

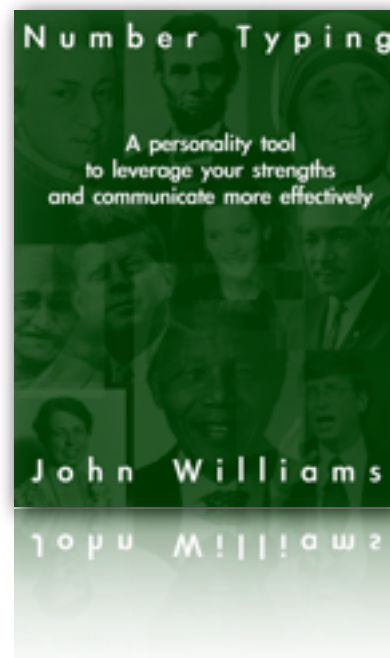
## Number Typing: A Personality Tool to Leverage Your Strengths and Communicate More Effectively

Here are the rules:

1. 9 numbers. 9 types.
2. Everyone is each type. (So a few paragraphs will seem to "fit".)
3. But you are only one core type. (So one paragraph will stand out.)
4. To find your type, read the nine following paragraphs.
5. Choose the top three that describe you.
6. To see if it is really your type, turn to the charts and read more.
7. If you still are not sure, ask friends what they think.

You will discover:

- Your natural strengths and what really motivates you
- What you want to avoid at all cost
- What helps and hinders your personal growth
- How others see the world and how best to communicate with them
- How to use your type to be the best leader you can be



Number typing is a tool based on the Enneagram, a mixture of an ancient personality system and modern psychology.

### The Number Type Paragraphs

#### Type One: Idealist

I like things to be perfect. If I really care about something, I will spend a lot of time working to make it right. I can be extremely organized about things I care about. If only people knew how hard I can be on myself at times! It's as if I have a voice in my head that constantly judges how well I am doing. I don't like errors, and I hate making mistakes. Sometimes I get stressed out at how much I have to do, and I feel like I have to do it right. Others sometime think that I can be serious. I guess I do like to get things done right, but I like to have a good time like everyone else.

#### Type Two: Giver

I usually know what others need, and I love giving to people. I wish I could give more! It hurts my feelings when others think that I'm trying to control them. I'm only trying to help. I really appreciate when others recognize how helpful I am. Sometimes, though, I wish I could say 'no' better. I often spend all my energy on others and don't have enough left over for me. I usually know what I need, but I sometimes have a hard time putting myself before others. Relationships are very important to me.

#### Type Three: Doer

I want to be the best I can be at what I do. I am very goal driven. I believe that people are what they achieve, and I have achieved a lot. I get frustrated when others waste time or mess it up. Some people call me competitive, and although I admit that I am, I also do well on teams. I tend to care a lot about my reputation and how others see me. When I have a goal I care about, I can focus and get it done. Why do anything if you cannot be the best at it?

#### Type Four: Artist

I love feeling my emotions. Many people consider me creative and artistic. I feel most alive when I express myself and when others understand me. I like to think of myself as unique and different from everyone else. But sometimes I feel misunderstood and lonely. Some say that I am dramatic, but I am only expressing how I feel. I want a deep connection with others. I am after what is true, real, and beautiful. Feelings are extremely important to me. I am what I feel. I don't mind feeling sad. It's a human emotional like any other, and emotions do pass. What's most important to me is that I know what I feel, even if I don't know what to do about it.

#### Number Type Five: Thinker

I love being the expert. I like knowing as much as I can about a subject before I have to do anything. I hate it when others say I'm factually wrong when I think I'm right. Often times I would prefer not to answer questions than risk being wrong. I am more than willing to argue my point, and I will reconsider my ideas if the facts don't support what I think. I love going to my room, where I have my books, dvd's, video games, and a space where no one will make demands on my energy or time. I like my alone time. I like to think about past experiences when no one else is

around. It helps me sort myself out. I don't like to depend too much on others. In groups, I am more than willing to speak up and say what I want. I enjoy living a simple, straightforward life.

**Number Type Six: Questioning Ally**

I have a good imagination, and I tend to think up worst-case scenarios. That's good because I'm always prepared for the worst. Issues with authority also play a big role in my life. I go from going along with those in charge completely to being a rebel depending on what I think about them. When someone tells me a new idea, I can usually see what could go wrong with it. I like to think something through before I trust it. Once I trust a person and believe in an idea, I am a strong ally. People tend to think I'm witty and smart. I have a funny, if unusual, sense of humor.

**Number Type Seven: Optimist**

I want to have the best. I like it when life moves fast and I have lots of options open. I try to always avoid negative emotion. I run away from bored, feeling trapped, or being sad. If something does get me down, I'll quickly think of something else. My mind moves 100 miles an hour. I will sometimes get really into something I barely know about. Then when I get bored with it, completely drop it. I guess I have a lot of things I've started but don't quite finish. I am good at making connections between things that are completely different. I am an optimist who believes that life is to be enjoyed. Sometimes, though, I have trouble deciding between two positive choices. Which one will be better? Can I have them both?

**Number Type Eight: Defender**

I love a good challenge. I love being in control of things that matter to me. I am a blunt and honest person who seeks out truth and justice. I respect those in power who treat others fairly. It angers me when people try to manipulate me or act unfairly to others. I like to be in control. Sometimes people accuse me of being bossy, but I'm only trying to make sure everything is ok. I don't like others knowing my flaws or weaknesses. And I have little patience for weakness in others, unless they are trying to do something about it. It's a tough world out there. Someone's got to be in control.

**Number Type Nine: Peacemaker**

I like it best when everything is peaceful. I try to avoid conflict and keep everyone happy. In groups, I tend to go along with what others want. Sometimes I find myself agreeing with someone or something when I don't want to. I sometimes get frustrated with myself, but I don't like to disappoint people. I don't like it when others are angry at each other, and I hate it when people are angry at me. Sometimes people tend to take advantage of my kind nature though, but I can stand up for myself when I need to. I can usually see all sides to a situation because each side has its pluses and minuses. Sometimes I have trouble knowing what it is I really want. I just want life to be comfortable and peaceful.

**Basic Desires, Fears, and Internal Message**

Number	Main Desire	Basic Fear; What I avoid	I'm OK when
1	to be perfect	being bad or flawed; mistakes, losing control	I do what is right
2	to be loved	being unwanted; disappointing others	I can help others
3	to be the best	being useless; failing and looking bad	I am recognized for achievement
4	to be unique	being forgotten; being rejected and fake	I express my true nature
5	to be right	being wrong; strong feelings and demands	I am the expert
6	to be safe	being threatened; being helpless and useless	I avoid danger
7	to be happy	being trapped in pain; limits, boredom, pain	I get what I want
8	to be in control	being weak; vulnerability, being controlled	I am strong
9	to be comfortable	being in conflict; tension and being uncomfortable	I am peaceful

## Strengths, Learning Style, and Leadership

Number	Strengths and Learning Style	They step into Leadership
1	Principled. Eager to improve. Responsible. Will work to get things done right. Loyalty. Vision. Tend to be visual-based learners.	When they allow themselves to have fun. When they accept themselves and the situation as perfect just as it is.
2	Compassion. Helpfulness. Charming. Knowing how to help others. Empathetic. Tend to be audio-based learners	When they don't depend on the recognition of others. Focus on action that is also beneficial for themselves as well as others.
3	Successful and an ability to achieve a lot. Team player. Charming. Calm under pressure. Tend to be visual-based learners.	When they allow themselves to focus on fulfillment. When they can set aside a desire to look good for the sake of accomplishing a meaningful goal.
4	Creativity. Artistic. A Romantic imagination. In tune with their emotions. Tend to be kinesthetic learners.	When they embrace the ordinary and work to make it exceptional. When they focus on principles, not getting sidetracked by emotions.
5	Scholarship. Thoughtfulness. Patience. Reliability. Creativity and an ability to create useful solutions and systems. Calm under pressure. Tend to be visual-based learners.	When they take action and connect with people. Thoughtful and astute, 5's have the ability to think deeply about problems to create lasting solutions.
6	Wit. Perseverance. Loyalty. Quick and questioning mind. Humor. Responsibility. Tend to be kinesthetic learners.	6's are magnetic when they focus on positive goals and view problems as challenges and opportunities. When they act on positive assumptions.
7	Vision. Excitement. Fun. Joy. Love to think up new ideas, connections. Entertaining and charming. Tend to be audio-based learners.	When 7's use their natural ability to stir things up for a purpose. When they are willing to face negative situations and emotions and stay focused on creating positive outcomes.
8	Decisive. Strong. Can get the job done. Fair. When in the service of others, they can become heroic. Tend to be kinesthetic learners.	8's usually have a big impact. As natural leaders 8's truly shine when they take other people's needs and feelings into account.
9	Ability to create peace. Maintain harmony in groups. Inclusive. Understanding. Accepting. Caring. Tend to be audio-base learners.	When they have a clearly defined goal and they are willing to step outside their comfort zone and take steps to accomplish their goal.

## Stress and Anger

Number	What causes Stress and Anger:	Nature of my Anger
1	Mistakes, errors. Pressure of having so many things to get right. Not being able to stop thinking if what I am doing is good enough. Others blaming me.	Frustration. Tense, sudden tantrum of resentment. Seriousness and sometimes crying.
2	Others not recognizing me. Having too much to do for others and not having time for myself. Caring so much about relationships.	Blaming. Emotional. Sometimes crying. Can be demanding.
3	Others thinking poorly of them. Inefficiency, things getting in the way of accomplishing a goal. Pressure from having to accomplish a goal.	Frustration. Aggressive accusations. Impatient.
4	When others do not acknowledge how I'm feeling, or even worse, when they tell me not to feel that way. Feeling inadequate, abandoned.	Dramatic. Teary. Emotional. Blaming others for not being understanding or cruel.
5	Demands on my time and energy. People invading my space. Being proved factually wrong.	I tend to retreat into my mind and become stubborn, argumentative. I can be cold and smoldering, and eventually aggressive to protect myself.
6	Danger or threats. Not trusting other people. People breaking their promises or being unreliable. Problems.	Sarcastic. I use wit to get my point across. I will go from being direct to passive-aggressive depending on how I perceive the threat to be.
7	Thinking that something better is out there for me. Feeling trapped in something boring or painful. Too many options, not enough time or limits on getting what I want.	Brief, to the point. Frustrated. Strong. Trying to avoid negative feelings but still getting what I want.
8	People who take advantage of me or others. Weakness in myself and others. Stupidity. Unfairness. When things are moving slowly or nothing important is really happening.	Demanding. I prefer direct confrontation. If I think it's fair, I will take opportunities for revenge.
9	Having people angry at me. Going along with the plans of others, even if I don't agree with them. Not being able to say 'no.' Seeing possible problems but ignoring them.	Passive-aggressive. I usually stuff my anger down until I just can't take it anymore then I blow up.

## Personal Growth

Number	Challenge to personal growth	Exercises that aid personal growth
1	Being too hard on myself. Being too serious. Not taking time for myself for fun and pure enjoyment. Demanding perfection and not accepting every part of myself.	Improvisation and activities like improv are outstanding for 1's. They let ones act without getting stuck in their thoughts. Taking time out of the day for fun and laughter. When healthy 1's integrate to 7.
2	Doing so much for others that I forget to take care of my needs. Becoming too involved in relationships. Becoming demanding when I am not recognized.	Write out what you want for each area of your life and becoming clear on the balance you want to achieve. Set aside time to treat yourself as you would another person. When healthy 2's integrate to 4.
3	Realizing that your worth is who you are, not what you have accomplished. Sacrificing personal relationships for the sake of a goal.	Relax your focus on success and put your focus on what would fulfill you. Clarifying your values and what's really important to you. When healthy 3's integrate to 6.
4	Over identifying with emotion, especially sad emotion, without moving into action. Resisting change if it is not dramatic. Feeling unworthy. Focusing too much on yourself.	Practice changing perspectives and choosing those perspectives that empower you to get what you really want. Create a positive vision of your future life. When healthy 4's integrate to 1.
5	Over-analyzing and being stubborn. Avoiding people or opportunities that seem to overwhelming. Being extremely private. Not moving into action.	Meditation. Especially short meditation during the day to check in with your emotions. Then move into action! You must act on what you decide.  When healthy 5's integrate to 8.
6	Not trusting yourself or others. Thinking about worst-case scenarios. Wanting to keep knowing more before making a decision. Doubt.	Check in with fear. Practice changing perspectives and choosing those that move you forward in a positive direction. Positive affirmations work for 6's.  When healthy 6's integrate to 9.
7	Thinking that something they don't have will be better than what they have. Constant trying to avoid pain and not meeting responsibilities. Being distracted from bigger goals.	Clarify a mission statement and take small action steps to accomplish it. Meditation is very important to 7s. Exercise discipline.  When healthy 7's integrate to 5.
8	Being stubborn. Denying weakness and sensitivity. Fighting any attempt to be controlled and trying to control others. Acting in ways that make success harder to accomplish.	Focus on the gift that you can give to others. Listen closely to others and practice empathy. Resist being stubborn and constantly resisting others. When healthy 8's integrate to 2.
9	Ignoring problems and trying to be comfortable always. Not meeting problems when they first start and avoiding conflict at any cost. Not knowing what you really want.	Clarify a mission statement and commit to taking small action steps. Practice asserting yourself and saying 'no' to small things. Refuse to be passive-aggressive. Instead be assertive. When healthy 9's integrate to 3.

## Communication

Number	How to speak to someone in this number
1	Keep in mind that 1's are harder on themselves than almost anyone else can be. Help 1's go easy on themselves. Take the big picture into account. Remember the rule is to be human, not perfect.
2	Thank 2's for what they do and, even more importantly, thank them for who they are. Ask 2's what they need for support, and listen carefully. Encourage them to take care of themselves and to say 'No' when they mean 'No.'
3	Appreciate the 3's desire to accomplish the goal. Take the big picture into account. Allow the 3 to express how they are really feeling without judgment, and let them know that you support them no matter if they succeed or fail. Remind them to enjoy life, not to just finish it.
4	Acknowledge. Understand that 4's identify with their emotions. If it's a positive emotion, build on it. If it's a negative emotion, acknowledge and let it pass. The sooner a negative emotion is acknowledged, the sooner it passes. And emotions do pass. Have patience. Gently bring the focus to something positive and possible actions to take, but let the 4 decide to move into action.
5	5's love to be right. When speaking to a 5 avoid arguing the bottom-line right or wrong answer but bring your focus to the 5's reasons for their decision. Be sure to respect a 5's space. Gently encourage 5's to move into action and to pay attention to results, not just theory.
6	Remember that 6's at first may completely disagree with an idea, then the next day fully embrace it. Let the 6 know you are on their side and trying to help. When speaking to 6's be sure to be open about the degree to which you believe in an idea. Be careful what you promise and make sure that you follow through on promises. Appreciate the 6's wit and sense of humor and don't take negativity too seriously.
7	Encourage 7's to slow down and appreciate what's present. When giving feedback it's helpful to say something positive before and after something negative. Remember: positive, negative, positive. Let them know your needs and support them when facing anything negative.
8	Be direct, even blunt. Know what you believe. Point to what's fair. Keep your focus on the situation, not the people. Don't make it personal, because it's not. Frame improvements as challenges they can undertake. Share what you think about their impact and how they could make it better. Support them when they reveal their weaknesses.
9	Encourage 9's to know what they want and to take a stand for themselves. Respect when 9's become angry and support them in saying 'no.' Support them when they step outside their comfort zones. Invite them to express their irritation before it turns into all out anger. Encourage them when they take active steps toward a goal and focus on performance.