



ENNEAGRAM *Personality Assessment*

FOR DISCOVERY, HEALING, & GROWTH



REALISTIC HEALTH AND BEAUTY



Using the Enneagram for Discovery, Healing & Growth

The Enneagram is more than a personality system, it is a sacred map for self-discovery, emotional healing, and spiritual growth. It reveals the core fears, desires, and patterns that shape how we relate to ourselves and to others.

Each of the nine Enneagram types represents a unique path we have taken to survive, feel worthy, and make sense of the world. The Enneagram also shows us the way home to our true self — the version of you that is whole, free, and aligned with divine truth.

Why Use the Enneagram?

- To understand your emotional triggers, defense mechanisms, and healing needs
- To release old roles or false identities you've used to feel safe or loved
- To awaken your gifts and potential, especially in relationships, leadership, and purpose
- To align your daily life with your higher self and spiritual path



Instructions for Reflection

In the following pages, you will find a set of 5 guided Enneagram-based questions designed for each purpose of personal discovery, healing, and growth.

These questions will help you:

- Identify hidden patterns that may be blocking your healing or purpose
- Recognize your true inner motivations and areas of resistance
- Take intentional steps toward freedom, wholeness, and alignment

Steps to ensure successful completion:

1. Find a quiet space where you can reflect without distraction.
2. Answer each question honestly — not based on who you think you “should” be, but who you truly are beneath the surface.
3. There are no right or wrong answers — only your truth in this moment.
4. When you are done, submit your responses directly to me (via email, message, or form).
5. I will personally review your answers and provide compassionate, intuitive feedback to support your next step in healing and growth.



To help you figure out your Enneagram number, I will need to ask a few questions based on core motivations, fears, and patterns. There are 9 types, each with unique drivers. The number you mostly resonate with depends more on why you do things rather than just what you do.

Here is a quick overview of the 9 types — then I will ask you a few questions:

Type	Name	Core Fear	Core Desire
1	The Reformer	Being bad, corrupt, defective	To be good, right, virtuous
2	The Helper	Being unwanted, unloved	To be loved and needed
3	The Achiever	Being worthless or a failure	To be valued and successful
4	The Individualist	Having no identity or significance	To find themselves and their meaning
5	The Investigator	Being useless, helpless	To be competent and self-sufficient
6	The Loyalist	Being without support or guidance	To have security and certainty
7	The Enthusiast	Being trapped in pain or boredom	To be happy and free
8	The Challenger	Being weak, controlled	To be strong and in control
9	The Peacemaker	Conflict and disconnection	To have peace and harmony



ASSESSMENT FOR SELF-DISCOVERY:

1. What do you fear the most deep down?

2. What do you most long for in life?

3. What tends to trigger you emotionally in
relationships or daily life?

4. How do you usually cope with stress?

5. Do you relate more to being driven,
emotional, intellectual, or reactive?



REALISTIC HEALTH AND BEAUTY

ASSESSMENT FOR INNER HEALING:

1. What fear drives most of my decisions?

2. What do I feel I must do or be to be
"enough"?

3. What pain am I avoiding or trying to
control?

4. What truth about myself am I afraid to
accept or express?

5. What would it look like to face this pain
with compassion instead of judgment?



REALISTIC HEALTH AND BEAUTY

ASSESSMENT FOR PERSONAL GROWTH:

1. What unconscious pattern keeps repeating in my life and what is it trying to teach me?

2. Where do I resist feedback or growth, and why?

3. Am I living from my core self — or from a role I learned to play?

4. What does healthy version of my type look and feel like?

5. What daily practice helps me return to presence, truth, and love?