

# QUIZ:

## WHAT IS YOUR ENNEAGRAM TYPE?

*Let's determine what Enneagram Type you are.*

Before you begin the following quiz, take a few deep breaths and clear your mind. Allow yourself to be as honest as you can be in your self-assessment—don't answer based on how you'd like to see yourself or what you think the “right” answers are. There's no need to judge yourself—simply answer honestly to get the most accurate results.

To figure out your Type, follow these steps:

- 1 Read through each of the following quizzes and check the box (Agree, Neutral, or Disagree) that best applies to you or your situation.
- 2 When you finish each group, tally the number of checkmarks in each column.
- 3 Then multiply the number of Agree checkmarks by 2, Neutral checkmarks by 1, and Disagree checkmarks by 0 and add up your total for that quiz and move onto the next one.
- 4 When you finish Quizzes A–I, move onto the Scoring the Quizzes section for further instruction.

QUIZ A	AGREE	NEUTRAL	DISAGREE
I am sensitive.			
I strive to have a unique style.			
I look for meaning in just about everything.			
I am often misunderstood.			
I am highly creative.			
Being authentic is important even if it means I'm not popular.			
I tend to feel jealous of others, even though I can't explain why.			
I am comfortable with dark and intense emotions.			
I can be pretty sentimental and long for the past.			
I value self-awareness, following my heart, and always staying true to who I am.			
TALLY	x2	x1	x0
FINAL TALLY			

TOTAL SCORE =  
(Agree + Neutral + Disagree) \_\_\_\_\_

QUIZ B	AGREE	NEUTRAL	DISAGREE
When I have an idea, I just go for it!			
I love thinking about my next adventure.			
I'm pretty good at finding the silver lining in most situations.			
My independence is very important to me.			
New experiences make me come alive!			
I can be pretty spontaneous and fun-loving.			
I am most likely to keep my options open.			
I loathe being bored.			
I value pleasure, variety, and my freedom.			
I am highly resilient and can bounce back from upsetting setbacks.			
TALLY	x 2	x 1	x 0
FINAL TALLY			

**TOTAL SCORE** =  
(Agree + Neutral + Disagree) \_\_\_\_\_



QUIZ C	AGREE	NEUTRAL	DISAGREE
I can be pretty hard on myself.			
Several people in my life come to me for advice.			
I'm excellent at finding mistakes (typos, things out of place, etc.).			
It's difficult for me to relax when I know there is so much to get done.			
I find myself feeling frustrated and irritated when things are not done correctly.			
I believe that there is a right way to do everything.			
I'm great at finding what needs to be fixed or corrected.			
I am independent and can get things done on my own rather than depend on others.			
I'm a self-disciplined person.			
I value truth, justice, and living by my values.			
TALLY	x 2	x 1	x 0
FINAL TALLY			

**TOTAL SCORE** =  
(Agree + Neutral + Disagree)



QUIZ D	AGREE	NEUTRAL	DISAGREE
I am known for my strength.			
I have a tough exterior but most don't realize that I am quite soft on the inside.			
I want the outside world to understand that I am a force to be reckoned with.			
Confrontation does not bother me.			
I feel as though I can't let my guard down.			
People have sometimes referred to me as being "too much" or coming on too strongly.			
I often feel as though I need to protect myself, my loved ones, and those less fortunate.			
I feel an overwhelming responsibility to always be a pillar of strength.			
When I'm stressed, I tend to overanalyze to regain some form of control.			
I value strength, leadership, and candor.			
TALLY	x2	x1	x0
FINAL TALLY			

**TOTAL SCORE** =  
(Agree + Neutral + Disagree) \_\_\_\_\_

# QUIZ E

AGREE

NEUTRAL

DISAGREE

Having success is very important to me.

Other people's opinions matter to me.

I work hard at trying to earn the respect and admiration of others.

It doesn't have to be perfect; it just needs to get done!

I like to set goals for myself.

Encouragement and affirmations from my peers feel amazing!

I know how to work a room.

I have a very competitive spirit; I like to win!

I enjoy encouraging others and helping them live up to their potential.

I value reaching my goals, achieving something, and being admired.

TALLY

x2

x1

x0

FINAL TALLY

**TOTAL SCORE =**

(Agree + Neutral + Disagree)



QUIZ F	AGREE	NEUTRAL	DISAGREE
I think that knowledge is everything.			
I want to connect with others but I simultaneously fear the energy it requires.			
I need a lot of alone time to recharge, think, and learn.			
I'm more comfortable having an intellectual conversation versus an emotional one.			
I need to fully understand something before I can act on it.			
I can be a pretty private person.			
My deep well of knowledge has sometimes come across as arrogant or condescending.			
Being self-reliant is very important to me.			
I enjoy learning and pursuing my interests.			
I value innovation, privacy, and intelligence.			
TALLY	x 2	x 1	x 0
FINAL TALLY			

TOTAL SCORE =

(Agree + Neutral + Disagree)

# QUIZ G

AGREE

NEUTRAL

DISAGREE

I prefer to let things go rather than have a confrontation.

I am a great listener.

I strive to live in a peaceful and calm environment.

I enjoy being creative.

I am accepting and inclusive.

I wish I had more ambition.

I am an optimist.

I typically see the good in people.

I can usually see all sides of a situation.

I value serenity, optimism, and maintaining inner peace.

TALLY

x2

x1

x0

FINAL TALLY

**TOTAL SCORE =**

(Agree + Neutral + Disagree)



QUIZ H	AGREE	NEUTRAL	DISAGREE
I am very loyal to my family and friends.			
I can be suspicious of people's motives.			
I take my responsibilities seriously.			
I am dedicated and hardworking.			
The future worries me and I can't stop obsessing over it.			
It's vital that I feel supported.			
It's difficult for me to spring into action before assessing all the possibilities.			
It takes me a fair amount of time to trust people.			
I often have daydreams or actual plans to rebel against social norms, rules, and authority figures.			
I value loyalty, being supportive, and being collaborative.			
TALLY	x2	x1	x0
FINAL TALLY			

**TOTAL SCORE** =   
(Agree + Neutral + Disagree) \_\_\_\_\_

# QUIZ I

	AGREE	NEUTRAL	DISAGREE
Being needed makes me feel proud and valuable.			
Relationships are the most important thing in my life.			
I am excellent at understanding what people need.			
In most relationships, I give more than I take.			
I tend to focus on other people's emotions.			
I tend to neglect my own needs.			
People usually come to me when they're hurting because I'm a good friend.			
It's important for me to feel needed.			
I have used flattery in the past to get people to like me.			
I value emotional closeness and human connection above all else.			
<b>TALLY</b>	x2	x1	x0
<b>FINAL TALLY</b>			

**TOTAL SCORE =**  
 (Agree + Neutral + Disagree)



SCORING THE QUIZZES

Now put your total score from each quiz into this chart and star the highest score.

YOUR TOTAL SCORE		YOUR TOTAL SCORE	
Quiz A		Quiz F	
Quiz B		Quiz G	
Quiz C		Quiz H	
Quiz D		Quiz I	
Quiz E			

If you scored highest in Quiz A, you are most likely Type Four.  
If you scored highest in Quiz B, you are most likely Type Seven.  
If you scored highest in Quiz C, you are most likely Type One.  
If you scored highest in Quiz D, you are most likely Type Eight.  
If you scored highest in Quiz E, you are most likely Type Three.  
If you scored highest in Quiz F, you are most likely Type Five.  
If you scored highest in Quiz G, you are most likely Type Nine.  
If you scored highest in Quiz H, you are most likely Type Six.  
If you scored highest in Quiz I, you are most likely Type Two.

Don't worry if you have the same score for more than one quiz—that's perfectly normal. In Chapter 3, there is a comprehensive outline of each Type that will help you discern which one best describes you. Once you dig deeper into each Type, you will likely discover that you have a more dominant Type. Keep in mind that discovering your Enneagram Type is a personal journey; as eager as you might be

to figure it out right away, take the time you need to ensure you Type yourself correctly.

If you're still unsure of your Type and need more guidance, consider taking a free online quiz like the one at [www.eclecticenergies.com/enneagram/dotest](http://www.eclecticenergies.com/enneagram/dotest). You could also find an Enneagram coach, like myself, to administer an Enneagram test to you. Enneagram coaches can help you determine your Type, understand Enneagram teachings, foster self-development, and strengthen your relationships.