

EMOTIONAL HABITS OF ENNEAGRAM TYPES*

<https://www.olivemecounseling.com/blog/enneagram-emotions>

	8	9	1	2	3	4*	5	6*	7
MAD	↑↑↓ Intense is best	↓↓ Keep the peace	↑↑ Irritated, Resentful	↑ Resentful, Offended	↑ Frustrated, Impatient	SX ↑↑ How dare you hurt me?	↓↓ Be rational	SX ↑↑ Eliminate the threat!	↑ Impatient, Bored
SAD	↓↓ "Weak"	↓ Focus outside	↓↓ Why bother?	↑ Rejected, lonely	↓↓ "Unproductive"	↑↑ Melancholy	↓↓ Be rational	↓ Future > Past	↓↓ "Unending"
GLAD	↑ Intense is best	↑ Keep the peace	↓↓ Disappointed	↑↑ They like me!	↑↑ See what I did!	↓↓ When's the shoe...?	↓↓ Be rational	↓↓ What's the catch?	↑↑ Sounds fun!
SCARED	↓↓ "Weak"	↑ Keep the peace	↑ Don't mess up!	↑↑ Do you like me?	↑↑↓↑ Intense is best	SP ↑↑ Avoid uncertainty	↑ Scarcity, Don't open up	↑↑↓↑ But what if...?	↑ Don't get stuck in pain
NUMB	↓↓ Intense is best	↑↑ "Comfortable"	↑↑ Why bother?	↑ Focus on others	↑↑ Get stuff done!	SP ↑↑ SO/SX ↓↓	↑↑ Be rational	SO ↑↑ Follow the rules	↑↑ Distracted, avoid pain

*Depends on subtypes: **SP** (Self-Preservation), **SO** (Social), **SX** (Sexual)

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