

Enneagram Triads

8 9 1	2 3 4	5 6 7
Gut Triad	Heart Triad	Head Triad
When I encounter life, my 1st reaction is to -----> Do something	When I encounter life, my 1st reaction is to -----> Feel something	When I encounter life, my 1st reaction is to -----> Think & plan something

Tends to act before thinking	Tends to be overly emotional	Tends to overthink things
Anger always waiting beneath the surface	Shame always waiting beneath the surface	Fear is always beneath the surface

8 Externalizes anger	2 Externalizes shame	5 Externalizes fear
9 Avoids anger	3 Avoids shame	6 Avoids fear
1 Internalizes anger	4 Internalizes shame	7 Internalizes fear