

Short-form Enneagram Screening

Initial Indicator for Enneagram Type

Copyright 1997, Lori Ohlson MA, LPC and Dee Marcotte MS, MA, LPC

This short survey of your characteristics or tendencies will give you a starting place for discovering your Enneagram type. It is not a "test" or evaluation of ability or mental health. It is only a raw indicator of your basic personality. Like all questionnaires, its accuracy is dependent on your perception of the question, how well you know yourself, and the clarity with which you answer. Your results will be most productive if you:

- are as objective and honest with yourself as possible
- don't over-analyze the questions or your responses
- if an answer was once strongly true for you, mark it "mostly true" even if you have changed

Part A. For each statement, answer "mostly TRUE" or "mostly FALSE" as it applies to your behavior, preference, motivation or personal style, putting a check mark under the appropriate column. Total your responses for each section as you go. Then do Part B. on Page 6

Mostly
TRUE

Mostly
FALSE

Section A

- _____ 1. It's really easy for me to be exactly what another person needs.
- _____ 2. After a while I get angry when I give so much to someone and get nothing in return, but I would rarely let him/her know that.
- _____ 3. My likes and dislikes tend to vary depending on who I'm with.
- _____ 4. Knowing that other people need me is important to my happiness.
- _____ 5. Giving to others is my natural role in life and I'm proud of that.
- _____ 6. My feelings tend to dominate my life.
- _____ 7. I love being central to the well-being of my loved one(s).
- _____ 8. Excitement comes to me from relationships ... if I'm not involved in at least one, I feel empty.
- _____ 9. I am always concerned with how others feel about me.

_____ Totals for Section A

Mostly TRUE Mostly FALSE

Section B

- _____ 10. Other people tell me I'm driven and demanding
- _____ 11. I am very quick and energetic and nothing slows me down; the more I can accomplish, the better I feel.
- _____ 12. I love the opportunity to shine in the eyes of others.
- _____ 13. I spend a lot of time focusing on my abilities so I can be efficient and successful.
- _____ 14. Feelings are insignificant in comparison to achieving goals.
- _____ 15. My life revolves around my work and my achievements.
- _____ 16. I can't be loved if I'm just average ... I must excel.
- _____ 17. I can't understand why others focus on questions like: "Who am I?" - What's really important is "how well am doing?"
- _____ 18. I'm an expert at adjusting and adapting myself so I have the right image to get the job done.
- _____ **Totals for Section B**

Section C

- _____ 19. I experience frequent mood swings.
- _____ 20. There must be something wrong with me that I don't get the love and satisfaction that everyone else does.
- _____ 21. I spend a lot of time longing for how things used to be or how they will be in the future.
- _____ 22. I'm always searching for the depth in life's experience.
- _____ 23. I avoid what's ordinary or superficial and strive to be unique.
- _____ 24. Other people tell me I'm too sensitive and emotional.
- _____ 25. Relationships never measure up to the intensity I want.
- _____ 26. I think I experience more disappointment in life than other people.
- _____ 27. I am attracted to the dramatic side of life, even if it is dark or painful.

_____ _____

Totals for Section C

Mostly Mostly
TRUE FALSE

Section D

- _____ _____ 28. I feel drained by what other people want from me.
- _____ _____ 29. Private time is a necessity for me and I need a lot of it.
- _____ _____ 30. I enjoy making do with the least amount possible.
- _____ _____ 31. Once I am alone, it's much easier for me to sort through an event and examine my feelings.
- _____ _____ 32. I focus on preserving my resources because I feel there is not enough (time, money, space) - others will want what I have.
- _____ _____ 33. I often observe other people and events very clearly but rarely reveal what I see.
- _____ _____ 34. I love to organize everything into a system I can monitor from a distance ... this preserves my privacy and safety.
- _____ _____ 35. I enjoy my own mind and imagination more than I enjoy being in the company of other people.
- _____ _____ 36. I keep my friends and associates (business, family, activities) apart ... many of them have never met.

_____ _____

Total for Section D

Section E

- _____ _____ 37. I doubt and question almost everyone and everything.
- _____ _____ 38. It's almost impossible for me to relax and turn my mind off.
- _____ _____ 39. It's not safe to be successful because it exposes me to attack from others.
- _____ _____ 40. I won't really trust anyone I haven't checked out thoroughly for sincerity and dependability and this may take a long time.
- _____ _____ 41. I must be constantly on guard & always ready to defend myself - if I'm prepared for the worst that can happen, I may be able to avoid it.
- _____ _____ 42. I am suspicious of other people's motivations and spend a lot of time figuring out what they're after.
- _____ _____ 43. Other people have said I'm too cautious or fearful.

- _____ 44. Since I think everything through so thoroughly, I often feel paralyzed in taking action.
- _____ 45. I'm always aware of some authority whose rules must be followed.
- _____ **Total Section E**

Mostly Mostly
TRUE FALSE

- Section F**
- _____ 46. I believe in accentuating the positive and eliminating the negative.
- _____ 47. I feel trapped if I don't have many options available.
- _____ 48. Relationships often seem frustrating and confining to me.
- _____ 49. I am always planning and looking to the future ... it's so exciting!
- _____ 50. I love to keep moving from one fun, interesting activity to the next.
- _____ 51. I have difficulty staying with one commitment because there are so many other things that interest me.
- _____ 52. I don't understand why others have to be unhappy - there is no good reason to waste time thinking about things that are depressing or painful.
- _____ 53. I can most always get my way by being light-hearted and dancing around obstacles.
- _____ 54. I love to start interesting new projects but often following through to the end is boring.
- _____ **Total Section F**

- Section G**
- _____ 55. I am often in a leadership role. I like to be in charge.
- _____ 56. Others tell me I'm "too much" (too loud or intense). Apparently, I intimidate them.
- _____ 57. I have no tolerance for frustration ... I must be in control of getting what I want.
- _____ 58. Feelings are weak; it really turns me off to see others indulging in them.
- _____ 59. I would rather be respected than liked.
- _____ 60. It's easy and natural for me to express anger.
- _____ 61. If I want something, I get it. Whenever I get involved in something, I do it 120% - there is no "half way" with me.

_____	_____	62. Any kind of vulnerability is weakness; I will do most anything not to be weak.
_____	_____	63. If someone hurts me or mine, it's legitimate for me to take charge of their punishment.
_____	_____	<u>Total Section G</u>

Mostly TRUE Mostly FALSE

Section H		
_____	_____	64. I avoid conflict at almost any cost.
_____	_____	65. I will ignore my feelings in the interest of peace and harmony with others.
_____	_____	66. I am inclined to do what is most comfortable rather than what is most important to me.
_____	_____	67. It's easy for me to see all sides of an issue, but harder to know what my own opinion is because everyone's argument seems equally compelling.
_____	_____	68. I frequently use habitual activity (eating, TV, etc.) to "zone out" ... it is such a relief from the pressure of paying attention.
_____	_____	69. I don't get upset about things I can't change.
_____	_____	70. I have difficulty prioritizing and making decisions because everything seems equally important to me.
_____	_____	71. Others say I am calm and reassuring, and I often find myself in the role of peacemaker.
_____	_____	72. I like the familiarity of daily routines and the comfort of settling into a serene, cozy environment that doesn't change.
_____	_____	<u>Total Section H</u>

Section J		
_____	_____	73. My mind always goes to what's wrong or what needs to be improved so that things can get done correctly.
_____	_____	74. I'm judgmental and critical, both of myself and others.
_____	_____	75. I just can't let go and relax until the work is done.
_____	_____	76. I am hardly ever satisfied with the results of my efforts ...there's always something that could have been done better.
_____	_____	77. Others say I worry too much and tend to be compulsive. I probably should lighten up.

_____	_____	78. I secretly feel resentful that I'm so responsible and work so hard and many others don't ... it's really not fair.
_____	_____	79. I am focused on a constant drive to improve myself and others.
_____	_____	80. I am often uptight and irritated because I don't have enough time to get everything done.
_____	_____	81. It really irritates me when I see others break the rules.
_____	_____	<u>Total Section J</u>

Part B. Scoring.

Enter the totals from each of your sections in the following chart.

Question Numbers	1-9	10-18	19-27	28-36	37-45	46-54	55-63	64-72	73-81
Section	A	B	C	D	E	F	G	H	J
Number of <u>Mostly True</u> Responses									
Enneagram Type	2	3	4	5	6	7	8	9	1

RESULTS

Look across the row of your Mostly True responses. Take the highest total of Mostly True responses and look below your highest score to the next row for your Enneagram type. Your highest ranking response most likely corresponds with your true Enneagram type, but this is not always the case so take note of your second and third choices. Enter results here:

First Indicator (Enneagram type under highest score) _____

Second Indicator (Enneagram type under second highest score) _____

Third Indicator (Enneagram type under third highest score) _____

=====

You can view the descriptions for your Type(s) here: www.enneagraminstitute.com

OPTIONAL - Part C. Refining

If your indicators or Enneagram types are tied or if you would like to further verify and refine your responses, use this system: For your top two or three indicators (all the ones which are tied), go back over each of the statements you marked "**Mostly TRUE**" in those sections. Consider each of these mostly true statements and weigh how much each one describes you using the following scale. Write down the corresponding number in the margin to the left of the statements.

1 - generally true of me

2 - strongly true of me

3 - extremely true of me

Add the total points for each of the three sections and place them next to the first, second and third indicators above. Does this further discriminate your type?

Use this experience in conjunction with a workshop, consultation with an Enneagram teacher and/or reading and audio tapes to help you confirm your primary type. If you'd like further information, please contact us:

Lori Ohlson MA, LPC and Dee Marcotte MA, MS, LPC
People House, 3035 W. 25th Avenue, Denver, CO 80211
(303) 525-3038 or (303) 829-6422

Copyright 1997 Rev. Lori Ohlson MA, LPC and Dee Marcotte MS, MA, LPC