**Enneagram Instructions**

The enneagram is a system of personality typing based on one’s internal filtering mechanisms in response of our individual life experiences. It speaks to the internal dialogue of each individual more than to behavioral responses. Therefore it is important to type yourself only and avoid trying to identity others personality types. There is no wrong answer. Each of the personality types brings forth unique gifts and challenges. This information can be very useful in working on ourselves and understanding those around us.

Please read the following nine paragraphs and look for the one you think best identifies you. You will likely identify with aspects of several of the paragraphs. Try not to over focus on every detail within the paragraphs, but look for what describes you as a whole. If you can’t decide between 2 or 3 of the types, we can help you look at the differences between the types so that you can narrow it down even further.