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Steps to Find Your Enneagram Type

Without a Test

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What is Your Type?

There are so many online Enneagram tests online. None of the (even mine!) are 100% accurate. Many factors go into determining your type. In this guide, learn what determines your core type and how to start the journey of rediscovering yourself.



Find Your Enneagram Type

1

DETERMINE YOUR CENTER OF EXPRESSION

2

DETERMINE YOUR ORIENTATION TO TIME AND STANCE

3

COMBINE YOUR CENTER WITH YOUR TIME ORIENTATION/STANCE

BONUS STEP

CONFIRM YOUR TYPE

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Find Your Enneagram Type

1

Find Your Center of Expression

We have three ways we process our world: through our head, our heart, and our gut.

(1) Head/Thoughts

Confusion, asking why, problem-solving mode
"How can I make sure this doesn't happen next time?"

(2) Heart/Feelings

Shame, heartbreak, sadness
"It's all my fault."

(3) Gut/Body

Anger, intuition, move to action quickly
"I can fix this!"



Find Your Enneagram Type

1

Find Your Center of Expression

Questions

How do I initially respond to unexpected news?

What do you find you need the most?

Where do you struggle the most?

Choose One

1. Thinking through it
2. Feeling it all
3. Do something about it.

1. Safety
2. Acceptance
3. Autonomy

1. Security
2. Identity
3. Control



Find Your Enneagram Type

2

Find Your Orientation to Time and Stance

Past/Withdrawn

Do you tend to reflect and reminisce? Do you struggle to be places on time or keep track of time? You tend to move away from people and feel overwhelmed

Present/ Dependant/Neutral

Do you tend to concern yourself with things that need to be done now? Do you struggle learning from your past or planning for the future? You tend to move with people, look for validation

Future/Agressive/Assertive

Do you tend to dream and plan? Do you struggle with being present and acting too soon? You tend to move against people, tempted to be impatient



Find Your Enneagram Type

3

Put Them Together

Take your results of your Center and your stance/time orientation and see where they meet on the grid. Find out more details about each type by clicking your number.

	Agressive Future	Neutral Present	Withdrawn Past
Head Fear	7	6	5
Heart Shame	3	2	4
Gut Anger	8	1	9



Find Your Enneagram Type

So What?

Now that you know your type, what do you do with it?

Knowing your type is starting point to the life you really want. It is the place where you will find the courage to take big steps, confidence to make hard decisions, the freedom to be who you truly are.

If this sounds like something you desire, you have come to the right place. I want to teach you how to use the Enneagram to coach yourself toward where you want to go.

Check out my offerings such as 1:1 coaching, self-guided courses and corporate trainings.

[Work with Erin](#)

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Did You Find Your Enneagram Type?

Bonus Step

Confirm Your Type

It's important to me you determined your type correctly. It will guide you through your journey of self-awareness and beyond. I am offering you this BONUS step for free.

Find 30 minutes this week to hop on a call with me so we can confirm your type.

[Schedule](#)

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Thank You!

I hope you found this guide helpful. I would love to hear if you determined your type and what you discovered. Scan the QR Code to find out all about how to apply what you've discovered and start your journey.

Erin Slutsky



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