

## ENNEAGRAM PROFILE

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Name \_\_\_\_\_ Date \_\_\_\_\_

### E-PROFILE

- ◆ **If you would answer YES to the following statements, circle the number.**
- ◆ **If you would answer NO, leave it blank.**
- ◆ **Use a “first reaction” mentality when answering – don’t “over think” the statement.**
- ◆ If you are not sure about a particular statement, ask yourself, “How do I relate with people that are important to me?”

1. Many people depend on my help and generosity.
2. I take more pride in my service of others than in anything else.
3. I need to feel important in other people’s lives. I like people to need me.
4. Many people feel close to me.
5. I regularly compliment other people.
6. I like to rescue people when I see they’re in trouble or are in embarrassing situations.
7. I’m almost compelled to help other people, whether I feel like it or not.
8. People often come to me for comfort and advice.
9. Many times I feel overburdened by others dependence on me.
10. I don’t feel that I have that many needs.
11. I sometimes feel that others really don’t appreciate me for what I’ve done for them.
12. I like to feel “close” to people.
13. Sometimes I feel victimized by others, as though I’m just being used by them.
14. To love and be loved are the most important things in life.
15. Emotional issues are important to me.
16. I feel I DESERVE to be first in someone’s life because of all I’ve done for them.
17. I think of myself as a nurturing kind of person.
18. When I have time off, I frequently spend it helping others.
19. I communicate with my friends more often than they communicate with me.
20. I like taking care of others.
21. Most people don’t appreciate the real beauty of life.
22. I have an almost compulsive nostalgia for my past.
23. I try to look casual and natural.
24. I have always had an attraction for symbolism.
25. People don’t feel as deeply as I do.
26. Other people often lack the capacity to understand to understand how I feel.
27. I like to do things properly and with class.
28. My environmental surroundings are very important for me.
29. I like the theater very much and fantasize myself as being on the stage.
30. Manners and good taste are important to me.
31. I don’t like to think of myself as being ordinary.
32. I can get preoccupied with suffering, loss and death.
33. I’m sometimes afraid that just my normal feeling response won’t be enough.
34. I seem to absorb rather easily most of the feelings of a group, so much so that frequently I lose a sense of where my own feelings leave off and where others’ begin.
35. I seem to be more bothered than most about the termination of relationships.
36. I resonate with the “tragic clown” figure, smiling through the gloom.
37. I have been accused of being aloof.
38. I find myself swinging back and forth between highs and lows. Either I’m very up or very down. I don’t feel very alive when I’m in the middle.

39. People have accused me of being overly dramatic, but they really don't understand how I feel.
40. The areas and artistic expression are very important for me as means of channeling my emotions.
41. I tend to keep my feelings to myself.
42. I hold on to what I have and gather items I might need to use some day.
43. I don't know how to engage in small talk very well.
44. Intellectually I like to synthesize and put together different ideas.
45. I go blank when I'm embarrassed or when someone asks how I feel right now.
46. I need much private time and space.
47. I tend to let others take the initiative.
48. I often sit back and observe other people rather than get involved.
49. I tend to be something of a loner.
50. I seem to be more silent than most others.
51. I have trouble reaching out or asking for what I need.
52. If an issue comes up, I like to first work it out by myself, then go discuss it with others.
53. Asserting myself is very difficult.
54. I try to solve my problems by thinking.
55. I like to put things in perspective, to step back and take everything in. If I leave anything out, I accuse myself of being so simplistic or naïve.
56. I tend to be stingy with my time, money and self.
57. I really hate it when I don't get my money's worth.
58. When I'm upset with myself or others, I frequently think of myself or them in terms of "fools", "idiots", "stupid", etc.
59. I have a very soft tone of voice and people often have to ask me to speak up. This irritates me.
60. I tend to be more a taker than a giver.
61. I seem to be less suspicious of people and their motives than other people are.
62. There are very few things in life which I can't enjoy.
63. Things always work out for the best.
64. I wish other people were more light-hearted about things.
65. I like other people to see me as happy.
66. I usually look on the bright side of things and don't look for the negative side of life.
67. I like almost everyone I meet.
68. I like to tell stories.
69. I like to think of myself as a childlike, playful person.
70. People say I'm often the life of the party.
71. I like to consider the cosmic ramifications of events, the universal importance of everything that happens.
72. My theory is: If something is good, more is better.
73. I don't think it's good to be sad for too long.
74. I like to make things "nice".
75. I like to "savor" life.
76. I tend to be very enthusiastic about the future.
77. I like to cheer people up.
78. Most of the time, I avoid getting into really "heavy" issues.
79. I tend to jump from one thing to another rather than go into anything in depth.
80. I remember my childhood as happy.
81. I am very good at standing up and fighting for what I want.
82. I sense others' weak points quickly, and I will push them there if I am provoked.
83. I find it easy to express my dissatisfaction with things.
84. I am not afraid to confront other people, and I do confront them.
85. I enjoy the exercise of power.
86. I have a sense of where the power resides in a group.
87. I am an aggressive, self-assertive person.

88. I know how to get things done.
89. I have trouble accepting and expressing my tender, gentle, softer, "feminine" side.
90. I get bored easily and like to keep moving.
91. Justice and injustice are key issues for me.
92. I protect people who are under my authority or jurisdiction.
93. I think of myself as an "earthy" person.
94. Generally, I don't care much for introspection or too much self-analysis.
95. I think of myself as a non-conformist.
96. I don't like to be cornered.
97. I don't like to be told to adjust myself.
98. I think of myself as a hard worker.
99. I have trouble just letting things be.
100. I think other people create their own problems.
101. I put much effort into correcting my faults.
102. I'm often bothered because things aren't the way they should be.
103. I hate to waste time.
104. I often blame myself for not doing better.
105. Often, the least flaw can ruin the whole thing for me.
106. I have trouble relaxing and being playful.
107. Voices critical of me and others frequently chatter in my head.
108. I seem to worry more than other people.
109. I feel almost compelled to be honest.
110. I sometimes sense a Puritanical streak in myself.
111. Being right is important for me.
112. I frequently have a sense of urgency that time is running out, and there is still so much left to do.
113. I feel a need to be accountable for most of my time.
114. I could easily be, or am, a scrupulous person.
115. I can identify rather easily with crusaders against evil.
116. If something isn't fair, it REALLY bothers me.
117. I feel almost compelled to keep trying to better myself and what I am doing.
118. I feel I have to be perfect before others will love me or approve of me.
119. I frequently feel frustrated, because neither I nor others are the way we should be.
120. I seem to see things in terms of right or wrong, good or bad.
121. I like to keep myself on the go.
122. I like to work on a team, and I make a good team member.
123. I identify with precision and professionalism.
124. Being able to get things organized and accomplished just seems to come natural to me.
125. "Success" is a word that means a lot to me.
126. I like to have clear goals set, and to know where I stand on the way toward those goals.
127. I like progress charts, grades and other indications of how I am doing.
128. I'm envied by other people for how much I get done.
129. Projecting a successful image is very important to me.
130. Making decisions is not a problem for me.
131. To be successful, you sometimes have to compromise your own standard.
132. When I recall my past, I tend to remember what I did well and right, rather than what I did poorly or wrong.
133. I hate to be told something I'm doing isn't working.
134. Generally, I prefer to be involved in the aspect of an operation that will get it moving, rather than keep it going.
135. I would do well in the advertising aspect of a project.
136. I can get so identified with my work or role that I forget who I am.
137. I believe that appearances are important.
138. I feel I need many achievements before other people will notice me.
139. I tend to be an assertive go-getter kind of person.

140. First impressions count.
141. I am basically a middle of the road person.
142. Loyalty to a group is very important for me.
143. I find it very difficult to go against what authority says.
144. Before making a decision, I get additional information to make sure I'm prepared.
145. I take a long time to make up my mind, because I need to explore the options fully.
146. I often wonder if I'm brave enough to do what must be done.
147. I'm often plagued by doubt.
148. I like to be very sure before acting.
149. Without strict laws, it's hard to tell what people might do.
150. I often tend to operate out of a sense of duty and responsibility.
151. I like having limits in which to work.
152. I seem to sense danger and threat more than others do.
153. I tend to take sides and be concerned about whose side people are on.
154. I tend to be aware of and sensitive to contradictions.
155. I prefer to have things scheduled rather than open-ended.
156. Frequently I find myself evaluating others in terms of whether they are a threat to me or not.
157. "Prudence" is a very important virtue for me.
158. I constantly seem to be working against or challenging my fears.
159. I seem to be concerned about defending myself or my position more than other people are.
160. I often fantasize myself in some kind of "hero/heroine" role or position.
161. Most people get too worked up over things.
162. Most things in life aren't worth getting upset about.
163. I'm almost always peaceful and calm.
164. I like time to just do nothing.
165. I'm an extremely easy-going person.
166. I can't remember the last time I had trouble sleeping.
167. While there are some differences, I feel most people are pretty much the same.
168. Generally, I don't get too enthusiastic about things.
169. There is nothing so urgent that it can't wait until tomorrow.
170. I have a need for outside stimulation to get me going.
171. I hate to waste my energy on anything. I look for energy-saving approaches to things.
172. My attitude is: "I don't let it bother me."
173. I can be a dispassionate arbiter, because one side is as good as the other.
174. I hate to be unsettled.
175. I generally follow the line of least resistance.
176. I take pride in being a stable person.
177. I tend to play things down to get other people to settle down.
178. I don't think of myself as being all that important.
179. I have trouble listening and paying attention.
180. I agree with this statement: "Why stand when you can sit, and why sit when you can lie down?"

*\*This E-Profile is modified and adapted from a variety of sources, mostly from Sr. Marian Bellotti, OSB.*