

Enneagram Questionnaire

1 - Are you introverted, extroverted, or more of an ambivert? Why? What do you think is the cause of these tendencies?

I think I'm an ambivert (extrovert leaning). A lot of my friends say that I'm incredibly outgoing and "always talking to someone" and that it's kind of amazing. But I don't see it as much really. I'm not afraid to interact with people at all and I love being around lots of people, I think it's more entertaining. I'm usually able to joke around with just about anybody. But, I don't care much at all on how I'm viewed socially. I'm very kind and lighthearted but I am definitely not generous in any sense (besides helping with information or something). I often butt in when people ask questions out loud, and I like guiding people to where they need to be. But, I hate giving or sharing, so I can be quite non-inclusive when it comes to my things. But yes I tend to be very oriented towards discussion, I love talking to people.

2 - Would you say that you're an impulsive person? (Whether you're a spontaneous person, or you simply let your irrational desires carry you away). If yes, answer and specify what type of impulsivity.

Maybe not? I'm very careful with any choice I have to make in life, as I'm very fearful of making mistakes or finding out that there was a better option I wasn't aware of, so I take my time in trying to be sure. I'm very aware of consequences. I still approach life in a very easygoing manner though, I just kinda do whatever when I feel like it and I suppose I can be spontaneous. I do change my mind A LOT though. I also need constant stimulation and my attention span is horrible. I can't play video games because I get bored of them in 5 seconds and need to go to a new one. But, I'm a really cautious and indecisive person, especially since I hate having to make a decision in general. I want to try everything most of the time and don't like being forced into one. For example, I struggle picking a college major because there's so much I want to study. I know I'm going to get bored of a long term job which concerns me too. I'm also very impatient and don't like

waiting. I need answers, explanations, and experiences immediately but I approach them in depth.

3 - Would you say that you're an ambitious person? In what areas of your life does this ambition shine through more, or shows a lack thereof.

Absolutely not to be honest. I mean once I'm set on something I can be very stubborn, but it's really hard for me to get set on something. I feel like I'm completely aimless in life. I don't know what I want to achieve or what motivates me. I even fall behind in school because of my refusal to do work just because I don't feel like it. Now, of course there are little things like impressing people, having a strong relationship, learning, and seeing new things that I want, but I never really have a big goal. I just kind of do things for fun. I feel empty on the inside. I've just never had a strong drive I guess. My grandma once told me that when I was a kid having my surgeries done, they expected a normal kid of course to be crying and very upset, but I "just kinda took it." I'm very like simple when it comes to what I want. Usually when I'm asked what I plan to do for the day I answer "eat" or "listen to music." In the moment when I want something I become very determined to get it, though.

4 - How would you say that others view or perceive you? Are these opinions of others' perceptions important to you? Why?

(This is all according to the people mentioned)

Family: Views me as lazy and withdrawn from everyone, dislikes being out of my comfort and interacting with them. Refusal to receive help from anyone. I shut people out when struggling emotionally. I am smart, mature, and strong.

Teachers: I have immense potential and my work is seemingly perfect every time I do it, but I tend to be a huge procrastinator and don't get things done. I'm highly engaged in class and talkative. I have lots of friends and I'm very likable although it's easy for me to get distracted. I'm a yapper.

Friends: I'm very social and outgoing, but I can be "stupid." I'm very lighthearted and I'm always joking around and have trouble taking things seriously. I laugh a lot. I'm direct with others and I say what I think. I'm really possessive over my things and hate sharing. One friend looks up to me

and considers me admirable for my socialization skills. I have a big mouth and struggle keeping secrets. I talk about everything.

Boyfriend: I was very attractive from the start. Easy to love and talk to, very warm and welcoming. I'm very thoughtful and extroverted. I'm easygoing and unbothered by most things. I'm very honest and accepting. I can also talk a lot and say a lot of random stuff. I'm confrontational and protective.

Admires me because of my ability to not worry about other's perception.

Ppl who dislike me: I'm manipulative and always try to spin the blame onto somebody else. I'm annoying and it's "draining" when I talk in class. I talk A LOT. I don't know when to leave things alone. I don't know how to act right in relationships. I'm selfish and insensitive.

Other notes: I tend to accidentally offend people when I don't mean to by saying something looks ugly on someone or just by being direct. I like to tell my friends with social anxiety that nobody cares about them, to which they feel hurt, but really I meant it in good faith. Maybe I word things wrong? I also seem to just be always laughing at anything. I had a friend tell me once "you could kill my whole family just because it's funny." Another thing that same friend told me is that they could have a sandwich made of gold and I would wonder how they got that in school (like focusing on that instead of the golden sandwich part). Maybe I look at details or logistics of things a lot. But yeah, I don't really care much about any of them except for my partner. Why would I care? I don't see a reason to be sensitive about those things, if anything it's funny.

5 - How would you say your close relationships are with the people in your life? Explain the relationship between your friends, and your family, separately.

I don't have close friends. I don't care to become close with them. Some people may see me as close just because I'm an open person about my experiences and thoughts and allow them to be open with me, too. But I don't care enough about friends to be close to them. They're just kind of there, you know? Something I feel guilty about is that I struggle with feeling sympathy for people. Like when others are struggling or crying to me I just feel nothing for them. I hate my family. I have a horrid relationship with my mother, and a very detached one with my father. The rest of my family I

dislike just because of the kind of people they are. I don't want to associate with them and I stay far. I value closeness and connection a lot, actually. I'm also very sexually active and I have been since a young age. I'm only so caring and immersed that way in one-on-one relationships. I want my own person. I want to be someone's own person. I care about my relationship more than anything else, and it is usually hard for me to care about others. I'm good at forming one-on-one bonds. I worm my way into someone's heart pretty easily. I want to spend my whole life around and with this person. Loyalty and reciprocation is very important to me.

6 - Think of a time in which you were arguing with someone close to you for whatever motive or reason. Explain how you felt during this argument and what your reactions were. What were your actions, and how did you feel after the argument was over?

I become extremely fearful whenever I argue with my partner (I will be using my partner for this example since I'm not close with anyone else). My main goal is to be able to clearly understand each other and openly tell each other every thought and feeling that we have. On my part I may hide some of it because it's still hard for me to be vulnerable, but I make sure they understand that I'm not angry and only want to know the truth about things. I'm scared of conflicts in my relationship because I'm worried that will change their view on me. I try my hardest to stay completely logical and positive, hiding my fear or frustration or whatever I'm feeling. After it, I don't really feel anything.

7 - Are you interested in experiencing several different things and experiences in life? Do you plan on going out and experiencing said things, or do you let it remain a fantasy?

Yes definitely! I've always been an extremely curious person, and even with as lazy as I am, I love to learn new things. I have an insatiable curiosity and will often times be reading about things, doing tests/questionnaires, discussing with others, asking questions (I always have questions), etc. Meaning and reasoning to things are also incredibly important to me. I just like to understand things. I want to go to school and get an education, I want to travel and see things, I want new information all the time. I just

literally want to know everything about everything. Not for any particular reason I'd say, I just really like being aware. I want to get to a point where I can push myself to feel motivated enough to go pursue things.

8 - What do you think about the negative things and obstacles in life? Do you dwell on these experiences, or do you try to escape and forget about them?

It's hard for me to answer this. I deal with negativity well because I have been exposed to that for a very long time. Since even before I was born, my mom was an alcoholic. I was raised in a very aggressive household with constant fighting. I grew up basically on the internet and saw things from a young age. I've had multiple interactions with the police. I've been to the psych ward twice. I've attempted suicide twice in my life as well, the first as young as 11. So it is safe to say that I've seen and been through a lot. Which is why I feel desensitized to setbacks in life now. It is both a good and bad thing, as I'm able to just be okay with most circumstances and will certainly never complain, but on the flip side, I have trouble feeling sympathy for people. I don't know how to feel when someone cries to me, because to me they seem like trivial things. I also just struggle to care. I'm also not very fond of "forgive and forget." I was treated horribly and unfairly by my mother, which is why I treat her with aggression. It's deserved and justified. I will NEVER under any circumstance allow unfairness. My mom always tells me that it was in the past, but she tormented me and my dad for years. The hurt doesn't just go away overnight. I don't want to dwell on my past, but the past should definitely have consequences and I can hold grudges.

9 - Would you consider yourself a jealous and/or possessive person? What do you think is the cause? (Regardless of whether you are or aren't).

Holy shit YES. I am extremely jealous and possessive, especially over my partner. Since I was young I've struggled with extreme jealousy issues. I could literally get jealous just from my partner speaking to someone else. I don't know why, it's just how I am (and also something I hate). I'm also incredibly possessive of my things. I hate when people mess with objects that are MINE or ask for things that are MINE. I'm not afraid to admit that I'm very selfish and stingy. To be honest I have no idea about the cause, maybe

I'm just naturally like that? Maybe it's because my mom was always messing with me. I also think part of it is that I fear loss. I hate the thought of someone else having something that is supposed to be mine. I also hate the thought of not being the best or most desirable to my person; Losing to someone else.

10 - How do you manage and cope with feelings of rage or anger? What types of situations bring you to feel such emotions? How long does it take for these feelings to go away, and how do you go about it?

I can get frustrated or annoyed, but it really is just hard for me to feel angry at things if they don't directly involve me. I just get pissed off whenever I'm disrespected. It's VERY easy for me to feel angry at my mom, though. I was never the kind to just allow myself to be mistreated, and if I ever get pushed to that point I will not hold back. I made my anger very clear and it's easy for me to raise my voice to my mother. So I guess only in extreme situations it comes out. I guess I can be fiercely protective about my partner though and will gladly confront people for them. And like I said I don't tolerate unfairness and will absolutely stand my ground to get myself heard. I don't really have to cope with anger. I feel alive when I'm mad, I feel unstoppable so I don't mind it. Plus it's not very often so it's just not really a problem I have to deal with. I can remain poised and formal with people in disputes.

11 - Would you consider yourself a competitive person? In which areas or situations are you more competitive in (relationships, sports, jobs/workplace, physical appearance or beauty, school, family, etc...)? What is the cause of this?

I don't really bother with competition but once I'm in one I feel like I'm naturally wanting to win. I love the feeling of being on top and impressing people. I love being able to show off. I'm mainly competitive when it comes to like money or school I guess. I like feeling smarter than most in class, and I once almost cried over getting a 99/100. As for money I will try to bribe someone into giving me something instead (that they were gonna give to someone else). Also, I'm of course competitive in relationships. I usually always end up getting what I want in the end. I also lie a lot to get me out

of situations because I don't like dealing with conflict much. But, I can debate a lot. A lot of people say it seems like I'm never satisfied with whatever answer I'm given, but I just find it to be in my nature to question and make counter arguments.

12 - What do you think is an example of an ideal person? Emphasize which qualities are more important to you, and explain whether this ideal is something you'd want to be, or someone you would like to seek out.

The ideal person to me is the same as someone I'd want to seek out and I'd want to be. I like intensity and passion, and someone who is assertive and has strong willpower. They are able to go against the grain without caring for backlash, and will stand their ground firmly on something. Just not someone as scatterbrained as me, basically. I also like when people have a lack of anxiety since I struggle with that. At the same time I like meek and timid people (like my boyfriend) because I like being able to protect them and help them. Oh also someone who is productive and decisive, that's something I really lack.

13 - What makes you feel guilty? How do you deal and cope with such feelings? Do you seek to fix it, or do you dwell on them?

I feel guilty whenever I inconvenience someone. It's weirdly specific, like I don't care if I annoy someone or whatnot but I do feel bad for causing inconvenience or making someone go out of their way. I definitely seek to fix it whenever I do cause something that makes me feel guilty. I'm very active about problem solving and communication and I try very hard to make sure everyone is heard. I can sometimes even be forceful about explanations or getting others to share their thoughts and feelings. I hate misunderstandings and I just want to know the truth. Another thing I feel really guilty about is that I feel like a fraud in my relationship. I will oftentimes not express my frustration and deny having any negative feelings. I tend to do this a lot in general actually, since I don't like opening up. I refuse people being able to see me when I cry, I don't like attention for those kinds of things. I also lie to people a lot just to avoid troubling situations.

14 - What do you think of adult life, whether you are an adult already, or aren't? (Things like work, money & finances, responsibilities, and independence)

Intimidating. I'm already indecisive as is and I dodge responsibilities, so I'm scared for my future. I like the thought of being in control of my own place and life, but I'm worried about if I'm capable to make the right choice. I'm already very careful with my money and financial instability is something I fear greatly. I hate relying on others (sometimes) so I'm constantly stressed on getting everything sorted out for myself. In my head, at least. Because on the outside I remain lazy and easygoing, just letting life pass me on.

15 - How would you define your levels of emotional stability? Do your emotions fluctuate often, or are they more consistent and stable? What types of situations make your emotions fluctuate the most?

Right now I'm very stable. I used be extremely unstable to the point of me being hospitalized, as mentioned before, but now that I don't really have much to worry about in my life anymore I'm learning about who I actually am. I never had a chance to understand what I'm really like without stress. I feel fine and I feel strong. The abuse I endured obviously leaves a lingering affect on me (like intense fear of abandonment), but I'd say I'm doing pretty well. Nothing can really shake me in life besides my romantic relationship. No one can hurt me. My emotions fluctuate but it's nothing like before. I'm diagnosed with MDD, GAD, and PTSD, but my symptoms are lessening by the day. I guess what I have the strongest emotional reaction to is me being jealous. In social situations or just in general I'm incredibly lighthearted and unaffected.

16 - Explain a goal you have set for yourself, whether it is a general or specific goal. It could be any type of goal, large or small. Explain in as much detail as you can.

My most recent goal that I have achieved is taking care of myself. I lack a lot of hobbies but I've been pretty into beauty related things, so my goal is keeping up with my appearance and having wonderful hygiene and self-care routines. Obviously it's been incredibly hard for me to start (out of laziness) but yeah that's just the most recent goal I can think of. I like to look good.

17 - Is image and prestige an important thing for you? Why or why not?

Not really at all. I don't care how random people view me plus that's too much work to put up with. As I said before, I'm selfish. I would rather do things for myself than gain other's approval. I'm very curious about how I'm viewed, but I don't care about it. The different perceptions of me are interesting to learn about.

18 - Do you go to parties or events often? Why or why not? Do you enjoy going to such events?

Yes I really enjoy going to things like that. I like the atmosphere of fun and being around people. I like to experience things so maybe that's why. I love doing things with people especially, it's very fun to be in a group. Actually, one of my dreams is going to a rave one day. I would definitely be a raver.

19 (A) - Do you like learning about things like art, watching plays or musicals, and going to conventions or festivals? Why or why not?

Yes I enjoy doing those things. One of my favorite things to do is watch live stage performances. I just love how impressive they are and being in that atmosphere is nice. I like to witness things. I'm an artist myself so I guess I'm naturally inclined to like things like that.

(B) - Do you like learning about things like politics and economics? Why or why not?

Yes and I think everyone should. It's extremely important to be aware of because it is the life that you live in. Also, you can base someone's morals from how they align themselves politically. This is just part of your survival.

20 - Do you believe in love? What kinds of things do you search for in a partner and/or friend? How do you express things like love and appreciation?

I believe in love strongly. I think it's been pretty obvious that I focus a lot on love and intimacy. I want full closeness with somebody, no secrets, no nothing. I want to be someone's top priority and they will be mine. I express love very outwardly, I'm an incredibly affectionate person. I can seduce and win over others easily. I also am very sexual, so mutual desire is important

to me. I tend to just be very touchy and devoted in my relationships. I want someone who will feel the same about me. Loyalty is very important to me. The more devotion, the more intense the love is and I like that.

21 - How important is security to you? If it is important, what things do you find the most security in? Why do you think you feel this way?

It's pretty important. Not so important that I'm really worried about it constantly or anything. I actually tend to be very lenient and accepting of circumstances. Again, probably because I'm used to unfortunate things. But I do value making the objectively best choice in all that I do. I find most security with the more information I have about things. I tend to be more realistic rather than pessimistic or optimistic, so I try to accumulate all the knowledge I need. But, I tend to be very optimistic to other people and express that they will probably be fine about things.