

ENNEAGRAM QUESTIONNAIRE

Check the statements that you can readily identify with. As a rule, the statement that resonates with what you feel or believe to be true for you is the one that really reflects an aspect of yourself. There are no right or wrong choices in this questionnaire – it only asks you to be honest with yourself.

A.

- 1. I put much effort into correcting my faults.
- 2. I am often bothered because things aren't the way they should be.
- 3. I hate to waste time.
- 4. I always blame myself for not doing better.
- 5. Often, the least flaw can ruin the whole thing for me.
- 6. I have trouble relaxing and being playful.
- 7. Voices critical of me and others frequently chatter in my head.
- 8. I seem to worry more than other people.
- 9. I feel almost compelled to be honest.
- 10. I sometimes sense a puritanical streak in myself.
- 11. Being right is important for me.
- 12. I frequently have a sense of urgency that time is running out and there is still so much left to do.
- 13. I feel the need to be accountable for most of my time.
- 14. I could easily be, or am, a scrupulous person.
- 15. I can identify rather easily with crusaders against evil.
- 16. If something isn't fair, it really bothers me.
- 17. I feel almost compelled to keep trying to better myself and what I am doing.
- 18. I feel I have to be perfect before others will love me or approve of me.
- 19. I frequently feel frustrated because either I or others are not the way they should be.
- 20. I seem to see things in terms of right or wrong, good or bad.

B.

- 21. Many people depend on my help and generosity.
- 22. I take more pride in my service of others than in anything else.
- 23. I need to feel important in other people's lives. I like people to need me.
- 24. Many people feel close to me.
- 25. I regularly compliment other people.
- 26. I like to rescue people when I see they're in trouble or are in embarrassing situation.
- 27. I am almost compelled to help other people, whether I feel like it or not.
- 28. People often come to me for comfort and advice.
- 29. Many times, I feel overburdened by others' dependence on me.
- 30. I don't feel that I have that many needs.
- 31. I sometimes feel victimized by others, as though I'm just being used by them.
- 32. I like to feel "close" to people.
- 33. I sometimes feel that others really don't appreciate me for what I've done for them.
- 34. To love and be loved are the most important things in life.
- 35. Emotional issues are important for me.
- 36. I feel that I deserve to be first if someone's life because of all I've done for them.
- 37. I think of myself as a nurturing kind of person.
- 38. When I have time off, I frequently spend it helping others.
- 39. I communicate with my friends more often than they communicate to me.
- 40. I like to take care of others.

C.

- ___ 41. I like to keep myself on the go.
- ___ 42. I like to work on a team and I make a good team member.
- ___ 43. I identify with precision and professionalism.
- ___ 44. Being able to get things organized and accomplished just seems to come natural to me.
- ___ 45. "Success" is a word that means a lot to me.
- ___ 46. I like to have clear goals set and to know where I stand on the way towards those goals.
- ___ 47. I like progress charts, grades, and other indicators of how I am doing.
- ___ 48. I am envied by other people for how much I get done.
- ___ 49. Projecting a successful image is very important to me.
- ___ 50. Making decisions is not a problem for me.
- ___ 51. To be successful, you sometimes have to compromise your own standards.
- ___ 52. When I recall my past, I tend to remember what I did well and right rather than what I did poorly or wrong.
- ___ 53. I hate to be told something I'm doing isn't working.
- ___ 54. Generally, I prefer to be involved in the aspect of an operation that will get it moving rather than keep it going.
- ___ 55. I would do well in the advertising aspects of a project.
- ___ 56. I can get so identified with my work or role that I forget who I am.
- ___ 57. I believe that appearances are important.
- ___ 58. I feel I need many achievements before other people will notice me.
- ___ 59. I tend to be an assertive go-getter kind of person.
- ___ 60. First impression counts.

D.

- ___ 61. Most people don't appreciate the real beauty of life.
- ___ 62. I have an almost compulsive nostalgia for my past.
- ___ 63. I try to look casual and natural.
- ___ 64. I have always had an attraction for symbolism.
- ___ 65. People don't feel as deeply as I do.
- ___ 66. Other people often lack the capacity to understand how I feel.
- ___ 67. I like to do things properly and with class.
- ___ 68. My environmental surroundings are very important for me.
- ___ 69. I like theater very much and fantasize myself as being on the stage.
- ___ 70. Manners and good taste are important to me.
- ___ 71. I don't like to think of myself as being ordinary.
- ___ 72. I can get preoccupied with suffering, lost, and death.
- ___ 73. I'm sometimes afraid that just my normal feelings response won't be enough.
- ___ 74. I seem to absorb rather easily most of the feelings of a group, so much so that frequently, I lose a sense of where my own feelings leave off and where others begin.
- ___ 75. I seem to be more bothered than most about the termination of relationships.
- ___ 76. I resonate with the "tragic clown" figure, smiling through the gloom.
- ___ 77. I have been accused of being aloof.
- ___ 78. I find myself swinging back and forth, between highs and lows. Either I am very up or down. I don't feel very alive when I'm at the middle.
- ___ 79. People have accused me of being overly dramatic, but they really don't understand how I feel.
- ___ 80. The arts and artistic expressions are very important for me as a means of channeling my emotions.

E.

- ___ 81. I tend to keep feelings to myself.
- ___ 82. I hold onto what I have and gather items I might need to use someday.
- ___ 83. I don't know how to engage in small talk very well.
- ___ 84. Intellectually, I like to synthesize and put together different ideas.
- ___ 85. I go blank when I'm embarrassed or when someone asks how I feel right now.
- ___ 86. I need much private time and space.
- ___ 87. I tend to let others take the initiative.
- ___ 88. I often sit back and observe other people rather than get involved.
- ___ 89. I tend to be something of a loner.
- ___ 90. I seem to be more silent than most others. People often ask me what I'm thinking.
- ___ 91. I have trouble reaching out or asking for what I need.
- ___ 92. If an issue comes up, I like to first work it out by myself, then go discuss it with others.
- ___ 93. Asserting myself is very difficult.
- ___ 94. I try to solve my problems by thinking.
- ___ 95. I like to put things in perspective, to step back and take everything in. If I leave anything out, I accuse myself of being so simplistic or naïve.
- ___ 96. I tend to be stingy with my time, money, and self.
- ___ 97. I really hate it when I don't get my money's worth.
- ___ 98. When I'm upset with myself or others, I frequently think of myself or them in terms of "fools," "idiots," "stupid," etc.
- ___ 99. I have a very soft tone of voice and people often must ask me to speak up. This irritates me.
- ___ 100. I tend to be more of a taker than a giver.

F.

- ___ 101. I am basically a middle-of-the-road person.
- ___ 102. Loyalty to a group is very important for me.
- ___ 103. I find it very difficult to go against what authority says.
- ___ 104. Before making a decision, I get additional information to make sure I am prepared.
- ___ 105. I take a long time to make up my mind because I need to explore the options fully.
- ___ 106. I often wonder if I'm brave enough to do what must be done.
- ___ 107. I'm often plagued by doubt.
- ___ 108. I like to be very sure before acting.
- ___ 109. Without strict laws, it's hard to tell what people might do.
- ___ 110. I often tend to operate out of sense of duty and responsibility.
- ___ 111. I like having limits in which to work.
- ___ 112. I seem to sense danger and threat more than others do.
- ___ 113. I tend to take sides and be concerned about whose side people are on.
- ___ 114. I tend to be aware of and sensitive to contradictions.
- ___ 115. I prefer to have things scheduled rather than open-ended.
- ___ 116. Frequently, I find myself evaluating others in terms of whether they are a threat to me or not.
- ___ 117. "Prudence" is a very important virtue for me.
- ___ 118. I constantly seem to be working against or challenging my fears.
- ___ 119. I seem to be concerned about defending myself or my position more than others are.
- ___ 120. I often fantasize myself in some kind of "hero" role or position.

G.

- ___ 121. I seem to be less suspicious of people and their motives than other people are.
- ___ 122. There are very few things in life which I can't enjoy.
- ___ 123. Things always work out for the best.
- ___ 124. I wish other people were more light-hearted about things.
- ___ 125. I like other people to see me happy.
- ___ 126. I usually look on the bright side of things and don't look for the negative side of life.
- ___ 127. I like almost everyone I meet.
- ___ 128. I like to tell stories.
- ___ 129. I like to think of myself as a childlike, playful person.
- ___ 130. People say I'm often the life of the party.
- ___ 131. I like to consider the cosmic ramification of events, the universal importance of everything that happens.
- ___ 132. My theory is if something is good, more is better.
- ___ 133. I don't think it's good to be sad for too long.
- ___ 134. I like to make things "nice."
- ___ 135. I like to "savor" life.
- ___ 136. I tend to be very enthusiastic about the future.
- ___ 137. I like to cheer people up.
- ___ 138. Most of the time, I avoid getting into really "heavy" issues.
- ___ 139. I tend to jump from one thing to another rather than go into anything in depth.
- ___ 140. I remember my childhood as happy.

H.

- ___ 141. I am very good for standing up and fighting for what I want.
- ___ 142. I sense others' weak points quickly and I will push them there if I am provoked.
- ___ 143. I find it easy to express my dissatisfaction with things.
- ___ 144. I am not afraid to confront other people and I do confront them.
- ___ 145. I enjoy the exercise of power.
- ___ 146. I have a sense of where the power resides in a group.
- ___ 147. I am an aggressive, self-assertive person.
- ___ 148. I know how to get things done.
- ___ 149. I have trouble accepting and expressing my tender, gentler, softer, "feminine" side.
- ___ 150. I get bored easily and like to keep moving.
- ___ 151. Justice and injustice are key issues for me.
- ___ 152. I protect people who are under my authority or jurisdiction.
- ___ 153. I think of myself as a non-conformist.
- ___ 154. Generally, I don't care much for introspection or too much self-analysis.
- ___ 155. I think of myself as being an "earthy" person.
- ___ 156. I don't like to be cornered.
- ___ 157. I don't like to be told to adjust myself.
- ___ 158. I think of myself as a hard worker.
- ___ 159. I have trouble just letting things be.
- ___ 160. I think other people create their own problems.

I.

- ___ 161. Most people get worked up over things.
- ___ 162. Most things in life aren't worth getting upset about.
- ___ 163. I'm almost always peaceful and calm.
- ___ 164. I like time to just do nothing.
- ___ 165. I'm an extremely easy-going person.
- ___ 166. I can't remember the last time I have trouble sleeping.
- ___ 167. While there are some differences, I feel most people are pretty much the same.
- ___ 168. There is nothing so urgent that it can't wait until tomorrow.
- ___ 169. Generally, I don't get too enthusiastic about things.
- ___ 170. I have a need for outside stimulation to get me going.
- ___ 171. I hate to waste my energy on anything. I look for energy-saving approaches to things.
- ___ 172. My attitude is "I don't let it bother me."
- ___ 173. I can be a dispassionate arbiter because one side is as good as the other.
- ___ 174. I hate to be unsettled.
- ___ 175. I generally follow the line of least resistance.
- ___ 176. I take pride in being a stable person.
- ___ 177. I tend to play things down to get other people settled down.
- ___ 178. I don't think of myself as being all that important.
- ___ 179. I have trouble listening and paying attention.
- ___ 180. I agree with this statement: "Why stand when you can sit: and why sit when you can lie down."

- End -