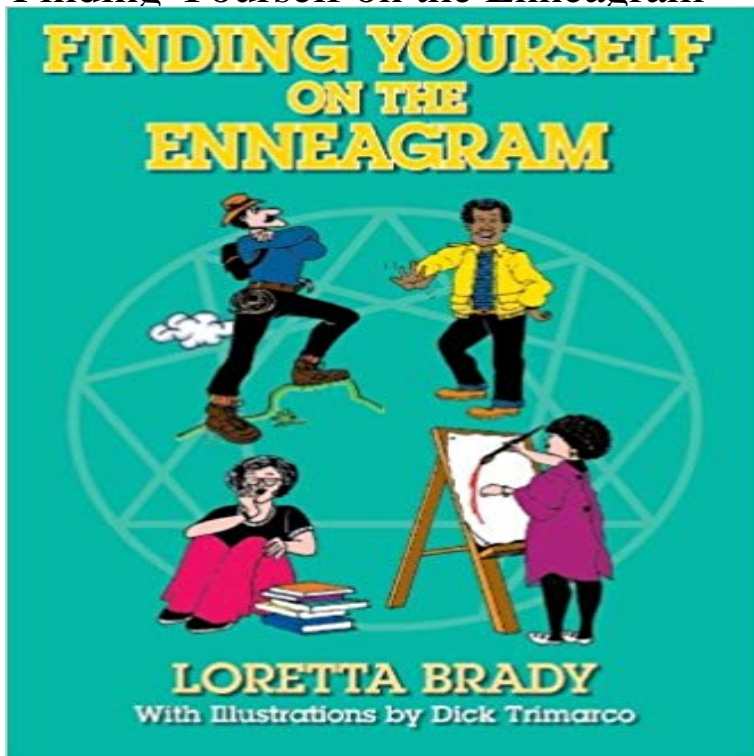


Finding Yourself on the Enneagram



In Enneagram terms, to know which number we are is to discover the way we view reality. Once this is apparent, we can begin to move beyond crippling patterns in our behaviors. We can move toward growth and greater health. We also can better understand and interact with others. For those interested in self-awareness and growth, the first step of the Enneagram journey, then, is to identify which of the nine Enneagram types you are. This cannot be done quickly or by someone other than us. We must take the time needed, have patience with ourselves and make it a do-it-yourself observation process. And it still can be enjoyable. The essential tool of self-observation will help you to uncover layer after layer of your personality until you begin to recognize your own repeating patterns of behavior, your recurrent feelings, your habitual way of thinking, and the underlying motivation for all these. The process will help bring all the parts of you back together and you will come alive in a new way.

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