

**Enneagram Personality Types**  
**Type 9 - The Peacemaker**

**Strengths and Natural Essence:** Caring, connected, considerate, in harmony with others.

**Catastrophe:** “I am not at peace with others, I do not belong”

**Basic Fears:** Afraid of being in disharmony with others, upsetting others, disconnected from others, “rocking the boat”.

**Common Traits:** Over adjustment and merging with others, resignation (resigning to make choices), easy-going nature, indecisive, “underdo anger”, put own preferences, priorities and opinions on hold (which leads to following a path not true to self, which can cause agitation, imbalance, internal anger and resentment), laziness or ignorance (tendency to fall asleep to the self), indolence (not thinking or caring about own priorities).

**Achilles Heel:** Putting others priorities ahead of own, laziness, resistance to change, staying in comfort zone and familiarity for ease.

“The Nine represents the archetype of the person who seeks to harmonize with the external environment as a way of staying comfortable and peaceful, even though this means a loss of contact with their internal environment.”

The Nine type represents the model for wanting to stay comfortable, resist change, and do what’s easiest, even if that means not asserting yourself or falling asleep to your own priorities as a way of getting along with others.”

– Beatrice Chestnut (from *The Complete Enneagram*)

**Wanted Image:** Connected with others, easy-going, in harmony with others, liked and appreciated by others.

**Wake-Up Call:** When you realize you’re putting your own needs, priorities and opinions on hold to the point where it’s causing internal imbalance, agitation and resentment.

“Nines don’t like being told what to do; while they will always usually say yes to others as a way of avoiding the conflict that might arise if they overtly refuse a request, they can often say yes when they mean to say no. In this way – by passively resisting what others want them to do - they hold on to a sense of independence and avoid being controlled by the desires of others even while seeming to be adaptive and flexible.”

– Beatrice Chestnut (from *The Complete Enneagram*)

**Path of Transformation:** Connecting, listening and following through on personal needs, desires and priorities.

### Questions for Growth

1. Can you recall times in the past when you followed others preferences too much to be easy-going and “keep the peace”? Have there been times when this has led to negative consequences for yourself? How does this behavior affect you in the long run?
2. Why do you think your personality feels more comfortable going along with others? What are the benefits of being easy-going? What are these behaviors protecting me from? What is my personality type afraid of?
3. How does speaking your own preferences and opinions make you feel? How does it feel when others may disagree? Have you kept quiet about preferences, needs or desires due to the discomfort of bringing it up? How do these behaviors affect you? Affect relationships? How do they affect your choices? Your life path?

### Tips for Transformation

- **Stay true to your desires, priorities and needs.** Notice when you begin to put your own needs on the back burner and when you tend to be “keeping the peace”. Are there personal opinions and needs that need to be discussed with others? Are there activities and priorities of your own that need follow-through? How can you do this in a kind but assertive way? How can you create balance with others while maintaining balance within yourself as well?

- Practice “remembering yourself”. Slow down and connect to yourself more frequently. Begin to ask, “what do I want?” Practice stating your preferences and opinions to others. Engage in activities such as journaling to express personal desires, priorities and goals.

## **Activities for Transformation**

### **>> Affirmations**

When you find yourself becoming overly easy going and putting your needs last, connect and use empowering affirmations:

“I am connected to my true feelings, needs and opinions”

“It is ok to express my needs and priorities”

“I take care of my needs and my desires to keep myself healthy and in balance”

“I can be in harmony with others while also staying in tune with my priorities and needs”

“I choose to take action on the things I want to explore and accomplish”

### **>> Strengthening the Root Chakra**

When unhealthy, type Nines typically have underachieve root chakras related to feeling grounded with themselves and in their personal preferences and their personal path. Throughout the program, pay attention to the meditations and activities that support strengthening the root chakra. By strengthening the root, you’ll be able to subsequently strengthen and empower the chakras above. Start by doing the Grounding and Receiving Love meditation from Intro Week 1 daily.

### **>> Connect to personal power/Strengthen the Solar Plexus**

Instead of viewing personal opinions and preferences as “rocking the boat”, acknowledge and accept that it is OK for everyone to have unique desires, outlooks and preferences. View expressing your needs and opinions as a form of personal power.

With a deficient root chakra, often comes a deficient solar plexus and resulting low confidence in one’s thoughts and actions. While strengthening the root chakra to feel grounded in yourself, it’s helpful to work on strengthening the solar plexus and increasing self-esteem and confidence so that a type 9 can begin to feel confident and good about their personal choices.

### **>> Challenging thoughts**

In Intro week 2 we’ll be working on challenging our distorted thought patterns. Type 9’s can focus on challenging thoughts related to discomfort of making decisions, fear of displeasing others, fears of being left out, etc. A type 9 can practice shifting these thoughts to trust and confidence in one’s own path and one’s own decisions and trusting that this will not disrupt true, heart-centred harmony with others.

**>> Tapping on stagnation, following others, not staying true to self**

Themes a type 9 can focus their tapping practice on include: feeling unmotivated or lazy, cravings of following others, thoughts about being left out/missing out, thoughts about “rocking the boat” or upsetting others based on your own decisions, discomfort related to feelings of “disharmony”

**>> Connecting with your wounded inner child**

In module 6, we’ll be looking at the different “personalities” of your wounded inner child. Type 9’s often have experiences from their past that made them feel that they created disharmony with others. They’ve learned to play it safe and follow others to keep from rocking the boat but at the cost of not being true to themselves. The work for the type 9 is to meet these personalities, hear what they have to say and befriend and work with these personalities.

To read more about the Enneagram and the Type Nine, see *‘The Complete Enneagram; 27 Paths to Greater Self-Knowledge’* by Beatrice Chestnut.