

# MORE THAN *YOUR* NUMBER

A CHRIST-CENTERED ENNEAGRAM  
APPROACH TO BECOMING A.W.A.R.E.  
*of YOUR INTERNAL WORLD*



BETH McCORD & JEFF McCORD

A PDF COMPANION TO THE AUDIOBOOK

*More Than Your Number*

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O N E

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The Wounded Child and  
the Beloved Child

## Recognizing Your Wounded Child and Beloved Child

Wounded Child	Beloved Child
<ul style="list-style-type: none"> <li>• Acts as if God is disappointed</li> </ul>	<ul style="list-style-type: none"> <li>• Knows that the Father is pleased and delighted</li> </ul>
<ul style="list-style-type: none"> <li>• Has self-made rules and focuses on willpower</li> </ul>	<ul style="list-style-type: none"> <li>• Believes and trusts in the finished work of Christ</li> </ul>
<ul style="list-style-type: none"> <li>• Has insecurity around identity, appearance, and reputation</li> </ul>	<ul style="list-style-type: none"> <li>• Has inner peace</li> </ul>
<ul style="list-style-type: none"> <li>• Motivated by guilt and shame in relationship with others</li> </ul>	<ul style="list-style-type: none"> <li>• Motivated by gratitude and authenticity in relationship with others</li> </ul>
<ul style="list-style-type: none"> <li>• Has an ongoing sense of self-rejection</li> </ul>	<ul style="list-style-type: none"> <li>• Finds comfort in the Father's presence</li> </ul>
<ul style="list-style-type: none"> <li>• Comforts and seeks relief through all types of coping behaviors</li> </ul>	<ul style="list-style-type: none"> <li>• Seeks comfort and relief in the Father's love and provision</li> </ul>
<ul style="list-style-type: none"> <li>• Is defensive, justifying, and constantly hides</li> </ul>	<ul style="list-style-type: none"> <li>• Accepts both inner glory and depravity—accepting character defects in light of the Father's love and forgiveness</li> </ul>
<ul style="list-style-type: none"> <li>• Judges through comparing unique gifts to others and measuring oneself against others who have the same gifts</li> </ul>	<ul style="list-style-type: none"> <li>• Appreciates God's design</li> </ul>
<ul style="list-style-type: none"> <li>• Is guarded and distant</li> </ul>	<ul style="list-style-type: none"> <li>• Is warm, hospitable, and engaging</li> </ul>
<ul style="list-style-type: none"> <li>• Lives in bondage</li> </ul>	<ul style="list-style-type: none"> <li>• Lives in freedom</li> </ul>
<ul style="list-style-type: none"> <li>• Fights to meet personal needs</li> </ul>	<ul style="list-style-type: none"> <li>• Trusts that personal needs will be met</li> </ul>

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F O U R

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*Activating Your Internal  
GPS with the Enneagram*



## The Core Longings of Each Enneagram Type

### **Type One, Principled Reformer**

Your core longing is to hear and believe that  
“You are good.”

### **Type Two, Nurturing Supporter**

Your core longing is to hear and believe that  
“You are wanted and loved.”

### **Type Three, Admirable Achiever**

Your core longing is to hear and believe that  
“You are loved and valued for simply being you.”

### **Type Four, Introspective Individualist**

Your core longing is to hear and believe that  
“You are seen, known, and loved for exactly who  
you are—special and unique.”

### **Type Five, Analytical Investigator**

Your core longing is to hear and believe that  
“Your needs are not a problem.”

### **Type Six, Faithful Guardian**

Your core longing is to hear and believe that  
“You are safe and secure.”

### **Type Seven, Enthusiastic Optimist**

Your core longing is to hear and believe that  
“You will be taken care of.”

### **Type Eight, Passionate Protector**

Your core longing is to hear and believe that  
“You will not be betrayed.”

### **Type Nine, Peaceful Accommodator**


Your core longing is to hear and believe that  
“Your presence matters.”


# The Core Motivations of Each Enneagram Type




## Type 1 (Principled Reformer)


 Being wrong, bad, evil, inappropriate, unredeemable, or corruptible

 Having integrity; being good, ethical, balanced, accurate, virtuous, and right


 Resentment: repressing anger that leads to continual frustration and dissatisfaction with yourself, others, and the world for not being perfect

 "You are good."

## Type 2 (Nurturing Supporter)


 Being rejected and unwanted: thought of as needy, inconsequential, dispensable, or unworthy of love

 Being appreciated, loved, and wanted


 Pride: denying your own needs and emotions while using your strong intuition to discover and focus on the emotions and needs of others, confidently inserting your helpful support in hopes that others will say how grateful they are for your thoughtful care

 "You are wanted and loved."

## Type 3 (Admirable Achiever)





 Being exposed as or thought of as incompetent, inefficient, or worthless; failing or appearing unsuccessful

 Having high status and respect: being admired, successful, and valuable





 Deceit: deceiving yourself into believing that you are only the image you present to others; embellishing the truth by putting on a polished persona for everyone (including yourself) to see and admire

 "You are loved for simply being you."





#### **Type 4 (Introspective Individualist)**

-  Being inadequate, emotionally cut off, plain, mundane, defective, flawed, or insignificant
-  Being unique, special, and your most authentic self
-  Envy: feeling that you're tragically flawed, that something foundational is missing inside you, and that others possess qualities you lack
-  "You are seen, known, and loved for exactly who you are—special and unique."





#### **Type 5 (Analytical Investigator)**

-  Being annihilated, invaded, or not existing; being thought of as incapable or ignorant; having obligations placed upon you or your energy being completely depleted
-  Being knowledgeable, insightful, capable, and competent
-  Avarice: feeling that you lack inner resources and that too much interaction with others will lead to catastrophic depletion; withholding yourself from contact with the world; holding on to your resources and minimizing your needs
-  "Your needs are not a problem."

#### **Type 6 (Faithful Guardian)**


-  Fear itself; being without support, security, or guidance; being blamed, targeted, alone, or physically abandoned
-  Having security, guidance, and support
-  Anxiety: scanning the horizon of life and trying to predict and prevent negative outcomes (especially worst-case scenarios); remaining in a constant state of apprehension and worry
-  "You are safe and secure."

#### **Type 7 (Enthusiastic Optimist)**


-  Being deprived, trapped in emotional pain, limited, or bored; missing out on something fun
-  Being happy, fully satisfied, and content
-  Gluttony: feeling a great emptiness inside and having an insatiable desire to "fill yourself up" with experiences and stimulation in hopes of feeling completely satisfied and content
-  "You will be taken care of."




### **Type 8 (Passionate Protector)**


 Being weak, powerless, harmed, controlled, vulnerable, manipulated, and left at the mercy of injustice


 Protecting yourself and those in your inner circle


 Lust/Excess: constantly desiring intensity, control, and power; pushing yourself willfully on life and people in order to get what you desire

 "You will not be betrayed."

### **Type 9 (Peaceful Accommodator)**

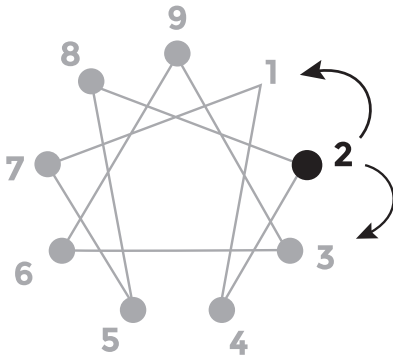
 Being in conflict, tension, or discord; feeling shut out and overlooked; losing connection and relationship with others

 Having inner stability and peace of mind

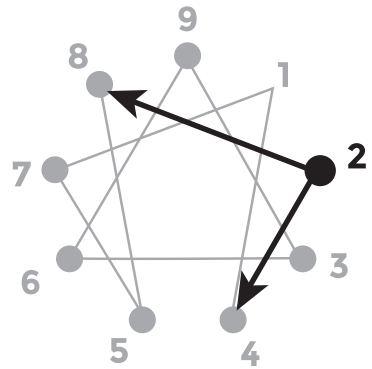
 Sloth: remaining in an unrealistic and idealistic world in order to keep the peace, stay easygoing, and not be disturbed by your anger; falling asleep to your passions, abilities, desires, needs, and worth by merging with others to keep peace and harmony

 "Your presence matters."

# The Health of Your Enneagram Type

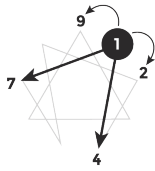


*Example: Wings of Type Two*



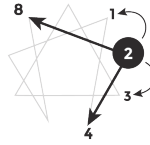
*Example: Enneagram Paths of Type Two*

## Wings and Paths for Each Enneagram Type



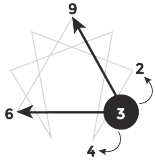
### Type One

Wings: Nine and Two  
 Enneagram Paths:  
 Four and Seven



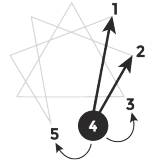
### Type Two

Wings: One and Three  
 Enneagram Paths:  
 Four and Eight



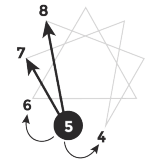
### Type Three

Wings: Two and Four  
 Enneagram Paths:  
 Six and Nine



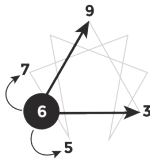
### Type Four

Wings: Three and Five  
 Enneagram Paths:  
 One and Two



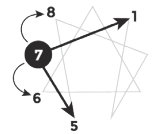
### Type Five

Wings: Four and Six  
 Enneagram paths:  
 Seven and Eight



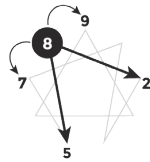
### Type Six

Wings: Five and Seven  
 Enneagram Paths:  
 Three and Nine



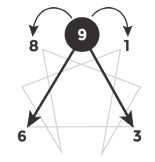
### Type Seven

Wings: Six and Eight  
 Enneagram Paths:  
 One and Five



### Type Eight

Wings: Seven and Nine  
 Enneagram Paths:  
 Two and Five



### Type Nine

Wings: Eight and One  
 Enneagram Paths:  
 Three and Six

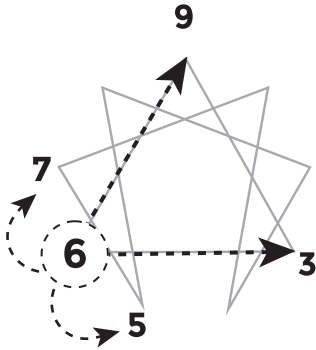
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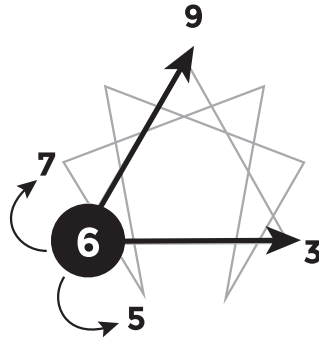
# Beginning Your Enneagram Internal Profile

## EIP Example: Type Six



Example: Type Six Wounded Child

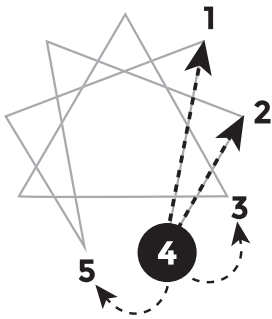
*Dotted lines represent the broken strategies and strivings of our misaligned parts as they attempt to protect the Wounded Child.*



Example: Type Six Beloved Child

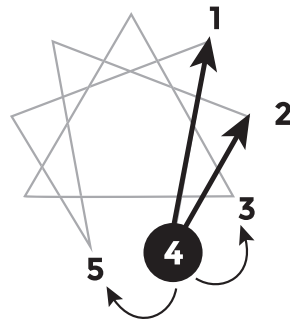
*Solid lines represent the restored security and strengths of our aligned parts as they are being led by the Beloved Child.*

## EIP Example: Type Four



Example: Type Four Wounded Child

*Dotted lines represent the broken strategies and strivings of our misaligned parts as they attempt to protect the Wounded Child.*



Example: Type Four Beloved Child

*Solid lines represent the restored security and strengths of our aligned parts as they are being led by the Beloved Child.*



## False Messages of Each Type

**Type One:**

It's not okay to make mistakes.

**Type Two:**

It's not okay to have your own needs.

**Type Three:**

It's not okay to have your own feelings and identity.

**Type Four:**

It's not okay to be too much or not enough.

**Type Five:**

It's not okay to be comfortable in the world by  
being alone to process your thoughts and feelings.

**Type Six:**

It's not okay to trust yourself.

**Type Seven:**

It's not okay to depend on anyone or anything.

**Type Eight:**

It's not okay to trust others.

**Type Nine:**

It's not okay to assert yourself.



## Each Type's Striving and What Christ's Completed Work Already Reveals

**Type One:** You strive to be good and right, but at this moment, by no effort of your own, you reflect God's virtue and integrity.

**Type Two:** You strive to be all loving and nurturing, but at this moment, by no effort of your own, you reflect God's compassion and care.

**Type Three:** You strive for hope and radiance, but at this moment, by no effort of your own, you reflect God's triumph and brilliance.

**Type Four:** You strive for depth and creativity, but at this moment, by no effort of your own, you reflect God's creativity and emotions.

**Type Five:** You strive for competency and intelligence, but at this moment, by no effort of your own, you reflect God's wisdom and innovation.

**Type Six:** You strive to be faithful and loyal, but at this moment, by no effort of your own, you reflect God's loyalty and bravery.

**Type Seven:** You strive for happiness and abundance, but at this moment, by no effort of your own, you reflect God's joy and playfulness.

**Type Eight:** You strive for intensity and invulnerability, but at this moment, by no effort of your own, you reflect God's protection and passion.

**Type Nine:** You strive for peace and oneness, but at this moment, by no effort of your own, you reflect God's tranquility and unity.

## Understanding the Parts of Your Enneagram Internal Profile



### Primary Strategies for Each Type:

**Type One**, your primary strategy is **perfectionism**.

**Type Two**, your primary strategy is **helping**.

**Type Three**, your primary strategy is **achieving**.

**Type Four**, your primary strategy is **creating**.

**Type Five**, your primary strategy is **thinking**.

**Type Six**, your primary strategy is **preparing**.

**Type Seven**, your primary strategy is **planning**.

**Type Eight**, your primary strategy is **protecting**.

**Type Nine**, your primary strategy is **accommodating**.





## Here Are the Defensive Mechanisms for Each Type:

**Type One**, your defense mechanism is **reaction formation**. When an unacceptable emotion arises, your Wounded Child conceals it and brings up the opposite emotion to contradict it. For example, you hide envious emotions by celebrating and praising others for their abilities.

**Type Two**, your defense mechanism is **repression**. To avoid your painful emotions, your Wounded Child represses—or hides—your feelings, desires, wishes, fears, and needs. For example, instead of expressing your own needs, you look for ways to help and love others.

**Type Three**, your defense mechanism is **identification**. Your Wounded Child fears being rejected for being yourself, so it embodies the admirable qualities of desirable people. For example, when you walk into a room, you shape-shift into an image that will be accepted and admired.

**Type Four**, your defense mechanism is **introjection**. Instead of blocking out negative information, your Wounded Child fully internalizes it into your sense of self, making it difficult for you to distinguish between reality and fantasy because it all feels real. For example, when you are given both positive and negative feedback, you discount the positive information. Instead of responding to the criticism, you fully absorb the negative information.

**Type Five**, your defense mechanism is **isolation**. Your Wounded Child retreats into your mind and isolates you from others so you can process your feelings privately. For example, you avoid events or people who are overwhelming and will hoard your resources so you're not depleted.

**Type Six**, your defense mechanism is **projection**. Your Wounded Child unconsciously attributes your own unwanted and unacceptable thoughts, feelings, and motives onto others. For example, when you can't accept and acknowledge your own issues, you will see those issues in others and believe that to be reality.

**Type Seven**, your defense mechanism is **rationalization**. Your Wounded Child is skilled at reframing any situation to justify your behaviors and avoid sadness, limitations, or the hurt you caused others. For example, you quickly turn on the charm and spin negatives into positives. Because you are so upbeat and likable, it's hard for anyone to stay mad at you.

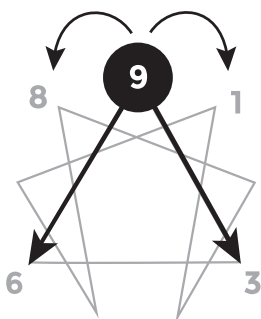
**Type Eight**, your defense mechanism is **denial**. To present a strong exterior, your Wounded Child must deny that you are human and therefore vulnerable. For example, you deny, forget, or ignore that you caused someone harm because the vulnerability of seeing it and admitting it is too painful.

**Type Nine**, your defense mechanism is **narcotization** or **dissociation**. To maintain peace and harmony, your Wounded Child avoids conflict at all costs by numbing or checking out. For example, to avoid a difficult conversation, you might withdraw or turn to activities that are routine, familiar, require little effort, and give you comfort.

## Beth's EIP

Beloved Child

**Coach Beth**



Type One (Wing):

**Virtuous Victoria**

Type Eight (Wing):

**Remarkable Regina**

Type Three (Enneagram Path):

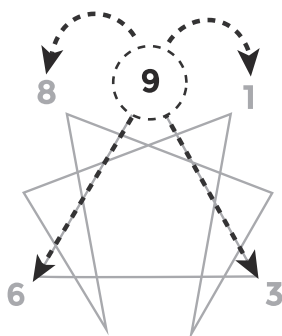
**Noble Natalie**

Type Six (Enneagram Path):

**Wonderful Wendy**

Wounded Child

**Little Bethy**



Type One (Wing):

**Vicious Victoria**

Type Eight (Wing):

**Raging Regina**

Type Three (Enneagram Path):

**Not Good Enough Natalie**

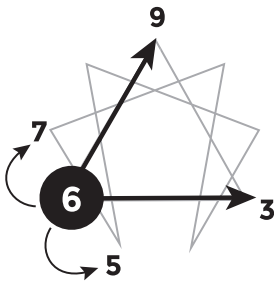
Type Six (Enneagram Path):

**Worrying Wendy**

## Jeff's EIP

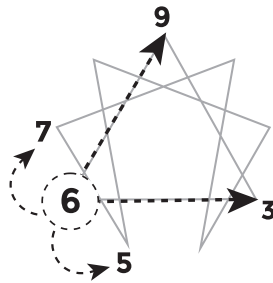
Beloved Child

**Pastor Jeff**



Wounded Child

**Jeffrey**



Type Five (Wing):

**Bob**

Type Seven (Wing):

**El McCordo**

Type Three (Enneagram Path):

**Charlie**

Type Nine (Enneagram Path):

**Phil**

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E I G H T

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Unpacking AWARE

## Example of AWARE for Type Nines

AWAKEN	<p><b>Awaken to your belief that it's not okay to assert yourself.</b></p> <ul style="list-style-type: none"><li>• Do you feel like retreating?</li><li>• Are you ignoring your preferences to keep the peace?</li><li>• Which parts within you are being negatively activated? How do you know?</li></ul>
WELCOME	<p><b>Welcome your tendency to detach from your surroundings.</b></p> <ul style="list-style-type: none"><li>• Without judgment or shame, be mindful of any physical tension in your body you are ignoring or pushing down.</li></ul>
ASK	<p><b>Ask the Holy Spirit what is going on inside you so you can engage with it and not avoid it.</b></p> <ul style="list-style-type: none"><li>• What are you afraid of?</li><li>• Why do you lose yourself in others?</li></ul>
RECEIVE	<p><b>Receive the truth that your voice and dignity matter to God.</b></p> <ul style="list-style-type: none"><li>• Reflect on this verse: "For God gave us a spirit not of fear but of power and love and self-control" (2 Timothy 1:7 ESV).</li></ul>
ENGAGE	<p><b>Engage in life by taking the next right step even though the resolution and outcome are unknown.</b></p> <ul style="list-style-type: none"><li>• Walking in step with the Holy Spirit, asserting yourself, and being grounded in Christ will lead you in the right direction.</li></ul>

## Example of AWARE for Type Sixes

<b>AWAKEN</b>	<p><b>Awaken to your belief that it's not okay to trust yourself.</b></p> <ul style="list-style-type: none"> <li>• Name one of your racing thoughts—you can't address everything. (To focus, it may help to write in a journal.)</li> <li>• Which parts within you are being negatively activated? How do you know?</li> </ul>
<b>WELCOME</b>	<p><b>Welcome the thought with kindness and curiosity, paying attention to the way it makes your body feel.</b></p> <ul style="list-style-type: none"> <li>• Name the thought(s) or part(s) within you that you are perceiving as negative.</li> <li>• How can you hear this concern apart from self-judgment or condemnation?</li> </ul>
<b>ASK</b>	<p><b>Ask the Holy Spirit to reveal the anxiety and motivation behind your thought.</b></p> <ul style="list-style-type: none"> <li>• Resist the urge to look for a solution from an outside source.</li> <li>• Listen to the wisdom and discernment the Holy Spirit has already prom-</li> </ul>
<b>RECEIVE</b>	<p><b>Receive the felt presence of Jesus—His guidance and loving counsel.</b></p> <ul style="list-style-type: none"> <li>• Spend time in this verse: "So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand" (Isaiah 41:10).</li> </ul>
<b>ENGAGE</b>	<p><b>Engage in life with gratitude, self-leading your inner committee with the assurance and security you have found in Christ.</b></p> <ul style="list-style-type: none"> <li>• With wisdom and self-control, speak or act courageously in this current situation according to the truth and guidance you have now become aware of.</li> </ul>

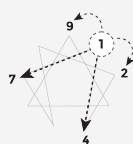
## Walking Through *AWARE*

- A** **Awaken** to your internal parts through thoughts, feelings, and body sensations.
- W** **Welcome** these experiences without judgment or shame.
- A** **Ask** the Holy Spirit for guidance.
- R** **Receive** what is true.
- E** **Engage** with yourself and your relationships in a new way.

## Type 1: Principled Reformer



## Type 1 EIP



### Wounded Child (Misaligned)



- Withdraws or people-pleases to avoid conflict or tension
- Less aware of emotions and more focused on what is right and wrong
- Becomes quietly stubborn until the other person gives in to the "correct" way of doing things



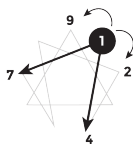
- Feels rejected and hurt when helpful advice is not well received or ignored
- Takes on too much responsibility to help others, causing exhaustion
- Wishes people would return the favor and be equally responsible, helpful, and loving



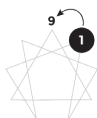
- Withdraws when feeling moody or misunderstood as a means of self-preservation and to work out emotions alone
- Daydreams about becoming free of responsibilities and being authentic
- Secretly self-indulges when feeling self-pity or envy



- Demands that others meet personal needs, criticisms, and desires
- Finds "escape hatches" (unhealthy indulgences) to distract from life's ongoing pressures
- Avoids feelings of pain, sadness, or disappointment, or reframes negative situations to sound more positive



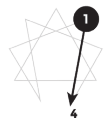
### Beloved Child (Aligned)



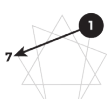
- More kind, compassionate, understanding, and gracious
- Adaptable, accommodating, and easygoing when stating wants and needs
- Mediates and harmonizes groups by bringing people together to achieve a greater purpose.



- Sincere, warm-hearted, and wisely advises others without expectations
- Puts a charitable interpretation on the behavior of others, knowing that people are trying their best
- Maintains boundaries by saying "no" to helping others when it is not a personal responsibility



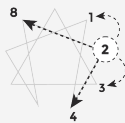
- Allows feelings, creativity, and unique passions to surface and be experienced
- Withholds judgment, making room for raw, unprocessed emotions and authenticity
- Sets aside to-do lists, temporarily slows down, and experiences the beauty of the present moment



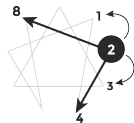
- Experiences moments of grace and joy, which creates a more accepting heart
- Enthusiastically playful, spontaneously joyful, and optimistic in life and relationships
- Is relaxed and less rigid, taking great delight in the present moment

## Type 2: Nurturing Supporter

## Type 2 EIP



### Wounded Child (Misaligned)



### Beloved Child (Aligned)

#### Wing Type 1: The Principled Reformer



- Strives to receive love through goodness and selfless service
- Quick to judge and condemn others while justifying personal high standards
- Struggles with guilt, self-condemnation, and negative self-talk



- Strives to give the most ideal and best service to others without needing praise and recognition
- Excellent teacher who focuses on improving the lives of others
- More principled and intentional with healthy boundaries and self-care

#### Wing Type 3: The Admirable Achiever



- People-pleases to gain higher status and admirable friendships
- Can name-drop, flatter, and charm to gain attention
- Ignores feelings to focus on self-worth in the eyes of others

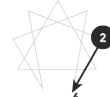


- Easily connects with others by achieving what is good for everyone, including oneself
- Offers abilities and talents to others with no strings attached
- More self-assured, recognizing inherent value

#### Path Type 4: The Introspective Individualist

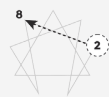


- Daydreams about no longer needing to be helpful and selfless and being able to tend to personal needs
- Feels that others do not understand how difficult it is to be constantly others-focused
- Can be moody, temperamental, and exhibit martyr-like tendencies, especially when disappointed by others

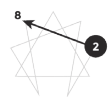


- Allows creativity, feelings, and needs to surface and be experienced
- Processes emotions and brings truth and healing to any feelings of rejection or pride
- Sits with others in their difficult emotions, providing support without offering unsolicited help

#### Path Type 8: The Passionate Protector



- Becomes confrontational or defensive if love and support are ignored or unappreciated
- More controlling, demanding, and dominating in relationships
- Avoids being vulnerable, fearing the rejection and manipulation of others



- Shares emotions and needs with assertiveness and emotional balance
- Shifts focus from people-pleasing to doing what is best for everyone, including oneself
- More courageous, strong, and self-confident

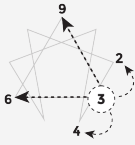
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T W E L V E

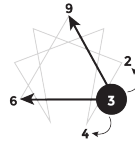
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Type 3: *Admirable Achiever*

## Type 3 EIP



### Wounded Child (Misaligned)



### Beloved Child (Aligned)

#### Wing Type 2: The Nurturing Supporter



- Quickly “turns on” the relational warmth and charm to receive attention and acceptance
- Feels hurt and insecure when not needed and doubles down on efforts to win people over
- Hides needs and emotions to focus on winning others’ admiration



- Recognizes feelings of overwork and the need for rest and self-care
- Responds warmly and generously to others with the use of time, talents, abilities, and social connections
- Maintains appropriate boundaries by knowing when to say “no” to people and opportunities

#### Wing Type 4: The Introspective Individualist



- Vacillates between putting on a likable persona and being authentic
- Can be moody, temperamental, withdrawn, and filled with self-doubt
- Feels different from others and exempt from following the same rules



- Masters and excels at craft or skill with introspection and creativity
- Observes internal emotions and develops more depth, vulnerability, and authenticity
- Self-assured, highly accomplished, intuitive, and self-aware at work and home

#### Path Type 6: The Faithful Guardian



- Less optimistic and expresses anxieties and frustrations with trusted others
- Reacts strongly when blamed or accused of something
- Becomes suspicious of others and unsure of who to trust

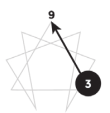


- Less competitive and more cooperative
- Has a team-player mindset and is loyal and focused on others’ well-being
- Willing to ask for help and advice, reveal authentic self, and drop the “achieving masks”

#### Path Type 9: The Peaceful Accommodator



- Withdraws and loses interest in accomplishing or remains unproductively busy to avoid looking lazy
- Wants to be left alone and not bothered in order to numb out with unhealthy habits
- Stubbornly resists help from others or even hearing advice that help may be needed



- Slows down to rest and be present in each moment instead of constantly doing and performing
- Values the viewpoints and contributions of others
- Excels out of joy and not desperation or fear, knowing how to separate actions from identity

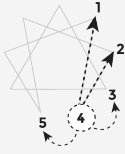
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THIRTEEN

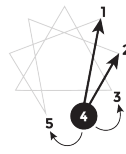
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Type 4: Introspective  
Individualist

## Type 4 EIP



### Wounded Child (Misaligned)

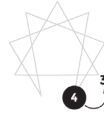


### Beloved Child (Aligned)

#### Wing Type 3: The Admirable Achiever



- Earns love and admiration by becoming a successful and unique individual
- More consumed by what others think and what they have
- Self-focused in reaching goals and embellishes and boasts about accomplishments



- Has a healthy self-confidence and thrives in creating something authentic and meaningful
- Recovers more quickly from emotional setbacks and continues to make progress
- More optimistic, friendly, hard-working, and able to accomplish a great deal

#### Wing Type 5: The Analytical Investigator



- Sorts out feelings by using intellect before moving forward in life
- Withdrawn and consumed by emotional and intellectual worlds
- Feels that others do not understand the need for privacy or time to process information and emotions



- Produces stunning original works by combining intellectual insights and emotional intuition
- Can deeply connect with others from both an intellectual and emotional level
- Values wisdom and facts and uses them to help stabilize fluctuating emotions

#### Path Type 1: The Principled Reformer



- Vocal about frustrations and disappointments and visibly display them with body language
- Impatient, picky, and controlling when perceiving that others are incorrect or not being their authentic selves
- More self-critical and feels the need to improve to reach an ideal

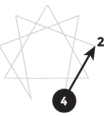


- More emotionally balanced, objective, and principled
- Embraces mundane tasks as an opportunity to be a good steward
- Completes what needs to be done before moving on to other interests

#### Path Type 2: The Nurturing Supporter



- Defends hurt feelings by withdrawing your affection
- Manipulates and creates dependencies through helping, giving attention, and doing favors for others
- Uses flattery in your social groups due to a fear of not belonging, rejection, or exclusion



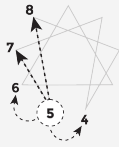
- Puts the needs of others first with no strings attached
- Can experience others' emotions and support them
- Feels gratitude instead of longing for what is missing

FOURTEEN

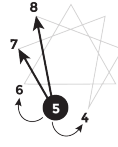
Type 5: Analytical Investigator



## Type 5 EIP



### Wounded Child (Misaligned)



### Beloved Child (Aligned)

#### Wing Type 4: The Introspective Individualist



- Struggles with intense feelings, moodiness, and self-doubt
- Ignores the real world to dive deep into imaginations, creativity, and intellectual pursuits
- Becomes withdrawn and more self-absorbed with unique interests



- Combines creativity and intellect to inspire others and create something truly innovative
- Attunes to inner emotions and connects more deeply with others
- Can pull things apart and find new ways of looking at them from a creative viewpoint

#### Wing Type 6: The Faithful Guardian



- Struggles with self-doubt and confusion and seeks out guidance and support
- Less aware of emotions and more preoccupied with your information-driven thoughts
- More suspicious of others, either testing their loyalty or avoiding them

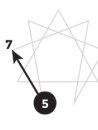


- Courageously enters the world and uses insights to connect with and bless others
- Has more of a team-player mindset that is able to ask for help and advice
- Balances your data-driven mind with warmth, vulnerability, faithfulness, commitment, and humor

#### Path Type 7: The Enthusiastic Optimist



- Takes on too many impulsive projects, absorbing knowledge at a feverish pace
- Hyperactive and talkative due to racing, scattered thoughts
- More cynical and jaded about the world and less patient with others

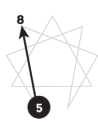


- More spontaneous, joyful, and energetic
- Enjoys an exciting, abundant, and full life with others
- Sees that life is full of purpose, possibility, and meaning

#### Path Type 8: The Passionate Protector



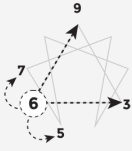
- Asserts boundaries and confronts anyone who tries to cross them
- More feisty, argumentative, and fearful of betrayal
- Questions others' competence with intellectual arrogance



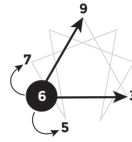
- More self-confident, assertive, grounded, and decisive
- Connects to emotions and gut instincts by being more physically active
- Less isolated and willing to take on responsibility

## Type 6: Faithful Guardian

## Type 6 EIP



### Wounded Child (Misaligned)

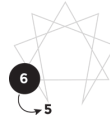


### Beloved Child (Aligned)

#### Wing Type 5: The Analytical Investigator



- Isolates in order to privately process racing thoughts and not feel overwhelmed
- Believes more knowledge and expert opinions are needed before moving forward in life
- More suspicious of others

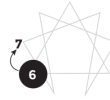


- Generously gives others wisdom and information that has been gathered over time
- Connects with others from both an intellectual and emotional level
- Can intellectually pull things apart and imagine new ways to look at them

#### Wing Type 7: The Enthusiastic Optimist



- Demands that others serve as a distraction from or fix current anxieties
- Vacillates between energetic hard work and procrastination because of the contradictory thoughts from an inner committee
- Avoids feelings of pain, sadness, or disappointment by seeking out unhealthy indulgences

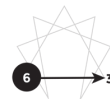


- More trusting of others and confident in self
- Sees the world and life's circumstances through a more optimistic lens
- Relaxes from hypervigilance and delights in life's present, abundant joys

#### Path Type 3: The Admirable Achiever



- Keeps busy achieving to avoid feeling anxious
- Worries about self-image and refuses to try something new if failure is possible
- Uses charm and likability to create secure alliances

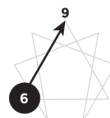


- Acts bravely for others without getting trapped in worst-case thinking
- Helps you respect, direct, and trust yourself
- Moves forward confidently and efficiently, not allowing an inner committee to sabotage right actions

#### Path Type 9: The Peaceful Accommodator



- Deals with stress by shutting down and numbing out
- Stubbornly resists others' demands and uses passive-aggressive behaviors to avoid confrontations
- Reacts negatively to interruptions and disturbances to comfortable routines



- Takes time to relax and allow the mind to slow down
- Reassures and supports others instead of seeking self-security
- Less reactive and more independent, trusting in inner guidance

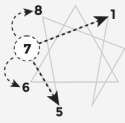
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S I X T E E N

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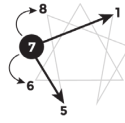
## Type 7: Enthusiastic Optimist

## Type 7 EIP



### Wounded Child

(Misaligned)



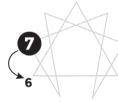
### Beloved Child

(Aligned)

#### Wing Type 6: The Faithful Guardian



- Desires more relationships and possessions to serve as distractions from inner anxieties
- Tests the loyalty of others to see if they will meet felt needs
- Struggles with feelings of self-doubt and can be less focused and more scattered

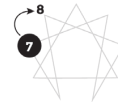


- More warm, vulnerable, witty, and engaging
- Has a team-player mindset and can ask for help and advice
- Grounded in the present moment and committed to personal beliefs and relationships

#### Wing Type 8: The Passionate Protector

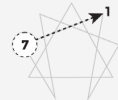


- Is direct, demanding, and aggressive with those who stand in the way
- More prone to be a workaholic and adrenaline seeker
- Always on the lookout for those who might betray, harm, control, or deprive pleasures

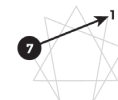


- Sees failures as an opportunity to try again from a new perspective
- Has an innovative spirit to endure and overcome any obstacle
- Leads confidently and inclusively, seeing where others can thrive

#### Path Type 1: The Principled Reformer



- Imposes self-restrictions and limitations in an attempt to be more productive
- Points out imperfections and is critical of yourself and others
- Perfectionistic and judgemental, desiring that others live up to a higher ideal

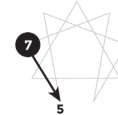


- Lives for a higher purpose
- Is able to slow down, stay focused, and complete projects on time and with accuracy
- Takes ownership of responsibilities even if they are not fun

#### Path Type 5: The Analytical Investigator



- Struggles to trust people and prefers to observe them from afar
- Experiences a darker, pessimistic, and analytical view of circumstances
- Grows tired of always needing to be the positive one and withdraws to recharge

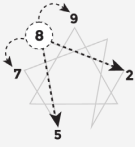


- Allows the mind to rest and find clarity and become organized and structured
- Accepts all of life—good and bad, happy and sad
- Focuses on inner world to relax

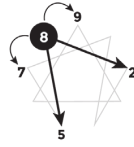
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## Type 8: Passionate Protector

## Type 8 EIP



### Wounded Child (Misaligned)

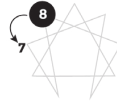


### Beloved Child (Aligned)

#### Wing Type 7: The Enthusiastic Optimist



- Believes that only inner strength and passion are enough to get through life's challenges
- More prone to a powerful temper when overlooked, disrespected, or when others are mistreated
- Impatient, impulsive, and demanding with little regard to how it affects others

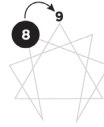


- More joyful, spontaneous, playful, and capable of making the impossible possible
- Blesses others with assertive energy and enthusiastic confidence
- Sees all the possibilities and gives you the additional energy to plow a path for others

#### Wing Type 9: The Peaceful Accommodator

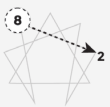


- Avoids conflicts and tension by withdrawing or accommodating
- Less aware of emotions, and less clear about passions
- Uses quiet stubbornness to get other people to fall in line

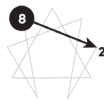


- Recognizes that others need kindness, empathy, and tenderness as much as strength
- More patient, adaptable, and understanding
- Mediates and brings harmony as a leader

#### Path Type 2: The Nurturing Supporter



- Oversteps relational boundaries and inserts help without permission
- Desires appreciation and reassurance from close companions
- Finds ways to make others dependent

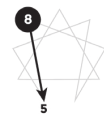


- Believes that vulnerability, emotions, and a tender heart are a strength to be shared
- More thoughtful, caring, and empathetic
- Quicker to serve others and put their needs first

#### Path Type 5: The Analytical Investigator



- Distrusts people more and is cynical, harsh, and belittling
- Detaches from emotions to gain more knowledge when on the offense
- More secretive and cerebral and less physically assertive and action oriented



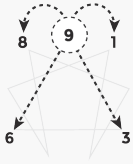
- Understands and integrates insightful perspectives and ideas
- Observes the gifts and talents of others and looks for ways to help them thrive
- Pauses before reacting to think through the best path forward

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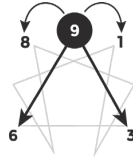
## Type 9: Peaceful Accommodator



## Type 9 EIP



### Wounded Child (Misaligned)



### Beloved Child (Aligned)

#### Wing Type 1: The Principled Reformer



- Quicker to judge others for not being perfect or accurate
- Believes personal morals, ideals, and procedures are the only correct standard
- Has an inner voice that is self-critical and condemning

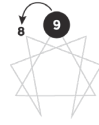


- Motivated to pursue your calling with excellence
- Improves the lives of others with principles and gentle guidance
- Establishes healthy boundaries using wisdom and discernment

#### Wing Type 8: The Passionate Protector

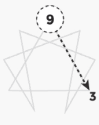


- Becomes passive-aggressive, irritable, or frustrated when overlooked
- Struggles to stay tender, patient, and gracious when disrespected or when others are harmed
- Fearful of being vulnerable, betrayed, and taken advantage of

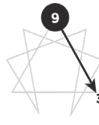


- Confidently moves toward personal passions and calling
- Can vulnerably and directly share needs and emotions
- Does what is best for everyone, self included

#### Path Type 3: The Admirable Achiever

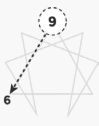


- Suppresses emotions and true identity to focus on achieving
- Feels shame and worthlessness when weaknesses and failures are exposed
- Will people-please to gain admiration from others

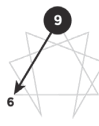


- Takes time to discover personal desires and God's calling
- Creates and executes a plan for self-improvement that also blesses others
- Energetically pursues goals with a positivity that inspires others

#### Path Type 6: The Faithful Guardian



- Expresses irritability, dissatisfaction, and self-doubt when anxious
- Has a strong internal or external reaction when blamed
- Fears the relational abandonment of others



- Less accommodating while still loyal and caring for the well-being of others
- Demonstrates courage by stepping out of comfort zone into unfamiliar areas
- More committed to persevering through challenges to benefit self and others