



Self-Typing Reflection Questions

Explore the Distinctions Between Enneagram Types

Credit: The Art of Typing, Ginger Lapid-Bogda

1 v. 2 – polite graciousness compared to friendly, helpfulness

Do you focus on details? If so – do you enjoy it for its own sake or in service of others?

When you make important decisions, do you rely most on your head or do you tune consciously into your heart?

When you are calibrating what action to take, is it based more on your internal processes and thoughts or how your action will be responded to by people in your external environment?

1 v. 3 – both planners, both “competency triad”, but 3s most interested in results

If you had to choose between being right and being effective, which would you choose and why?

As you think about quality which better describes your definition. 1) Quality means everything has to be done perfectly even if the customer doesn't notice anything wrong. 2) If the customer is satisfied and you've added some extra value on top of their expectations, quality has been accomplished – even if the process/result are not exactly perfect.

You probably have a set of rules, principles, and standards that are important to you. Is that true? If so, how many rules do you have, what categories of rules do these fall into (what areas), and can you give some examples?

1 v. 4 – noticing errors compared to noticing what's missing

Aesthetically, do you prefer something precise and detailed, in which there are no flaws, or do you prefer a more symbolic, expressive aesthetic where precision matters far less than the personal and universal nature of the work?

As you think about how you interact with others and your environment, would you describe yourself as a structural person who likes to have things organized (mostly by you), with clear rules for behavior and roles? Or, would you describe yourself as a more fluid person, who likes more of a minimalist structure and a few rules, because you think that too much structure and too many rules constrict both you and the creative process?

What is your process for making most decisions in your life? Do you make them from your gut and head together (your gut reacts and then your head gives words/meaning/context for decision)? Or, do you make decisions from your heart, including feeling responses from both you and others?

1 v. 5 – on “competency triad”, getting things right versus “What I know”

Are you willing – and even think it is your responsibility – to consistently work extra hours if necessary to get something right? Or do you strongly prefer to set and keep boundaries on the amount of time you're willing to spend on something?

Do you exert appropriate self-control so that you try to not show anger or displeasure to others – although others can often read you well through your body language? Or are you self-contained where you keep your energy and responses more within so that people find you “hard to read”?

When approaching a situation that requires action, do you act quickly based on your gut sense and the capacity to establish a plan? Or do you tend to take your time, understanding and analyzing, before you determine action steps?

1 v. 6 – may both worry, but worry will stop in 1s once they know how to get something right

When you plan, does your planning come from your gut or your mind?

When approaching a decision or an action, do you become concerned about not doing it right (and self/other blame)? Or are you more focused on all the negative things that might happen, particularly from external forces, as a result of not doing it right?

Do you think in most cases there is a right way to do just about anything, or do you believe there are almost always multiple ways to proceed forward, each with pros and cons?

1 v. 7 – seldom confused

Do you have a linear, logical and structured mind? Or do you have one that continuously and quickly comes up with explosions of new ideas/thoughts, so that ideas are connected to one another, but not always in a structured way?

Would you describe yourself as self-controlled and highly structured person, or are you more free-wheeling, fluid spontaneous, and even impulsive?

Are you good at dealing with details, plus insist on being on time for almost everything you do, or do you engage in details only when you have to get the job done – and timeliness is not your strength?

1 v. 8 – can appear similar since both are body types but major differences regarding anger and control

When overseeing a project, do you normally micromanage from start to finish, or do you prefer macro-managing the big picture and end results, leaving the day-to-day details to others?

Do you ever feel think expressing anger is something self-controlled and polite people refrain from – and framed more as irritation, frustration, resentful or “upset”? Or do you perceive robust anger as simply energy that needs to be expressed and released soon after it occurs – and rarely feel guilty about it?

Do you focus on self-control and controlling your immediate environment? Or do you try to control the whole picture more than yourself and the specific circumstances?

1 v. 9 – both can be stubborn, though 9s will appear more compliant

Do you have many strong opinions that you express verbally and nonverbally? Or do you more often keep opinions to yourself so as not to create tension?

Are you seen, by yourself or others, as a person who is judging and discerns easily? Or are you considered tolerant, non-judging, and more easy-going?

Would you call yourself a direct person? Or do you think of yourself as indirect and diplomatic?

2 v. 3 – both attuned to reactions of others, 2s sweet on outside but tough inside compared to the opposite in 3s

What’s more important to you, being liked or respected by others?

Do you live and work more from intention and purpose? Or do you live and work from pursuing specific goals, then developing efficient plans to accomplish them?

When exploring emotions, either by yourself or with others, would you describe yourself as patient or impatient?

2 v. 4 – both can be sad as underlying emotional state, both attuned to feelings but 2s attuned to feelings of others

In a world filled with joy and suffering, do you think it is your job to help keep others from suffering? Or is it to go into your own suffering to then find the joy?

Do you tend to assume most people are going to like you, and are surprised/confused when they don’t? Or are you unsure of whether people will like you and you 1) accept this and 2) wonder what might be “less than” about you?

With respect to emotions, do you tend to focus on other’s feelings more than your own? Or does your attention first go to experiencing your own feelings, which are often intense?

2 v. 5 – seldom confused

Do you believe that the world is filled with an abundance of resources that should be shared with others? Or is the world scarce of resources that need to be conserved?

When someone is upset, do you experience the other person’s feelings internally, almost as if they were your own? Or do you listen with concern, while detached from your own emotional reaction?

Which do you trust more, emotions or logic? Which do you distrust?

2 v. 6 – sp2 more anxious and sp6 more warm, so these types can be confused

When you do things for others, is your concern more about others liking you and being needed by them? Or is it more about loyalty, feeling safe, or feeling secure? (6s will think much longer about this question)

Would you describe yourself as someone who worries a lot? If so, what do you tend to worry about? A lot of problem solving?

How do you relate to risk in your life?

2 v. 7 – “optimistic triad”, lots of commonalities around positivity, embellishing reality

How do you know what someone else is feeling, through your heart or your mind?

If you do something generous for another, what do you hope for in return – an implicit acknowledgement or explicit, perhaps public thank you for your sacrifice?

Is focusing on one thing for an extended time easy for you, or does it take concerted effort to avoid distractions?

2 v. 8 – confusion especially among women, who are acculturated to be more 2ish, share an arrow

Do you believe you were born to support others (and will lead only when necessary) or were you born to lead, organize, and make big things happen?

When you make decisions do you trust your head, heart or gut?

How would you describe anger, how often you feel it, and how you express it?

2 v. 9 – “optimistic triad”, other focused, and know how to make people feel good

Being completely honest, do you think you can get almost anyone you want to like you? Or do you not think much about getting others to like you?

What exactly is a “friend” to you in terms of the role they play in your life and how you’d describe them.

Are you good at knowing and meeting others’ needs? How do you know what others need?

3 v. 4 – male 4s acculturated for more 3ish qualities, 3s who want to be perceived as deep will look 4ish

Do you have a self-image of being competent successful and confident? Or is your image more about being different or unique?

What motivates you more: getting concrete results by setting specific goals and targets then making a plan? Or deeply understand and expressing yourself, and connecting deeply with others?

Do you keep most emotions at a lower volume and deal with them when necessary (and even then, for short periods of time)? Or as someone who values and invites deep emotions, both your own and those of others?

3 v. 5 – “competency triad”, both emotionally detached, but 5s not so goal oriented

Is your sense of competency about how much you can accomplish? Or what you know?

How do you relate to the feelings of yours or others? Prefer to feel things minimally while you have work to do, which is most of the time? Or do you completely disconnect in real time, but pursue some emotions later when by yourself?

Do you have strong social skills and easily adjust to whoever you’re interacting with? Or are interactions challenging and draining for you, an area where you have to expend a great deal of energy to make them work?

3 v. 6 – sp3 can be anxious and look like a 6

Do you like the results more than planning or planning more than results? Which generates more excitement in you?

Do you tend to bypass feelings, especially anxiety, by breathing into your chest and acting confident? Or do you normally have an array of feelings, particularly anxiety/concern?

When facing a challenge, do you focus on creating an effective, efficient plan to reach your results? Or do you consider multiple pathways to achieve the results that take into account various contingencies and potential obstacles?

3 v. 7 – look-alikes because both are forward moving, energetic, and hate boredom

How long can you focus without extreme effort? As long as it takes to get the job done? Or does your mind wander after long, such that focusing requires a lot of effort?

Do you go into practical planning mode quiet easily when you want to accomplish something? Or is planning more about ideas in your mind, without a specific, pragmatic call to action in place that takes you from initiation to completion?

How many options do you want and need – even when multitasking?

3 v. 8 – both confident, TCB, and like respect – 3s earn respect through accomplishment while 8s simply expect it

Do you care very much about what others think of you and what you do or not?

Do you get energized and enthused by good results no matter whether the effort is big or small? Or do you need the results to be big and impactful to feel energized and enthused?

Can you accurately read a room and adeptly adjust to the requirements present? Or are you more rebellious, enjoying pushing against social expectations?

3 v. 9 – share an arrow so can look alike

Do you have difficulty truly relaxing and find it comforting to work with some kind of deadline or pressure? Or do you relax very easily and feel stressed when under pressure?

Are you good at reacting an audience and then, if needed, adjusting how you come across to get the result you want? Or do you not pay much attention to how you come across to others, preferring to just be yourself?

Do you like to make things happen and see concrete results quickly? Or do you prefer to allow things to roll out smoothly in the best possible way, whether that takes a long or a little time?

4 v. 5 – both tend to feel isolated (4s “wet abandonment” and 5s “dry”)

Are you aware in real time when you're emotional and can you feel this in your body? Or do you rarely feel or process emotions until after the fact?

Are you tuned into, and care a lot, about how others are reacting to you or do you not pay much attention? If you perceive someone is upset with you, are you able to let it go fairly easily?

What do you trust more, your feelings or your mind?

4 v. 6 – “intensity triad” emotional intensity in the 4 can activate thoughts, and vice-versa

Do you relate to your experiences primarily from your heart and emotions, or from your head and thinking?

Are you perceived by self and others as a very deep person or more of a complex person?

What do you do for fun?

4 v. 7 – sp4 “sunny” like a 7

Do you stay with feelings of sadness even when you prefer not to feel this way? Or do you constantly avoid feeling sad by staying stimulated and excited, through positive thinking, or by future-oriented possibility planning?

How do you know things and make meaning of your experiences – from your heart or head?

Do you think of yourself, and do others see you, as a deep person or a light-hearted person?

4 v. 8 – “intensity triad” sx 4s and sx8s are both emotional and territorial

Do you think you can't have what you want, even though you may try? Or do you believe you can go after whatever you desire?

When you make decisions, is it more from your heart or your gut?

Do you care about, and tune into, how others are responding to you? Or do you tend not to care about others' responses to you even if you're good at reading them?

4 v. 9 – seldom confused unless a 9 has merged with 4s regularly

In your emotional life, even if you don't show it outwardly, are you highly intense and dynamic? Or are you mellow and low-key?

When in a conversation, do you prefer deep, meaningful and authentic conversations? Or do you prefer small talk and schmoozing first, in order to develop rapport?

When something doesn't go as you'd hoped, do you lament about this in your conversations as a way to share your feelings? Or do you keep your feelings more to yourself and turn towards a more optimistic perspective?

5 v. 6 – both thinking types with a cornerstone of fear

Is your basic strategy for dealing with fear to withdraw, observe, and strategize – taking action only when needed? Or do you think quickly and plan for all contingencies, sometimes taking action too quickly (esp. sx6) – and sometimes too slowly?

Do you perceive yourself as a remote person who doesn't generally show others what you're thinking and feeling? Or are you more of an intense person who is easily “read” by others due to your verbal expressiveness and animated body language?

Do you trust authority figures until they've proven themselves untrustworthy – but have no expectation for them to keep you safe? Or do you not tend to trust authority, but look to them to keep you safe and secure?

5 v. 7 – seldom confused

Does your mind work like a computer, with neatly organized files, and file within files, for easy retrieval? Or is your mind more like a desktop containing every document as a separate file so you can make fast connections between things?

When you feel fear, are you usually quite aware of it and what you typically do in these cases? Or are you less familiar with the emotion of fear or what to do with it when it does come up?

When engaging with others, do you step back, observe, then decide whether you want to connect more (often opting out of an extended connection)? Or do you tend to move towards engagement with others, and stay in connection for as long as you can – finding new people pretty interesting until you get bored?

5 v. 8 – angry or emotional 5 might look like an 8, and a sp8 might be confused with a 5

Do you take up less physical space, and exert less personal power, than you actually could? Or do you take up a great deal of physical space, and exert your personal power, quite easily?

What do you trust more when making decisions or perceiving what is occurring, your mind or your gut?
Do you more often have a delayed reaction to your emotional responses? Or when you experience emotions (particularly anger) do you feel them intensely and in real time?

5 v. 9 – show least emotion of all types, highly intellectual and introverted 9s can look like 5s

Do you set up strong, if invisible, boundaries so people sense when to approach you and how close they should get?
Or are you highly approachable with fluid interpersonal space and boundaries?
Does small talk feel annoying or a waste of time to you? Or do you enjoy talking with people about a variety of relaxed topics to establish rapport?
Do you perceive a short, direct response to a question as an effective, no-nonsense way of responding? Or do you perceive short responses as blunt, non-relational, or even rude?

6 v. 7 – fear the emotion of head-types but 6s are vigilant and 7s rarely think about what could go wrong

When you plan, do you assume the glass half-empty, so you have back up plans? Or do you think and plan as if the glass is half-full, thinking that things are likely to work out, so there's no need for contingency plans?
Do you perceive yourself as a reasonably introspective person, exploring and reflecting on your inner world of feelings and experience? Or are you drawn more to new ideas, possibilities, interesting people and external stimuli that grabs you?
Do you experience a wide variety of feelings, which you feel intensely? Or do you primarily feel joy – with occasional anger, anxiety, and sorrow?

6 v. 8 – sx6s look like 8s

Do you use your mind to figure out what to do in most situations? Or do you use your gut?
Do you seek support from others and feel less anxious when you receive this? Or do you rarely seek support from others, perceiving support as weak, something you don't need and wouldn't ask for?
Do you believe you must be constantly vigilant and alert? Or do you take things more in stride, believing you can handle just about anything coming your way?

6 v. 9 – share an arrow

Are you finely tuned and tightly wired? Or are you relaxed and very easy going?
When you meet new people, do you tend to be more watchful or wary as you decide whether to trust them? Or are you generally quite open and not too cautious around new people?
Would you or others describe you as an intense person? Or would you best be described as an optimistic person?

7 v. 8 – both rebellious – 7s against limits, 8s against being controlled

Are you more fun-loving and spontaneous? Or more serious and intense?
Do you process most experiences through your mind or through your gut/body?
Are you seen, by yourself and others, as more of an optimistic person or a realistic person?

7 v. 9 – “optimistic triad” with the optimism of 7s being more energetic and less relaxed

When telling a story, do you start in the middle where you're most excited? Or do you start from the beginning and share in sequence?
How do you define an interruption, when someone says “no” to an idea you have? Or is it when someone says something while you or another person is speaking?
When your attention gets diverted, do you think about exciting ideas and engage in stimulating activities? Or do you tend to go for activities that provide comfort and familiarity?

8 v. 9 – both have issues with anger and control, so may share some similarities

When you get angry, do you know it and express it? Or are you often *not* aware of it and have difficulty expressing it?
With regards to control, do you like to feel in control of situations a lot? Or is your concern more about not being controlled by others?
Do you have a big presence – or at least are you told that you do? Or do you tend to minimize yourself and not assert yourself very often?