

Enneagram personality revealing system in the educational systems

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Abstract : The Enneagram is a system based on personality types, the secret of which is that while most personality typologies merely describe and characterize different types, here we receive concrete guidance towards the desired direction of change. It not only characterizes 9 personality types but also sheds light on the deep motivations behind typical behaviors, revealing biographical connections, life, and behavioral patterns. In addition to formulating driving forces, aspirations, and external and internal character traits, it also shows type-dependent cooperation guidelines and problem-solving strategies. Its main positive aspect is that it helps to uncover the possible attitude traps of individual characters and highlights the direction of development. The method aids in achieving personality management through conscious attention against the instinctive reactions of long-established personality patterns. I incorporated this into my teaching methodology, specifically broken down for individuals with autism. [2]

Keywords: enneagramm, autism, education

1. The Nine Types of the Enneagram

At the heart of the Enneagram lie nine basic personality types, each centered around a particular motivation, fear, and desire. While everyone has aspects of all nine types, one dominant type tends to shape our overall behavior and worldview.

1. The Reformer (Perfectionist)

Motivated by the desire to be good, right, and ethical. Strives to improve themselves and the world around them. Their fear is being wrong or corrupt. Strength: integrity. Weakness: criticism and rigidity.

2. The Helper (Giver)

Driven by the need to be loved and appreciated. Warm and empathetic, yet sometimes overly focused on others' approval. Fear: being unwanted or unloved. Strength: selflessness. Weakness: manipulation or excessive people-pleasing.

3. The Achiever (Performer)

Motivated by success, recognition, and efficiency. Wants to excel and be admired. Fear: failure or worthlessness. Strength: ambition and focus. Weakness: overidentification with image or roles.

4. The Individualist (Romantic)

Deeply feeling and creative, constantly seeking authenticity. Fear: having no personal significance or identity. Strength: emotional honesty. Weakness: melancholy and self-absorption.

5. The Investigator (Observer)

Seeks understanding and knowledge. Analytical, curious, and independent.

Fear: helplessness or incompetence. Strength: wisdom and insight. Weakness: detachment and emotional withdrawal.

6. The Loyalist (Security Seeker)

Motivated by the need for safety and stability. Responsible and loyal, but often anxious and doubtful. Fear: being without support or guidance. Strength: reliability. Weakness: suspicion and indecision.

7. The Enthusiast (Adventurer)

Optimistic, spontaneous, and freedom-loving. Seeks excitement and avoids pain or restriction. Fear: deprivation and boredom. Strength: joy and versatility. Weakness: impulsiveness and avoidance of responsibility.

8. The Challenger (Leader)

Strong, assertive, and protective. Strives to be in control and avoid vulnerability. Fear: being dominated or harmed. Strength: courage and decisiveness. Weakness: aggression and excessive control.

9. The Peacemaker (Mediator)

Calm, accepting, and easygoing. Desires harmony and avoids conflict. Fear: disconnection or loss of inner peace. Strength: patience and empathy. Weakness: passivity and self-forgetfulness. [3]

2. Wings, Arrows, and Growth Dynamics

The Enneagram is not a rigid system. Each type has two wings—the adjacent types that influence it. For example, a Type 2 can be a “2w1” (a Helper with perfectionist traits) or a “2w3” (a Helper with achiever traits).

Additionally, every type has stress and growth directions. Under stress, a person may take on the negative traits of another type, while in growth, they adopt the positive qualities of a different one. For instance, Type 1 moves toward Type 4 under stress and toward Type 7 in growth.

In the education it is the same in little laboratory groups or in big lectures. [4]

3. Enneagramm in education

University teaching methods combine traditional and modern approaches to enhance learning and critical thinking. Lectures remain common for delivering core knowledge, while seminars and workshops encourage discussion and collaboration. Problem-based and project-based learning foster practical skills, and digital tools such as online platforms and simulations expand accessibility. Effective higher education emphasizes active participation, research engagement, and the development of independent, lifelong learners. It can we examine with enneagram system.

4. Practical Applications of the Enneagram

The goal of the Enneagram is not labeling but **self-awareness and transformation**. It helps us see the hidden motivations behind our behavior, allowing us to make more conscious choices and build healthier relationships.

It is especially useful in the following areas:

- **Psychology and therapy:** enhances self-understanding and emotional healing.
- **Relationships:** fosters empathy, communication, and conflict resolution.
- **Work and leadership:** improves teamwork and organizational awareness.

- **Spiritual growth:** reveals how our ego patterns block inner peace and love.
[5]

5. Criticism and Cautions

While the Enneagram can be a profound tool for self-discovery, it is not a scientific diagnostic instrument. It is better understood as a symbolic map that guides self-awareness. Over-identifying with one's type can become limiting—true growth means learning to transcend one's type rather than being trapped within it.

Summary

The Enneagram is an ancient system of self-knowledge and personality typology that aims to reveal the deeper motivations, fears, and behavior patterns that shape human life. Its name derives from the Greek words *ennea* (nine) and *gramma* (figure, symbol), referring to the ninepointed geometric symbol that represents the model. The core idea is that every person belongs to one dominant personality type that influences how we perceive the world, how we react to it, and how we strive to maintain our inner balance.

Although the Enneagram has roots in mystical traditions (such as Sufi teachings), its modern form was developed in the mid-20th century through the work of thinkers like Oscar Ichazo and Claudio Naranjo. Since then, the system has become widespread around the world and is used in psychology, spirituality, education, and organizational development. [1]

6. Conclusion

The Enneagram is a rich and insightful system that not only shows what we are like but also why we are that way. It reveals the deep motivations behind our actions, helps us understand others, and offers a path toward greater freedom and authenticity.

All nine types ultimately point toward one shared purpose: to rediscover our true center and connect with the world from a place of honesty, compassion, and wholeness.

7. References

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