

ENNEAGRAM CENTERS OF INTELLIGENCE



Each Enneagram style is rooted in one of three Centers – the Head Center, the Heart Center, or the Body Center. The notion of a primary Center, which stems from a long Eastern philosophical tradition, refers to the ways in which we typically react, often internally, to events in our lives. While we all have heads, hearts, and bodies, each of us tends to favor one of these three modalities. Each Center contains three of the nine Enneagram styles.

The **HEAD CENTER** contains Enneagram styles **Five, Six, and Seven**. These three mental styles share the tendency to engage first in elaborate analysis as a reaction to their common emotion, fear. Fives respond to fear by withdrawing, retreating into their minds in order to understand. Sixes react to their worry and fear by anticipating negative scenarios and planning alternatives to circumvent what could go wrong. Sevens take a different route in dealing with fear, moving from worry very quickly into pleasurable possibilities. Although Sevens do not appear fearful on the surface, they are actually running from fear and pain – an avoidance reaction.



Your Enneagram style may be in the **HEART CENTER** – styles **Two, Three, and Four**. Individuals with these Heart (Emotional) Center styles work hard to project a particular image, and they use their emotions to perceive how others are responding to them. Twos try to create an image of being likable, and they look to others for affirmation of their self-worth. Threes work to project an image of success, and they seek the respect and admiration of others for what they accomplish. As the most inwardly focused of the three Heart Center styles, Fours try to create an image of being unique or special, and they use their emotional sensitivity to defend against rejection.



Your Enneagram style may be in the **BODY CENTER**, also called the Gut Center or Instinctual Center – styles **One, Eight, and Nine**. Anger lies in the emotional substructure of these three styles. The One's anger, while deep, often manifests as frequent irritations followed by flares of resentment. Ones also tend toward self-criticism, which is anger turned inward. Eights tend to express their anger frequently and directly. Their anger, which begins in the gut and moves rapidly up and outward, is stimulated by various events, such as an injustice done to someone, weakness in others, someone taking ineffective control of a situation, and someone's lying. The Nine's anger, sometimes called "anger that went to sleep," lies deep below the surface. The anger gets activated when Nines feel either ignored or forced to do something, in which case their anger may turn into passive-aggressive behavior. Nines tend to avoid direct anger and conflict, preferring a feeling of rapport and comfort with others.

Which Center of Intelligence most describes you?

Head Center (Style ___) Heart Center (Style ___) Body Center (Style ___)

ENNEAGRAM STYLE WINGS

Wings are the Enneagram styles on each side of your actual Enneagram style. These are secondary styles of your core personality style, which means that you may also display some of the characteristics of these Enneagram styles. Wings do not fundamentally change your Enneagram style; they merely add additional qualities to your core personality. You may have one wing, two wings, or no wings at all. It is also common to have had one wing more active when you were younger yet to have had another appear as you matured.

People of the same Enneagram style and identical wings may use their wing qualities differently. However, the general wing descriptions that follow for all nine Enneagram styles may serve as guidelines to help you explore this aspect of the Enneagram and also help you to identify your wing or wings.

<p>912 WINGS FOR ONES</p>	<p>Ones with a Nine wing may be more relaxed, react less quickly, and enjoy nature's perfection. Ones with a Two wing may be more generous and gregarious and may focus their work on helping people.</p>	<p>567 WINGS FOR SIXES</p>	<p>Sixes with a Five wing may be more internally focused and passionate about information gathering. Sixes with a Seven wing may be more upbeat and risk-taking.</p>
<p>123 WINGS FOR TWOS</p>	<p>Twos with a One wing may be more serious, critical, and dedicated to work. Twos with a Three wing may be more in the spotlight and focused on being successful.</p>	<p>678 WINGS FOR SEVENS</p>	<p>Sevens with a Six wing may be more overtly fearful and deliberate. Sevens with an Eight wing may be more assertive and direct.</p>
<p>234 WINGS FOR THREES</p>	<p>Threes with a Two wing may be more empathic and pursue work and activities that help others. Threes with a Four wing may be more emotional and have stronger aesthetic interests, such as writing, painting, or photography.</p>	<p>789 WINGS FOR EIGHTS</p>	<p>Eights with a Seven wing may be more high-spirited, independent, and adventurous. Eights with a Nine wing may be warmer, calmer, and more consensually oriented.</p>
<p>345 WINGS FOR FOURS</p>	<p>Fours with a Three wing may be more energetic and sophisticated and may pursue higher-profile work. Fours with a Five wing may be more subdued, private, and analytical.</p>	<p>891 WINGS FOR NINES</p>	<p>Nines with an Eight wing may exhibit more personal power and take more control of situations. Nines with a One wing may be more punctual, discerning, and judgmental.</p>
<p>456 WINGS FOR FIVES</p>	<p>Fives with a Four wing may be more emotional and artistic. Fives with a Six wing may be more skeptical and cautious.</p>		

Do any of these combinations of Enneagram Styles and Wings sound like you? Which ones? _____