



Unitarian Universalist  
Small Group Ministry  
Network Website



**Wednesday Evening Small Group (via ZOOM!)**  
**Understanding Your Enneagram Personality**  
**Starr King Unitarian Universalist Church, Hayward, CA, Kathryn LaMar, May 2020**

**CHALICE LIGHTING**

**0.5 min**

I prefer to be true to myself, even at the hazard of incurring the ridicule of others, rather than to be false, and to incur my own abhorrence.

*Frederick Douglass*

**SILENT MEDITATION / CENTERING**

**2 min**

The first sound of the gong brings us to silence. Please take time to center yourself, and temporarily push aside whatever might be preventing you from participating fully in tonight's session. The second sound of the gong returns us to each other's presence.

**OPENING WORDS:**

**0.5 min**

As we go through life, we essentially grow a personality. Our personality branches out in many directions to assist us organize our thoughts, feelings, values, ideas, and coping mechanisms. Our exhibited behavior--the way we organize and deal with life--becomes an external representation of our central self.

*Kilroy J. Oldster*

**CHECK-IN (2 ROUNDS)**

**36 min**

Please share some thing(s) about your life since last we met. How are you managing your life, and have you noticed any of your own personality traits you need to come to terms with? Any traits of those with whom you are "sheltering in place"?

**INTRODUCTION**

**10 min**

This introduction is from the website <[www.truity.com/enneagram.html](http://www.truity.com/enneagram.html)>

**Overview and History**

The Enneagram is a system of personality typing that describes patterns in how people conceptualize the world and manage their emotions. The Enneagram model describes nine different personality types and maps each of these types on a nine-pointed diagram which helps to illustrate how the types relate to one another. The name *Enneagram* comes from the Greek: *Ennea* is the Greek word for nine and *Gramma* means something that's drawn or written.

While we don't know the exact origin of the Enneagram, its history is eclectic. Some assume ancient roots in Babylon around 4,500 years ago, while others place the origin in classical Greek philosophy around 2,500 years ago. The model has been attributed to the Jewish Kabbalah, Christian mysticism, and Sufism, a mystical form of Islam. Dante apparently had very good knowledge of the Enneagram, since the characters in *The Divine Comedy* correspond largely to the Enneagram types.

The Enneagram of Personality Types is a modern synthesis of a number of ancient wisdom traditions, originally put together by Oscar Ichazo. As a young man, Ichazo moved to Buenos Aires, Argentina to learn from a school of inner work he had encountered. Thereafter, he journeyed in Asia gathering other knowledge before returning to South America to begin putting together a systematic approach to all he had learned. After many years of developing his ideas, he created the Arica School as a vehicle for transmitting the knowledge that he had received, teaching in Chile in the late 1960's and early 70's, before moving to the United States where he still resides. [This paragraph is from the Enneagram Institute]

Georg Ivanovich Gurdjieff, a mystic and spiritual teacher, introduced the model as a spiritual symbol in the 1930s, and it arrived on American shores in the 1960s. Most researchers today tend to focus on the psychological rather than the religious side of the Enneagram, drawing comparisons with other personality models like the Myers-Briggs system. According to the Enneagram, every personality has a certain world view and looks at the world through their own lens or filter. This makes it possible to explain why people behave in certain ways. By describing how the basic personality adapts and responds to both stressful and supportive situations, the Enneagram shows opportunities for personal development and provides a foundation for the understanding of others.

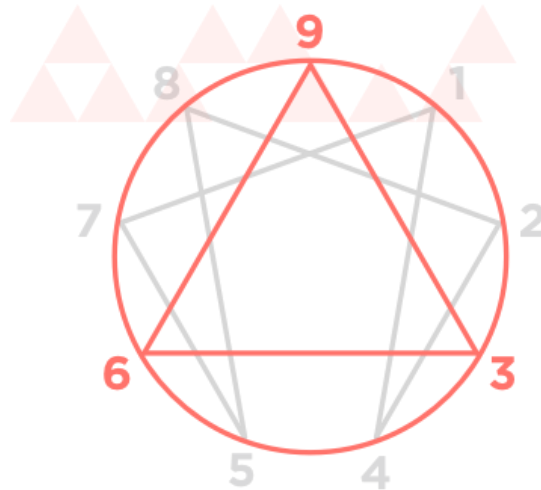
The system has been the inspiration for multiple Enneagram personality tests as well as books on an eclectic variety of subjects, including personal development, spiritual growth, and relationships.

### **Enneagram Types**

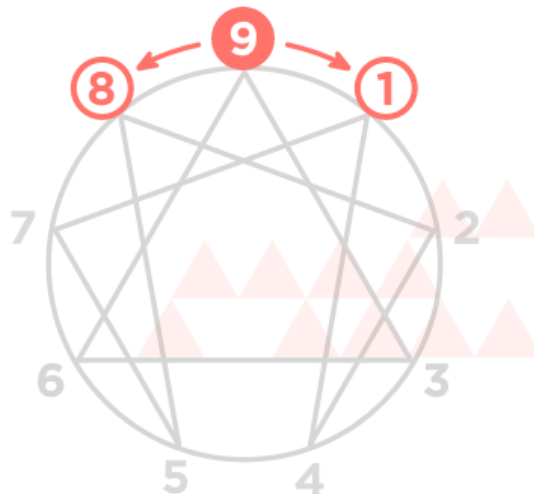
<b>Type</b>	<b>Title</b>	<b>Description</b>
1	Reformer	The rational, idealistic type: Principled, purposeful, self-controlled, and perfectionistic
2	Helper	The caring, interpersonal type: Demonstrative, generous, people-pleasing, and possessive
3	Achiever	The success-oriented, pragmatic type: Adaptive, excelling, driven, and image-conscious
4	Individualist	The sensitive, withdrawn type: Expressive, dramatic, self-absorbed, and temperamental
5	Investigator	The intense, cerebral type: Perceptive, innovative, secretive, and isolated
6	Loyalist	The committed, security-oriented type: Engaging, responsible, anxious, and suspicious
7	Enthusiast	The busy, fun-loving type: Spontaneous, versatile, distractible, and scattered
8	Challenger	The powerful, dominating type: Self-confident, decisive, willful, and confrontational
9	Peacemaker	The easygoing, self-effacing type: Receptive, reassuring, agreeable, and complacent

### The Enneagram Symbol

The basis of the Enneagram is a nine-pointed geometric symbol. It consists of an outer circle, on which the nine points (personalities) are numbered clockwise and evenly spaced. There is also a triangle between the points 9, 3 and 6 and an irregular hexagon which connects the other points. The circle represents the wholeness and unity of human life while the other shapes represent how it is divided.

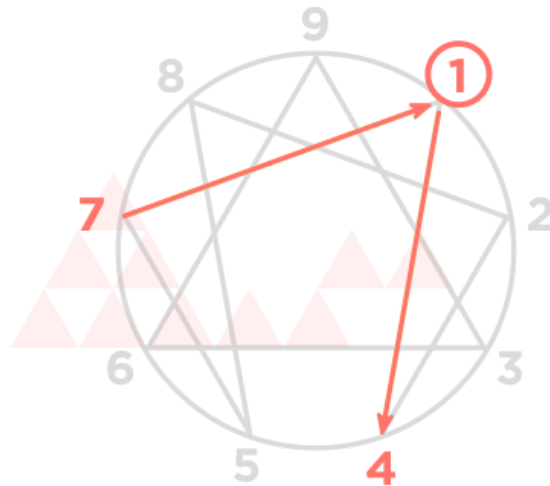


The types on either side of each core type are called **wings**. It is believed that wings represent related personality styles which we can transition into, in order to develop new facets of ourselves. Many people identify strongly with the description of one or both of their wings, in addition to their primary type, and understanding the influence of the wings can help to add more nuance to one's understanding of themselves.



Each basic type in the Enneagram is also connected by two lines to two other basic types; for example, Type 1 is connected to Type 7 and Type 4. The first line connects to the type which the person has left behind or repressed in childhood; the characteristics of this type must be reintegrated in order for the

person to develop. The second line connects to the type which the person may grow into once they are ready to reach a higher state of development.



These connecting lines highlight how each basic type possesses indispensable strengths, but at the same time has darker sides that are full of challenges. The inclusion of these lines moves the Enneagram from a purely descriptive personality model to one that is dynamic, showing how personality can change under different conditions.

### Enneagram Centers

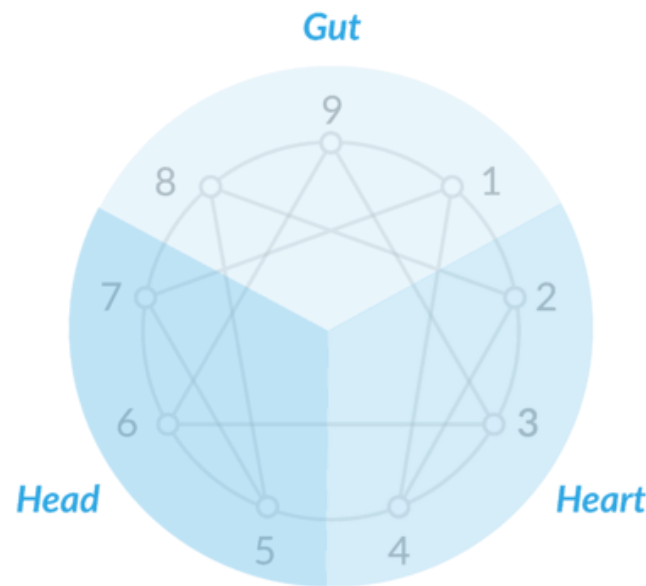
[This section on the centers is from the website <[www.crystalknows.com](http://www.crystalknows.com)>]

Within the Enneagram are “centers” or “triads” of three types that share similar underlying motivations, feelings, strengths, and blind spots: the **Gut** center, comprised of Types 8, 9, and 1, the **Heart** center, made up of Types 2, 3, and 4, and the **Head** center, including Types 5, 6, and 7. The graphic on the next page helps illustrate the centers:

**The gut center** is made up of Types 8, 9, and 1. These types tend to be impacted primarily by their deep instincts and innate anger. They each have a desire for independence and control over their own environment. Types in the Gut center can be strong, stable, grounded, and connected with life when healthy. However, when they aren’t very in touch with their own anger, they may unconsciously act on it in negative ways.

**The heart center** is made up of Types 2, 3, and 4. They are unified in a natural, subconscious shame that tends to impact them in different ways. They all want to feel affirmed and appreciated by other people, whether they are aware of it or not. When they’re healthy, heart types can be caring, authentic, and connected with others. However, they may express shame in negative ways when they don’t take the time to properly work through it.

**The head center** is made up of Types 5, 6, and 7. They each are likely to be fearful or insecure, particularly in less healthy times, and may feel like their mind is overactive and noisy. Head types can be perceptive, creative, and thoughtful when at their best. However, their fear can wreak havoc if they don’t learn to process and address it in a healthy way.



### QUOTES ABOUT PERSONALITY

5 min

Poetry is not a turning loose of emotion, but an escape from emotion; it is not the expression of personality, but an escape from personality. But, of course, only those who have personality and emotions know what it means to want to escape from these things.

*T. S. Eliot*

Always be yourself, express yourself, have faith in yourself, do not go out and look for a successful personality and duplicate it.

*Bruce Lee*

There's a personality trait known as agreeableness. Agreeable people are compassionate and polite. And agreeable people get paid less than disagreeable people for the same job. Women are more agreeable than men.

*Jordan Peterson*

When science, art, literature, and philosophy are simply the manifestation of personality they are on a level where glorious and dazzling achievements are possible, which can make a man's name live for thousands of years.

*Denis Diderot*

I am a writer. I suppose I think that the highest gift that man has is art, and I am audacious enough to think of myself as an artist--that there is both joy and beauty and illumination and communion between people to be achieved through the dissection of personality.

*Lorraine Hansberry*

Disability is articulated as a struggle, an unnecessary burden that one must overcome to the soundtrack of a string crescendo. But disabled lives are multi-faceted --brimming with personality, pride, ambition, love, empathy, and wit.

*Sinead Burke*

I want garments that reflect my personality. It's difficult to find in the childrenswear department. And often, womenswear requires far too many alterations. I want shoes that affect my maturity, professionalism, and sophistication. Instead, I'm offered sneakers with Velcro straps and light-up shoes.

*Sinead Burke*

As the father of eight children, I'm quite convinced that each individual arrives here with their own unique personality. We are intended here from an invisible held of infinite potentiality. That which has

no form, has no boundaries--it's the I that's in the ever-changing body.

*Wayne Dyer*

The ancient superficial idea of the uniform and progressive growth of the human personality has remained unaltered, and the erroneous belief has persisted that it is the duty of the adult to fashion the child according to the pattern required by society.

*Maria Montessori*

If I tried to describe my personality, I'd start to gush about living by the ocean half my life and being brought up on 'Alice in Wonderland' and believing in magic for years and years.

*Sylvia Plath*

There is little place in the political scheme of things for an independent, creative personality, for a fighter. Anyone who takes that role must pay a price.

*Shirley Chisholm*

Neofascism in the United States takes the form of big money, big banks, big corporations, tied to xenophobic scapegoating of the vulnerable, like Mexicans and Muslims and women and black folk, and militaristic policies abroad, with strongman, charismatic, autocratic personality, and that's what Donald Trump is.

*Cornel West*

My worry about this exclusive focus on Trump - the personality and how all of this is so unprecedented - is that then the solution seems to be, 'Well, we'll just get rid of Trump.'

*Naomi Klein*

My significant other right now is myself, which is what happens when you suffer from multiple personality disorder and self-obsession.

*Joaquin Phoenix*

I think it's important to show people, especially young people, that it's okay to have a personality. And that they can express themselves however they like.

*J Balvin*

Each time you choose not to act on a frightened part of your personality, you create authentic power--and you grow spiritually. The frightened parts of your personality come less frequently and with less intensity, and the loving parts fill more and more of your consciousness.

*Gary Zukav*

The greatest service that can be offered to children who show personality traits or inclinations that might not be understood by the adults around them is to allow them to express their own unique humanity.

*Wayne Dyer*

I want any kid who listens to my music to see that I am confident with all elements of my personality that I can't change.

*Halsey*

Coming to terms with the fear of death is conducive to healing, positive personality transformation, and consciousness evolution.

*Stanislav Grof*

Somehow our society has formed a one-sided view of the human personality, and for some reason everyone understood giftedness and talent only as it applied to the intellect. But it is possible not only to be talented in one's thoughts but also to be talented in one's feelings as well.

*Lev Vygotsky*

Saying things on paper that I would never, ever say, and saying things to myself, admitting things to myself, about myself and my personality, just putting it on paper, is how I deal with emotional pain.

*India Arie*

I think that every person has many, many people inside of them. We change our personality depending on who we are talking to or what situation we are in.           Viggo Mortensen

Yes, it seems we've got this mutant gene in our human personality that makes us susceptible to this same kind of mistake over and over again. It's really uncanny how we build these beautiful multicultural edifices and then allow this switch to be flipped and everybody goes, "Oh, the other, get them out of here."  
*Geraldine Brooks*

Sometimes you can make friends, and sometimes you can take friends. Sometimes people want to be friends with you, and you gotta be like, "Okay, I can deal with this person's personality and be their friend, but not necessarily do I have to change who I am. I'm not gonna change myself to be their friend."  
*J. B. Smoove*

If you have anything really valuable to contribute to the world it will come through the expression of your own personality, that single spark of divinity that sets you off and makes you different from every other living creature.  
*Bruce Barton*

Experience, already reduced to a group of impressions, is ringed round for each one of us by that thick wall of personality through which no real voice has ever pierced on its way to us, or from us to that which we can only conjecture to be without.  
*Walter Pater*

You often hear when you talk to guys in our industry, that this is my personality, I just turn the volume up, but over the years, I've really become me. No volume turned up, no nothing. I've been able to go out there and just be myself. It's through solid performance after solid performance that people just take you for who you are.  
John Cena

I believe that every character is a setting, a world with moving parts, and on the other hand, every setting is, in fact, a character--a living breathing thing with personality and backstory. The way stories come to life, at least for me, is when these elements commune in relationship to one another.  
*Jason Reynolds*

**SONG           PERSONALITY (Lloyd Price)           3 min**  
<https://www.youtube.com/watch?v=MvPU-cvaKCM>

**PREPARATION FOR GROUP REFLECTION           1 min**  
Read the questions for reflection, one by one.

**BREAK           10 min**

**GROUP REFLECTION / FEEDBACK           36 min**

Two rounds. Take a moment of silence and consider your response to one or more of the following questions.

## QUESTIONS FOR REFLECTION ON PERSONALITY TYPE

- Did you take an Enneagram test? A complete one or an abridged one? If yes, did your result reveal a distinct dominant type, or seem to reveal a choice of two or three types that could be your? Do you plan to explore this further, and how? [Reveal your results only if you feel comfortable doing so].
- If you took one of the tests, did knowledge of your “wings” surprise you? Does knowing about the “centers” help you in understanding your own emotions and reactions to both internal and external events?
- Do you believe that each person is born with a basic personality type? Why or why not?
- Is it easy or difficult to change what you believe to be your personality? Have you tried, and how did that work for you?
- Is your idea of your personality based on your own perceptions and observations, or on what you believe other people observe and think about you? Are these two alternatives difficult to reconcile? How do you feel when other people seem to misunderstand your view of the world, or your reactions to external events?
- Have your ideas about your personality changed as a result of the pandemic lockdown, and any introspection these circumstances have triggered? How?
- How do you plan to move forward in your personal development, now that you know a little bit more about your personality?

**SONG: I AM A KEEPER (THE BAND PERRY) 3.5 min**

<https://www.youtube.com/watch?v=BqR3eBEGE4U>

**ANNOUNCEMENTS, FUTURE SESSIONS, SERVICE PROJECT 1 min**

**SESSION FEEDBACK 1 min**

How did the session go for you? Speak especially with regard to doing the session via ZOOM. Do we need to make any changes to the format to make it more useful to you?

**EXTINGUISH CHALICE / CLOSING WORDS 1 min**

Every day is an opportunity to stand in awe when witnessing the overpowering presence of nature, an apt time to pay reverence for the inestimable beauty of life. I must remain mindful to live in an ethical manner by paying attention to the threat of injustice towards other people and resist capitulating to the absurdity of being a finite body born into infinite space and time. I am part of the world, a spar in a sacred composition, a body of energy suspended in the cosmos. I seek to create a poetic personal testament to life. When I pivot and turn away from fixating upon the cruel artifices of my encysted orbit to face and outwardly embrace the cleansing swirl of heaven’s windmill, I feel gusting in the shank of my marrow the thump of onrushing primordial truths, the electric flush of those ineffable couplets of life that one may not utter.

*Kilroy J. Oldster*



***SONG LYRICS USED IN SGM SESSION***

**PERSONALITY (LLOYD PRICE)**

Over and over, I tried to prove my love to you,  
Over and over, what more can I do  
Over and over, my friend says I'm a fool  
But over and over, I'll be a fool for you.

'Cause you got personality  
Walk, with personality  
Talk, with personality  
Smile, with personality  
Charm, with personality  
Love, with personality  
And, plus, you've got a great big heart

So over and over, oh, I'll be a fool to you  
Now over and over, what more can I do  
Over and over, I said that I loved you  
Over and over, honey love it's the truth  
Over and over, they still say I'm a fool  
But over and over, I'll be a fool for you.

'Cause you got personality  
Walk, with personality  
Talk, with personality  
Smile, with personality  
Charm, with personality  
Love, with personality  
And, plus, you've got a great big...

### I AM A KEEPER (THE BAND PERRY)

Blue eyed Susans, standing in a domino line  
Falling in and out of love all the time  
They'll break your heart just to see a boy cry  
Ah but not me

I am a brown eyed loner, I march to my own  
drummer

I'm a piccolo owner and the labor of my  
mother's love

Honey you'd be a load off her mind

But with or without you

My only plan is to be free

With or without you I'm still me Ah

I'll join a band and sing like a canary

Get out of here and change my name to  
Cherry

And every night I'll thank holy Mother Mary

I am a keeper

Oh, I am a keeper baby

I am a keeper

Long stem roses, standing in a vase by my  
bed

Standing tall like the dreams in my head

I'm not gonna live in this house 'til I'm dead

I like you a lot 'cause you're different a little

You got answers to my riddles Your...

But with or without you I'll buy a farm at the  
edge of the prairie

Live off the land and change my name to  
Cherry

And every night I'll thank holy Mother Mary

I am a keeper ah, I am a keeper baby

I am a keeper

With or without you, my only plan is to be  
free

With or without you Bye babe

I'll buy a sword and join the military

Cut my hair and change my name to Cherry

And every night I'll thank holy Mother Mary

I am a keeper ah, I am a keeper baby

I am a keeper, oh, I am a keeper baby

I'm not one of those blue eyed Susans

Ha ah, I'm doing my own thing

I am a keeper I am a keeper baby

I am a keeper I am a keeper baby

I am a keeper I am a keeper baby