



July, 2018 *In The Know* Summary

The Road Back To You

by Ian Morgan Cron, Suzanne Stabile

What Did We Discuss?

[Lindsay Fields](#) facilitated a discussion on the book [The Road Back To You](#) by Ian Morgan Cron and Suzanne Stabile. This book features an in-depth discussion of the enneagram, a resource for self-awareness and personal growth.

Enneagram | Overview

- The enneagram is an assessment that helps you understand your strategy for navigating the world. Each person has one type for life, and the type can explain the habits that inform your day-to-day decisions. Enneagrams provide insights to help you build awareness about how you view the world and identify your go-to tools and emotions in times of stress. It blends nature and nurture, but leans more toward nurture.
- The enneagram looks at “your shine” and “your shadow.” Your strengths/talents are the same things that can get in your way. For each type, the enneagram description tells you what you do well, and what you need to think about.
- The enneagram model includes nine types. Everyone primarily identifies with one type. Every type has a corresponding “wing,” which are the numbers next to your number. The enneagram is both a scalpel and healing balm. You have a number you go to when you feel stress (e.g., 7s go to 1, The Perfectionist) and a path to growth (7s tend to go to 9, The Peacemaker).
- You may have two people who appear to be the same type, but it’s the underlying motivation that distinguishes the types.

Summary of the Nine Types

(Source: <https://www.enneagraminstitute.com/type-descriptions/>)

1 THE REFORMER: The Rational, Idealistic Type: Principled, Purposeful, Self-Controlled, and Perfectionistic

From the book – Tip for transformation: “Catch the people you love doing things right and tell them how much you appreciate them for it.”

2 THE HELPER: The Caring, Interpersonal Type: Demonstrative, Generous, People-Pleasing, and Possessive

From the book – Tip for transformation: “Don’t reflexively say ‘yes’ to everything. When someone asks for your help, say you’ll get back to them with an answer. Experiment with ‘no’ as a complete sentence.”

3 THE ACHIEVER: The Success-Oriented, Pragmatic Type: Adaptive, Excelling, Driven, and Image-Conscious

From the book – Tip for transformation: “Take a vacation, and don’t bring work with you.”

4 THE INDIVIDUALIST: The Sensitive, Withdrawn Type: Expressive, Dramatic, Self-Absorbed, and Temperamental

From the book – Tip for transformation: “Stop fantasizing about the ideal relationship, career, etc., and getting stuck in longing for it. Instead, work hard for what’s possible, and see it through to completion.”

5 THE INVESTIGATOR: The Intense, Cerebral Type: Perceptive, Innovative, Secretive, and Isolated

From the book – Tip for transformation: “Take up an activity that will help you connect with your body.”

6 THE LOYALIST: The Committed, Security-Oriented Type: Engaging, Responsible, Anxious, and Suspicious

From the book – Tip for transformation: “Practice accepting complements without deflecting or being suspicious of the motivations behind the praise.”

7 THE ENTHUSIAST: The Busy, Fun-Loving Type: Spontaneous, Versatile, Distractible, and Scattered

From the book – Tip for transformation: “Exercise daily to burn off excess energy.”

8 THE CHALLENGER: The Powerful, Dominating Type: Self-Confident, Decisive, Willful, and Confrontational

From the book – Tip for transformation: “Watch out for and avoid black-and-white thinking. Grey is an actual color.”

9 THE PEACEMAKER: The Easygoing, Self-Effacing Type: Receptive, Reassuring, Agreeable, and Complacent

From the book – Tip for transformation: “When you feel paralyzed in the face of a decision, help someone who won’t tell you what to do, but rather will help you tease out what you want to do.”

Application

- Lindsay talked about how she uses the enneagram with her coaching clients. Her clients often take assessment before intake session and then explore their type throughout the coaching journey.

Related Resources

- Enneagram Institute <https://www.enneagraminstitute.com/type-descriptions/>)

- “The Road Back To You” podcast <https://www.theroadbacktoyou.com/podcast/>
- Online enneagram assessment through the [Enneagram Institute](#) (\$12)
- Rukmini Poddar, illustrator who drew “100 days” of enneagram <https://www.instagram.com/rockinruksi/>

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