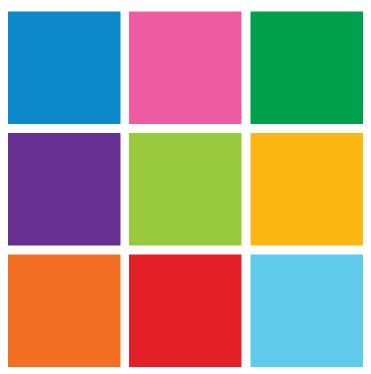
MILLENNEAGRAM



the enneagram guide for discovering your truest, baddest self

HANNAH PAASCH

MILLENNEAGRAM. Copyright © 2019 by Hannah Paasch. All rights reserved. Printed in the United States of America. No part of this book may be used or reproduced in any manner whatsoever without written permission except in the case of brief quotations embodied in critical articles and reviews. For information, address HarperCollins Publishers, 195 Broadway, New York, NY 10007.

HarperCollins books may be purchased for educational, business, or sales promotional use. For information, please email the Special Markets Department at SPsales@harpercollins.com.

FIRST EDITION

Designed by William Ruoto with Lucy Albanese Illustration on page xiv © Evgeniy Belyaev/Shutterstock

Library of Congress Cataloging-in-Publication Data

Names: Paasch, Hannah, 1990– author.

Title: Millenneagram : the enneagram guide for discovering your truest, baddest self / Hannah Paasch.

Description: First edition. | New York, NY : HarperCollins Publishers, [2019]

Identifiers: LCCN 2018045948 | ISBN 9780062872395 (hardcover)

Subjects: LCSH: Enneagram. | Personality.

Classification: LCC BF698.35.E54 P33 2019 | DDC 155.2/6-dc23

LC record available at https://lccn.loc.gov/2018045948

19 20 21 22 23 WOR 10 9 8 7 6 5 4 3 2 1

What are the nine Enneagram personality types? Practitioners use different names for each one, emphasizing a different, but related, element. Here are some traditional type names:

ONES: THE PERFECTIONIST, OR THE REFORMER

TWOS: THE HELPER, OR THE GIVER

THREES: THE ACHIEVER, OR THE PERFORMER

FOURS: THE ROMANTIC, OR THE INDIVIDUALIST

FIVES: THE INVESTIGATOR, OR THE OBSERVER

SIXES: THE LOYALIST, THE DEVIL'S ADVOCATE, OR THE QUESTIONER

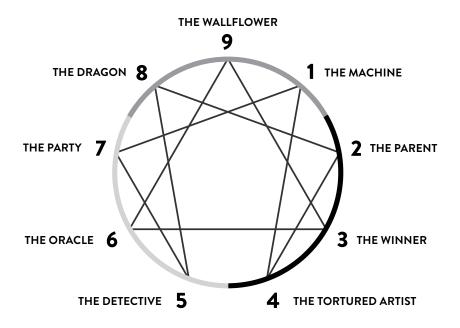
SEVENS: THE ENTHUSIAST, THE EPICURE, OR THE ADVENTURER

EIGHTS: THE CHALLENGER, THE ASSERTER, OR THE BOSS

NINES: THE PEACEMAKER, OR THE MEDIATOR

But it's a new era, with new ways of talking and thinking about identity. I hereby give you the Millenneagram:

MILLENNEAGRAM ONES: THE MACHINE MILLENNEAGRAM TWOS: THE PARENT MILLENNEAGRAM THREES: THE WINNER MILLENNEAGRAM FOURS: THE TORTURED ARTIST MILLENNEAGRAM FIVES: THE DETECTIVE MILLENNEAGRAM SIXES: THE ORACLE MILLENNEAGRAM SEVENS: THE PARTY MILLENNEAGRAM EIGHTS: THE DRAGON MILLENNEAGRAM NINES: THE WALLFLOWER



MILLENNEAGRAM



1. When someone asks for your advice, you:

- a. hit 'em with your gut instrict.
- answer based on your emotional knowledge of yourself and the asker.
- c. think it over and then respond with your rational brain.

2. You would be most upset if . . .

- a. you had no control over yourself or the shit around you.
- b. your babe or your BFF misunderstood you.
- c. you couldn't get enough information to make an informed decision for your life.

3. You are driven by . . .

a. feeling gloriously independent. You don't like feeling reliant on something or someone else.

^{*} Do not base your entire Millenneagram experience off this quiz. I'm getting you in the ballpark; I'm not diagnosing you, 'kay? If you want to take more complex quizzes, I've hooked you up with a list of resources at the back of the book.

- getting along with everyone. You'll stay up at night if you've had a minor misunderstanding with someone.
- being informed. You like to be the person your
 friends come to when they need the best restaurant
 recommendation or best mechanic in town.

4. You get off on . . .

- a. knowing what the right thing is, and then doing it.
- b. feeling like people see you for who you really are.
- c. learning new shit and stockpiling knowledge and experiences to prepare yourself for life and the world.

5. What keeps you up at night is ...

- a. frustration. You think about something you or someone around you did wrong, and you can't let go of it.
- b. embarrassment. You spin your wheels going over something that happened that humiliated you.
- c. anxiety. You can't stop thinking about what's going to happen tomorrow.

If you answered (a) on two or more questions, skip to

THE INTUITIVE TRIAD.

If you answered (b) on two or more questions, skip to

THE FEELING TRIAD.

If you answered (c) on two or more questions, skip to

THE THINKING TRIAD.

4

THE INTUITIVE TRIAD

1. You would rather . . .

- a. be in charge of your own destiny.
- b. be left in solitude to experience calm, peaceful bliss.
- c. be the absolutely best fucking version of yourself you are capable of being.

2. You are most afraid of . . .

- a. someone daring to control you. Nice try, bitch.
- not being able to find a sense of balance. You're all about that calm headspace shit.
- setting a bad example. You hate to admit it, but you're a mad stickler for getting things done right.

3. You are happiest ...

- a. when you and your intuition are in perfect sync.
- b. chilling in the comfort of your own home.
- c. when someone lets you fix some shit that needs it badly.

4. You secretly just want ...

- a. TO PROTECT YOURSELF AND THE FOLKS YOU LOVE. IS THAT SO MUCH TO ASK?
- b. a little peace and quiet . . . and snacks.
- c. to do what you like, the way you like it, and fucking crush it.

5. People rely on you for ...

- a. unleashing righteous hell when necessary.
- b. a cozy getaway from the category 5 hurricane of life.
- c. grade-A premium life advice.

If you answered (a) on two or more questions, you're probably an **EIGHT**.

If you answered (b) on two or more questions, you're probably a **NINE**.

If you answered (c) on two or more questions, you're probably a **ONE**.

If you find that your results point you toward two different types, read the chapters about each one to get a better sense of which is you.

THE FEELING TRIAD

1. You would rather be seen as ...

- helpful, needed, and taking care of people. You always have a snack in your bag just in case, you know?
- b. successful. You're kicking ass and taking names.
- c. unique. You're a fucking snowflake and the world is lucky to have you.

2. You are most afraid of ...

- a. not being needed. You are Mrs. Weasley to a T.
- not achieving your goals. Like, just work harder. What's the problem here?!
- not finding your purpose. You're just so DEEP and have so much to EXPLORE about yourself and your UNIQUE contribution to the world.

3. You are happiest when you . . .

- a. feel you belong and are loved—*HUGS*.
- b. are fucking crushing it in life.
- c. have a free day in the art shed to express your creativity.

4. You secretly just want ...

- to be there for literally everyone always. JK—you just love being the NICE person who is RELIABLE and INDISPENSIBLE.
- b. world domination. JK, but for real: Is this a networking opportunity? Can you make any connections here?
- c. TO BE A "REAL" ARTIST. JK—you're just going to talk about writing poems in a bar and throw back gin and tonics... Are you Kerouac yet?

5. People rely on you for ...

 that favor no one else will do. (Be honest, how many times have you helped someone move?)

- b. savvy business advice, obvi.
- c. creative inspiration (DRINK in the VIBES).

If you answered (a) on two or more questions, you're probably a **TWO**.

If you answered (b) on two or more questions, you're probably a **THREE**.

If you answered (c) on two or more questions, you're probably a **FOUR**.

If you find that your results point you toward two different types, read the chapters about each one to get a better sense of which is you.

THE THINKING TRIAD

1. You would rather . . .

- a. be an expert in a niche field (pushes glasses up nose).
- b. be loyal, dependable, and consistent as fuck.
- c. check off all the amazing ADVENTURES on your bucket list.

2. You are most afraid of . . .

not having enough information to solve all life's problems.
 You've read an article about how that happens sometimes.

- not being able to avoid complete and utter disaster.
 You'll be right back—you just want to make *sure* you unplugged your hair dryer.
- pausing long enough to reckon with what's actually going on in your feelings. LA, LA, LA—you're not listening, too busy inviting literally everyone out tonight to have a GOOD TIME.

3. You are happiest . . .

- a. in a library, unbothered (licks thumb and turns page).
- having a glass of wine surrounded by your carefully vetted community of select, trustworthy friends.
- c. on a dance club floor three drinks in with no ride home.

4. You secretly just want ...

- a. mastery of a difficult but useful topic. Friday nights curled up with a documentary are your jam.
- b. a sure thing. You just want people and things to be dependable and safe. Is that too much to ask?
- a life of adventure worth writing books about.
 No FOMO for you—you never MISS OUT.

5. People rely on you for ...

 being a walking Wikipedia, Google, and concierge service who can provide hoards of information on the spot.

- thoughtful, incisive advice on the best path forward because you've already thought through every possible horrible scenario that could possibly happen.
- c. starting the party when you walk in.

If you answered (a) on two or more questions, you're probably a **FIVE**.

If you answered (b) on two or more questions, you're probably a **SIX**.

If you answered (c) on two or more questions, you're probably a **SEVEN**.

If you find that your results point you toward two different types, read the chapters about each one to get a better sense of which is you.

HOW EACH TYPE TRAVELS BY **AIRPLANE**

Ones

Group A1–30, bitches, read 'em and weep. I've been checked in for a week—don't ask how. Yes, all my liquids are in three-ounce bottles purchased for this express purpose.

Twos

Hi, honey, where's your mom? Oh my God, you're flying alone? Not anymore, sweetheart. Mommy's here! I mean, she's not, but I am, and we're going to have a great time. Oh, you just wanna play with your Nintendo DS? That's fine. I get it. I'll just sit here.

Threes

How on point is my airport look? I look fresh, fierce, and professional, don't l? Yes, my bomb shoes do match my luggage, thanks for noticing. Ya never know where you're gonna meet your next careerdeciding connection.

Fours

I'm gonna get to my gate two hours early so I can look plaintive and languid while people-watching over a glass of wine and write poetry about propellers or the journey of life or some shit.

Sevens

Getting beers with my new friend I met in line at security. I complimented them on their sweet kicks, and here we are, kickin' it, being besties. Gonna vacation in Cabo together next spring, except not 'cause I'll forget.

Fives

I was just reading up on statistics about airplane deaths before we got here. It's fine—we have a good chance of survival. Here, since you're a captive audience, let me tell you all the things about my recent all-encompassing, very niche area of research.

Eights

ALL RIGHT, LISTEN, PEOPLE. Here's the deal. Stay the fuck together. I'll go buy the sandwiches. Joey, where the fuck is your passport? God, if you want something done, you gotta fucking do it yourself.

Sixes

Oh my God, okay, we're going to be late. Oh my God, okay, we're early. It's good, it's good, we're all good. I hate flying so much. Like, so many things could go wrong with planes, you know? Like, I'm careening through space on a CHAIR in the SKY. How is that safe?

Nines

I have downloaded eight movies and sixteen audiobooks so I can smile blandly at my seatmates while not hearing them over my headphones. Yes, I'm wearing my house shoes onto this plane right now. I'm boutta take a fucking nap, am I not?

HOW EACH

TYPE

Ones

I mean, I can work with *this* I guess. You've got . . . potential. (YOU'RE NOT THEIR REAL MOM. PISS OFF.)

Twos

Why am I the only one who ever gives anything to this relationship??

FUCKS UP

THEIR

LOVE LIFE

Threes

Hmmm. I wonder if I can date my way into X profession or social circle.

Fours

I ALWAYS KNEW YOU WOULD NEVER GET ME. YOU'RE NOT DEEP ENOUGH. AND YOU DIDN'T EVEN READ THAT BOOK I CASUALLY MENTIONED BEING MY FAVORITE IN HOPES YOU WOULD CARE ENOUGH TO PORE OVER IT AND TAKE NOTES.

Sevens

I can't help that THEY were texting ME long hours into the night about their deepest, darkest secrets. I'M ADDICTED TO CONNECTION.

Fives

Hello, I must retreat into my mind palace and emotionally ignore you for several major life crises. Catch you on the flip.

Eights

MUST. MAINTAIN. CONTROL. OF THIS. AND ALL. SITUATIONS.

Sixes

l will now commence pushing you away at different intervals and varying intensities in order to be sure you will ALWAYS COME BACK TO ME.

Nines

Hello. I am HIGH MAINTENANCE about being LOW MAINTENANCE! If I have to believe this lie about me, SO DO YOU.

EACH TYPE IN TRAFFIC

Ones

Well, if I can leave the house by 6:38, I should be able to arrive by 7:15, and Jesus, fuck, of course there was a wreck on the 10. I hate my life. Must tweet a picture of this traffic right now and my extreme displeasure at this incorrect behavior on the part of the world at large.

Twos

OMG, I should get over, OMG, but I'll let them go. I mean, what can I say? I'm a NICE person, okay? Jesus, these assholes. Not sure what I even signal for. (Swerves, causing mass panic in the back seat.) It's not like anyone else bothers to be CONSIDERATE.

Threes

I shall use this time wisely! I shall make important phone calls! I shall put on a bold lip! I shall upload an Instagram Live of me pontificating on important knowledge! Fuck a traffic jam. I'm going places PARKED, bitch.

Fours

Well, at least my melancholic piano playlist and mesmerizing podcast queue are on point so
I can be learning things and feeling beautiful things on the way.
What is life, after all, but a highway that leads us on endlessly to places unknown ...?

Sevens

Oh please that's not a beer, that's a new kombucha I HAD to try and like ... let's be real I'm already late so it's no big deal. WHY DON'T I do a bold eye shadow and eat this breakfast sandwich while belting my fave songs and paying little or no attention to the actual road and miraculously still arrive intact.

Fives

Can't let anyone see how anxious this is making me right now. I must fake certainty that this is the correct direction, because I know everything, obviously. Fuck. It's gonna take me a whole afternoon to recover from this emotional expenditure occurring deep below my surface.

Sixes

IS THIS or IS THIS NOT the right way? I did not like going this way last time, it made me carsick, and I refuse to get carsick. Hi—I need you to employ your GPS and your internal compass and, I don't know, your fucking Rand McNally ATLAS right now, bitch, and get me on the right path here.

Eights

Fuck these motherfuckers (indiscriminate middle fingers). I'll show YOU road rage, bitch. Pipe down back there. I'm deeply unconcerned about getting shot up by racist gun toters on this road right now. Just shut up and let me handle this, honey.

Nines

WHAT traffic, honestly. I am oblivious, this is fine, I'm zen as fuck, I 100% dare this traffic to upset my equilibrium and I also 100% dare this bitch to backseat drive me right now, hell nah. Nothing and no one is escalating in this vehicle YOU HEAR ME!?

RESOURCES AND

Check out some other cool shit about the Enneagram and becoming your true self.

MY BIBLE

The Wisdom of the Enneagram: The Complete Guide to Psychological and Spiritual Growth for the Nine Personality Types, Don Richard Riso and Russ Hudson

STARS IN THE ENNEAGRAM CONSTELLATION

Personality Types: Using the Enneagram for Self-Discovery, Don Richard Riso and Russ Hudson
The Enneagram of Passions and Virtues: Finding the Way Home, Sandra Maitri
The Complete Enneagram: 27 Paths to Greater Self-Knowledge, Beatrice Chestnut
The Sacred Enneagram: Finding Your Unique Path to Spiritual Growth, Chris Heuertz

- The Enneagram in Love & Work: Understanding Your Intimate & Business Relationships, Helen Palmer
- The Enneagram: A Christian Perspective, Richard Rohr and Andreas Ebert

ADDITIONAL WHOLENESS AND HEALING SHIT

The Body Keeps the Score: Integration of Mind, Brain, and Body in the Treatment of Trauma, Bessel A. van der Kolk
Trauma Stewardship: An Everyday Guide to Caring for Self While Caring for Others, Laura van Dernoot Lipsky with Connie Burk
Wounded Heart: Hope for Adult Victims of Childhood Sexual Abuse, Dan B. Allender
The Drama of the Gifted Child, Alice Miller (Ya kinda won't go wrong reading anything this woman has written.)

SOMETHING ABSOLUTELY EVERYONE SHOULD READ AND IMPLEMENT REGARDLESS OF PROFESSION

The Artist's Way, Julia Cameron

Make sure to check out Sleeping at Last's gorgeous collection of Enneagram-based songs in his Atlas series. You know what? While you're at it, just listen to every damn song the man (Ryan O'Neal) has ever released.