



CORE DESIRE

Enneagram Type 7's desire to be happy, fully satisfied and content

CORE FEAR

Blind Spot

Weakness or roadblock

- Being deprived, limited, trapped in emotional pain, limited, or bored; missing out on something fun.

Trigger

What brings out the worst

- Being confined or restricted
- Not being taken seriously
- Expected to do something boring or mundane

GOAL

Shift to

High side of 1

- Create order and structure
- Tune in to details
- Build impulse control

Shift to

High side of 5

- Stay focused; go deeper
- Stick with it, finish
- Be still

TYPE SEVEN

THE ADVENTURER

If it wasn't for you, our world would be without adventure and joy. Your curiosity and spontaneity are inspiring. You seek love through exciting new experiences.

Though you are optimistic and playful, you struggle with focusing and becoming easily bored. Remember that the way things are right now is not how they will always be.

Remember not everyone has your energy or sense of adventure. Your relationships would benefit from knowing that more is not always better. Negative feelings don't last forever.