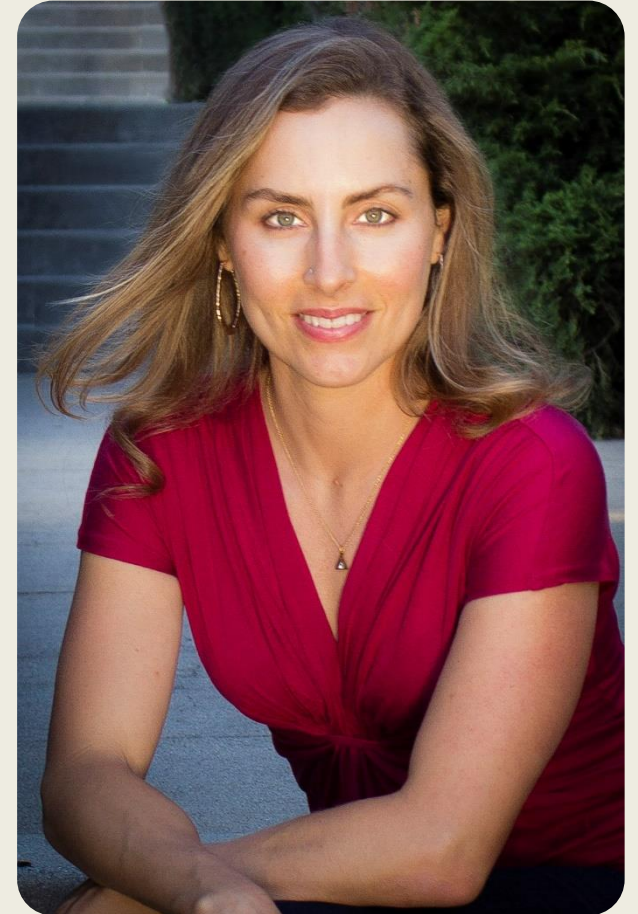


THE POWER OF PERSONALITY

ENNEAGRAM AND CLIENT BREAKTHROUGHS

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- Trained with Enneagram pioneer Stanford Professor, Dr. David Daniels
- Founder of Authentic Freedom, a psychology-coaching hybrid practice

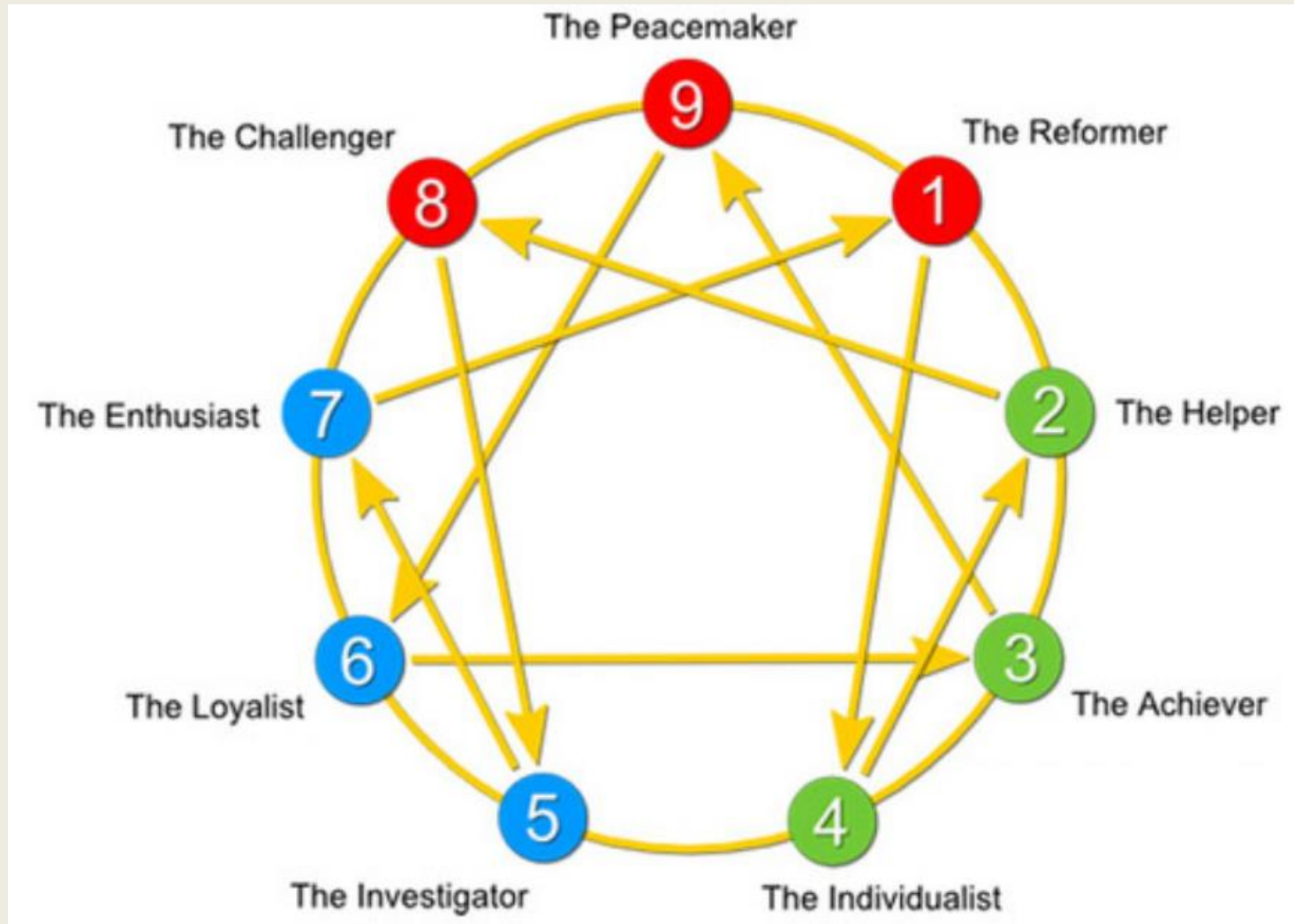


OVERVIEW

- Identify the 9 Enneagram Types,
- Introduce the Stanford Inventory by Dr. David Daniels,
- Q&A



ENNEAGRAM = 9 POINTS



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**READY FOR THE
9 TYPES?**

TYPE 1 – THE PERFECTIONIST

- **Core belief** “I must be disciplined and do the right thing.”
- I have very high standards for myself and take pride in doing things well.
- I am very good at seeing what is wrong and how things can be improved.
- I have a strong inner critic.
- I am able to give up pleasure and fun in order to do what I feel is right.
- I may come across as critical or demanding as I want things done the right way.

TYPE 2 – THE HELPER

- **Core belief** “I must take care of others first or I will be abandoned.”
- I have an excellent “radar” for what other people need even if I don’t know them well
- I put others’ needs ahead of my own and have trouble asking for help or care
- Sometimes I feel resentful when people take more than they give back
- I become emotional and even demanding when my feelings are heard or appreciated
- Relationships mean a great deal to me

TYPE 3 – THE ACHIEVER

- **Core belief** “If I’m not achieving or doing I am worthless.”
- I feel that much of my value is based on what I accomplish therefore I put a lot of energy into my work
- Since I’m so busy I don’t have much time for self-reflection
- I hate or refuse to sit and “do nothing.” Let me be productive!
- It’s very important to me to project an image of success
- Failure is NOT an option
- Approval and affirmations from others is very important to me

TYPE 4 – THE ROMANTIC

- **Core belief** “There is something missing.”
- I feel my emotions deeply and my moods are always shifting
- Authenticity and free expression is extremely important to me
- Some people see me as being overly dramatic or sensitive
- I feel I am different from others which leads me to feel misunderstood or lonely
- At times I get lost in fantasies or longing for what I want and forget to appreciate the present moment or relationship

TYPE 5 – THE INVESTIGATOR

- **Core belief** “I must be capable, private and self-sufficient to avoid being drained or intruded upon.”
- I’d rather detach and observe my feelings rather than feel my feelings
- I consider myself somewhat quiet and rather analytical
- I really enjoy “me-time,” alone-time and privacy
- I have a strong appetite for learning and information
- I have an offbeat sense of humor

TYPE 6 – THE LOYAL SKEPTIC

- **Core belief** “I must have a plan in order to be safe.”
- I’m naturally inclined to see all the possible ways something may go wrong
- I have an excellent imagination, especially when imagining possible problems or dangers
- I tend to be very anxious and appear preoccupied
- I deeply value loyalty
- I like to know the rules and who’s in charge and may be suspicious of authority
- It is hard to regain my trust once broken

TYPE 7 – THE ENTHUSIAST

- **Core belief** “I must avoid pain and frustration by keeping my options open.”
- I really enjoy trying new things and prioritize fun
- My mind is very active, bouncing from one thing to another
- I have trouble completing projects as I lose interest in them
- I am very optimistic and don't waste time with negativity
- I'm good at getting the big-picture and connecting concepts that, at first glance, don't appear related

TYPE 8 – THE PROTECTOR

- **Core belief** “I must protect myself by being powerful and in control.”
- I tend to be an all-or-nothing type- “go big or go home”
- Being strong, dependable and honest is extremely important to me
- What you see is what you get with me
- Injustice is unacceptable- I fight for what’s right
- I am very direct and comfortable with conflict, often quick to anger
- I am not comfortable with showing or feeling vulnerability or weakness

TYPE 9 – THE PEACEKEEPER

- **Core belief** “I must keep the peace or I’ll be rejected.”
- People see me as friendly, agreeable, and easygoing
- I am good at seeing everyone’s point of view
- I’m often not really sure about my own needs and desires and may appear indecisive
- I tend to go along with what other people want, though this sometimes leaves me feeling resentment
- I’m very uncomfortable with conflict

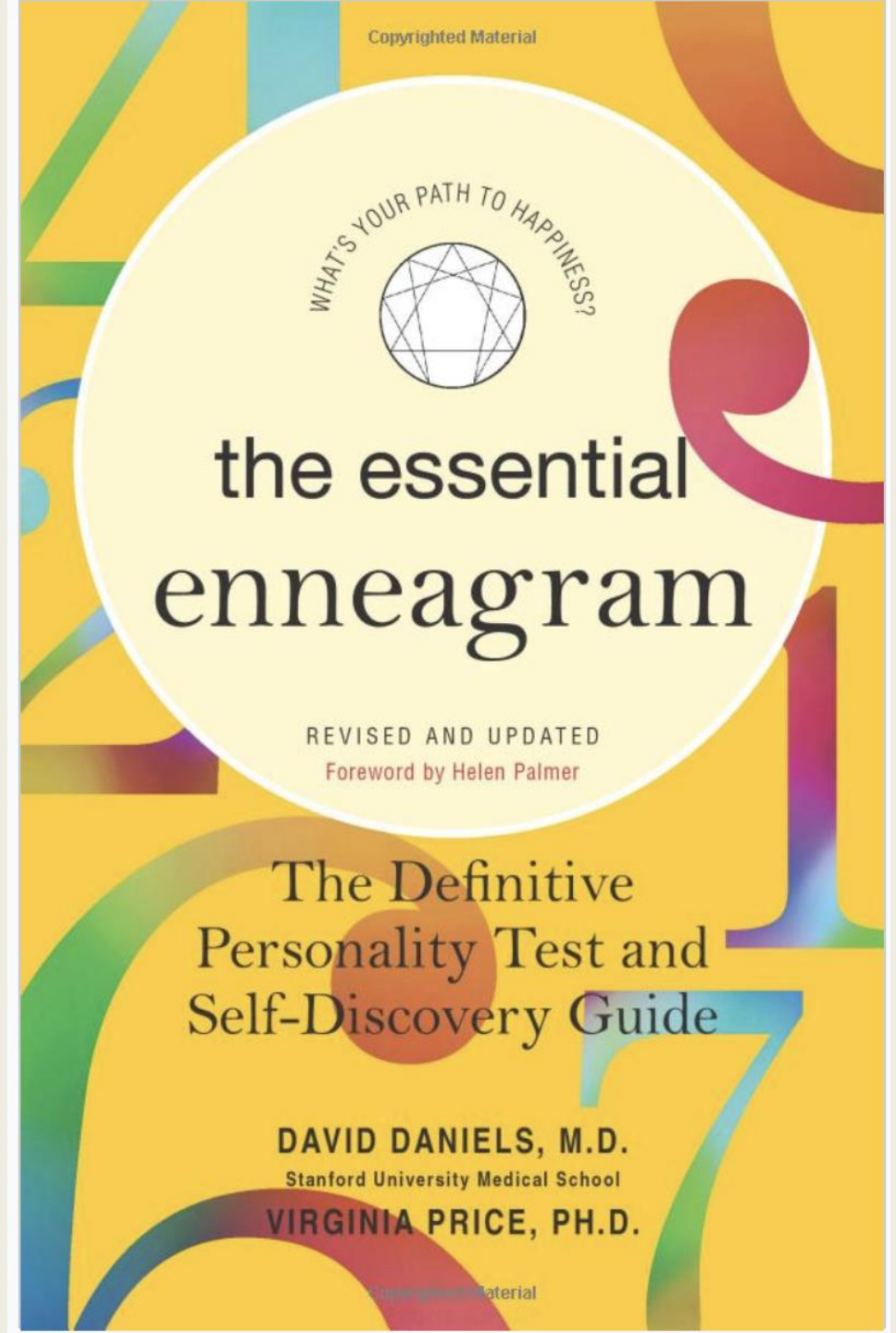
STANFORD INVENTORY

- By Dr. David Daniels
- Paragraph style
- Type is chosen, not assigned

- Free version found at:
https://www.fbcrichmond.org/download_file/view/4440/

- The Essential Enneagram

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QUESTIONS?

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Thank you!