

EXPLORING *The Enneagram*

TYPE SEVEN: THE ENTHUSIAST

(AKA The Epicure or The Adventurer)

People with an Enneagram Type 7 personality tend to be enthusiastic, adventurous, and spontaneous in their behavior. They love seeking out new experiences. They are people-oriented and enjoy pursuing new relationships.

Basic Desire

The most basic desire of the Enneagram Seven is to feel stimulated, engaged, and satisfied. They tend to be highly goal-oriented and may go to great lengths to seek excitement and joy from new experiences.

Adventurers defend themselves by justifying or rationalizing away negative feelings. They tend to convince themselves that if they feel sad or hurt, it is a misunderstanding on their part.

Basic Fear

The most basic fear of the Seven is that they may miss out on or be deprived of excitement. They may express this by avoiding schedules and concrete plans to allow for last minute opportunities. At less healthy times, they may struggle with focusing on the task at hand, especially if they feel like it's preventing them from a more interesting experience.

In summary, Enneagram Sevens tend to...

- Prioritize enjoyment and remain optimistic
- Pursue new opportunities or experiences
- Fear missing out or being deprived
- Desire contentment and satisfaction
- Enjoy being around people
- Justify others' actions to avoid being upset

STRENGTHS & WEAKNESSES

Every type has strengths and blind spots, and these are often amplified in professional settings where we often encounter a diverse group of people with vastly different backgrounds and value systems.

Strengths typically associated with Seven include...

- High levels of energy and optimism
- Thinking quickly and creatively
- Ability to see many options or solutions
- Easily handling change in plans
- Quickly acquiring new skills or abilities

Weaknesses typically associated with Seven include...

- Difficulty committing to plans in advance
- Tendency to grow bored easily
- Being perceived as self-centered or vain
- Making impulsive or rash decisions

MOTIVATIONS

When people experience pain, stress, or dissatisfaction, it can usually be attributed to energy-draining activities. Therefore, it's important to know what kinds of activities energize each personality type and which activities drain them.

Sevens tend to be motivated and energized by...

- New ideas and experiences
- Creative or trendy aesthetics
- Multiple choices or options
- Meeting and getting to know new people
- Parties, concerts, and other large gatherings

Sevens tend to be stressed and drained by...

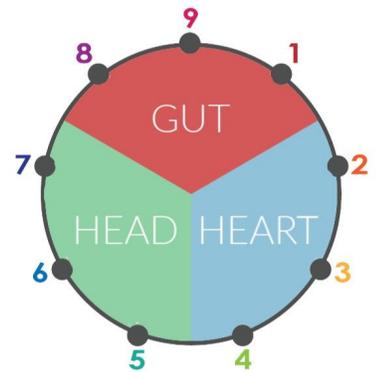
- Schedules, rules, and limits
- Negativity from those around them
- Too much time alone
- Unnecessary and boring routine
- Lack of choice or freedom

SEVEN'S CORE EXPERIENCE: FEAR

Head types (types 5, 6, 7) like to have a good idea of what to expect before entering a new situation. They like to think but may be slow to act and plan but may not implement.

The most common emotion for the mind center is fear, and those who have primary access to this center tend to overanalyze. Types Five, Six, and Seven are all within this center, but have different ways of coping with their fear.

A Seven avoids their fear by turning every situation into a positive perception. They counteract feelings of discomfort and pain by seeking out the new and exciting. They most fear being trapped by dark emotions, so they do anything to avoid them and keep their mind otherwise occupied.

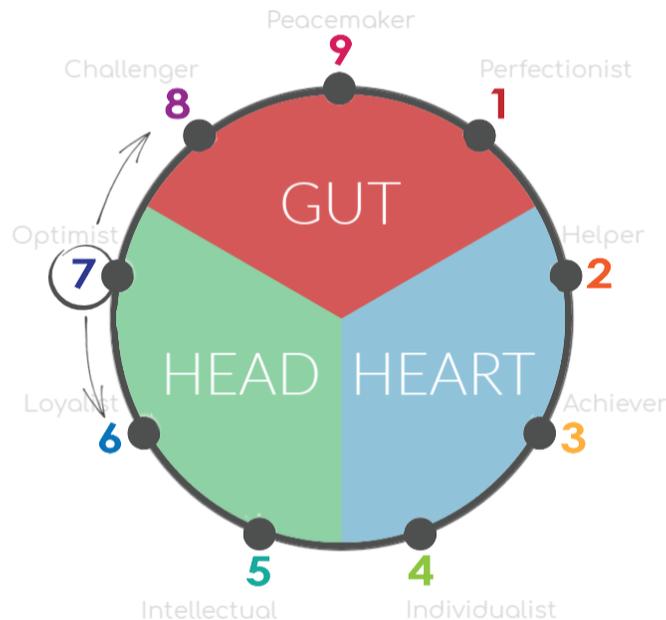


OKAY, I'M A SEVEN. NOW WHAT?

There are several factors that determine what *kind* of Seven you are. The first is your...

Wing

The wings for Seven are Six and Eight.



Seven with a Six wing (7w6)

People with 7w6 personality tend to identify most with the Seven (The Enthusiast), but share many attributes with Six (The Loyalist), as well. They are usually enthusiastic, responsible, and adventurous in their behavior. They enjoy pursuing new experiences, but are much more able to stick to prior commitments than 7w8.

Seven with an Eight wing (7w8)

People with 7w8 personality tend to identify most with the Seven (The Enthusiast), but share many attributes with Eight (The Challenger), as well. They tend to be enthusiastic, determined, and protective in their behavior. They are generally more tough and work-oriented than 7w6.

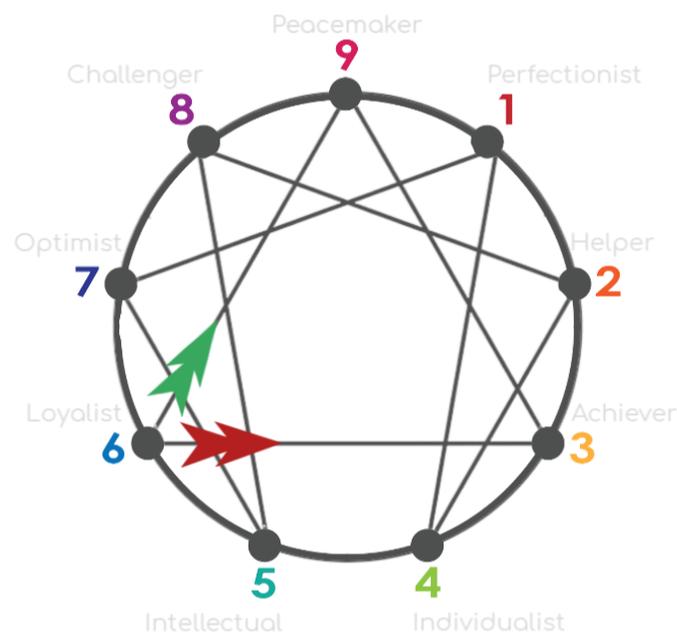
Growth & Stress Points

Growth and Stress points show us how each type behaves under different conditions -- this is why it's helpful to remember that your Enneagram type describes your motivations, not your behavior.

Type Seven has a line with a red arrow connecting to One and another line with a green arrow connecting it to Five.

One is the Stress Point. When they're drained from being relentlessly positive, Sevens become judgmental of others and themselves.

Five is the Growth Point. In safe situations, Sevens withdraw from the overwhelming stimulations they've surrounded themselves with. Growth toward their Five integration lets Sevens concentrate on specific projects they care about.



Living & Working With Seven

If you're not a Seven but work or live with somebody who is, here are some tips:

Communication | Remain upbeat and optimistic when communicating with a Seven; listen to and appreciate their ideas.

Meetings | Clearly communicate what you need from them, while trying to keep meetings lighthearted.

Texts & Emails | Include casual conversation and allow for dialogue and new ideas.

Giving Critical Feedback | While expressing honest and constructive feedback, remain supportive and encouraging.

Conflict | Help them to express difficult feelings; compromise and come up with multiple solutions.

For Your Health...

- Recognize your impulsiveness, and **get in the habit of observing your impulses rather than giving in to them.** This means letting most of your impulses pass and becoming a better judge of which ones are worth acting on. The more you can resist acting out your impulses, the more you will be able to focus on what is really good for you.
- Learn to listen to other people. They are often interesting, and you may learn things that will open new doors for you. Also **learn to appreciate silence and solitude:** you do not have to distract



yourself (and protect yourself from anxiety) with constant noise from the television or the stereo. By learning to live with less external stimulation, you will learn to trust yourself. You will be happier than you expect because you will be satisfied with whatever you do, even if it is less than you have been doing.

- **You do not have to have everything this very moment.** That tempting new acquisition will most likely still be available tomorrow (this is certainly true of food, alcohol, and other common gratifications—that ice cream cone, for instance). Most good opportunities will come back again—and you will be in a better position to discern which opportunities really are best for you.
- **Always choose quality over quantity**, especially in your experiences. The ability to have experiences of quality can be learned only by giving your full attention to the experience you are having *now*. If you keep anticipating future experiences, you will keep missing the present one and undermine the possibility of ever being satisfied.
- Make sure that what you want will really be good for you in the long run. As the saying goes, watch what you pray for since your prayers may be answered. In the same vein, **think about the long-term consequences of what you want** since you may get it only to find that it becomes another disappointment—or even a source of unhappiness.