

# Jaclyn Snyder

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## Counseling

### The Enneagram: Considerations While Finding Your Type

1. **Understand Why It's so Hard to Find Your Type:** The purpose of the Enneagram is to uncover your hidden drives. It helps us to understand WHY we do what we do. Our internal motivation is often a mystery to us. Taking an assessment is a great start but is not always definitive because trying to determine our subconscious drives is tricky business.
2. **Take a Peek at ALL of the Types.** If we take a test we can be tempted to just read our top scored number and call it a day. One problem with that is that we truly have some parts of all the numbers within us.
3. **Find Your Subtype.** The Types are often described in a somewhat exaggerated way. However, we are complex and the Types are like colors- think of how many shades of blue there are! You may have a difficult time finding your number because you don't fit the typical description. There are three "subtypes" or "instinctual variants" for each number that illustrate this nuance. The Enneagram Institute has a paid test called, "The IVQ." You can also go to [www.enneagramatwork.com](http://www.enneagramatwork.com) to learn more about the Subtypes.
4. **Consider Your Stance.** There are Three "Stances" that each of the Numbers fall within: Aggressive, Compliant, and Withdrawing. Discovering your stance can really help to differentiate between two Numbers. [Click Here](#), to learn more.
5. **Share With People You Trust.** Partners are usually a great sounding board for this! See if others who have been in your life for a long time see this as your number.
6. **This is Meant to Be a Journey.** The Enneagram is meant to show us our False Self. Our Type is a description of the game that we've been playing throughout life in an attempt to protect ourselves from our Basic Fear. For example, the Basic Fear of Type 3 is of failure. Type 3's will go throughout their whole lives trying to avoid failure. The point of the Enneagram is to show us that we no longer need to play that game. We can discover new ways of living that aren't driven by fear. However, if we're not fully ready to stop playing this game, discovering our number can just be like any other personality typing system. We can just see ourselves as part of the, "Type 7 Club" for example and choose not to take it any further. This is a choice for each of us to make. However, if we don't take the time to seek-out our number, we may mistype ourselves.
7. **Try it On.** You may mistype yourself and that's ok! Hold your number loosely and just try it on for a while. Read-up, listen to podcasts, talk to others with that type. Panel discussions are a really helpful way to hear variations of each Type. Abi Robbins of [www.consciousenneagram.com](http://www.consciousenneagram.com) has some helpful resources including a podcast with panel discussions.
8. **Contact a Coach.** If you're feeling really stuck but want to experience the transforming power of the Enneagram, contact a coach or a therapist who is knowledgeable. It's worth it!