

MASTERING “YES” AND “NO” BY ENNEAGRAM TYPE

Each enneagram type has unique challenges to saying no. You'll find that many, if not all, can apply to you. Pay particular attention to your type patterns to build integrity in your life.

What Keeps Your Type From Saying No?

Type 1

Sense of responsibility, the need to be good, and many “shoulds” about how to do it right.

Type 2

Wanting to please people, maintain connection, not be perceived as selfish, and out of touch with wants/needs.

Type 3

Could interfere with a sense of value tied to doing and accomplishments, wanting to be seen as the nice guy or good person.

Type 4

Wanting to maintain connection and manage image of being sensitive. Lack sense of own worth; doing what others ask to feed their need to be valued.

Type 5

Sense of scarcity and desire to protect resources. Often don't say no outright, but don't comply with request.

Type 6

Seeing the downside of things. Loyalty and a strong sense of responsibility.

Type 7

Initially, their curiosity creates a desire say yes along with wanting to keep options open. A want to avoid any negativity.

Type 8

Say no more easily than other types. A tendency toward excess and sense of limitless capacity.

Type 9

Avoiding conflict and pleasing others. Not allowing themselves to even know what they want.

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What Gets In the Way of Your Type Saying Yes?

Type 1

A tendency to see what's wrong, and a desire for things to be perfect before saying yes.

Type 2

Looking for everyone else's yes and having trouble finding their own, particularly if someone else wouldn't like their wish, or it may be perceived as selfish.

Type 3

Too focused on their to do list and what will make them be seen as successful. Don't slow down enough to find their true yes.

Type 4

A need to be seen as unique and special causes confusion about what they have a yes to and what they don't. Also, their emotionality gets them off course from their yes.

Type 5

A sense of scarcity of resources, particularly their time and energy; conserving is more important than expanding. Avoiding perceived demands that will come with a yes.

Type 6

Focus on and vigilance around what could go wrong, resulting in anxiety and a defensive stance that keeps them from their yes. A sense of responsibility keeps them from finding what they truly want.

Type 7

Saying yes to everything. A need to keep options open prevents fully committing to a true yes.

Type 8

A compulsion to be against and a need to challenge.

Type 9

Merging with everyone else's agenda, indecision, lack of practice in knowing what they want, need for comfort and ease.