr, Professor etc) to feel proud of
- 11. I have been accused of being negative cynical & suspicious
- 12. When I feel socially uncomfortable, I often wish I could disappear
- 13. I am often reluctant to be assertive or aggressive
- 14. I dislike most social events. I'd rather be alone or with a few people I know well
- 15. I sometimes feel shy or awkward
- 16. I get tired when I'm with people for too long
- 17. I feel different from most people
- 18. I feel invisible. It surprises me when anyone notices anything about me
- 19. I don't look for material possessions to make me happy
- 20. Acting calm is a defense. It makes me feel stronger.

## Personality Inventory – E6

Check what best describes you

- 1. I am nervous around certain authority figures
- 2. I am often plagued by doubt
- 3. I like to have clear-cut guidelines and to know where I stand
- 4. I am always on the alert for danger
- 5. I take things too seriously
- 6. I constantly question myself about what might go wrong
- 7. I often experience criticism as an attack
- 8. I often obsess about what my partner is thinking
- 9. I can be a very hard worker
- 10. My friends think of me as loyal, supportive, and compassionate
- 11. I've been told I have a good sense of humor
- 12. I follow rules closely (a phobic trait); or I often break rules (counterphobic)
- 13. The more vulnerable I am in intimate relationships, the more anxious and testy I become
- 14. I tend to either procrastinate or plunge all the way, even in dangerous situations
- 15. I am very aware of people trying to manipulate me with flattery
- 16. I like predictability
- 17. I have sabotaged my own success
- 18. I can support people through thick and thin
- 19. Being neat and orderly helps me feel more in control of my life
- 20. I dislike pretention in people

## Personality Inventory – E7

Check what best describes you

- 1. I enjoy life. I am generally uninhibited and optimistic
- 2. I don't like being made to feel obliged or beholden
- 3. I am busy and energetic. I seldom get bored if left to do what I want
- 4. I often take verbal or physical risks
- 5. I usually pick upbeat friends who have similar goals
- 6. I'm not an expert in any one things but I can do many things well
- 7. My style is to go back and forth from one task to another. I like to keep moving
- 8. I seem to let go of grievances and recover from loss faster than most people I know
- 9. I like myself and am good to myself
- 10. I like people and they usually like me
- 11. I usually manage to get what I want
- 12. I value quick wit
- 13. I am idealist. I want to contribute something to the world
- 14. I waver between feeling committed and wanting my freedom & independence
- 15. I am often at ease in groups
- 16. When people are unhappy, I usually try to get them to lighten up & see the bright side
- 17. I love excitement & travel
- 18. Sometimes I feel inferior & sometimes I feel superior to others
- 19. I usually say whatever is on my mind. Sometimes it gets me into trouble
- 20. I can make great sacrifices to help people

## Personality Inventory – E8

Check what best describes you

- 1. I can be assertive and aggressive when I want to
- 2. I can't stand being used or manipulated
- 3. I value being direct and honest; I put my cards on the table
- 4. I am an individualist and a nonconformist
- 5. I respect people who stand up for themselves
- 6. I will go to any lengths to protect those I love
- 7. I fight for what is right
- 8. I support the underdog
- 9. Making decisions is not difficult for me
- 10. Self reliance and independence are most important to me
- 11. I have overindulged in food, and drugs at some point
- 12. Some people take offense at my business
- 13. When I enter a new group, I know immediately who is the most powerful person
- 14. I work hard and I know how to get things done
- 15. In a group I am sometimes an observer rather than a participant
- 16. I like excitement and stimulation
- 17. Sometimes I like to spar with people, especially when I feel safe
- 18. I am vulnerable and loving when I really trust someone
- 19. Overly nice or flattering people bother me
- 20. Pretense is particularly distasteful to me



## Personality Inventory – E9

Check what best describes you

- 1. I often feel a union with nature and people
- 2. Making choices can be difficult. I can see advantages & disadvantages of every option
- 3. It's sometimes hard for me to know what I want when I'm with other people
- 4. Others see me as peaceful, but inside I often feel anxious
- 5. Instead of tackling what I really need to do, I sometimes do little unimportant things
- 6. When there is unpleasantness going on, I try to think of something else for a while
- 7. I usually prefer walking away from a disagreement to confronting someone
- 8. If I don't have some routine and structure in my day, I get almost nothing done
- 9. I tend to put things off until the last minute, but I almost always get them done
- 10. I like to be calm and unhurried, but sometimes I over extend myself
- 11. When people try to tell me what to do or try to control me, I get stubborn
- 12. I like to be sure to have time in my day for relaxing
- 13. Sometimes I feel shy and unsure of myself
- 14. I enjoy just hanging out with my partner or friends
- 15. Supportive and harmonious relationships are very important to me
- 16. I am very sensitive about being judged and take criticism personally
- 17. I like to list and give people support
- 18. I focus more on the positive than on the negative
- 19. I have trouble getting rid of things
- 20. I operate under the principle of inertia; If I'm going, its easy to keep going, but at times its hard to get started

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