



Enneagram Test

Discover your Enneagram Type

Instructions for completing the test

The Enneagram describes 9 personality types. In the following pages, you'll find a set of questions for each of the nine types (it's recommended that you print this test).

For each type:

1. Check the statements that are sound true to you, and that best describe your personality.
2. Count the total of checked statements that you got in each type.
3. Compare the score that you got in each type: The type with the highest number of checked statements is likely to be your Enneagram type.

If you'd like a feedback session with Yechezkel and/or Ruth Madanes to clarify your Enneagram type, please contact Melinda at melinda@madanesschool.com

Type One: The Perfectionist

The person that is punitive with itself and with others

1. I am a serious and formal person: I dutifully do my job and work hard.
2. I am a responsible, and hold standards and values higher than most people. Principles, ethics and morality are central issues in my life.
3. People say I am strict and very critical – that I never let go of even the slightest detail.
4. You either do things right, or wrong. No grays in the middle.
5. I lose my patience and get irritated easily.
6. Things that are done in a sloppy manner can really annoy me.
7. I can't stand mistakes. I don't tolerate them well neither in myself nor in other people.
8. It's hard for me to recognize an error, I can't think of the idea of admitting something "incorrectly done" by me.
9. Sometimes I can be extremely harsh and punitive on myself, for not having met the ideals of perfection I've set to myself.

Total Score: _____

Type Two: The Helper

The person that is attentive to other people's needs but neglects his own.

1. I have the special gift of detecting what other people need.
2. I know how to open my heart and give all my best: I can go to great lengths in order to help somebody.
3. It's easy for me to connect with people.
4. People say that I am a good person.
5. Sometimes, in trying to help others, I overextend myself, and end up exhausted and with my own needs unattended.
6. The world's problems are to be solved with more love, not with more thinking
7. I've been told that I am intrusive – what happens is that many times I know better than the other person what she or he really needs...and I can't not to intervene.
8. I feel hurt when others don't appreciate all I've done for them or take me for granted.
9. It's hard for me to request help from other people: for some reason, it's always me the one who's helping the other.

Total score: ____

Type Three: The Achiever

The person that competes with others and tries to be the best

1. I am very confident person
2. I am efficient, fast and always super-focused on my goals.
3. It's critical to give the correct image, at the right time.
4. I am a workaholic: it doesn't matter if that means to grab hours from sleep or family.
5. When I set a goal, I will achieve it no matter what.
6. To achieve success, one must put feelings aside and do whatever needs to be done to move forward.
7. I am very competitive: I believe competition brings out the best in oneself.
8. I am very impatient with people that can't follow my pace.
9. I am very professional: I take special care of my image, my clothes, my body, and the way I express myself.

Total score: ____

Type Four: The Tragic-Melancholic
The person that wants to be deep and special

1. I am very sensitive person
2. Sometimes I feel as if I don't belong in this world, that I am different from everybody.
3. It's hard for me to adapt to a routine; I can't understand how others live this way.
4. I am often invaded by a deep state of melancholy.
5. I live in a constant state of dissatisfaction.
6. I am very imaginative and creative. I feel attracted to art, beauty and aesthetics.
7. I am a romantic and my feelings are deeper than most people's.
8. I often feel incomprehended.
9. When I don't have something I want, I long for it. But when I finally have it, I lose interest in it.

Total score: ____



Type Five: The Investigator

The cerebral and analytical person that can't connect to his emotions

1. People say I am very distant and cold. The truth is that it's important for me to have space and keep people at arm's length.
2. I feel drained by people and their emotions.
3. I am not very sociable and whenever possible, I tend not to assist to gatherings at which I'll be forced to socially interact.
4. Sometimes a good book is my best company.
5. I like to approach any issue in an objective, analytic and systematic fashion.
6. It's important to conserve resources: I don't like other people to dispose of my time, energy and money and I tend to easily feel intruded.
7. To "recharge the batteries", I go into my "cave", alone so nobody can bother me.
8. My head produces lots of ideas, but I often find myself unable to take action and put them into practice.
9. I think most people do what "the mass" does, without much reflection and independent thinking, and therefore in a very non-intelligent way.

Total score: ____



Type Six: The Loyal-Skeptic

The loyal person that focuses on dangers and seeks security

1. I am a very loyal, trustworthy and friendly person.
2. I am very anxious: I am always anticipating for things that could go wrong.
3. It's hard for me to trust others: I am quite skeptical with others and tend to look for hidden intentions.
4. I tend to be ambivalent and it's not easy for me to take decisions. I consult with my friends and if possible, with experts, to get their advice on what should I do.
5. I am very cautious. I think in life you must tread carefully.
6. I tend to catastrophize: I may react disproportionately to minor inconveniences.
7. I complain a lot. I often feel that if I don't complain, my efforts are not recognized.
8. I sometimes play "devil's advocate": I can defend an idea, and simultaneously the opposite posture. I do that to test ideas.
9. I respect authority and I that by being loyal and obedient to it I feel safe and protected. But if I perceive injustice from it, I may end up rebelling.

Total score: ____

Type Seven: The Enthusiast

The optimistic person that keeps himself busy to run away from boredom and pain.

1. I consider myself an optimistic and positive person.
2. I love life and all the opportunities that it offers.
3. I get bored easily so I try to keep myself stimulated.
4. I am curious, have the ability to learn fast and can speak just about any subject.
5. I feel suffocated under a fixed routine: I prefer to leave things open and be spontaneous.
6. I tend to spend more money than I have.
7. I don't have a strong discipline: although I do a lot of things and projects, I many times get bored after the initial excitement, and then it's hard for me to bring them to completion.
8. People say my enthusiasm and sense of humor are contagious.
9. I can't say "no" to myself: It's hard for me to put limits to myself, and once I want something, I don't stop until I get it.

Total score: ____

Type Eight: The Commander

The dominating person that wants to control his surroundings and hide his vulnerabilities.

1. I am a natural leader, strong and dominant.
2. Power is not something we request, or is granted to us. Power is something you take.
3. I am very direct and say things “on the face”, no dancing around.
4. I tend to challenge others – I like to see where they stand.
5. Things are done my way. Whoever doesn't like it, there is the door.
6. I get angry easily, and have no problem in manifesting it.
7. I can be protective and take care of the people in my intimate circle – or whoever is being treated unfairly.
8. In life you must be strong – otherwise, people will take advantage of you.
9. I don't let go of offenses against me. I wouldn't call it vengeance, rather, justice. I always “settle the accounts”.

Total score: ____

Type Nine: The Peacemaker

The person that flows with other people and doesn't know what he wants.

1. I am a friendly person, easygoing and stable.
2. I try to flow with others and not cause conflicts.
3. I am diplomatic and at the time of conflict I know how to put myself in other people's shoes to understand their point of view.
4. I often don't know what I want, and end up following other people's agenda.
5. If I get pressured, I can become obstinate and stubborn.
6. Many times I've paid a big price for having avoided a conflict at all costs.
7. I often tend to think that problems will take care of themselves – and this causes me to not take appropriate action.
8. I tend to lose sight of my real priorities and get busy on inessentials, while leaving aside the important and urgent.
9. I often say *yes* when I actually mean *no*.

Total score: ____