

PART 4 — YOUR PATTERNS

What This Is: Enneagram – Patterns Under Stress

The Enneagram is often taught as a personality system. Here, we're using it to understand your **pattern under stress**.

✦ Important

You are not your type. Your type is a pattern your system learned to:

- stay safe
- stay connected
- stay in control
- avoid overwhelm

The goal is not to “figure it out perfectly.”

The goal is to **recognize what you do when things feel hard**.

Step 1 — Start with Your Body (Quadrants)

Under stress, notice what happens first.

Self-Esteem

One-Up: You feel tighter, more certain, more controlling, more defended

One-Down: You feel smaller, less certain, more doubtful, more overwhelmed

Boundaries

Walled-Off: You move away — withdrawing, shutting down, disconnecting

Boundaryless: You move toward — over-giving, merging, overextending

✦ Your Pattern

Under stress, I most often move toward:

- One-Up + Walled-Off
 - One-Up + Boundaryless
 - One-Down + Walled-Off
 - One-Down + Boundaryless
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What does this look like in real moments?

Step 2 — Name the Fear Beneath the Pattern

Underneath every pattern is a core fear. When I'm in stress, I'm trying to prevent:

- Being abandoned or left
- Losing control or being overpowered
- Being seen as flawed or not enough
- Being overwhelmed or depleted
- Being unsafe or unprepared

What feels most true?

Step 3 — Read and Notice

Read through the types slowly. You don't need to analyze. Just notice:

- what feels familiar
- what shows up in your hard moments
- what feels slightly uncomfortable but true

Enneagram Types (Condensed)

- | | |
|--------------------------|-------------------------------|
| 1 — control | 2 — pleasing |
| 3 — achieving | 4 — withdrawing emotionally |
| 5 — withdrawing mentally | 6 — vigilance |
| 7 — avoidance | 8 — control through intensity |
| 9 — numbing | |

ENNEAGRAM TYPES BY QUADRANT

One-Up + Walled-Off

Type 1 — Reformer — “If I do it right, I’ll be safe.”

Tends toward control, rigidity, inner criticism

Type 3 — Achiever — “If I succeed, I’ll matter.”

Tends toward overworking, image management, disconnection

Type 6 — Loyalist — “If I stay alert, I’ll be safe.”

Tends toward vigilance, doubt, control or collapse

One-Down + Boundaryless

Type 2 — Helper — “If I’m needed, I’ll be loved.”

Tends toward over-giving, rescuing, self-abandonment

Type 9 — Peacemaker — “If I stay agreeable, everything will be okay.”

Tends toward numbing, disappearing, avoiding conflict

One-Down + Walled-Off

Type 4 — Individualist — “Something essential is missing.”

Tends toward withdrawal, comparison, emotional intensity

Type 5 — Investigator — “I need to conserve energy to survive.”

Tends toward withdrawal, overthinking, withholding

One-Up + Boundaryless

Type 7 — Enthusiast — “If I stay positive, I won’t feel pain.”

Tends toward distracting, avoiding, over-expansion

Type 8 — Challenger — “If I stay strong, I won’t be hurt.”

Tends toward intensity, control, dominance

✧ Narrow It Down

Of the types you resonated with, choose 1–2:

- Type _____
 - Type _____
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Now ask:

- Which one shows up most consistently under stress?
- Which one feels least flattering, but most familiar?

Your type is often the one that feels slightly uncomfortable to admit.

Step 4 — Return to Center

Instead of “What type am I?” Ask, “What would bring me back to center right now?”

- Softening self-judgment
 - Setting or holding a boundary
 - Slowing down and regulating
 - Reconnecting with my body
 - Asking for support
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What do I need most right now?

✓ Quick Check

Does this type: • show up when stressed? • feel automatic, not chosen? • reflect a long-standing pattern? If yes — you’re likely close. If not — stay curious.

❖ Final Reflection

You are not your type. You are not your pattern. You are the one who can notice, soften, and return to center. This is not about getting it right. It’s about choosing differently.
