

Micro Test

you are two questions away from your personality type.

This test has only two questions. The purpose of the test is to get an idea of what your Enneagram type might be, which you can validate through reading descriptions of the 9 types and 27 subtypes. Please try to be very honest in your answers and read these instructions carefully.

INSTRUCTIONS

To answer question 1, please select one option from the group of three statements (A, B, or C) that best reflects your inner experience over the whole course of your life. After answering this question, proceed to the corresponding section in question 2.

- If you choose answer “A” in question 1, go to the “A” section of question 2 and choose one of the three options, either A1, A2, or A3.
- If you choose answer “B” in question 1, go to the “B” section of question 2 and choose one of the three options, either B1, B2, or B3.
- If you choose answer “C” in question 1, go to the “C” section of question 2 and choose one of the three options, either C1, C2, or C3.

If you go to Question 2 and none of the three options fit, go back to question 1 and reassess to see if you chose the correct option. Consider choosing a different option from A, B, or C, and see if one of the three options corresponding to your second choice resonates more—seems like a better fit.

Upon answering the two questions, check your resulting Enneagram type in the answer key on the last page. Read the short paragraph describing that type to confirm it if fits for you.



Micro Test

TIPS

For the most accurate answer, keep the following tips in mind:

1. You mostly likely will not agree with 100% of the paragraph you choose in Question 1. In fact, there may be a few things that you think don't apply to you at all.
2. You may see some of yourself in all of the paragraphs. That's okay! Choose the one that best describes you, even if all of the phrases do not fit.
3. When reading the paragraphs, make sure you consider your life as a whole, and not just the present or the past; consider all areas of your life and not just one.
4. If you are in doubt between two options, consider the following:
 - Which of the answers describes what comes most natural and automatic to you over the course of your life?
 - What has been true over your whole life, and not something you developed recently, due to personal growth efforts?
 - Ask someone who knows you well which option they think best describes you. (But still make the final choice yourself.)
 - Are you avoiding acknowledging anything about yourself when selecting an answer? Some people "want" or "don't want" to be a specific type of person for different reasons. This leads to choosing the option that describes the person you would like to be, not the person you really are.
 - Remember, there's no such thing as a better or worse Enneagram type. All types are essentially equal.



Micro Test

1. Choose the option that best describes you over the course of your life.

- A** My inner experience is dominated to a large extent by sensations; I have a pretty good gut sense of things. I move things forward by being responsible and committed—I like to be of service and can easily step into action, especially to do something others need me to do. At times, I put myself last and ignore my personal care needs. I consider myself practical and caring, and I can appreciate finding a routine or reliable way of doing things that works for me. I either sense the right way to go or narrow down the alternatives to find a good direction. Inside, I often feel irritated by things or people, though I may not choose to express it.
- B** My inner experience is dominated to a large extent by feeling whether or not people like me and what my image is. I am naturally empathetic and good at reading people. I pay a lot of attention to relationships and how I can impact or impress others. Rejection and problems connecting with people can make me very sad or self-critical and I do what I can to avoid that. It can be hard for me to feel consistently good about myself on the inside—I can have ups and downs if I don't have something to focus on. I tend to seek people's approval and am responsive to encouragement and affirmation.
- C** My inner experience is dominated to a large extent by thoughts of all kinds—I can have many thoughts every minute. I approach life more mentally. I observe, analyze, and seek to understand things, situations, and scenarios in all their complexity. I am rather imaginative and seek to make sense of different things through integrating information logically and coherently. Uncertainty and unpredictability can make me anxious, and I get motivated by learning new things or finding a creative approach to solving problems.



Micro Test

2. If you chose A, which of the following paragraphs resonates the most with you?

A1

I have a lot of energy and I am good at moving things forward, but I can be excessive and break rules. I am direct, straightforward, and assertive. I have easy access to anger, and I don't have a problem engaging in conflict if I need to. I have been told I can come across as bossy or intimidating. I easily spot unfairness around me, and it is difficult to hold myself back from doing something about it. I usually do not show weakness or vulnerability and I make sure I feel strong in meeting challenges.

A2

I listen well and consider everybody's point of view, but I can have a hard time knowing and expressing my own. I rarely get angry, and I tend to avoid conflicts, in part because I like to maintain harmony. I have been told I am easy to get along with, and I avoid being the center of attention. I am usually available to support people, and it can be difficult for me to say "no." As such, it is difficult to put my agenda ahead of others'—in fact, I can often forget about myself and not know what I want. But, if someone tells me what to do in a way that feels disrespectful I can get stubborn.

A3

I easily sense what is right and feel responsible for doing things the right way. I avoid making mistakes and being criticized, as I am quite self-critical and so criticism can be hard to hear. I can easily spot errors and feel a strong need to correct them. I've been told I can seem perfectionistic and sometimes inflexible, although I don't regard everything I do as perfect. Improving things and processes motivates me, as I always strive to achieve high-quality results. I have high standards, and I mostly follow rules and expect others to do the same.



Micro Test

2. If you chose B, which of the following paragraphs resonates the most with you?

B1

A central focus for me is making sure I am liked by people. I monitor the things I do and say to create a positive impression. I easily read what people need and feel and am good at adapting the way I present myself to create a good-feeling connection. I've been told I focus more on others' needs and priorities than my own. But I can get reactive or sad if people don't appreciate me or my help. Rejection is hard for me, so it's something I avoid if I can. While I try to please people generally, I am very selective about who I choose to be close to.

B2

Most of what I do is focused on achieving success and being recognized for my accomplishments. I am goal-oriented, and I love getting things done. I generally maintain a fast pace to be as productive as possible; slowing down or stopping can feel almost impossible. If I'm honest, I can tend to be a workaholic. Having the right image is important to me, and I can easily present myself in a way that matches what people value and admire. I've been told I can be impatient. While I try to connect with people, it can be hard to listen to them when I'm focused on work or what needs to be done.

B3

I tend to be nostalgic about the past or idealistic about the future, but it can be hard for me to feel content in the present. I seem to continually feel like something important is missing. I frequently compare myself with others and can easily see what they have that I don't—or how I am different in a good way. I spend a lot of time inside my own intense inner world, where I feel a wide range of emotions. I have been told that I am sensitive and can be moody, but also that I am authentic, creative, or unique. It is important to me to find ways to express myself in the world in a way that helps people to understand who I am.



Micro Test

2. If you chose C, which of the following paragraphs resonates the most with you?

C1

While everybody likes privacy sometimes, I need a significant amount of privacy every day. I make sure I manage my own time, space, and energy, so that people don't intrude on me or consume these potentially scarce resources to a point that I will feel depleted. I easily detach from my feelings and from people and retreat into my mind, where I feel comfortable and observe the world from a distance. For me, knowledge and learning are central, and I have been told I can seem too reserved and perhaps a bit cold or aloof.

C2

It is easy for me to notice risks in different situations and to forecast potential problems. I regularly imagine worst-case scenarios so I can get prepared in case they happen. It often takes time for me to trust people, and I can usually see through a false presentation. I can struggle with doubt and uncertainty, which can sometimes result in a tendency to procrastinate or over-think things. I can be anxious, which sometimes means I can lack self-confidence, or, at times, get too sure of things. I usually have issues with authority figures, which can mean I either submit excessively, rebel against them, or mistrust and suspect them.

C3

I always seek to have fun and enjoy the things I do. It can be hard for me to engage in tasks I find tedious or boring, as I need to find pleasure in what I am doing. It's easy for me to think "outside the box," but hard for me to focus on one thing. I like to have multiple options, so I can feel free to do what I want to do. I've been told that while I'm optimistic, I avoid looking at or discussing painful things. I tend to reframe negatives into positives and sometimes have trouble perceiving negative data. I'm good at staying upbeat—I tend to be pretty happy most of the time.



RESULTS

Micro Test

A1 = You are probably a Type Eight

Eights tend to be oriented toward strength and power. They tend to hold clear opinions about things and have more ready access to anger than most of the other types. They can also usually move toward conflict and confrontation more easily than other types. Eights focus their attention on creating order out of disorder, the big picture, tackling challenges, and noticing who has the power (and how they wield it). They have big energy, though they can underestimate their impact on others. They can be excessive, impulsive, generous, and protective of others. Showing confidence and leadership comes easily to them, but they can have a blind-spot when it comes to expressing vulnerability.

A2 = You are probably a Type Nine

Nines make good mediators because they can naturally see all sides of an issue and feel motivated to reduce conflict and create harmony. They are usually affable, helpful, and easy-going, and they focus their attention on getting along with other people. They tend to be out of touch with their own anger and their own agenda, because having anger or strong opinions might invite conflict with others, which they dislike and habitually avoid. Nines often have a hard time saying no and knowing or prioritizing their own desires, and so can say yes when they mean no or get passive-aggressive when their unacknowledged anger leaks out.

A3 = You are probably a Type One

Ones tend to view the world in terms of how it matches (or doesn't match) what they view as perfect or ideal. Their focus of attention goes to whether things are right or wrong, doing the right thing, noticing and correcting errors, and working hard to improve things. They have a strong internal critical voice that comments on the things they do, and they can be critical and judgmental of others when they don't do the right thing or meet their high standards. They usually conform to rules and tend to be idealistic reformers or perfectionists. They are often people of high integrity. Central challenges include managing their own anger (or irritation or resentment) and being excessively critical or self-critical.

RESULTS

Micro Test

B1 = You are probably a Type Two

Twos want to create rapport and connections with people. They usually give strategically to charm people into liking them. While they easily sense what others need, they tend to be less aware of what they need—and afraid to ask for what they need. They support others as a way of making themselves important and gaining approval. They tend to be friendly, upbeat, and generous (to a fault). Their focus of attention is on other people, on important relationships, and what other people think and feel about them. They they strive to be indispensable in the eyes of others so they won't be excluded or rejected. They empathize easily with others, but they can be out of touch with their own feelings and then over-give compulsively to others to the point of exhausting themselves.

B2 = You are probably a Type Three

Threes tend to view the world in terms of tasks, goals, work, and cultivating a good image. They focus attention on being perceived as successful and getting a lot done. They automatically match the ideal model of what people value in terms of material success and cultural ideals of achievement. They usually focus on doing at the expense of feeling (emotions) and being. They can have a difficult time slowing down and knowing what they are feeling because they seek to prove their competence by being productive and delivering results. Their main challenges include knowing what they really think and feel (when they identify so much with whatever image they take on) and moderating their level of “doing.”

B3 = You are probably a Type Four

Fours value emotions and authenticity and typically feel comfortable with a wide range of emotions, including pain. Because they live more in their feelings than other people, they can at times over-identify with their emotions. They focus their attention on their own internal world, the status of their connections with others, whether or not they feel seen and understood, and the aesthetic aspects of their environment. In relationships, they value depth and the genuine expression of feeling. They tend to be romantic and creative, but they can at times get caught up in longing, melancholy, or a focus on feeling nostalgic for the past or excessively idealistic about the future.

RESULTS

Micro Test

C1 = You are probably a Type Five

Fives tend to be introverted, shy, and less expressive than other types. They focus their attention on thinking, on interesting intellectual pursuits and interests, on creating boundaries to maintain privacy, and regulating their time, energy, and other resources. They often have the sense that they have a limited amount of energy and so can be sensitive to interactions with people potentially draining them of their finite stores of time or energy. They focus on maintaining boundaries, automatically detach from emotions, and may withdraw to a safe place if they feel threatened by intrusion. They can be overly concerned about demands others place on them—especially emotionally—and can have a hard time sharing themselves with others in relationships.

C2 = You are probably a Type Six

Sixes tend to be analytical, imaginative, and contrarian. They focus their attention on detecting threats to their safety and being prepared in case something dangerous—or the worst—happens. They are naturally vigilant, and can be either actively fearful (phobic) or strong and intimidating as a proactive (often unconscious) defense against fear (counter-phobic). They can be suspicious or rebellious and usually have authority issues – they both want to have good authorities in their lives, but also tend to feel mistrustful in the presence of authority figures. Good at solving problems and coming up with contingency plans, they tend to be loyal and hard-working, but may also struggle with paranoia and indecision.

C3 = You are probably a Type Seven

Sevens tend to be energetic, fast-paced, and optimistic. They focus their attention on fun and stimulating things to think about and do, on creating many options, and planning. Enthusiastic, fun-loving people, they (sometimes unconsciously) avoid feeling uncomfortable emotions, including sadness, anxiety, boredom, or pain. They excel at reframing negatives into positives, usually have many interests, and enjoy engaging socially with others. Their central challenges include dealing with difficult or uncomfortable emotions, showing up for conflict in relationships, and focusing on one thing at a time.