



MODULE 15 - HANDOUT
Certificate in Enneagram Coaching

TYPE SEVEN Basic Diagnostics

Sevens are optimistic, energetic, possibilities-oriented people who appreciate life and want to live it to its fullest.

At their best, they are multitalented people who learn fast and have many abilities in many diverse areas. They are the masters of brainstorming. They have curious and agile minds and can quickly generate new ideas. Their minds are especially great at finding associations, interconnections, and interrelationships between seemingly unconnected events, and they use this ability to see patterns where most people would miss them. They are ingenious, creative, and imaginative. They are “big picture” planners who can multitask and work on many projects at the same time, but they are also focused and disciplined and know how to bring a project to completion. Although their minds are agile and fast, they can pause and make decisions with serenity.

They are endowed with a love for life and a natural optimism and enthusiasm that are highly contagious. They are high-spirited, positive, adventurous, and upbeat and can motivate others with their energy. They can naturally look for the good in everything that happens in their life and in the lives of the people around them. They teach us how to appreciate the simplest things in life. How to be fascinated and obtain joy from daily and minor events, and learn to be satisfied and happy in the present moment. They are happy because they can also accept life's difficulties, frustrations, and pain without reacting to them or resisting them or trying to escape from them. This also makes them resilient—they know how to accept a crisis and turn it into a challenge, into an opportunity. They also know how to recover and “bounce back” from stress and crises.

They are fun to be around, are great conversationalists, and usually are the “life of the party” with their energetic sense of humor and entertaining storytelling. They can be charming, cheerful, and playful.

In autopilot, an intense desire to maintain a sense of happiness and well-being starts running inside them. An “I must keep myself busy and excited” belief dominates their thinking. Consequently, their attention automatically goes to seeking variety and finding new possibilities and new sources of stimulation on one hand, and to the avoidance of negative emotions, pain, frustration, and boredom on the other. Since staying in motion is so important to them, special emphasis is put on defending their freedom and independence against anything or anyone they perceive as limiting or restrictive to them.

They become restless and less focused. They become interested in too

many things, as if trying not to miss anything on the spectrum of possibilities that life has to offer, jumping from one track to another as if they couldn't say no to themselves. They keep planning for more activities and want to keep their options open, thus creating an inability to narrow their focus. As a result, they have a problem with commitment and completion. They start projects and don't have the discipline or the patience to complete them. They feel trapped and lose interest in a project once they have already started and the initial excitement is gone. As a result of their overextending themselves, their lack of focus and lack of discipline, their many talents may become wasted (or not fully developed to their potential), and their many dreams may not come to realization.

Their planning habit can backfire on them: the more they plan, the more they live in the future, and consequently the less they can feel joy in the present moment or appreciate what they do have. Anger and frustration arise from this, as they can't feel truly content in spite of their multiple activities, distractions, and busy schedules. Anxiety builds and they turn to even more planning and busier schedules in the hope of finding new pleasurable things and activities that will lessen that anxiety. They become escapists: self-indulgent, self-centered, bitter, uninhibited, impulsive, infantile, insensitive, and demanding.

Stress and emotional drain arise since it is very difficult to maintain a "happy," "negativity-free" life for long periods as they try to do. Physical, financial, and emotional exhaustion arise from their busy, hyperactive lifestyle.

Body Language

- Body reflects positive outlook and enthusiastic approach to life: active, energetic, expansive, bright body language.
- Inability to stand still, "constant motion"
- High use of hand gestures.
- Good and sustained eye contact; smiling face, bright and open eyes.
- Effusiveness in expression: express feelings in an uninhibited, heartfelt manner.

Speaking Style

I am an **optimistic** person; I love **life**. At home they tell me, “Wake up darling, life is not all roses, it’s not like the movies, come down to earth.” As if I don’t know that. . . I try to be in an **uplifting** state, and simply can’t stand **boring**, annoying people who come with their mental rigidity, everything in black and white. . . or that they want to tell me what to do. I don’t like when others try to **limit** me. I prefer **spontaneity, flexibility**. If I am in the company of depressing people, I fly[...] I am making **plans** all the time. I **enjoy** that. I tend to load my schedule with a million things, but I don’t always end up doing all that, all those things that I myself planned. I think most of the time in terms of **opportunity**, of **possibilities**. If I get **enthusiastic** about something, I can work really hard. But in those aspects of the job that become routine, I get bored and get stuck. It’s easier for me to initiate, but harder to follow up or bring closure. I paid a big price for my lack of perseverance. Sometimes when I must complete a task until the end, I feel **trapped**. Feel as if I have no **freedom**. I like the joy of having everything **open** and in process[...] I love life and sometimes I have a feeling as if I don’t have enough **energy** for all the things I want to do. There is so much that life has to offer, and I sometimes catch myself running from here to there, as if trying not to miss anything. I recognize that yes, that can be quite draining. My attention is easily **distracted** and I tend to **jump** from one thing to another, and it’s hard for me to **concentrate** on doing just one thing and being disciplined. I get bored, and boredom is frightening. I immediately look for ways to **escape**.” (Miri, Type Seven.)

- Use excitable language.
- Fast talkers.
- Talks about possibilities, options, opportunities.
- Talks about exciting ideas.
- Likes to plan and anticipate the fun ahead.
- Tells stories, anecdotes.
- Tells jokes; talk humorously.
- Manifests boredom as soon as it arises.
- Tries to inject “good vibes” to uplift the energy and the atmosphere.
- Compulsive sharing when enthusiastic about something.
- Rationalizations and excuses to avoid criticism or limits imposed

by others.

- Bad listeners: lots of interruptions, and “free associations”.
- Go off on tangent: "That reminds me. . ." or "That's nothing, let me tell you about. . ." Random changing of topic of conversation.
- May get over-stimulated and talk non-stop.

Problems they would like to work on, and typically bring to the coaching session

- To learn how to focus and be disciplined towards the completion of their goals.
- To learn how to focus to capitalize on their many talents, and to develop their abilities to their potential.
- To recover their natural ability to appreciate the present and love life without the need for constant activity and stimulation.
- To be able to commit in their relationships.