

The Enneagram Institute®

Riso-Hudson Enneagram Type Indicator (RHETI v2.5)



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Date of Test: 2026-01-09 UTC

Enneagram Type	Score
Type 1, The Reformer	25
Type 2, The Helper	17
Type 5, The Investigator	17
Type 6, The Loyalist	16
Type 3, The Achiever	15
Type 9, The Peacemaker	14
Type 7, The Enthusiast	14
Type 8, The Challenger	14
Type 4, The Individualist	12

Results Overview

Thank you for taking the Riso-Hudson Enneagram Type Indicator (RHETI Version 2.5). Your scores for each of the nine Enneagram types are on the above chart, and Expanded Type Descriptions for your highest scores are included in your results.

Your highest score was for:

- Type 1

Your second highest score was a tie between:

- Type 2
- Type 5

Your primary Enneagram personality type is most likely the highest of these scores, and almost certainly among the highest two or three.

For additional information, you may want to read [How to Interpret your Results](#), and consult our [Misidentifications](#) section for help with comparing the types.

You may also find it helpful to go over your test results and the personality descriptions with someone who knows you well.

Ultimately, there is no substitute for self-reflection. Please carefully read the Expanded Type Descriptions of your top types and reflect on which one you identify with the most.

If you have not yet discovered your Instinctual Stack, we offer a test that can help you do so. The [Instinctual Variant Questionnaire \(IVQ v2.0\)](#) will help you understand the role that all three Instincts play in your life. Once you have discovered your Instinctual Stack, you can understand your Enneagram type with even more depth and clarity.

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If you ever have any questions or need assistance, please contact support@enneagraminstitute.com.

Best Wishes,

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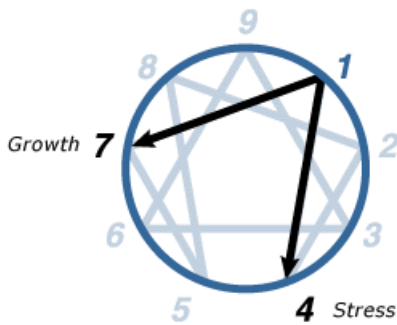
Normal office hours Mon-Fri 9:00am - 4:00pm ET

Limited email support at other times.

Personality Type ONE: The Reformer

The Rational, Idealistic Type:

Principled, Purposeful, Self-Controlled, and Perfectionistic



Generally, Ones are conscientious, sensible, responsible, idealistic, ethical, serious, self-disciplined, orderly, and feel personally obligated to improve themselves and their world.

Ones get into conflicts by being opinionated, impatient, irritable, rigid, perfectionistic, critical (and self-critical), sarcastic, and judgmental.

At their best, Ones are tolerant, accepting, discerning, wise, humane, prudent, principled, fair, and able to delay rewards for a higher good.

Recognizing Ones

Type One exemplifies the desire to be good, to live up to the highest ethical standards, and to effect positive changes in the world. While a number of types care about achieving goals, Ones are particularly aware of how they achieve their goals. Were they honorable? Did they use their resources wisely? Were they fair and truthful? Ones are people of high standards and they expect themselves and others to live by those standards as much as possible. They tend to see things in terms of long-range objectives, and they can be aware of how current actions might affect future situations. For example, Ones are often in the forefront of battles to improve environmental standards or to make people aware of healthier lifestyle choices.

Most Ones report feeling a powerful *sense of mission*, a deep feeling of purpose that they remember from their early childhood. They sense that they are here for a reason and, unlike some other types, they have a fairly clear idea of what that reason is. This sense of mission impels Ones to rise to their highest standards, to make personal sacrifices, and to evaluate themselves regularly to see if they are falling short of their ideals. They feel that they must live a balanced, sensible life in order to have the clarity and inner resources necessary to fulfill their purpose.

Ones also have deep convictions about right and wrong, what is just and unjust. They are often dedicated to reform and social causes since they feel personally obligated to improve the world and leave it a better place. They put themselves on the line for their values and ethical convictions—if it means risking their jobs, their fortunes, or even their lives. Ones are convinced that there are indeed some truths—some values—that are worth both living and dying for. To accomplish their missions, Ones maintain self-discipline and do their best to practice "moderation in all things."

While Ones focus their attention on serious life issues, their high standards can also be directed to less significant matters—although they may seem equally important to Ones at the time. They can become extremely upset, for instance, if their spouse or one of their children fails to clean up after themselves adequately after using the bathroom sink. Ones are nothing if not thorough and well organized. Some Ones express this as an extraordinary concern with "neatness," the kind of people whose socks and underwear are folded neatly, whose file folders are

labeled and filed alphabetically, and whose pencils are all sharpened. Other Ones focus their perfectionism in other areas, such as punctuality, ethical standards, political or religious ideals, office protocols, or uncovering misdeeds and untruths.

While Ones tend to see themselves as people of logic and reason, they are often driven by strong feelings and impulses—usually experienced as personal convictions. Because they so strongly feel that they must accomplish their life mission, they conclude that they must be serious and determined and must not waste time. They can become very strict with themselves, feeling they must always be working toward their ideals, "making progress," and pointing out how things could be improved. They are extremely conscientious about how they use their time and resources. Under pressure, time becomes a major interpersonal issue for Ones—they insist that they and others be punctual, efficient, and particular about details. They make lists, organize things, and constantly prioritize their activities. Their sense of obligation, however, can make them feel heavier and more burdened. Consequently, they begin to be afraid of making a mistake because they want everything to be consistent with their strict standards. At such times, others can perceive them as overly rigid and perfectionistic.

In brief, Ones want to be right, to strive higher and improve everything, to be consistent with their ideals, to justify themselves, and to be beyond criticism so as not to be condemned by anyone. **Ones do not want** to be proven wrong, to make mistakes, to allow sloppiness, to be with people they perceive as lazy or not serious, to be in chaos or in situations that seem out of control, or to be embarrassed by emotional display.

Their Hidden Side

Ones appear well balanced and sure of themselves, but they can suffer from extreme self-criticism, feeling that they are never able to measure up to their Olympian standards. Similarly, they can feel lonely and alienated from others, seeing themselves as the only responsible adult around. At such times they feel burdened by their responsibilities and by the sense that others will not do as thorough a job as they will. If these feelings intensify, Ones can become harsh with themselves and others, and prey to hidden depression. They may attempt to maintain an outer attitude of self-control and reserve while inwardly feeling anguished and alienated. As they become more isolated, their self-criticism can become more cruel and irrational. Few casual observers would suspect how much they are suffering from the relentless attacks of their Inner Critic (superego).

Relationship Issues

Ones take their relationships and all of their responsibilities in relationships very seriously. They are firmly committed to the people whom they love, and they are willing to make great personal sacrifices for the well-being of their intimates. As with other areas of life, Ones are idealistic and hold high standards for their relationships—it is important to them to have a partnership that is based on shared values and beliefs. When Ones get more stuck in their fixation, the following areas can create problems:

- Holding the partner to strict standards that the partner does not wholeheartedly share.
- Having difficulty finding a partner because of unrealistic standards—finding that no one "measures up."
- Becoming moody, depressed, and uncommunicative because of repressed anger.
- Not allowing enough "play time" in the relationship—feeling that all spare time must be used for serious purposes (yard work, checking finances, reading "educational" or "meaningful" books, attending meetings or lectures, discussing political issues, etc.).
- Having issues with criticism: fearing criticism from their partner and also becoming critical of the partner—nitpicking, scolding, and correcting.

Type Compatibility

To learn more about compatibility issues and relationships with other types, see the [Enneagram Type Combinations](#)

The Passion: Anger or Resentment

Feelings of obligation and of having higher standards than those around them leave Ones in a state of constant irritation with themselves, others, and the world. Nothing ever quite attains the ideal; nothing comes up to their

exacting standards, leaving them feeling disappointed, frustrated, and resentful. But because such feelings conflict with their self-image of being rational and in control of themselves, they attempt to suppress their anger, unwittingly perpetuating it in the process. They become very inhibited, feeling that they must constantly hold their angry feelings and impulses in check. Ones may also hold their anger in their bodies, and they can become extremely tense and rigid with the effort to control themselves.

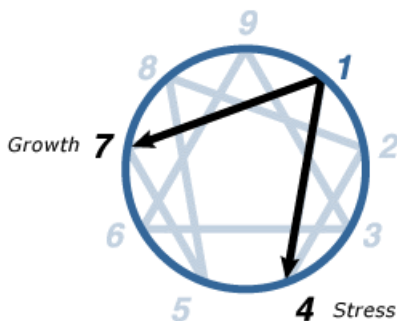
At Their Best

Healthy Ones are guided by their consciences and concerned with maintaining ethical standards, but they are also flexible and gentle about applying their principles—both with themselves and with others. They are truthful and reasonable—the kind of person others turn to for direction and clear feedback. They have a strong sense of morality, but they temper this with a deep love and respect for the dignity of their fellow human beings. They strive to be impartial, fair, and objective, and they are willing to sublimate their desires and immediate gratification for "the greater good," or a higher principle.

Healthy Ones are motivated to "do the right thing" themselves and are not necessarily trying to fix anyone else. Even so, their personal integrity allows them to teach others by example. They can be quite eloquent and effective at conveying the truth and wisdom of their perspective. They stand for quality and desire excellence in all things. Their commitment to the highest principles can be profoundly moving to others, reminding others of the values they most deeply cherish.

At their very best, high-functioning Ones embody true wisdom, especially in being able to discern appropriate and compassionate action. They radiate nobility and inspire others to remember to live according to the highest values. At the same time, they are gentle and humane: average Ones often feel disappointed with their fellow human beings, but healthy Ones feel a profound connection and kinship with everyone they encounter, giving them an abiding patience and affection for all humanity.

Personality Dynamics & Variations



Learn more about the [Directions of Integration \(Security\) and Disintegration \(Stress\)](#).

Under Stress (One goes to average Four)

Ones begin to feel alienated and moody when they sense that others do not take them or their values seriously. They feel obligated to do the work they believe others will not do—or will not do *as well*—and they become more resentful. They feel misunderstood by their peers and often withdraw from others to sort out their feelings, much like average-to-unhealthy Fours. Similarly, Ones under prolonged stress can become disillusioned with themselves and their lot in life. Over time, they can become depressed and isolated, often turning to self-indulgent behavior in an attempt to feel better. They allow themselves various "escape hatches"—indulgences that go against their expressed values in some way. For instance, a One who is scrupulously observing rigorous health regimens and diets might start treating herself to ice cream sodas or chocolate bars. Guilt usually follows, leaving her more depressed and critical of herself.

Security (One goes to average Seven)

Ones become more playful and uninhibited in the company of people with whom they feel safe. It is as though a secure environment gives Ones permission to let their "silly side" out, along with the ability to express a more complete range of their emotions.. They can be funny, talkative, tell jokes and long stories and can lead others into

adventures of various kinds. They can also be boldly outspoken, impulsive, and "naughty" when they feel they can get away with it. They can also allow some of their needs to surface and become demanding, selfish, and greedy after the manner of a low-average Seven. Under stress, they may inadvertently look for distractions and begin to scatter their focus and their energies, as if to prevent becoming overwhelmed by the pressures they feel both from the obligations they have taken on and from their superego.

Integration (One goes to healthy Seven)

As Ones work through the basic issues of their type, they become less strict with themselves and begin to enjoy a greater freedom, lightness, and spontaneity, like healthy Sevens. Instead of feeling that everything is a personal obligation, they begin to experience choice, freedom, abundance, and joy. Whatever they do will be good and worthwhile, and they begin to live by the maxim, "Whatever is worth doing is worth doing badly." They let themselves off the hook of their strident superegos and begin to recognize what they want rather than what they "must" or "should" do. Integrating Ones can more easily access their curiosity and intelligence—their minds are open to many new possibilities. Their lighter approach helps other people hear their views and allows Ones to feel much closer to their fellow human beings. Rather than feeling resentful and obligated, they are filled with gratitude and a deep acceptance of themselves and others.

The Levels of Development

[Learn more about the nine Levels of Development.](#)

Healthy Levels

Level 1 (At Their Best): Become extraordinarily wise and discerning. By accepting what is, they become transcendently realistic, knowing the best action to take in each moment. Humane, inspiring, and hopeful: the truth will be heard.

Level 2: Conscientious with strong personal convictions: they have an intense sense of right and wrong, personal religious and moral values. Wish to be rational, reasonable, self-disciplined, mature, moderate in all things.

Level 3: Extremely principled, always want to be fair, objective, and ethical: truth and justice primary values. Sense of responsibility, personal integrity, and of having a higher purpose often make them teachers and witnesses to the truth.

Average Levels

Level 4: Dissatisfied with reality, they become high-minded idealists, feeling that it is up to them to improve everything: crusaders, advocates, critics. Into "causes" and explaining to others how things "ought" to be.

Level 5: Afraid of making a mistake: everything must be consistent with their ideals. Become orderly and well-organized, but impersonal, puritanical, emotionally constricted, rigidly keeping their feelings and impulses in check. Often workaholics—"anal-compulsive," punctual, pedantic, and fastidious.

Level 6: Highly critical both of self and others: picky, judgmental, perfectionistic. Very opinionated about everything: correcting people and badgering them to "do the right thing"—as they see it. Impatient, never satisfied with anything unless it is done according to their prescriptions. Moralizing, scolding, abrasive, and indignantly angry.

Unhealthy Levels

Level 7: Can be highly dogmatic, self-righteous, intolerant, and inflexible. Begin dealing in absolutes: they alone know "The Truth." Everyone else is wrong: very severe in judgments, while rationalizing own actions.

Level 8: Become obsessive about imperfection and the wrongdoing of others, although they may fall into contradictory actions, hypocritically doing the opposite of what they preach.

Level 9: Become condemnatory toward others, punitive and cruel to rid themselves of wrongdoers. Severe depressions, nervous breakdowns, and suicide attempts are likely. Generally corresponds to the Obsessive-Compulsive and Depressive personality disorders.

Personal Growth Recommendations for Type Ones

Ones grow by recognizing that others do take things seriously too, but that their approach to problems or tasks might be different. As they become more centered in themselves, they become not only respectful of others' views, but curious about them. They understand that their own wisdom can only be enriched by taking other perspectives into account. Ones also grow by playing—by finding areas of their lives that are lighter, freer, and that offer opportunities for spontaneous creativity. Most Ones have a great sense of humor, and the more they allow themselves to entertain and enjoy others, the better for everyone involved. Basically, Ones grow proportionately to the extent that they can accept reality with all of its apparent "imperfections." This, of course, especially applies to themselves. By accepting what is, and working with reality rather than judging it, they become transcendently realistic, knowing the best action to take in each moment.

- Learn to relax. Take some time for yourself, without feeling that everything is up to you or that what you do not accomplish will result in chaos and disaster. Mercifully, the salvation of the world does not depend on you alone, even though you may sometimes feel it does.
- You have a lot to teach others and are probably a good teacher, but do not expect others to change immediately. What is obvious to you may not be as obvious to them, especially if they are not used to being as self-disciplined and objective about themselves as you are about yourself. Many people may also want to do what is right and may agree with you in principle but for various reasons simply cannot change right away. The fact that others do not change immediately according to your prescriptions does not mean that they will not change sometime in the future. Your words and above all, your example may do more good than you realize, although they may take longer than you expect. So have patience.
- It is easy for you to work yourself up into a lather about the wrongdoings of others. And it may sometimes be true that they are wrong. But what is it to you? Your irritation with them will do nothing to help them see another way of being. Similarly, beware of your constant irritation with your own "shortcomings." Does your own harsh self-criticism really help you to improve? Or does it simply make you tense, nervous, and self-doubting? Learn to recognize the attacks of your superego and how they undermine you rather than helping you.
- It is important for you to get in touch with your feelings, particularly your unconscious impulses. You may find that you are uneasy with your emotions and your sexual and aggressive impulses—in short, with the messy human things that make us human. It might be beneficial to keep a journal or to get into some kind of group therapy or other group work both to develop your emotions and to see that others will not condemn you for having human needs and limitations.
- Your Achilles' heel is your self-righteous anger. You get angry easily and are offended by what seems to you to be the perverse refusal of others to do the right thing—as you have defined it. Try to step back and see that your anger alienates people so that they cannot hear many of the good things you have to say. Further, your own repressed anger may well be giving you an ulcer or high blood pressure and is a harbinger of worse things to come.

From *Discovering Your Personality Type*, pp. 88-96. See also *Personality Types*, pp. 376-409, *Understanding the Enneagram*, pp. 63-65, 126-133, and 352-354, and *The Wisdom of the Enneagram*, pp. 97-124.

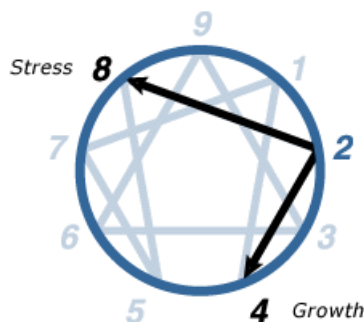
Examples

Confucius, Plato, Salahuddin Ayyubi, Joan of Arc, Sir Thomas More, Mahatma Gandhi, Pope John Paul II, Nelson Mandela, Margaret Thatcher, Prince Charles, Kate Middleton, Duchess of Cambridge, Jimmy Carter, Michelle Obama, Al Gore, Hilary Clinton, Rudy Giuliani, Elliot Spitzer, Justice Sandra Day O'Connor, George Bernard Shaw, Thoreau, Anita Roddick (The Body Shop), Martha Stewart, Chef Thomas Keller, Michio Kushi (macrobiotics), George Harrison, Joan Baez, Celine Dion, Ralph Nader, Noam Chomsky, Bill Moyers, George F. Will, William F. Buckley, Keith Olbermann, Jerry Seinfeld, Bill Maher, Tina Fey, Katherine Hepburn, Maggie Smith, Emma Thompson, Julie Andrews, Vanessa Redgrave, Jane Fonda, Meryl Streep, Harrison Ford, Helen Hunt, Captain "Sully" Sullenberger, "Mary Poppins," "Mr. Spock"

Personality Type TWO: The Helper

The Caring, Interpersonal Type:

Demonstrative, Generous, People-Pleasing, and Possessive



Generally, Twos are caring, empathetic, warm, thoughtful, appreciative, generous, other-oriented, tactile, affectionate, well intentioned, and demonstrative.

Twos get into conflicts by being people-pleasing, flattering, ingratiating, clingy, worried, possessive, insincere, seductive, self-important, and self-deceptive.

At their best, Twos are encouraging, loving, self-nurturing, constant, joyous, humble, forgiving, gracious, and compassionate.

Recognizing Twos

Type Two exemplifies the desire to feel loved, to connect with others in a heartfelt way, and to be a source of benevolence and love in our world. Twos are easily the most people-oriented of the Enneagram types. They focus on relationship and feel best about themselves when they are meaningfully engaged with others. They want to share the good in their lives and genuinely enjoy supporting others with their attention and care. Insofar as they can, Twos make good things happen for people. They will stay up late to take care of children or older folks, drive across town to bring food, or see to it that others get medical treatment. When there is practical work to be done for others, healthy Twos will be there, throwing themselves into the effort, heart and soul.

Twos are genuinely interested in other people and in the details of their lives. They remember to send birthday and holiday cards long after their friends have moved away. They also remember your spouse's name and the names of your children and pets—plus who has which allergies and what their major was in college. Twos are the first in the kitchen after a party to help out with the cleanup. At the office, Twos have a bowl of candy or a tin of cookies at their desk—not for themselves, but for anyone who drops by to chat. They are constantly thinking of others, and they try to do nice things so that others will think well of them.

Twos get into difficulty, however, when they begin to attend to others' needs without adequately dealing with their own. They can get into denial about the extent of their own needs while insisting that their only concern is taking care of others. At such times, Twos may develop "boundary problems." They disregard their own boundaries, doing things for others that take them away from what they need to do for themselves, and they disregard the boundaries of others, doing things for others that they do not necessarily want done. When others feel crowded by the Twos' efforts to help, and try to set boundaries with them, Twos can feel hurt and insecure about the relationship and feel rejected.

When Twos doubt that others want them, they redouble their efforts to win people over. They get caught up with "people pleasing" and ingratiating themselves with others, looking for things to do and say that will make people like them. "Relating" with people becomes a full-time job: they are constantly making new friends while maintaining a network of old friends. Talking about "the relationship" with people becomes a habit, as Twos continually seek reassurance that their friendships and love-lives are secure and on track.

They also begin to seek ways to make themselves more interesting and useful to others. Thus, they may pursue such interests as massage, psychic readings, energetic healing, nutrition, and other ways of being of service as a way of making people feel good about themselves—and *about having the Two in their life*. They want to have a unique place in others' lives and to know privileged information about others that no one else knows. They want others to regard them as their "best friend," and to seek them out for personal advice, and to share special secrets and intimacies. They may begin to wear themselves out for others, giving unwanted advice and assistance, and becoming "martyrs" to get attention and affection. When Twos go too far with this kind of behavior, however, it ironically has the opposite effect on people—driving them away rather than creating stronger relationships.

In brief, Twos want to feel loved, to have intimacy, to express their feelings for others, to be needed and appreciated, to be close to valued friends and family, to "rescue" potential friends and partners, to get others to respond to them, and to get and hold on to the love they want. Twos do not want to be out of touch with loved ones, to be in impersonal settings, to be left out of social situations, or to be in situations where there is nothing for them to give.

Their Hidden Side

Although on the surface Twos appear to feel at ease with others and to be a source of emotional sustenance for the people in their lives, they also suffer from well-hidden feelings of rejection. Twos expect people to not want them around, and they often feel that they need to be extraordinarily kind and supportive to get people to accept and love them. They usually try to conceal the depths of their loneliness or hurt beneath an image of concern for others, focusing on others' needs to help them feel better. Sometimes it does, but just as often, Twos may feel that others are not appreciating them for their efforts, thus rekindling their feelings of rejection. Then they may become touchy or even openly angry, revealing the extent of the disappointment they are hiding.

Relationship Issues

Twos are the Enneagram type most focused on relationships: people are where Twos focus their energies. They are generous with their time and attention and really want their loved ones to be happy and well-cared for. Problems develop, however, when Twos go overboard with their efforts to be close to their loved ones, often in the following areas:

- Trying too hard to please the other—selling themselves out for affection and appreciation.
- Hovering around and not giving the other adequate space (usually caused by fears of imminent abandonment)
- Expecting "mind reading" from the partner and being disappointed when they fail to anticipate the Two's desires or needs.
- Becoming possessive of the partner and jealous of his or her spending time with others.
- Not acknowledging personal hurts, needs, and anger until they are becoming damaging to the relationship.

Type Compatibility

To learn more about compatibility issues and relationships with other types, see the [Enneagram Type Combinations](#).

The Passion: Pride

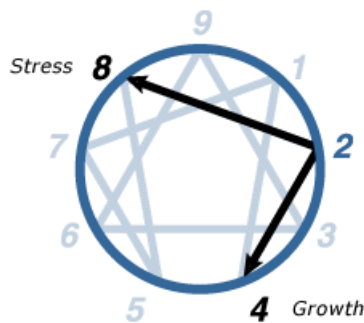
Twos believe that they will be loved only if they are completely available to attend to the needs of others. To the extent that they succumb to this belief, they fear that others will reject them if they have needs or emotional hurts of their own. When Twos find themselves unable to acknowledge the extent of their emotional needs and desires, they fall into the passion of pride. From this position, they feel duty-bound to care for others while denying that they have any significant problems themselves. But of course, under the surface, Twos really *do* have many problems and longings. Unfortunately, the more Twos deny their real emotional condition, the more they tend to express themselves to others with covert aggression, ulterior motives, and hidden neediness. This often leads to behaviors that unintentionally drive other people away.

At Their Best

Healthy Twos are sincere and warm-hearted, with immense good will and enormous generosity of spirit. They have an extraordinary ability to feel the feelings and needs of others. Because they are so empathetic, healthy Twos know others' sorrows, and this motivates them to go out of their way to help and support people, especially in times of need. They put a charitable interpretation on the behavior of others, emphasizing the good in people whenever they find it. But healthy Twos are able to maintain this generous approach to life because they are acknowledging their own needs and, more importantly, addressing them.

Healthy Twos do not wait around for a loving response from people in order to feel lovable. They recognize their true strengths and limitations and accept them—extending the support and love to themselves that they would easily offer to someone else. Thus, they are also able to accept others for who *they* are and relate to them on their own level, whether the person is the president of a corporation, the mailman, or a delivery boy. Twos see the dignity and the humanity of people and respond to that. They also foster independence in others, nurturing self-confidence, strength, and new skills so that people can grow on their own. They really want everyone to thrive and do not want anyone to be dependent on them, physically or psychologically. They are sincerely encouraging and extremely appreciative of the talents and strengths they find everywhere. Healthy Twos let people know the good they see in them, a quality that is particularly helpful to those who may not see much good in themselves.

Personality Dynamics & Variations



Learn more about the [Directions of Integration \(Security\) and Disintegration \(Stress\)](#).

Under Stress (Two goes to average Eight)

If Twos feel that their overtures of friendliness and many expressions of self-sacrifice are continually thwarted or ignored, they may reach a point of stress in which they begin to openly express their anger in the manner of average-to-unhealthy Eights. Their resentment at having been rejected by others (in perhaps subtle ways) reaches the boiling point, and they simply cannot maintain their "loving attitude" any longer. Feeling that others are taking them for granted makes the average Two suddenly act out in an average Eight manner, becoming ego-centric, controlling, and dominating, telling people what to do and when to do it. This kind of behavior puts Twos in the center of things and virtually forces others to pay attention to them. Bossing people around and being somewhat confrontational can be surprisingly out of character for the Two. Under greater stress, it can be expressed in outbursts of temper, aggressive confrontation, and threats of withdrawing support.

Security (Two goes to average Four)

With trusted others, or in situations in which Twos feel sure of themselves and their ability to be honest about their feelings, they may risk expressing their neediness and darker impulses. Rather than keep up the image of being selfless and above feeling wounded by the ingratitude of others, they can become moody, self-absorbed, and temperamental, revealing to intimates the true depth and extent of their emotional needs, self-doubts, and disappointments—particularly with others. At such times, they can be extremely touchy—easily hurt by statements that others would see as harmless or even positive. They may also become more self-indulgent, giving themselves "goodies" that are not very good for them as a way of compensating for all of the sacrifices they feel they have been making for others.

Integration (Two goes to healthy Four)

Integrating Twos become aware of how much they have denied their needs and their darker feelings—and how much they have deceived themselves about their motives. At Four, they begin to accept themselves more completely—not rejecting any aspect of themselves they find. Even their destructive feelings toward others can be held compassionately. They are more honest with themselves (after the manner of a healthy Four) and discover humor and humanity in whatever feelings and impulses they have. This gives Twos the ability to see themselves objectively and without shame—and with love and balance. They are also able to support others from the fullness of who they really are and to have greater intimacy with them because integrating Twos are more intimate with themselves. Gradually and naturally, they become more authentic, expressive, sensitive, and creative in ways that are enriching to themselves and others.

The Levels of Development

[*Learn more about the nine Levels of Development.*](#)

Healthy Levels

Level 1 (At Their Best): Become deeply unselfish, humble, and altruistic: giving unconditional love to self and others. Feel it is a privilege to be in the lives of others.

Level 2: Empathetic, compassionate, feeling for others. Caring and concerned about their needs. Thoughtful, warm-hearted, forgiving and sincere.

Level 3: Encouraging and appreciative, able to see the good in others. Service is important, but takes care of self too: they are nurturing, generous, and giving—a truly loving person.

Average Levels

Level 4: Want to be closer to others, so start "people pleasing," becoming overly friendly, emotionally demonstrative, and full of "good intentions" about everything. Give seductive attention: approval, "strokes," flattery. Love is their supreme value, and they talk about it constantly.

Level 5: Become overly intimate and intrusive: they need to be needed, so they hover, meddle, and control in the name of love. Want others to depend on them: give, but expect a return: send double messages. Enveloping and possessive: the codependent, self-sacrificial person who cannot do enough for others—wearing themselves out for everyone, creating needs for themselves to fulfill.

Level 6: Increasingly self-important and self-satisfied, feel they are indispensable, although they overrate their efforts in others' behalf. Hypochondria, becoming a "martyr" for others. Overbearing, patronizing, presumptuous.

Unhealthy Levels

Level 7: Can be manipulative and self-serving, instilling guilt by telling others how much they owe them and make them suffer. Abuse food and medication to "stuff feelings" and get sympathy. Undermine people, making belittling, disparaging remarks. Extremely self-deceptive about their motives and how aggressive and/or selfish their behavior is.

Level 8: Domineering and coercive: feel entitled to get anything they want from others: the repayment of old debts, money, sexual favors.

Level 9: Able to excuse and rationalize what they do since they feel abused and victimized by others and are bitterly resentful and angry. Somatization of their aggressions results in chronic health problems as they vindicate themselves by "falling apart" and burdening others. Generally corresponds to the Histrionic Personality Disorder and Factitious Disorder.

Personal Growth Recommendations for Type Twos

Twos grow by recognizing that caring for themselves and caring for others is not an either/or proposition. They can care for others effectively only when they are also caring for themselves and recognizing their own needs. Further, they come to understand that they can achieve real love and intimacy with others only if they truly have love and

intimacy with themselves. For Twos, this means acknowledging their real feelings, even if they are not pretty or pleasant, and expressing their needs as they arise. It also entails recognizing when they are tired, lonely, or overextended. By paying attention to their own feelings and inner states, Twos naturally grow into finding a balance between taking care of themselves and their natural inclination to help others. Once grounded and clear about their motives, they are able to abide in the fullness of their hearts and to share this with others.

- First and foremost, remember that if you are not addressing your own needs, it is highly unlikely that you will be able to meet anyone else's needs without problems, underlying resentments, and continual frustration. Further, you will be less able to respond to people in a balanced way if you have not gotten adequate rest, and taken care of yourself properly. It is not selfish to make sure that you are okay before attending to others' needs—it is simply common sense.
- Try to become more conscious of your own motives when you decide to help someone. While doing good things for people is certainly an admirable trait, when you do so because you expect the other person to appreciate you or do something nice for you in return, you are setting yourself up for disappointments. Your type has a real danger of falling into unconscious codependent patterns with loved ones, and they almost never bring you what you really want.
- While there are many things you might want to do for people, it is often better to ask them what they really need first. You are gifted at accurately intuiting others' feelings and needs, but that does not necessarily mean that they want those needs remedied by you in the way you have in mind. Communicate your intentions, and be willing to accept a "no thank you." Someone deciding that they do not want your particular offer of help does not mean that they dislike you or are rejecting you.
- Resist the temptation to call attention to yourself and your good works. After you have done something for others, do not remind them about it. Let it be: either they will remember your kindness themselves and thank you in their own way or they will not. Your calling attention to what you have done for them only puts people on the spot and makes them feel uneasy. It will not satisfy anyone or improve your relationships.
- Learn to recognize the affection and good wishes of others, even when these are not in terms that you are familiar with. Although others may not express their feelings in a way that you want, they may be letting you know in other ways how much they care about you. If you can recognize what others are giving you, you will rest more easily in the knowledge that you really are loved. Love is always available but only to the degree that we are present and therefore receptive to it.

From *Discovering Your Personality Type*, pp. 97-105. See also *Personality Types*, pp. 59-94, *Understanding the Enneagram*, pp. 40-42, 74-79, and 332-334, and *The Wisdom of the Enneagram*, p. 125-150.

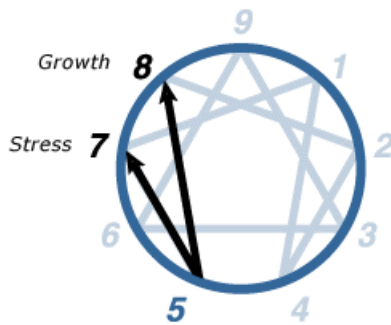
Examples

Paramahansa Yogananda, Pope John XXIII, Guru Ammaji ("The Hugging Saint"), Byron Katie, Bishop Desmond Tutu, Eleanor Roosevelt, Nancy Reagan, Monica Lewinsky, Ann Landers, Mary Kay Ash (Mary Kay Cosmetics), Leo Buscaglia, Richard Simmons, Luciano Pavarotti, John Denver, Lionel Richie, Stevie Wonder, Barry Manilow, Dolly Parton, Josh Groban, Music of Journey, Bobby McFerrin, Kenny G, Paula Abdul, Priscilla Presley, Elizabeth Taylor, Danny Thomas, Martin Sheen, Jennifer Tilly, Danny Glover, Richard Thomas "John Boy Walton," Juliette Binoche, Arsenio Hall, Timothy Treadwell "Grizzly Man," "Melanie Hamilton Wilkes" (Gone with the Wind), "Eve Harrington" (All About Eve), "Dr. McCoy" (Star Trek)

Personality Type FIVE: The Investigator

The Intense, Cerebral Type:

Perceptive, Innovative, Secretive, and Isolated



Generally, Fives are focused, observant, curious, insightful, expert, studious, complex, perceptive, whimsical, profound, unsentimental, exploratory, and independent.

Fives get into conflicts by being detached, preoccupied, high-strung, isolated, impractical, unconventional, uncompromising, extreme, and provocative.

At their best, Fives are visionary, pioneering, innovative, objective, understanding, playful, compassionate, and non-attached.

Recognizing Fives

Type Five exemplifies the human desire to understand, to look beneath the surface of things, and to arrive at deeper insights about reality. Fives prefer the life of the mind, both as a way of understanding the world and—given the unlimited power of imagination—as a way of escaping from aspects of reality. It would not be farfetched to say that for many Fives, the inner world of the mind and the imagination is more real and vivid than the external world. Fives tend to have an experience and then spend many hours, days—even years—understanding it and its broader context. Fives are also highly innovative and inventive. They love "tinkering around," playing with concepts and overturning the accepted ways of doing things. This can produce extremely valuable, practical, and original works and discoveries or simply entertain them for many hours with no practical results.

Fives are truly the most independent and idiosyncratic of the personality types, the people who could most appropriately be called "loners" and "misfits." They are people who truly march to a different drummer, pursuing their interests and curiosity wherever their investigations may take them. Some Fives can seem downright odd to people while others keep their "weirdness" more below the surface. In either case, Fives are intensely determined to pursue the questions and ideas that fascinate them: so much so that relationships and financial considerations can become unimportant to them.

These qualities result from an extraordinary ability to focus their attention. Fives will stay with a problem or a question that fascinates them until it is solved, or until they discover that it is unsolvable. Boredom is unimaginable to them because there are so many fascinating things to explore, understand, and imagine. The downside is that their capacity for concentration enables them to get deeply engrossed in their complex inner worlds, sometimes to the extent that they forget their surroundings or even to take care of themselves.

Thus, Fives can get involved in work, reading, or in their own thoughts in such depth that they are often late for meetings and don't hear phone calls. They forget to eat or to take adequate care of themselves physically. They will live on soda and candy bars, or stay up all night writing a story or trying to solve an interesting problem. They will pore over the computer terminal for hours, or disappear into the stacks of the local library, only to emerge five minutes before closing with an armload of books as they head to the nearest coffee shop to continue reading.

But this doesn't mean that Fives always want to be alone or that they can't be excellent company when they are with others. When Fives find someone whose intelligence and interest they respect, they are invariably talkative and sociable. Fives love to share their insights and expertise with just about anyone who appreciates what they have to say. They also enjoy sharing their findings with others, and their observations of life's contradictions and absurdities are often served up with a whimsical sense of humor. Fives can be the most enriching of friends since they are a treasure trove of information, speculation, opinions, and intensely felt ideas. But they can also be the most impenetrable of enigmas, a mind bristling with energy and intelligence that signals "Stay away! Leave me alone to follow my thoughts wherever they may lead!" Fives are the kind of people others usually find strange, quirky, and intriguing—they always have more going on than meets the eye.

In brief, Fives want to understand reality, to possess knowledge, to find a niche for themselves that others have not explored, to be free to explore their own inner worlds, to have sufficient solitude and time for their projects, to feel confident and capable, and to unsettle the unquestioned certainties of others. **Fives do not want** to feel uninformed or incapable, to have their competency questioned, to accept easy answers, to be intruded on (or "managed"), to be forced to respond before they feel ready, to suffer the ignorance of others, or to ask for help.

Their Hidden Side

Day for day, socially adept Fives probably spend more time by themselves than any other type. Nonetheless, Fives need companionship and connection as so all human beings. The problem is that Fives fear needing the affection and warmth of others. It as if they feel that to ask for anything from others is to risk a greater imposition on their own freedom and independence. They also believe that their own needs are so intense that if they were ever expressed or even acknowledged, they would be too much for others. In some cases, they may even believe that their needs would actually harm others. Deep down, all Fives really want to find someone safe to connect with, but they fear that doing so will cost them whatever degree of competency and self-reliance they have attained. If troubled Fives feel that their area of mastery or their independence is at risk, they may retreat from a relationship—even if they truly love the person they are leaving.

Relationship Issues

Of all the types, Fives seem most able to live without significant relationships. But that doesn't mean that they do not want one, only that they are generally unwilling to compromise their focused approach to life too much for the sake of a relationship. When they find someone who understands their world, who appreciates their interests, and whom they respect, Fives are loyal and passionate friends, partners, and lovers. They can make fascinating companions who are constantly introducing new ideas to their friends and partners. They can be funny, affectionate, and highly sexual, but they do not come to relationships easily. They remain in an uneasy balance between the desire for solitude and the desire for meaningful connection. Fives' relationship issues include the following:

- Frequently feeling intruded on, and therefore a great deal of privacy and time alone.
- Often feeling rejected and retreating from people.
- Being overwhelmed by others' emotional needs.
- Not expressing their feelings or giving few verbal or nonverbal cues, thus seeming overly "secretive" to others.
- Antagonizing or undermining the calm or beliefs of others.
- Cutting off contact with people, withdrawing into deep isolation, feeling that they are "poisonous" or bad for people.

Type Compatibility

To learn more about compatibility issues and relationships with other types, see the [Enneagram Type Combinations](#)

The Passion: Avarice (or Hoarding)

Beneath the surface image of intellectual competency that Fives present to the world, this type feels small and helpless. They feel as if there is not enough of themselves to go around and that other people's needs could easily deplete them. Thus, Fives seek to minimize their interactions with others and with the environment and to hold on to whatever basic resources they think they will need to "go it alone." Avarice is not the grasping of gluttonous

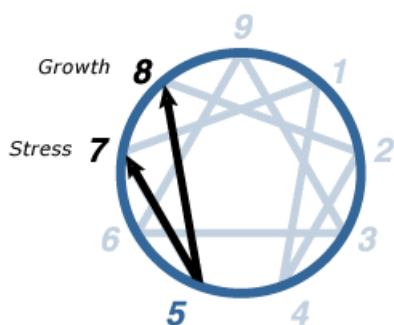
Sevens; rather, it is the lack of ability to be open and generous with one's self because of fears of not being enough. Another way avarice is expressed in Fives is in the desire to memorize experiences and knowledge. Fives attempt to hold every potentially significant piece of information they have encountered in their heads, believing that eventually they will know enough to feel confident and able to handle any possible situation.

Healthy Fives observe everything with extraordinary perceptiveness and insight. Possessing a searching intelligence, they are highly mentally alert and curious: little escapes their notice. Healthy Fives are able to concentrate deeply and often notice things that other people would likely overlook or take for granted. They explore reality with a child's sense of wonder, and enjoy finding new ways of perceiving and doing things. They like to ask questions, and with healthy Fives, they are often the right questions. They enjoy learning and are excited by knowledge, which frequently leads them to becoming expert in some field. Because of their focus and attentiveness, healthy Fives attain mastery in whatever interests them.

At Their Best

Very high-functioning Fives become visionaries and discoverers, broadly comprehending the world while penetrating it profoundly. They are remarkably open-minded, understanding things precisely and as a whole. They begin to feel a deep connection with their fellow human beings and with the universe, and they often dedicate themselves to using their skill and knowledge to relieve human suffering and ignorance. They may contribute pioneering discoveries of something entirely new for the enrichment of humanity. At their best, Fives combine the wisdom and perceptiveness of their minds with heart and courage in ways that truly bring something new and valuable into the world.

Personality Dynamics & Variations



Learn more about the [Directions of Integration \(Security\) and Disintegration \(Stress\)](#).

Under Stress (Five Goes to Average Seven)

Fives usually cope with difficulties by retreating into their minds where they feel more confident and in control. But Fives cannot retreat indefinitely, and eventually they need stimulation and interaction. Fives also tend to be nervous and high-strung, so when there is no outlet for their nervous energy, it builds up, eventually expressing itself in restlessness and hyperactivity. (Fives can become literally "restless"—and often develop insomnia.) Anxiety causes their minds to overheat, and to jump from one thought to the next. Much of their characteristic focus gets scattered. After being alone and concentrating for so long, they begin to overcompensate by overdoing their activities and lurching from one promising idea or experience to another. They become like a starving person at a banquet, and their scattered, hyperactive behavior can look like that of an average Seven. At such times, usually quiet Fives may become very talkative, impulsive, and flighty. Their underlying anxiety gets acted out in compulsive, even manic, behavior in ways that resemble lower-functioning Sevens.

Security (Five Goes to Average Eight)

Most often, if Fives feel that others are intruding on them or imposing their wills, they will simply leave quietly if they can or shut down into a detached, disdainful silence. With people or situations in which they have more confidence, however, Fives may suddenly risk behaving like average Eights, forcefully asserting their boundaries and confronting anyone or anything that displeases them. They become feisty, argumentative, and relentlessly provocative. In this mode, they take a tough stance, putting everyone on notice that they cannot be trifled with, but in ways that often cause people to react against them. They may become domineering, even aggressive, while questioning others' competency.

Integration (Five Goes to Healthy Eight)

As Fives begin to understand the emotional cost of their self-imposed isolation, they begin to risk deeper, more complete, contact with themselves and with the world. They become more grounded, more in touch with their bodies and their life energy, giving them more confidence and solidity. As this process deepens, integrating Fives naturally begin to express many qualities of the healthy Eight: they demonstrate leadership, courage, practical wisdom, and the willingness to take responsibility. They move from feeling small and powerless to feeling grounded and capable. Their knowledge and insight are then in service to objective needs in their world, and they are sought by others as sources of wisdom, compassion, and quiet strength.

The Levels of Development

[Learn more about the nine Levels of Development.](#)

Healthy Levels

Level 1 (At Their Best): Become visionaries, broadly comprehending the world while penetrating it profoundly. Open-minded, take things in whole, in their true context. Make pioneering discoveries and find entirely new ways of doing and perceiving things.

Level 2: Observe everything with extraordinary perceptiveness and insight. Most mentally alert, curious, searching intelligence: nothing escapes their notice. Foresight and prediction. Able to concentrate: become engrossed in what has caught their attention.

Level 3: Attain skillful mastery of whatever interests them. Excited by knowledge: often become expert in some field. Innovative and inventive, producing extremely valuable, original works. Highly independent, idiosyncratic, and whimsical.

Average Levels

Level 4: Begin conceptualizing and fine-tuning everything before acting—working things out in their minds: model building, preparing, practicing, and gathering more resources. Studious, acquiring technique. Become specialized, and often "intellectual," often challenging accepted ways of doing things.

Level 5: Increasingly detached as they become involved with complicated ideas or imaginary worlds. Become preoccupied with their visions and interpretations rather than reality. Are fascinated by off-beat, esoteric subjects, even those involving dark and disturbing elements. Detached from the practical world, a "disembodied mind," although high-strung and intense.

Level 6: Begin to take an antagonistic stance toward anything which would interfere with their inner world and personal vision. Become provocative and abrasive, with intentionally extreme and radical views. Cynical and argumentative.

Unhealthy Levels

Level 7: Become reclusive and isolated from reality, eccentric and nihilistic. Highly unstable and fearful of aggressions: they reject and repulse others and all social attachments.

Level 8: Get obsessed yet frightened by their threatening ideas, becoming horrified, delirious, and prey to gross distortions and phobias.

Level 9: Seeking oblivion, they may commit suicide or have a psychotic break with reality. Deranged, explosively self-destructive, with schizophrenic overtones. Generally corresponds to the Schizoid Avoidant and Schizotypal personality disorders.

Personal Growth Recommendations for Type Fives

Fives grow by recognizing that real confidence lies not simply in intellectual mastery but in putting themselves out into the world. Fives usually derive their confidence through the development of their minds, but they really need to bring balance to their psyches by developing a deeper relationship with their bodies and feelings. Growth for a Five requires allowing themselves to see how estranged they are from their actual living selves and acknowledging all of

the deep needs that they have denied since early childhood. Fives actually feel things deeply, but they are extremely restrained in their ability to express their feelings. Developing trust of others, sharing what they are experiencing, and identifying with their feelings are all crucial for them to blossom fully as human beings. All of this becomes much easier when Fives are grounded in their bodies.

- Learn to notice when your thinking and speculating takes you out of the immediacy of your experience. Your mental capacities can be an extraordinary gift, but can also be a trap when you use them to retreat from contact with yourself and others. Stay connected with your physicality.
- You tend to be extremely intense and so high-strung that you find it difficult to relax and unwind. Make an effort to learn to calm down in a healthy way, without drugs or alcohol. Exercising or using biofeedback techniques will help channel some of your tremendous nervous energy. Meditation, jogging, yoga, and dancing are especially helpful for your type.
- You see many possibilities but often do not know how to choose among them or judge which is more or less important. When you are caught in your fixation, a sense of perspective can be missing, and with it the ability to make accurate assessments. At such time, it can be helpful to get the advice of someone whose judgment you trust while you are gaining perspective on your situation. Doing this can also help you trust someone else, a difficulty for your type.
- Notice when you are getting intensely involved in projects that do not necessarily support your self-esteem, confidence, or life situation. It is possible to follow many different fascinating subjects, games, and pastimes, but they can become huge distractions from what you know really need to do. Decisive action will bring more confidence than learning more facts or acquiring more unrelated skills.
- Fives tend to find it difficult to trust people, to open up to them emotionally, or to make themselves accessible in various ways. Their awareness of potential problems in relationships may tend to create a self-fulfilling prophecy. It is important to remember that having conflicts with others is not unusual and that the healthy thing is to work them out rather than reject attachments with people by withdrawing into isolation. Having one or two intimate friends whom you trust enough to have conflicts with will enrich your life greatly.

From *Discovering Your Personality Type*, pp. 126-134. See also *Personality Types*, pp. 173-215, *Understanding the Enneagram*, pp. 49-52, 92-98, and 339-41, and *The Wisdom of the Enneagram*, pp. 206-232.

Examples

Siddhartha Gautama Buddha, Albert Einstein, Oliver Sacks, John Nash (*A Beautiful Mind*), Stephen Hawking, Vincent van Gogh, Edvard Munch, Georgia O'Keefe, Salvador Dali, Alberto Giacometti, Emily Dickinson, Friedrich Nietzsche, Agatha Christie, James Joyce, Jean-Paul Sartre, Susan Sontag, Stephen King, Ursula K. LeGuin, Clive Barker, Bill Gates, Mark Zuckerberg, Jane Goodall, A.H. Almaas, Eckhart Tolle, Meredith Monk, Glenn Gould, John Cage, Kurt Cobain, David Byrne, Peter Gabriel, Laurie Anderson, Jane Siberry, Trent Reznor, Tom York (Radio Head), Alfred Hitchcock, Marlene Dietrich, Stanley Kubrick, David Cronenberg, Werner Herzog, Tim Burton, David Lynch, David Fincher, Jodie Foster, "The Far Side" Gary Larson, Annie Liebovitz, Bobby Fischer, "Wikileaks" Julian Assange, Aaron Swartz, X Files' "Fox Mulder," Dr. Gregory "House"