

# Finding Your Enneagram Type

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When you know your Enneagram profile you have a simple and powerful tool for your discipleship to Jesus. Its history goes all the way back to the Desert Fathers and Mothers of the early Christian Church. There's a wealth of spiritual and psychological understanding from diverse cultures and religions that's gone into this theory of personality. I filter my understanding and use of the Enneagram through God's Word.

To learn your Enneagram type:

1. Take an Enneagram test like the RHETI on the [Enneagram Institute website](http://EnneagramInstitute.com) (small fee).
2. Read your report which provides point values for all nine types. Often the top score is *not* actually your type! Consider the two to four highest scores as *possibly* your type.
3. Watch the [Soul Shepherding Enneagram videos on our website](http://SoulShepherding.org) or YouTube channel.
4. Read the descriptions for your possible types in an Enneagram book or website to see which one you most relate to. (Rather than identifying with two or three types, it's best to eventually land on one type that best fits you, especially who you were at about age 21.) You should relate to a type's healthy/holy aspects (God's image or a face of Christ in you) and its unhealthy/unholy aspects.
5. Carefully consider the Enneagram "map" (or soul mirror) for your possible types to see which best fits you. (This is the key!) Your map includes your:
  - Root sin to overcome and virtue to develop
  - Intelligence Center: body, heart, or head
  - Basic Emotional Posture: anger/resentment, shame/depression, or fear/anxiety
  - Wing(s) next to your type (usually people have affinity with a type on either side; the Enneagram is not "boxy".)
  - Stress point (in difficulty you tend to become like the unhealthy version of this type — it's your false consolation)
  - Growth point (at your best you're like a healthy version of this type)
6. Be patient because it takes time to understand your type! This theory of personality is different than the typical view. The Enneagram idea is that our personality is not a good, happy, loving expression of our self — it's a defensive "ego" orientation, a false self. It's an unconscious and self-reliant pattern for denying our sin and pain that cuts us off from God and his grace. To know your type you have to get out of denial and admit to your tendencies that hurt you, other people, and God.
7. "Try on" an Enneagram type that seems to fit you by memorizing its general characteristics and its map and observing yourself in daily life to see if it holds true. Once you find the type that fits you, learn it, and journey with it over time and it'll keep re-orienting you to God's loving presence and how you can be more loving.