



## ENNEAGRAMM TEST

**Please assign each Sentence a number of 0, 1 or 2 points:**

0 = statement does not apply

1 = statement applies partially

2 = statement applies completely

1. My appearance or what others think of me is important to me. \_\_\_\_\_ [ ] (g)
2. I can say more easily what I don't want than what I actually want. \_\_\_\_\_ [ ] (b)
3. Praise is important to me. It offends me when others do not acknowledge my effort. [ ] (i)
4. It annoys me when others on the team do not exert themselves or do not take their duties seriously. \_\_\_\_\_ [ ] (d)
5. It is sometimes difficult for me to ask for something or to refuse others a request. \_\_\_ [ ] (i)
6. I enjoy competing with others. \_\_\_\_\_ [ ] (g)
7. I can't stand by doing nothing when someone is suffering. \_\_\_\_\_ [ ] (i)
8. I am relatively easy to be offended or sensitive to criticism. \_\_\_\_\_ [ ] (b)
9. I constantly work on myself or like to give advice to others. \_\_\_\_\_ [ ] (d)
10. I am also very careful with small details and tend to be a perfectionist. \_\_\_\_\_ [ ] (d)
  
11. I am very resilient and can take a lot. \_\_\_\_\_ [ ] (h)
12. I am almost always ready to take over leadership or power and exert influence. \_\_\_ [ ] (h)
13. Most of the time I am direct, open and speak my opinion bluntly (regardless of whether that suits the others or not). \_\_\_\_\_ [ ] (h)
14. I am a passionate and impulsive person. \_\_\_\_\_ [ ] (h)
15. I like being with people, especially those who need my help. \_\_\_\_\_ [ ] (i)
16. I like to be alone and often withdraw. \_\_\_\_\_ [ ] (c)
17. I am good-natured, tolerant and easy to deal with. \_\_\_\_\_ [ ] (e)
18. I prefer to be with others rather than alone. \_\_\_\_\_ [ ] (i)
19. Sometimes I am unmotivated or just run with it. I then prefer to leave important decisions for others to take. \_\_\_\_\_ [ ] (e)
20. I am mostly well-organized, reasonable, punctual and correct. \_\_\_\_\_ [ ] (d)
  
21. I am usually fast, flexible, quick-witted, successful or charming. \_\_\_\_\_ [ ] (g)
22. I am much more sensitive than most people think of me. \_\_\_\_\_ [ ] (b)
23. I am multi-talented and can do several things at the same time. \_\_\_\_\_ [ ] (f)
24. I am good-natured with a pronounced social behavior. \_\_\_\_\_ [ ] (a)
25. I am reserved and value my privacy. \_\_\_\_\_ [ ] (c)
26. I can dazzle people well or adapt well to get on in life. \_\_\_\_\_ [ ] (g)
27. Time to rest and relax is very important to me. \_\_\_\_\_ [ ] (e)
28. I need time to start a task and I like to take it easy. I'm easily distracted or often procrastinate until there is enough pressure. \_\_\_\_\_ [ ] (e)
29. I need time to make a decision and to stand by it. \_\_\_\_\_ [ ] (a)
30. Show-offs or unjust/dishonest people have no chance with me. \_\_\_\_\_ [ ] (h)



31. My individuality is important to me, I love the special and the extraordinary, also in my personal style. \_\_\_\_\_ [ ] (b)
32. I find it appealing to always develop new ideas or projects. \_\_\_\_\_ [ ] (f)
33. I can empathize well with the problems of others. \_\_\_\_\_ [ ] (i)
34. It is important to me to live in harmony with nature or my fellow human beings. \_\_\_\_\_ [ ] (e)
35. I get on well with my resources and plan my time, money or contacts in advance. \_\_\_\_\_ [ ] (c)
36. I like to enjoy life and often just can't say "no". \_\_\_\_\_ [ ] (f)
37. I rarely "lose it" self-control is very important to me. \_\_\_\_\_ [ ] (d)
38. I have a lot of self-confidence and can impress others with it. \_\_\_\_\_ [ ] (g)
39. I have a fine antenna for discrepancies. It is important to me and normal to question the motives of others. \_\_\_\_\_ [ ] (a)
40. I don't always have the right instinct for others. \_\_\_\_\_ [ ] (h)
41. I often feel like I have to hold back or cannot live my energy fully because others cannot handle it. \_\_\_\_\_ [ ] (h)
42. I keep my feelings to myself. I don't need to talk about them. \_\_\_\_\_ [ ] (c)
43. Puzzles fascinate me and I like to tell people about my most recent discoveries. \_\_\_\_\_ [ ] (f)
44. I have a good sense of impending dangers and can deal with them better than others. \_\_\_\_\_ [ ] (a)
45. I am relatively chill. I don't always have to enforce my own will. \_\_\_\_\_ [ ] (e)
46. I almost always have a good overview and can thus adapt to difficult situations more easily than others. \_\_\_\_\_ [ ] (g)
47. I can feel myself into the position of most people and thus often understand everyone's sides better than others. \_\_\_\_\_ [ ] (e)
48. I can quickly get enthusiastic about something and see the positive in it. \_\_\_\_\_ [ ] (f)
49. I know melancholic or depressive phases in life. \_\_\_\_\_ [ ] (b)
50. I value a special/unique design of my rooms, clothes or work. \_\_\_\_\_ [ ] (b)
51. Most of the time I'm successful and I don't like to be reminded of my failures. \_\_\_\_\_ [ ] (g)
52. I solve my problems by careful thought. \_\_\_\_\_ [ ] (c)
53. I like straight forward rules. I like to know what I have to stick to. \_\_\_\_\_ [ ] (a)
54. I am a spontaneous, quick-witted and optimistic person. \_\_\_\_\_ [ ] (f)
55. I would like to be perceived as a unique and very special person. \_\_\_\_\_ [ ] (b)
56. I can also impress people who are socially important/of high rank. \_\_\_\_\_ [ ] (g)
57. In general, I can talk better about my work than about my feelings. \_\_\_\_\_ [ ] (g)
58. Sometimes I'm tense inside and have to pull myself together. \_\_\_\_\_ [ ] (d)
59. Sometimes I can't trust my own success and keep wondering whether something could still go wrong. \_\_\_\_\_ [ ] (a)
60. I like to make great plans for a better future, but I often face difficulties actually implementing them. \_\_\_\_\_ [ ] (f)



61. I protect myself from stress and in critical situations/crisis with a calm and distant appearance/composure. \_\_\_\_\_ [ ] (c)
62. I long for freedom and independence. \_\_\_\_\_ [ ] (f)
63. I tend to compare myself to others and then suffer of it because I feel like a misfit or underachiever. \_\_\_\_\_ [ ] (b)
64. I set high standards. Living by my values is very important to me. \_\_\_\_\_ [ ] (d)
65. I am generous and like to help the weak or less privileged. \_\_\_\_\_ [ ] (h)
66. Most of the time I prefer to endure problems rather than face the direct confrontation/conflict with someone. \_\_\_\_\_ [ ] (e)
67. I love to advise or help others. \_\_\_\_\_ [ ] (i)
68. I am loyal and reliable. Loyalty to my family, church or company is important to me. [ ] (a)
69. I classify other people according to how threatening they are for me and others. \_\_\_\_\_ [ ] (a)
70. I enjoy intense and extraordinary moments in life. \_\_\_\_\_ [ ] (b)
71. I like to team up or surround myself with people who are experts in my field. \_\_\_\_\_ [ ] (c)
72. I hate to stick my head in the affairs of others. \_\_\_\_\_ [ ] (c)
73. I cross borders and break rules if they don't make sense to me. \_\_\_\_\_ [ ] (h)
74. I love to try and grasp hidden connections and solving riddles. \_\_\_\_\_ [ ] (c)
75. Somehow, I instinctively know what's right and what's wrong. \_\_\_\_\_ [ ] (d)
76. I have learned a lot and am constantly expanding my knowledge by reading or close observation of things. \_\_\_\_\_ [ ] (c)
77. I always try to be right and sincere. It annoys me, if I have to admit a mistake. \_\_\_\_\_ [ ] (d)
78. I am often plagued by self-doubts and also often doubt authorities. \_\_\_\_\_ [ ] (a)
79. I want others to feel comfortable in my home. \_\_\_\_\_ [ ] (i)
80. I sense danger and threat earlier than others. \_\_\_\_\_ [ ] (a)
81. I don't like conflicts and disputes, I seek the peace and quiet. \_\_\_\_\_ [ ] (e)
82. I'm somehow an outsider that others often don't quite understand. \_\_\_\_\_ [ ] (b)
83. Sometimes I feel emotionally drained by others. \_\_\_\_\_ [ ] (i)
84. I only show my vulnerable, loving side to people whom I fully trust. \_\_\_\_\_ [ ] (h)
85. I'm bored with compulsory tasks or routine jobs. \_\_\_\_\_ [ ] (f)
86. Negative things pull me down, so I prefer to emphasize the positive sides of things or try to cheer up others. \_\_\_\_\_ [ ] (f)
87. Without being close to others, I am feeling depressed, excluded or small. \_\_\_\_\_ [ ] (i)
88. Due to my work or responsibility I often don't feel like participating in pleasurable things, fun or play. \_\_\_\_\_ [ ] (d)
89. What I set out to achieve, I usually achieve. \_\_\_\_\_ [ ] (g)
90. When I feel pressured by others, I get quite stubborn or don't do anything anymore. [ ] (e)



TYPE:

+												
20												
19												
18												
17												
16												
15												
14												
13												
12												
11												
10												
9												
8												
7												
6												
5												
4												
3												
2												
1												
0												
	Eins (d)	Vier (b)	Zwei (i)	Acht (h)	Fünf (c)	Sieben (f)	Eins (d)	Drei (g)	Neun (e)	Sechs (a)	Drei (g)	

ANALYSIS: