

# Enneagram Tritype® Personality Profile: Shawna Fenner

9-16-22

## Enneagram Type 1

## Common Names for Type 1

Respectable Person, Perfectionist, Improver, Reformer, Idealist, Judge, Crusader

## Enneagram Tritype®

## Tritype® Archetype

1-4-5

The Researcher - 145, 154, 415, 451, 514, 541

## Instinctual Stacking

## Common Names for Intimate 1

Intimate / Social / Self-Preserving

Patrician, White Knight, Reformer, Evangelist, Mentor Guide, Inquisitor

## Your Top Ranked Enneacard: Type 1

### Your Tritype® Stacking: 1-4-5

Respectable Person, Perfectionist, Improver, Reformer, Idealist, Judge, Crusader



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This Enneagram Tritype® Test is different from other Enneagram Tests because it has 8 testing instruments in one, and has been programmed to detect important patterns that the Enneagram Types use, which corrects common mistypings. If you receive a special notice, it may notify you if you are the Phobic, or Counter-Phobic 6.

## Type: 1

### Overview

Ones want to be accurate, thorough, fair and objective. More importantly, Ones want to be respectable, to do what is right and what you feel is appropriate. Ones see yourself as rational, orderly and principled. Ones would like others to see you as reliable, responsible and ethical. Ones idealized image is that they are hardworking and do what is right.

Gifted with a strong sense of purpose, Ones have high ideals and like to follow protocol, policies and procedures. You are sincere, earnest and diligent. Ones like to excel and take pride in doing things well. Ones value honesty, integrity and objectivity. Conscientious and methodical Ones focus on paying close attention to detail. Earnest and hardworking, ones are particular and constantly strive to improve. Ones take action from their hearts because, for ones, the heart is the only thing that is truly perfect.

Ones have strong internal critics that remind them of what they should and shouldn't do. At times, you can be judgmental and critical of others, telling them what Ones think is right. Ones behave this way because they want to help people avoid

mistakes. Ones believe that there is only one way to do things and that is the right way. As a perfectionist, they feel that if something is worth doing, it is worth doing right. As a result, they are only satisfied with what appeals to their strong sense of what is moral. Idealistic, Ones naturally want to educate others to help them improve themselves. Life for Ones is about adhering to strong internal standards. Sometimes, they wish they could let go and have more fun. This can be hard for Ones to do, unless they are on vacation, because of strong work ethics. Ones innately recognize that in most situations there are standard operational procedures. Privately, they criticize themselves for their shortcomings far more than they ever criticize anyone else. Because Ones are so hard on themselves, they long for positive feedback, serenity and happiness.

### **Need**

Ones need to know what is expected of them so they can act accordingly and excel. Ones want to know what is considered appropriate and to do things by the book to avoid making a mistake. They continuously strive for self improvement and expect others to do the same. One's always act in accordance with their high standards, moral beliefs, philosophies and principles, instead of basing their behaviors on another person's rules.

### **Avoid**

Ones avoid impropriety, irresponsibility, high risks and/or extremes. Most importantly, Ones avoid expressing anger, feeling that to do so is wrong or inappropriate. Underneath their attitude of moral superiority and need for correctness, they have a deep fear of being wrong, bad, evil or corruptible. They prefer what is practical, grounded and stable and avoid appearing silly or frivolous to others.

### **Virtue**

Ones integrity, wisdom and adherence to sound procedure can bring clarity and guidance to a confused world. You are a true pioneer with the ability to envision utopia and the discipline to put in the hard work necessary to make it happen. Like a White Knight, Ones are not afraid to act according to their strong convictions— even if their actions go against the beliefs of their parents, boss or society. Ones have a special gift for teaching and enjoy helping people learn and improve.

### **Vice**

Ones vice is resentment because they work hard to repress negative emotions. They feel that showing overt anger demonstrates a loss of control, so they suppress their wrath when others are not working as hard as them and don't feel the same level of responsibility that they do. At times, Ones can be self-righteous, overly strict and rigid. They can become irritable, nit picking and critical when others don't abide by their lofty moral code and need for procedures. Ones should Remember, that people think of them as teachers, and the best teachers lead by example, not criticism.

### **Attention**

Ones attention goes outward, to the environment, creating improvements, correcting imperfections and righting what is wrong. In their search for what is perfect, they can become mired in details and lose sight of their original goal and intention. Often it is more important to complete a task than wait for perfection.

### **Spiritual Path**

Their spiritual journey is to reclaim a sense of serenity. Even flaws may have a purpose. Ones should that true perfection and spiritual growth will come when they realize that all things are inherently perfect just as they are.

### **Mantra**

True perfection already exists in every moment, and there is nothing that needs to be reformed or improved in the eyes of God.

### **Wing**

The 1 with the 9 Wing desires to appear patrician. They see themselves as classic, casually elegant, simple, relaxed and natural.

The Type 1 with the 2 Wing, desires to appear cultivated. They see themselves as put together, fashionable, moody, apropos and unique.

## What is the Enneagram?

The Enneagram is a dynamic 9-point personality system that combines sophisticated modern psychological tools with ancient wisdom. The Enneagram (any-a-gram; 'ennea' is Greek for nine, and 'gram' means drawing) is a circle enclosing nine equidistant points connected by nine intersected lines.

As we know it today, the Enneagram is a vital link between the psyche and the spirit. It is a conceptual system, a theory of personality types that is complex and sophisticated, and yet is a sensible and easily understood tool for self-discovery. The nine points represent the ways in which the nine different personality types perceive and defend their realities. The Enneagram types are distinguished by unconscious motivations and preoccupations which produce patterns of perception, feeling, and behavior which can be gifts or obstacles to the personality.

The wisdom of the Enneagram is that it recognizes nine very different yet inherently valid views of reality. The power of the Enneagram is that it is a profound and comprehensive tool to harness and transform self-defeating behavior into life-enhancing personal empowerment. The gift of the Enneagram is that through self-discovery, one can create and sustain meaningful and lasting relationships.

The Enneagram is a useful tool in determining personal patterns of relating and in understanding differing styles of communicating. Through deeper insight, one can more fully understand one's own communication style, as well as the styles of others. With this knowledge, one can observe the core triggers that influence one's ability to successfully respond to any given situation and avoid ineffectual, self-defeating reactivity. Ultimately, the Enneagram is an invaluable tool that defines nine distinct life strategies which, when understood, can give crucial insight into developing the critical self-awareness needed to create change.

## History

The Enneagram of Personality was created by Oscar Ichazo, a Bolivian spiritual seeker. He introduced his process of working with the Enneagram Instincts along with spiritual traditions to his students in Arica, Chile in 1968. Later, in 1970, he introduced the Enneagram in a 10-month spiritual training which was also in Arica, Chile.

The Enneagram was further developed and transmitted by Dr. Claudio Naranjo, a Chilean Psychiatrist and spiritual seeker in 1971. Naranjo had been a student of Ichazo's school and attended his trainings in April of 1970 and 5 months of the 10-month training that began July 1, 1970, in Arica.

According to Naranjo, he had many conversations with Ichazo in 1970 discussing both the spiritual and psychological aspects of the Enneagram and the 9 types. Later, after the original dissemination of the Enneagram, Ichazo went on to add his 40-day training, 2-week Domains of Consciousness Training and other workshops. He also added advanced concepts such as the tri-fix and the dichotomies.

In 1971, after his time studying and collaborating with Ichazo in 1970, Naranjo went on to teach the Enneagram in Berkeley, California. Over time he added his own work, the Instinctual Subtypes. So, both Ichazo and Naranjo Enneagram teachings grew into separate schools of thought.

Another variation in the dissemination of Enneagram occurred when Father Robert Oaks from Loyola University in Chicago taught the Enneagram. While on sabbatical in 1971, Oaks attended one of Naranjo's SAT (Seekers After Truth) groups. Naranjo gave Oaks permission to teach the Enneagram which he did. However, he did not include the Instinctual Subtypes as Naranjo had not fully developed his work on the Instinctual Subtypes at that time. So, there are a group of teachers that do not teach Ichazo's tri-fix or Naranjo's Subtypes.

So, many students and later teachers did not have the subtypes as part of their training. As a result of these differences, three very distinct schools of thought on the Enneagram came into being.

In 1996-96 I had the opportunity to certify with 3 Enneagram Schools, Palmer-Daniels, Riso-Hudson and Hurley-Dobson, as well as attending 5 to 7-day intensives with both Ichazo and Naranjo. In addition, at the same time, I began my first of 22 Enneagram studies on diverse aspects of the Enneagram.

My research findings on the internal experience of Types and Instincts revealed many key distinctions and nuances of the types and led to the creation of what is now known as Tritype®. What is noteworthy is that these studies validated the works

of both Ichazo and Naranjo and in particular, their advances. As a result, I feel it is imperative that one combine Ichazo's and Naranjo's later views as well as those revealed in the studies to fully understand the dynamic process operating at the level of our most primal defense strategies.

## Your Tritype® Stacking: 1-4-5

### The Researcher

If you are a 145, you are diligent, intuitive, and knowledgeable. You want to be ethical, original and wise. Highly intellectual, you are focused on what you perceive is correct and above reproach. Motivated to be informed, you are research oriented. You seek and quote the opinions of experts to avoid being uncertain and seen as ignorant.

### Your Primary Enneagram Type — 1



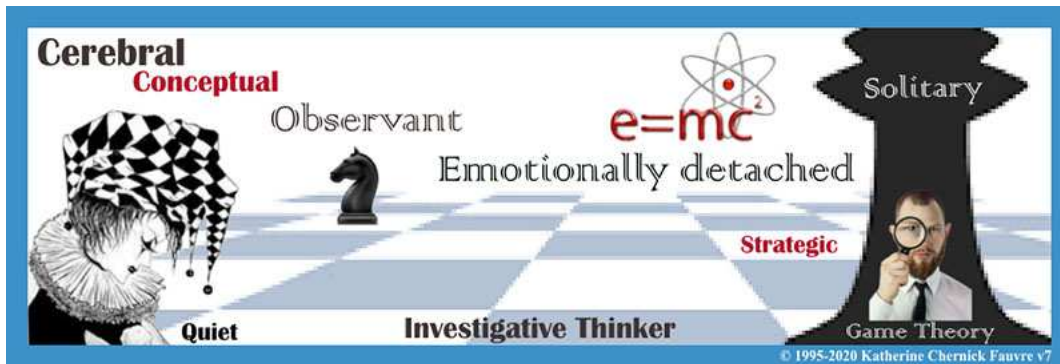
If you are a 1, you want to be accurate, honest, fair and objective. Most importantly, you want to be respectable, to do what is right and what you feel is appropriate. You have high standards and are methodical, ethical and diligent, believing that anything worth doing is worth doing the right way. Under stress, you may have problems with resentment and become angry, nit picking and overly critical. Your core fears are of being wrong, bad, evil, corruptible, inappropriate, lazy, unethical, and lied to. At your best, you are wise, noble, act with integrity and offer sage guidance to the world.

### Your Secondary Enneagram Type — 4



If you are a 4, you want to be inspired, intuitive, original and unique. Most importantly, you want to be passionate, true to your feelings and be authentic. You see yourself as a sensitive intellectual that is creative, expressive and spiritual. You are identified with your emotional states and their meaning. You see yourself as emotionally deep and seek beauty and meaning in everything you do. You may have problems with envy. Under stress, you may be moody, haughty or overly emotional. Your core fears are of being painfully lacking, inadequate, flawed, defective, ordinary, not realizing your potential and being emotionally cut off. At your best, you are emotionally self-aware, self-revealing, creative and extremely compassionate and humane.

## Your Tertiary Enneagram Type — 5



If you are a 5, you want to be informed, knowledgeable, concise and perceptive. Most importantly, you want to have a clear mind, be self-sufficient and not have the entanglements of obligation. You are deeply introspective and want to understand how systems work. You may have problems with avarice. Under stress, you may be arrogant, withholding, unemotional or distant. Your core fears are of being ignorant, without mastery, expertise or knowledge, mentally drained, obligated, without resources, disembodied and incompetent with psychic panic. At your best, you are objective, insightful, wise and a clear-minded expert in the area of your interests.

### What is the Enneagram Tritype®?

Did you know that we each have not one, but three primary Enneagram Types? The Enneagram Tritype® identifies three Enneagram Types, adding significant precision, accuracy and scope to the Enneagram Typing process. These three Enneagram Types always occur as the dominant type in each of the three centers of intelligence: head:(567), heart: (234), and gut :(891). One of the three types in one's Tritype® is dominant and represents the ego's preferred defense strategy. However, when the strategy of the dominant Enneagram Type fails, the ego then continues to use the strategies of the other two types within the Tritype® in a repeating, cascading and descending order in an attempt to solve a problem. The primary type remains in charge and will continue to employ the other two types in the Tritype® until the issue is resolved. The most dominant type of your three Enneagram Types (one from each center) is your primary Enneagram Type.

The defense strategies of the types within the Tritype® combine, creating a unique focus of attention with a shared world view. Research suggests that the common theme found among the three types within one's Tritype® identifies one's archetypal life purpose and a critical blind spot to self-awareness. In addition, the shared view by the types in one's Tritype® gives important clues as to what is needed to live a more conscious and meaningful life. The high side of the intersection of these three Enneagram Types is that they define what gives life direction, focus and purpose for the individual with that Tritype® combination. The low side of this intersection is that the defense strategies collude, narrowing one's ability to accurately self-assess. This collusion is both an asset and liability. One's strengths are a result of these three types working in concert. One's weaknesses are a result of this collusion as well, limiting self-awareness and spiritual growth, creating what we term an ego 'blind spot'.


Making the blind spot of your Enneagram type and Tritype® conscious often releases neurotic symptoms just as aligning one's self with the archetypal energies found in the three types in one's Tritype® can align one with their life purpose and mission.




## Primary Instinctual Type: Intimate

### Instinctual Stacking: Intimate / Social / Self-Preserving

Patrician, White Knight, Reformer, Evangelist, Mentor Guide, Inquisitor



Personal  **Up Close and Personal** Meaning


Passion    Affinity   **Alluring** **Focus on Closeness and Desirability** **Individualist**

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**Instincts Final Choices**

Personal  **Up Close and Personal** Meaning

Passion    Affinity   **Alluring** **Focus on Closeness and Desirability** **Individualist**

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**Band Together**   **Humanitarian**  **Social Standing** **Teamwork**  **Collaboration**  **Status**  **Recognition** **Alliances** 

**Focus on Belonging**

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**Health**  **Care**  **Shelter**  **Finances**  **Coping**  **Save**  **Security** 

**Desire for Safety and Security**

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**Instinctual Type Sentence Stacking Points**

- Intimate: 18
- Social: 12
- Self-Preserving: 6

## Intimate 1

Patrician, White Knight, Reformer, Evangelist, Mentor Guide, Inquisitor

### Introduction to the Instincts

There are three instinctual drives or types -the Self-Preserving, the Social and the Sexual. Like the nine passions of the Enneagram points, the instinctual drives act as a force underlying our life strategies - often unconscious yet all-pervasive - and represent our most fundamental way of being. The three instinctual drives color the way we act, think, feel, and ultimately express ourselves. Each of the 3 instinctual drive can manifest within each of the 9 Enneagram types (in effect resulting in a total of 27 Instinctual Subtypes).

### Self-Preserving

The self-preserving instinct is driven by the ongoing search for survival and well-being. Anything that could possibly damage, endanger, or exploit the self and/or the body is of concern. The focus of attention is subtly on "the self", "my body" and "my world." The primary desire is for survival which is manifested by a continual perceived quest for well being and for the "essentials" of life, such as: safety, security, food, shelter, comfort, protection, and resources. They tend to be maternal individuals that seek and offer or withhold nurturance.

The concerns of the self-preserving types involve issues of living and compromise - for example, "to be or not to be" or "how to be." The survival strategy places an intense emphasis on either caution or self-destruction. The focus is to aggressively go after what one needs and/or to defensively hold onto what one has. The common theme statements reflect the attention to "self," such as "I am my body, therefore, what does my body need?" "How am I?" "How comfortably and successfully am I experiencing my body?" "What are my immediate physical needs and desires?"

The energy projected is described as "conserved energy" and is often experienced as "grounded," as if it were tightly contained around the body like a spiral coil. The energy is usually somber, heavy, and serious in nature, as if the person is attempting to function while carrying some great weight on his or her shoulders, and is thus conserving energy for later personal use. The self-preserving types will "sacrifice for self" to insure survival. Rather than looking to the group or a mate to "solve problems," these types tend to "look inward" based upon an inherent recognition that "I'm on my own" and "I have to take care of myself."

### Social

The social instinct is driven by the ongoing search for others, groups and community, akin to the herd instinct in animals, where there are safety and security in numbers. The focus of attention is on "my circle of friends", "the group" and "our greater world." The primary desire is for others or groups, which is manifested by an imbalanced perceived need for people, recognition, popularity, honor, status, position and social acceptance. They tend to be paternal individuals that seek and suggesting ways to cooperate with or rebel against social norms.

The concerns of the social types involve issues of relating - for example, "to relate or not to relate" or "how to relate." The survival strategy is an emphasis on sociability or unsociability. The common theme statements reflect an inclination to categorize oneself in terms of others, such as "I am my position with respect to others or society, therefore, what do I need to do to fit in?" "Who am I?" "Who should I be with?" "How comfortably and successfully am I experiencing my group?" "How am I perceived by the others or the group?"

The energy projected is described as "split energy" and is often experienced as "scattered" and projected outward, appearing personable, superficial, and cursory in nature. It is imperative that "a good impression is made" and that "nothing important is missed." The social types will "sacrifice for the group" to insure status. Rather than looking inward or to a mate for security and to "solve problems," these types tend to "look outward," based upon a belief that "my value is dependent upon how I am perceived by the group." "We can make it if we all cooperate and work together."

### Sexual / Intimate

The sexual instinct is driven by the ongoing search for intimacy, pair bonding, connection and one-to-one relationships. The drive is especially representative of the masculine and feminine energies: the very qualities that determine the strongest and

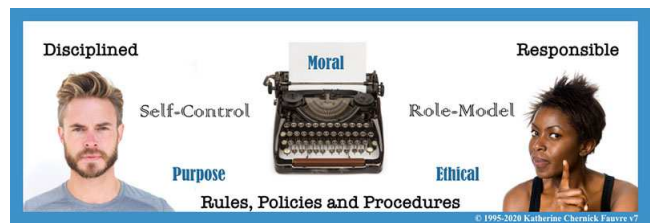
most desirable of mates. The focus of attention is on "the beloved", "my special friend" and "our intimate world." The primary desire is for a mate, which is manifested by an imbalanced perceived need for connection, wholeness, affinity, and closeness in a continual search for "the other half." They tend to be highly charged and charismatic individuals that seek and create or reject intimacy.

The concerns of the sexual types involve issues of intimacy - for example, "to be intimate or not to be intimate" or "how to be intimate." The survival strategy is abstinence or promiscuity. The common theme statements reflect an inclination to define oneself in terms of the mate and the intimate relationship, such as "I am my intimate relationship, therefore, what does my relationship need?" "What am I?" "What do I mean to my special other?" "How connected am I to my intimates?" "How comfortably and successfully am I experiencing my relationship?" "How am I perceived by my intimate partner?"

The energy projected is described as "high energy" and is often experienced as "intense" and laser-like, appearing to be intently focused, and is usually playful and light, yet penetrating in nature. There is a sense of energy and vibration, the search for the mate, the need to display their strength and beauty, like the peacock showing its feathers. The sexual types will "sacrifice for the relationship" to insure connection. Rather than looking inward or to the group for security to "solve the problem," these types tend to "look to the mate," based upon a belief that "I cannot be whole unless I find my other half." "It is you and me against the world".

## Analogous Enneaspread

Your top ranked "Enneaspread" Enneacard is Type 1  
 Your 2nd ranked "Enneaspread" Enneacard is Type 1



Your Analogous Enneaspread reveals your self-image and often reveals Enneagram Type.

You have:

- 0 Head cards
- 3 Heart cards
- 3 Gut cards



## Your Enneaspread

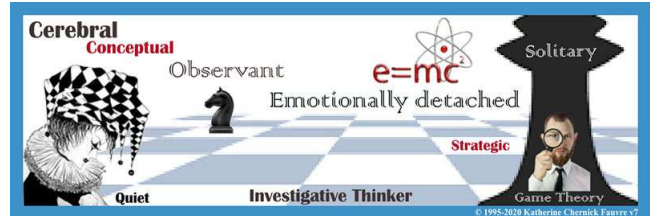
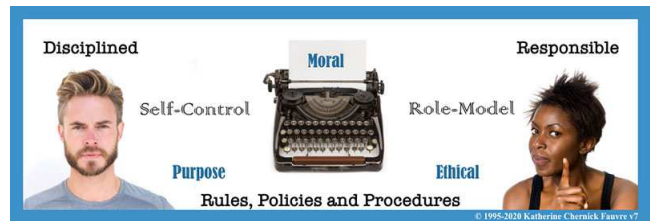
The Enneacards Test was originally developed to quickly and easily determine Enneagram Type. We soon found that not only was the test very accurate, but also that the final grouping of six Enneacards revealed additional key personality traits. It is important to look for certain patterns in your Enneaspread.

Are your top two ranked Enneacards the same Type and a pair? How many head, heart or gut Type Enneacards did you choose? Is a potential wing indicated?

## Tritype® Enneaspread

Your top ranked "Tritype® Enneaspread" Enneacard is Type 1

Your 2nd ranked "Tritype® Enneaspread" Enneacard is Type 4



Your Tritype® Enneaspread identifies your potential Tritype®.

**You have:**

- 2 Head cards
- 2 Heart cards
- 2 Gut cards

# Tritype® Stacking Playoff

**Moral Compass**

Standards      Principled

Scruples      Orderly

Fair      Just

Do What is Right

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**Poetic**

BEAUTY

Aesthetic

Tasteful

Individualistic

Longing for the ideal

Deep      Elitist

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**Cerebral**

Conceptual

Observant

Emotionally detached

Strategic

Quiet      Solitary

Investigative Thinker      Game Theory

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# Analogous vs Tritype® Playoff

**Moral Compass**

Standards      Principled

Scruples      Orderly

Fair      Just

Do What is Right

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**Special Note:**

*If your Analogous and Tritype® cards are the same, you will only see one card above.*

# Instinctual Type Stacking Points

Intimate: 18

Social: 12

Self-Preserving: 6

## Instincts Final Choices

**Personal**  **Up Close and Personal** **Meaning**

**Passion**  **Affinity** 

**Alluring** **Focus on Closeness and Desirability** **Individualist**

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**Band Together**  **Social Standing** **Alliances**

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**Care** **Finances** **Save**

**Health**  **Security**

 **Shelter**  **Coping**   

 **Desire for Safety and Security**

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