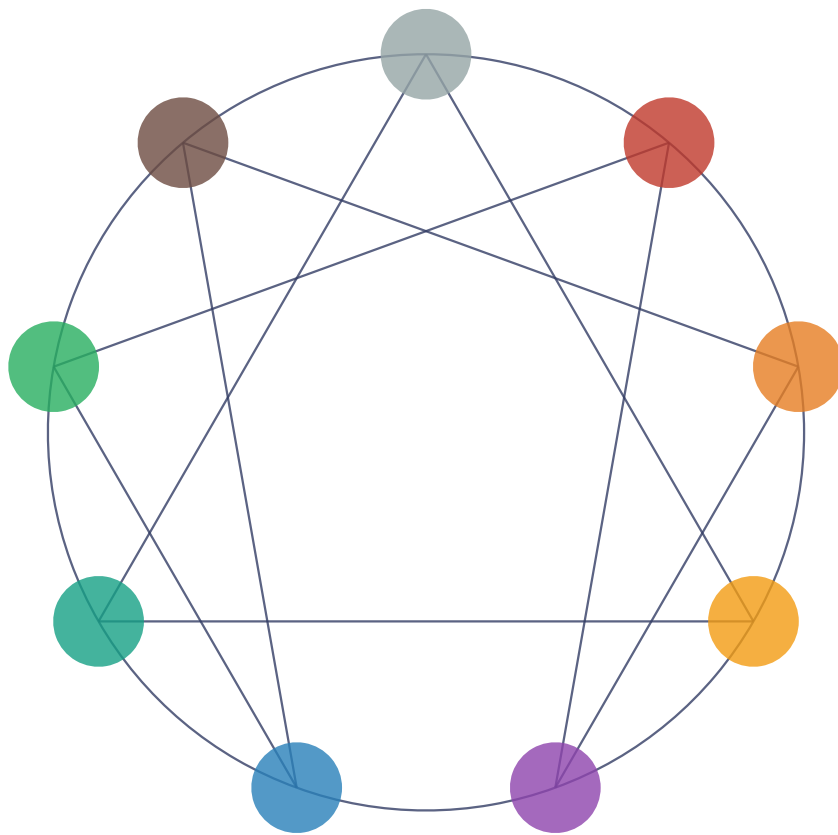




Enneagram Personality Assessment

Personal Report



Report prepared for: Eric van Velzen
Date: 2026-05-22

Preface

This report is your personal companion to the Enneagram assessment you completed. The Enneagram is not a box we put you in, it is a map of nine recurring patterns of attention and motivation. Read in the right spirit, it tends to feel less like being labelled and more like being recognised.

We've written this in plain language, with a compact overview of the nine types, a short guide to how they connect through wings and arrows, and a closing section tailored to your own result. Our hope is that by the end you have a clearer sense of where your energy naturally goes, and a few concrete invitations for growth.

Take what resonates. Leave what doesn't. And come back to it. Most readers find that different pages land differently on a second read, months later.

Table of contents

Preface	2
Introduction to the Enneagram	4
The Enneagram figure	5
The nine types at a glance	6
How the types connect	9
Your enneagram profile	10
Your profile in depth	11
In practice	12
Closing notes & next steps	13

Introduction to the Enneagram

What is an Enneagram

The Enneagram is a model of human personality built around nine distinct ways of paying attention to the world. Each type describes a consistent pattern of motivation, a particular thing we reach for, and a particular thing we're trying to avoid. The word itself comes from the Greek ennea (nine) and gramma (drawing): a nine-pointed figure inside a circle.

Unlike trait models that describe what you do, the Enneagram is concerned with why you do it. Two people can look similar on the outside, both hard-working, both friendly, while being driven by completely different inner motivations. The Enneagram tries to surface those hidden drivers.

How does the Enneagram work

The diagram on the next page places the nine types around a circle. Three inner lines form an equilateral triangle connecting types 3, 6, and 9. A second, irregular figure, the hexad, connects the remaining six types in the order 1 - 4 - 2 - 8 - 5 - 7. These lines are not decorative: they describe how each type is expected to shift under stress or in growth.

Three centers of intelligence

Center	Types	Theme
Body/ Instinctive	8 - 9 - 1	Autonomy, control, gut-level response. Core emotion: anger
Heart/ Feeling	2 - 3 - 4	Identity, connection, self-image. Core emotion: shame
Head/ Thinking	5 - 6 - 7	Safety, certainty, mental strategy. Core emotion: fear

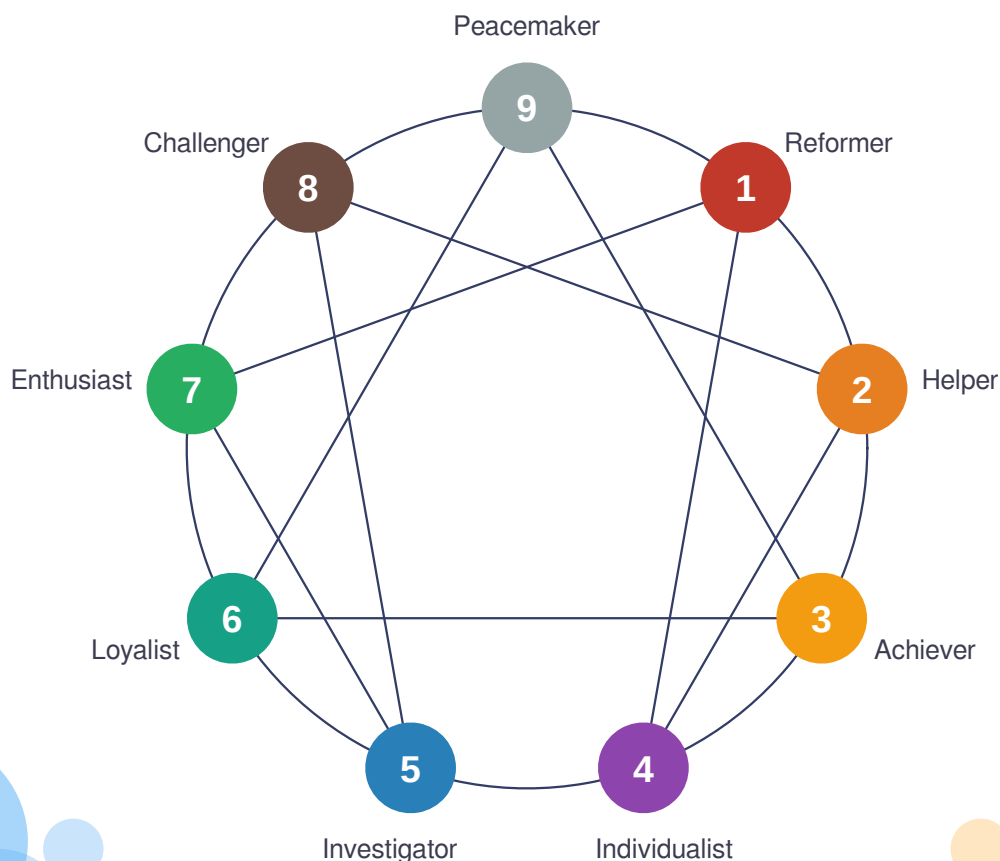
Everyone uses all three centers, but one is usually dominant and colours how you first meet the world, through your body, your heart, or your head.

The Enneagram figure

The nine types are arranged clockwise around the circle, starting from type 9 at the top. Each point is labeled with both a number and a name that captures the core character of that type: the Reformer (1), the Helper (2), the Achiever (3), the Individualist (4), the Investigator (5), the Loyalist (6), the Enthusiast (7), the Challenger (8), and the Peacemaker (9). These names are not meant to be flattering or unflattering, they simply point to what each type is fundamentally oriented toward.

The inner triangle connects types 3, 6, and 9, the core representative of each center. The hexad traces the path 1 - 4 - 2 - 8 - 5 - 7, linking the remaining six types. Together, these lines show movement: each type has two connecting points, one indicating where it tends to go under stress and one indicating where it moves when growing and thriving. For example, a type 1 under stress takes on characteristics of type 4, while a healthy type 1 moves toward the positive qualities of type 7.

Another relationship worth noticing is that of the wings. Every type sits between two neighbors on the circle, and those adjacent types are called wings. Most people lean toward one wing, which adds a distinct flavour to their core type. A type 5, for instance, might have a strong 4 wing or a 6 wing, and those two variations look quite different in practice.



The nine types at a glance

Types 5, 6, and 7 belong to the Head center. Their core emotion is fear, a deep, underlying uncertainty about whether they are safe and prepared enough to engage with the world. Each type manages this fear differently: Type 5 withdraws to accumulate knowledge, building a rich inner world before committing to action. Type 6 seeks security through systems, loyalty, and testing the trustworthiness of people and structures. Type 7 outpaces fear by staying in motion, planning future experiences and reframing discomfort into possibility. All three are driven by the question: 'Am I safe, and do I have what it takes?'

5

The Investigator

"I understand, therefore i am safe"

Desire: To achieve genuine competence and mastery, to understand the world sufficiently to engage with it confidently and without being overwhelmed by demands. The underlying wish is for self-sufficiency: not to need more from the world than they can provide themselves through preparation and knowledge.

Stress → 7 · Growth → 8

6

The Loyalist

"I stay alert so we are safe"

Desire: To have reliable support, trustworthy guidance, and a stable foundation, to feel genuinely secure in the world and in their closest relationships. The underlying wish is to trust, both others and themselves, without the constant burden of vigilance or anticipating what might go wrong.

Stress → 3 · Growth → 9

7

The Enthusiast

"I keep life open and exciting"

Desire: To remain free, stimulated, and satisfied, to have access to the full range of life's possibilities without being constrained by pain, obligation, or limitation. The underlying wish is for lasting access to what is good, without the vulnerability that comes from need or loss.

Stress → 1 · Growth → 5

The nine types at a glance

Types 2, 3, and 4 belong to the Heart center. Their core emotion is shame, a deep ache about whether they are truly lovable and valuable just as they are. Each type manages this shame through a different relational strategy: Type 2 earns worth by giving love and support, becoming indispensable to others. Type 3 earns worth by achieving and projecting a successful, admirable image. Type 4 earns worth by cultivating a deep, authentic sense of identity and inner meaning. All three are driven by the question: 'Am I loved and valued for who I am?'

2

The Helper

"I care for others so i am valued"

Desire: To be genuinely loved and to feel that their presence matters unconditionally, not merely because of what they do for others, but for who they are. The underlying wish is to receive the same quality of care and attention they extend so readily to those around them.

Stress → 8 · Growth → 4

3

The Achiever

"I succeed, therefore i am"

Desire: To be genuinely admired and recognized as valuable, not merely for what they achieve or perform, but as a person worthy of love independent of success. The underlying wish, often unacknowledged, is to discover that they would be fully valued even if they stopped achieving.

Stress → 9 · Growth → 6

4

The Individualist

"I am uniquely myself"

Desire: To have a coherent, significant, and authentic sense of personal identity, to know with certainty who they are and to be seen and understood in that particularity. The underlying wish is to be known without having to explain or justify themselves to the world.

Stress → 2 · Growth → 1

The nine types at a glance

Types 8, 9, and 1 belong to the Body center. Their core emotion is anger, a visceral, instinctive reaction to the gap between how things are and how they feel they should be. Each type relates to this anger differently: Type 8 expresses it openly, asserting strength and control to protect themselves and the people they care about. Type 9 suppresses it, withdrawing into inner calm and merging with others to preserve harmony. Type 1 converts it into a relentless inner critic, channeling frustration into perfectionism and principled self-discipline. All three are driven by the question: 'Do I have the right to exist, act, and be as I am?'

8

The Challenger

"I take charge so no one controls me"

Desire: To be self-determining and sovereign, to live on their own terms, to protect what they value, and to remain uncontrolled by others. The underlying wish, often unacknowledged, is to be able to trust the world enough to lay down the armor.

Stress → 5 · Growth → 2

9

The Peacemaker

"I keep things calm and connected"

Desire: To maintain a genuine sense of inner peace and relational harmony, to be in an environment where connection is secure, conflict is absent, and the self can rest without vigilance. The underlying wish is to feel genuinely settled and at home in one's own life.

Stress → 6 · Growth → 3

1

The Reformer

"I work to make things right"

Desire: To be inherently good, ethical, and correct, and to be recognized as such, in a world where effort, integrity, and quality are genuinely rewarded. The underlying wish is for their high standards to be understood as a gift rather than experienced as excessive or burdensome.

Stress → 4 · Growth → 7

How the types connect

Wings

Every type sits between two neighbours on the circle. One of those neighbours usually flavours your core pattern, that's your wing. A Five with a Four wing (5w4) looks more emotionally-tinted and artistic; a Five with a Six wing (5w6) looks more loyal and procedure-oriented. Wings don't change your type; they shade it.

Arrows, stress and growth

Each type is connected by two lines to two other types. One line points to the pattern you tend to take on under stress; the other points to the one you tend to integrate when you're doing well, your growth direction. The arrows follow the sequences 1 → 4 → 2 → 8 → 5 → 7 → 1 (stress) and 1 → 7 → 5 → 8 → 2 → 4 → 1 (growth), with 3 - 6 - 9 cycling on the triangle.

Type	Stress →	Growth →
1 Reformer	→ 4, The Individualist	→ 7, The Enthusiast
2 Helper	→ 8, The Challenger	→ 4, The Individualist
3 Achiever	→ 9, The Peacemaker	→ 6, The Loyalist
4 Individualist	→ 2, The Helper	→ 1, The Reformer
5 Investigator	→ 7, The Enthusiast	→ 8, The Challenger
6 Loyalist	→ 3, The Achiever	→ 9, The Peacemaker
7 Enthusiast	→ 1, The Reformer	→ 5, The Investigator
8 Challenger	→ 5, The Investigator	→ 2, The Helper
9 Peacemaker	→ 6, The Loyalist	→ 3, The Achiever

Levels of health

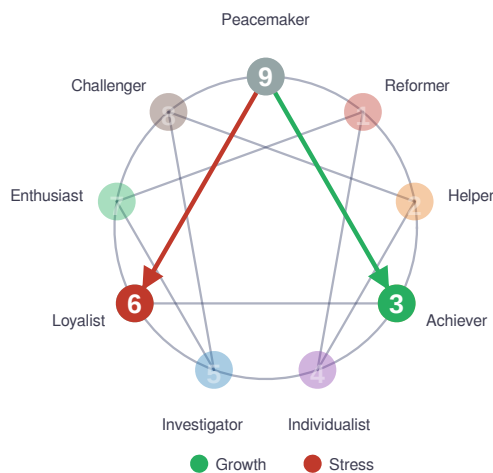
Within every type there's a spectrum, a healthy version of the pattern (principled Ones, perceptive Fives, protective Eights) and an unhealthy version (self-righteous Ones, isolated Fives, controlling Eights). Growth, in Enneagram terms, is less about changing type and more about moving up the levels of your own type.

Your enneagram profile

9

The peacemaker

"I keep things calm and connected"



About this type

Core motivation

Motivated by a fundamental need for inner equilibrium and relational harmony; seeks to avoid conflict and to create environments in which all parties feel genuinely heard and included.

Core fear

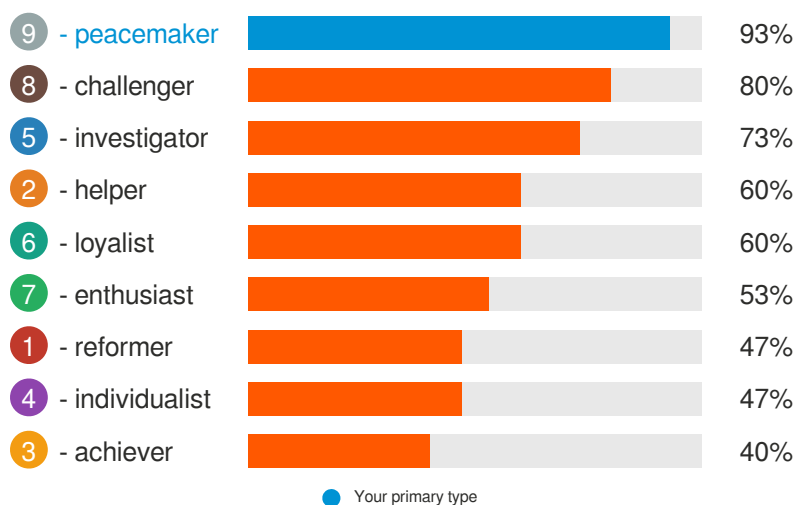
Fears disruption to inner peace or to established relational bonds; particularly sensitive to conflict, fragmentation, or the sense of being disconnected from those they care about.

At their best

At their best, Type 9 individuals are grounded, wise, and genuinely sustaining to those around them. They bring a rare capacity for inclusion, perspective-taking, and non-judgmental presence. As mediators and stabilizers, they hold space for complexity and facilitate resolution in ways that others find difficult to replicate.

Score breakdown, all nine types

Scored 1–5 per question, 3 questions each, max = 15 pts



Your profile in depth

Core pattern

The Type 9's core pattern is the merging of attention and priority with those of others, a progressive fading of the self's own perspective, desires, and agenda in favor of accommodation and harmony. This is not strategic compliance but a genuine difficulty with knowing and asserting what the self wants, particularly when doing so might create tension. The result is a type who is often profoundly attuned to others while being relatively disconnected from their own momentum and direction.

Core desire

Desire: To maintain a genuine sense of inner peace and relational harmony, to be in an environment where connection is secure, conflict is absent, and the self can rest without vigilance. The underlying wish is to feel genuinely settled and at home in one's own life.

Core fear

Fears disruption to inner peace or to established relational bonds; particularly sensitive to conflict, fragmentation, or the sense of being disconnected from those they care about.

Center & Wing

Body Center (Instinct)

Types 8, 9, and 1 are driven by gut instinct and a core relationship with anger. Each manages it differently: asserting control, withdrawing into peace, or channeling it into self-discipline. What unites them is a need to feel in command.

9 wing 8:

Your 8-wing adds assertiveness that gives your peacefulness a grounded core. Where a 9 wing 1 avoids conflict on principle, you hold your ground when something truly matters. This combination produces an anchored mediator: calm, confident, and more willing to act than most expect.

Stress & Growth directions

Each type connects by two lines: stress direction and growth direction

Under stress → type 6

The equanimity breaks down into worry and suspicion. Stress sign: anxiety, scanning for threats, preoccupied with what could go wrong.

In growth → type 3

You step into your own priorities with genuine energy and direction. Growth sign: self-directed momentum, less accommodation, showing up fully.

In practice

As a Type 9, you are often the reason a tense meeting does not derail. You hold different people's perspectives at once, stay calm when others escalate, and rarely push your own agenda at someone else's expense. Your contribution tends to be steady and reliable rather than visible. Over time, the cost of this is that your own priorities are often the last thing that gets attention. The five patterns below describe how this shows up in daily situations.

Create calm in tense situations

Your steady, non-reactive presence helps groups hold together under pressure. People feel safer when you are in the room.

See multiple sides naturally

You are a natural mediator. The same quality can make it hard to take a firm personal position when one is needed.

Put your own priorities last

Other people's needs and the desire to keep the peace consistently come before your own agenda. Over time this adds up.

Contribute steadily without needing the spotlight

You work well in the background and deliver reliably. You do not need recognition to stay committed.

Agree in the moment, disengage quietly later

Rather than voicing your actual concern you may say yes to avoid friction, then drag your feet or mentally check out.

Closing notes & next steps

The Enneagram is a living tool, most useful when you return to it rather than read it once and shelve it. A few suggestions for what to do with this report:

- **Re-read after two weeks.**

Notice which parts feel different on second reading, that's usually where your type really lives.

- **Talk to someone who knows you.**

Share your result with a trusted friend or colleague and ask which parts ring true for them.

- **Explore wings and arrows.**

When life feels cramped or stressful, ask yourself which direction you're drifting on the diagram.

- **Use it as a mirror, not a cage.**

Types describe a pattern, not a person, you are bigger than your type.

For you as a Type 9, the most important invitation in this report is a simple one: notice when you go quiet. Not the peaceful quiet of someone at rest, but the quieter kind where your own opinion or preference has faded into the background to keep things smooth. That moment of noticing is the beginning of growth for your type. You don't need to become louder or more assertive overnight. You just need to practice the small act of knowing what you want, and occasionally saying it out loud. The world tends to benefit when a Peacemaker decides to show up fully.



Esperto powers world-class assessments for coaches and experts.

Build Together Grow Together.

espertoassessments.com

eric.vanvelzen@esperto.one