YOUR ANSWERS. YOUR PERSPECTIVE.

Enneagram

Personal everyday reflection

A wholly fictional example. The values illustrate a report and say nothing about you.

ANSWERED: 36 / 36 | 9 PROFILE AREAS

1

Principles

You describe a noticeable tendency towards giving your own standards and clear principles substantial weight in decisions. This pattern stands out in your responses; it is not a comparison with other people.

2

Care

Your result does not show a clear direction for experiencing connection through helping and being needed and setting your wishes aside for it. Check individual responses: partial agreement and opposing answers can produce the same average. Some responses differ substantially from this direction.

3

Individual responses matter

Care: Scored responses range from 2 to 5/5 (items 8 & 6).

Your first small step

Recall a time you helped someone. What did you need yourself, and were you able to say so?

02 / YOUR REPORT

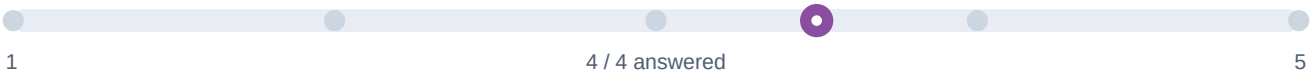
Your profile at a glance

Each dot shows an area response average on a scale of 1 to 5. Only your own responses are compared.

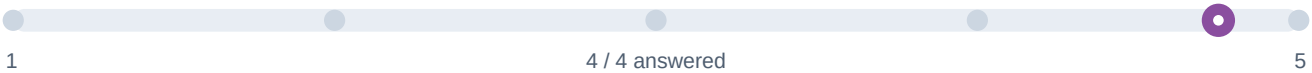
Principles 4.0 / 5



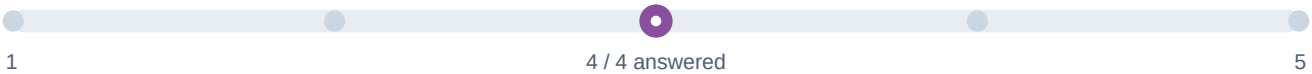
Care 3.5 / 5



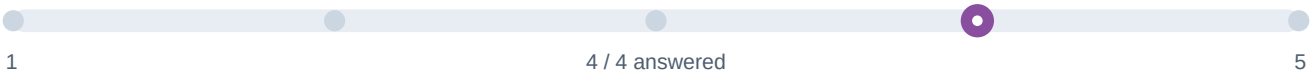
Achievement 4.8 / 5



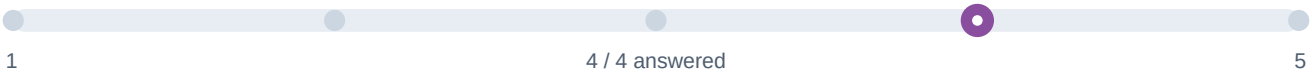
Individuality 3.0 / 5



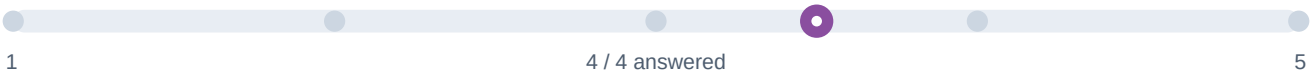
Understanding 4.0 / 5



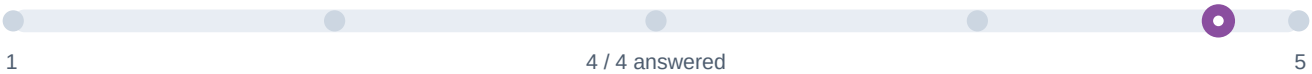
Security 4.0 / 5



Possibilities 3.5 / 5



Autonomy 4.8 / 5



Your profile at a glance / CONTINUED

Harmony 3.0 / 5



How to read the chart

1 = low, 3 = midpoint, 5 = high agreement in the scored direction. Higher is not automatically better. The midpoint is not the average of other people; small differences are not necessarily meaningful.

No area value is shown if fewer than 80% of its items are answered. This is a display rule for incomplete data, not a performance or health threshold.

03 / YOUR REPORT

Connecting your responses

Observations from your responses, not fixed characteristics.

The profile shows which of nine described motives you recognise more strongly. It is an original reflection, not a validated Enneagram test or a fixed type assignment.

Your result in words

Principles: You describe a noticeable tendency towards giving your own standards and clear principles substantial weight in decisions. This pattern stands out in your responses; it is not a comparison with other people.

Care: Your result does not show a clear direction for experiencing connection through helping and being needed and setting your wishes aside for it. Check individual responses: partial agreement and opposing answers can produce the same average.

Care: take a closer look

The average combines different responses. These two items show why one number alone does not capture your whole perspective:

Item 8: I can feel close to others without taking on a helpful role. | Mostly true

Item 6: It means a lot to me when someone specifically seeks my help. | Very true

Consider a possible everyday situation

Recall a time you helped someone. What did you need yourself, and were you able to say so?

04 / YOUR REPORT

Principles

Trace your responses and connect them with everyday situations.

This area explores your focus on personal standards, care and consistency. A high value does not judge your morality or the quality of your decisions.

Your response value **4.0 / 5**



1 4 / 4 answered 5

What this means in practice

You describe a noticeable tendency towards giving your own standards and clear principles substantial weight in decisions. This pattern stands out in your responses; it is not a comparison with other people.

Scale direction: less focus on fixed standards / more focus on fixed standards.

Two concrete responses

Item 3: A clear principle gives me direction when making a decision.

Your response: Partly true

Item 2: An avoidable inaccuracy stays on my mind even when others barely notice it.

Your response: Very true

A prompt for further reflection

Which of your rules helps you in everyday life? Where might some flexibility make a situation easier?

When does this fit me - and when does it not?

05 / YOUR REPORT

Care

Trace your responses and connect them with everyday situations.

This area explores how much support and feeling needed motivate your actions. It does not establish how helpful or valuable you are as a person.

Your response value **3.5 / 5**



1 4 / 4 answered 5

What this means in practice

Your result does not show a clear direction for experiencing connection through helping and being needed and setting your wishes aside for it. Check individual responses: partial agreement and opposing answers can produce the same average.

Your individual responses differ substantially. The interpretation describes their average direction only; it does not apply to every statement. The following responses show both sides.

Scale direction: less motivation from being needed / more motivation from being needed.

Two concrete responses

Item 8: I can feel close to others without taking on a helpful role.

Your response: Mostly true (reverse-scored in the calculation)

Item 6: It means a lot to me when someone specifically seeks my help.

Your response: Very true

A prompt for further reflection

Recall a time you helped someone. What did you need yourself, and were you able to say so?

When does this fit me - and when does it not?

06 / YOUR REPORT

Achievement

Trace your responses and connect them with everyday situations.

This area describes how much visible results and recognition feel motivating. It does not measure actual performance or occupational fitness.

Your response value **4.8 / 5**



1 4 / 4 answered 5

What this means in practice

You describe a noticeable tendency towards experiencing visible results, further goals and recognition as motivating. This pattern stands out in your responses; it is not a comparison with other people.

Scale direction: less focus on visible achievement / more focus on visible achievement.

Two concrete responses

Item 10: Once I reach a goal, I soon look for the next one.

Your response: Mostly true

Item 12: I remain at ease when my work is good but barely noticed.

Your response: Not at all true (reverse-scored in the calculation)

A prompt for further reflection

Which goal would you continue pursuing if nobody else would hear about it?

When does this fit me - and when does it not?

07 / YOUR REPORT

Individuality

Trace your responses and connect them with everyday situations.

This area focuses on personal expression, individuality and a sense of authenticity. The value says nothing about creativity, uniqueness or mental health.

Your response value **3.0 / 5**



What this means in practice

Your result does not show a clear direction for giving particular weight to personal expression, individuality and personal meaning. Check individual responses: partial agreement and opposing answers can produce the same average.

Scale direction: less emphasis on personal expression / more emphasis on personal expression.

Two concrete responses

Item 13: I look for a way to express my own perspective.

Your response: Mostly untrue

Item 15: Personal meaning often matters more to me than a purely practical solution.

Your response: Mostly true

A prompt for further reflection

In which situation can you express yourself without needing to compare yourself with others?

When does this fit me - and when does it not?

08 / YOUR REPORT

Understanding

Trace your responses and connect them with everyday situations.

This area explores the drive to understand things, gather information and protect your time or energy. It does not assess intelligence.

Your response value **4.0 / 5**



What this means in practice

You describe a noticeable tendency towards observing first, gathering information and taking time alone to organise thoughts. This pattern stands out in your responses; it is not a comparison with other people.

Scale direction: less preparation through observation / more preparation through observation.

Two concrete responses

Item 20: I readily enter a new situation without knowing how its parts fit together beforehand.

Your response: Partly true (reverse-scored in the calculation)

Item 19: I sometimes keep gathering information even though I could already begin.

Your response: Very true

A prompt for further reflection

For which topic would more information help, and where could you already try a small step?

When does this fit me - and when does it not?

09 / YOUR REPORT

Security

Trace your responses and connect them with everyday situations.

This area concerns reliability, preparation and dependable agreements. The value does not indicate an anxiety disorder.

Your response value **4.0 / 5**



What this means in practice

You describe a noticeable tendency towards anticipating risks, seeking reliable agreements and double-checking decisions. This pattern stands out in your responses; it is not a comparison with other people.

Scale direction: less advance reassurance / more advance reassurance.

Two concrete responses

Item 23: When an important uncertainty arises, I like to seek a second perspective.

Your response: Partly true

Item 22: Reliable agreements help me commit to a shared task.

Your response: Very true

A prompt for further reflection

What specific information would resolve an open question? What remains uncertain even after good preparation?

When does this fit me - and when does it not?

10 / YOUR REPORT

Possibilities

Trace your responses and connect them with everyday situations.

This area describes motivation from variety, new ideas and open possibilities. It does not measure optimism or impulsivity as a clinical trait.

Your response value **3.5 / 5**



1 4 / 4 answered 5

What this means in practice

Your result does not show a clear direction for seeking variety and new possibilities even while a task remains unfinished. Check individual responses: partial agreement and opposing answers can produce the same average.

Your individual responses differ substantially. The interpretation describes their average direction only; it does not apply to every statement. The following responses show both sides.

Scale direction: less pursuit of new possibilities / more pursuit of new possibilities.

Two concrete responses

Item 28: I am content to stay with one thing for longer even when other possibilities are appealing.

Your response: Mostly true (reverse-scored in the calculation)

Item 26: I seek variety when a routine stays the same for a long time.

Your response: Very true

A prompt for further reflection

Which possibility do you actually want to try, and which can remain an idea for now?

When does this fit me - and when does it not?

11 / YOUR REPORT

Autonomy

Trace your responses and connect them with everyday situations.

This area explores the motivation to influence events, uphold boundaries and act directly. It does not judge leadership ability or aggression.

Your response value **4.8 / 5**



What this means in practice

You describe a noticeable tendency towards taking influence yourself, asserting boundaries clearly and presenting a determined stance. This pattern stands out in your responses; it is not a comparison with other people.

Scale direction: less emphasis on personal influence / more emphasis on personal influence.

Two concrete responses

Item 30: I state a boundary clearly when something goes too far for me.

Your response: Mostly true

Item 32: I can easily let others take the lead on an important issue.

Your response: Not at all true (reverse-scored in the calculation)

A prompt for further reflection

Where would you like to state a boundary clearly? How could you also hear other people’s perspectives?

When does this fit me - and when does it not?

12 / YOUR REPORT

Harmony

Trace your responses and connect them with everyday situations.

This area explores a wish for balance and calm relationships. A high value proves neither conflict skills nor a lack of assertiveness.

Your response value **3.0 / 5**



What this means in practice

Your result does not show a clear direction for preserving harmony and postponing your own wishes or disagreements to do so. Check individual responses: partial agreement and opposing answers can produce the same average.

Scale direction: less priority given to harmony / more priority given to harmony.

Two concrete responses

Item 33: During a disagreement, I quickly recognise several understandable perspectives.

Your response: Mostly untrue

Item 35: I postpone a necessary disagreement when things have finally become calm.

Your response: Mostly true

A prompt for further reflection

Which preference of your own would you like to state explicitly when making your next shared plan?

When does this fit me - and when does it not?

13 / YOUR REPORT

Your values clearly explained

Principles

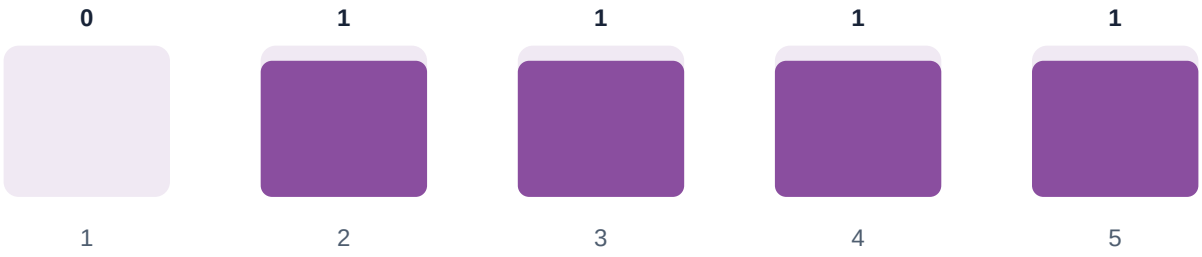
Response positions are counted from 1 to 5. The sum is divided by the number of answered statements in this area.

For reverse-scored statements, 1 becomes 5, 2 becomes 4 and vice versa; 3 stays 3. This aligns values with the stated scale direction. Your selected response remains unchanged in the appendix.

Calculated from your actual responses

4 + 5 + 3 + 4 = 16. 16 / 4 = 4.0 / 5.

The distribution of your selected responses



The columns count your selected response positions 1 to 5 before any reverse scoring. The same average can come from very different responses.

For the wording, response averages below 2.5 are described as lower agreement, above 3.5 as higher agreement, and those between as middle agreement. These are editorial response-scale bands, not scientifically validated cutoffs. Identical averages can arise from different responses.

A profile without a ranking

We assign no population rank or fixed type. The scales describe responses to particular statements. Choose your own priorities; a high or low value does not require change.

14 / YOUR REPORT

Your own next step

An optional everyday idea, without a performance target.

1

Today: note one situation

Starting point: Care. Choose a response in this area and note when it last fitted. A counterexample is just as useful.

2

This week: explore a perspective

Recall a time you helped someone. What did you need yourself, and were you able to say so?

3

Afterwards: decide for yourself

What fits you and what does not? Record one insight and decide whether to keep anything. You do not need a higher score or another purchase.

My situation and what matters to me:

My optional idea and a suitable time:

What I would like to take from this:

15 / YOUR REPORT

Method and limitations

What the report is based on

Original reflection questions about nine commonly described Enneagram motives. This is not RHETI or another licensed instrument; this profile has not been scientifically validated. Areas describe your responses, do not determine a fixed personality type and are not a diagnosis. Several motives can fit at the same time.

Your responses are summarised according to the fixed rules explained here. Examples refer to the item numbers shown. No automated detection or assessment of a medical condition takes place.

Keeping the limitations in mind

Screening and self-reflection do not replace a medical or psychological assessment. Original reflection questions are not clinically validated. Each test page explains its method and limitations.

A profile does not cover every aspect of a person. It is a snapshot of your responses. Important relationship, career or other life decisions should not depend on it alone.

> **If you would like support**
>
> If symptoms are affecting you, seek support from a qualified health professional. In immediate danger, contact your local emergency services or nearest emergency department. Help information is available without an email address or payment.

Open general support information

Questionnaire version: 2026-10-29.26 | Report format: 2026-10-29.28

APPENDIX / YOUR REPORT

Your responses in full

Every scored response remains traceable. Skipped items are explicitly identified.

1	**When I finish a task, I check whether the result meets my own standards.**	Principles | Mostly true
2	**An avoidable inaccuracy stays on my mind even when others barely notice it.**	Principles | Very true
3	**A clear principle gives me direction when making a decision.**	Principles | Partly true
4	**I can easily set my own rules aside when another solution is more practical at that moment.**	Principles | Mostly untrue | reverse-scored
5	**I feel especially connected when I can do something for someone.**	Care | Partly true
6	**It means a lot to me when someone specifically seeks my help.**	Care | Very true
7	**I postpone a wish of my own to remain available for others.**	Care | Mostly true
8	**I can feel close to others without taking on a helpful role.**	Care | Mostly true | reverse-scored
9	**A visible result motivates me more than an open-ended activity without a clear goal.**	Achievement | Very true
10	**Once I reach a goal, I soon look for the next one.**	Achievement | Mostly true
11	**It matters to me that others can see what I have contributed.**	Achievement | Very true
12	**I remain at ease when my work is good but barely noticed.**	Achievement | Not at all true | reverse-scored
13	**I look for a way to express my own perspective.**	Individuality | Mostly untrue
14	**I reflect on what makes me different from other people.**	Individuality | Partly true

Your responses in full / CONTINUED

15 **Personal meaning often matters more to me than a purely practical solution.**
Individuality | Mostly true

16 **I can feel comfortable with a conventional solution even if it expresses nothing individual about me.**
Individuality | Partly true | reverse-scored

17 **Before joining in, I like to observe how a situation works.**
Understanding | Mostly true

18 **I sometimes step back to organise my thoughts without interruption.**
Understanding | Mostly true

19 **I sometimes keep gathering information even though I could already begin.**
Understanding | Very true

20 **I readily enter a new situation without knowing how its parts fit together beforehand.**
Understanding | Partly true | reverse-scored

21 **Before making a decision, I think about what could go wrong.**
Security | Mostly true

22 **Reliable agreements help me commit to a shared task.**
Security | Very true

23 **When an important uncertainty arises, I like to seek a second perspective.**
Security | Partly true

24 **I can comfortably leave a decision open without seeking further reassurance.**
Security | Mostly untrue | reverse-scored

25 **When a new idea appears, I want to explore its possibilities straight away.**
Possibilities | Partly true

26 **I seek variety when a routine stays the same for a long time.**
Possibilities | Very true

27 **During an unpleasant task, my thoughts readily turn to something more enjoyable.**
Possibilities | Mostly true

28 **I am content to stay with one thing for longer even when other possibilities are appealing.**
Possibilities | Mostly true | reverse-scored

29 **I prefer to influence an important development myself rather than simply wait.**
Autonomy | Very true

Your responses in full / CONTINUED

30 **I state a boundary clearly when something goes too far for me.**
Autonomy | Mostly true

31 **I tend to show determination rather than my uncertainty.**
Autonomy | Very true

32 **I can easily let others take the lead on an important issue.**
Autonomy | Not at all true | reverse-scored

33 **During a disagreement, I quickly recognise several understandable perspectives.**
Harmony | Mostly untrue

34 **I sometimes adjust what I want so that things remain calm between people.**
Harmony | Partly true

35 **I postpone a necessary disagreement when things have finally become calm.**
Harmony | Mostly true

36 **I promptly state my preference even if it briefly creates tension.**
Harmony | Partly true | reverse-scored