

WRITING ASSIGNMENT**FINAL ENNEAGRAM SELF-IDENTIFICATION**

All reading assignments are from Palmer, Helen: The Enneagram Advantage (“EA”) and Riso & Hudson: The Wisdom of the Enneagram (“WE”).

All written assignments will be considered confidential.

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| VII. | Read WE: | Chapter 3: Essence and Personality
Chapter 4: Cultivating Awareness | 27-35
36-47 |
| VIII. | Read WE: | Single Chapter about your type (Ch 7-15)
Chapter 6: Dynamics and Variations | [97-340]
69-94 |
| IX. | Read EA: | Chapter about each “wing” type (the type one number on each side of yours)
Chapter about your “Stress” and “Security” Positions (according to arrows) | |
| IX. | Write: | Paper | |

Be sure to address at least:

- A. With what Enneagram position do you most identify?
- B. What evidence from your personal and professional life supports this identification?
- C. Do you notice identification with either of the “wings” (the positions one number on each side of yours)?
- D. Do you notice identification with the stress- and security- points indicated? (Not wings!)
- E. What do you identify as your main challenge/difficulty in occupying the Enneatype you have identified? (Express this challenge in your own words and experience.)
- F. What do you identify as one of the gifts/benefits of the type?
- G. What is the most creative approach you believe you can adopt to evolving within with your Enneatype (i.e. transcending the challenges and exploiting the gifts)?
- H. Describe one personal or professional relationship that you can see that could benefit from identifying the differences in orientation, perception, and reaction resulting from your differences in Enneatypes.

This assignment requires some trial-and-error and substantial reflection. It will benefit greatly from an early start. Don’t hesitate, of course, to read sections of either book that have not been assigned – follow your interest. Papers should be at least 2500 words in length. If possible, please print on both sides of the page.