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# The Enthusiast

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Report for Enneagram  
Style Seven

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This report specifically addresses an advanced understanding of a person whose style is Seven: The Enthusiast.

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## Your Enneagram Style: Seven

# The Enthusiast



### Summary

As Enthusiasts, Sevens work constantly to find enjoyment in every sphere of life. They are constantly looking for stimulating ideas and dreaming of exciting possibilities in order to find the best that life has to offer. Because they love people, Sevens can be very magnetic and spontaneous. You can trust them to get a party started.

Sevens are visionaries and can be very strategic, often knowing the best next step to take. They can also be quite skillful in persuading people to follow their ideas. They bring encouragement, optimism, and hope to others around them who are struggling.

These Enthusiasts do what they do in order to make the world a happier place.

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### Motivation & Core Fear

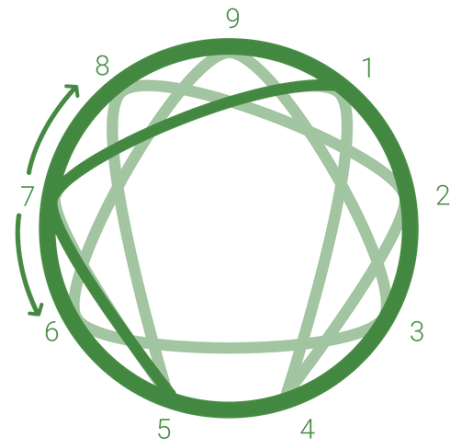
Sevens are motivated by the desire for enjoyment. They often turn to stimulating ideas and experiences for happiness and contentment. They long for freedom without restriction and try to keep their options open. This motivation is driven by their fear of missing out, boredom and being trapped in emotional pain. While they greatly desire enjoyment, they have developed a core fear that they must ensure their own happiness.

# Wings

Each person is unique. Thankfully, the Enneagram recognizes this and actually shows how each style carries “flavors” of the other styles.

On the diagram to the right, the lines on the outside of the Enneagram drawing (pointing from the Seven to the Six and to the Eight) are called “Wings.”

If you’ve taken our assessment, your wing is the higher score between a Seven or a Nine.



## SEVEN WITH A SIX WING

This variance is often called "The Entertainer." Having Entertainer tendencies means that you are probably loyal, endearing, playful and outgoing. You have a great sense of humor, seek variety, and have a more positive outlook on life. You can also be more sensitive and anxious when you're trying to ensure your own happiness. You probably prefer not to be alone and fear losing connection with the people you love.

## SEVEN WITH AN EIGHT WING

This variance is often called "The Realist." Having Realist tendencies means that you are probably free, passionate, creative and strong. You are more driven and strategic, and can organize resources quickly to reach your goals and desires. You also can be more intense, hedonistic and fixated on having the ideal experiences when you're trying to ensure your own happiness. At these times, you can have workaholic tendencies with the ability to roll over people to achieve your goals.

# Subtypes

Each style has three different "subtypes" or instincts often referred to as self-preservation, social, and one-to-one (sexual).

The self-preservation instinct is interested in safety and well-being.

The social instinct helps is very aware of others and how they affect those around them.

The one-to-one instinct has a higher drive for intimacy in another person.

## SOCIAL

- This "counter-type" behaves much differently. They consciously deny their desire for pleasure to serve others first instead of themselves. This is why they can resemble a Two. Unconsciously, however, their motive for serving others is to make them feel happy.
- They want to be seen as good for the sacrifices they make for others.
- They express enthusiasm and idealism in order to be seen as more valuable to the world.

## SELF-PRESERVATION

- This subtype is more aware of their anxieties and networks to build alliances to get needs met.
- They are alert to opportunities that will support their survival and need for fun.
- They are cheerful, talkative, and upbeat.
- They are generally admired by others which helps them to get what they want.

## ONE-TO-ONE

- This subtype enjoys dreaming of exciting possibilities.
- They live comfortably in their imagination, envisioning big opportunities that are often not realistic.
- While they're optimistic, they can see life through rose colored glasses.
- They can be gullible and naïve, making it easy to persuade them.
- They are confident, enthusiastic, and light hearted.

Note: You use all three of these, but one is more influential upon your style. Also, the order of intensity of these three is why you can be very different than another person with the same style.

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# Your Circumstances

## Childhood

As children, Sevens were aware of finding happiness in the “here and now.” And they were commonly affirmed for their joy and happiness. Sevens took this on as a way of life, making the pursuit of happiness central to their identity. They learned to deal with pain or boredom by finding new adventures and entertaining others.



## At Work and in Relationships

Sevens can be energetic leaders when they are operating from a place of healthy. At their best, high-functioning Sevens bring imaginative vision, planning, insight and adventure to a group. They are winsome, collaborative and can rally people toward an ambitious cause.

Sevens can also misuse these characteristics by manipulating people in order to find the happiness they desire. When people hold them accountable for their behavior, they can feel trapped and become anxious. In these times, Sevens will grow irritable, impulsive,

and restless and can go into hyperdrive, pushing the vision they have onto others or spontaneously rolling out a “plan B” to try and ensure a painless path forward.

Sevens need to accept the reality of suffering and find their satisfaction. When they do, they will learn that perseverance through trials helps people find new life. Sevens are good at encouraging others in the midst of hardship, bringing hope and winsomely leading others toward a more fulfilling life.

# Stress & Security

The lines on the inside of the Enneagram drawing (pointing from the Seven to the Five and the One) are called "Arrows." They reflect how a person operates in times of stress or security.

Generally, Sevens gain a few characteristics of Ones under stress. They can become impulsive, resentful, blaming and perfectionistic when their efforts don't result in happiness. But when Sevens feel loved, they can also grow more tactful, temperate and find joy in their suffering.

In a more secure or relaxed setting when Enthusiasts feel comfortable expressing their innermost thoughts and feelings, they gain a few characteristics of Fives. They are more tolerant of pain, self-disciplined and grow wiser. But if Sevens have underlying fears, they can grow restless and impulsive, wearing themselves out with anxiety.



# Gold & Shadow

When Sevens are motivated to attain joy by themselves, they operate in the dark side of their personality and often become scattered, unreliable and fixated upon escaping from pain or discomfort. But when Sevens have most of their deepest needs met and are well-loved, they will bring hope to the world with a sobered joy.

The following table shows your responses in the assessment. Typically, they are your characteristics when you are healthy (gold box) and your characteristics when you are unhealthy (gray box):

## Excited

I am driven to make the most of each day because every day can be a new adventure.

## Playful

I like to have fun in everything I do. I love it when that spirit spreads to others.

## Spontaneous

I like to make plans, but I'm ready to switch to a better idea or opportunity at any moment.

## Carefree

I can drive hard to get myself and others to a place where we can kick back and enjoy life.

## Enthusiastic

I am fascinated by exciting ideas and like to inspire and encourage others with them.

## Excessive

I can take things too far. I sometimes have trouble knowing when to stop.

## Self-Indulgent

I struggle with self-restraint. This is most prevalent when I fixate on my ideas, feel trapped in pain or fear not getting my needs met.

## Pleasure Seeking

I often have difficulty relaxing until I find happiness. So I feel compelled to find that place each day.

## Impulsive

I can hastily react without thinking it through. It's one of the ways that I can get into trouble.

## Attention Seeking

I get a kick out of doing things just to get a reaction from others.



## Healthy

Healthy Sevens are truly happy. Their intimacy with themselves and others is so strong that their needs are met and they no longer need to find their fulfillment in lesser things. Instead of focusing on avoiding pain, they focus on how even the most difficult times are redeemable.

This knowledge helps them detach from their circumstances and allows them to bring hope and inspiration to those in hardship. This also helps them become content in the present moment, increasing the effectiveness and quality of their work and generating gratitude for what they have. As a result, they are practical and productive, using their ideas to advance truly great causes. Healthy Sevens are willing to wait before they take action.

## Average Health

Average health Sevens tend to focus their attention on exciting ideas that will make their life better. While they sometimes remember that their needs are met, they still tend to create stimulating situations in an effort to ensure that they are fulfilled. Some examples may be moving quickly from one activity to the next or becoming consumed by an exciting possibility. Average Sevens try very hard to achieve their dreams and ideals. And they often struggle to remain present and accept the more difficult realities of life.

## Unhealthy

Unhealthy Sevens fear that they are missing out on a happier life. They become fixated on themselves and will push others to meet their needs. They don't know when to stop. This obsession leads to an impulsive desire to escape or abuse others when they feel alone. Unhealthy Sevens have strong mood swings, are impulsive and may spin out of control.

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# Next Steps

Here are some helpful steps in how you can boost your understanding of yourself the people around you.

## Personalize It!

Begin by reading through your report with purpose. Grab a highlighter and mark any word or phrase that is especially true of you. This process will help you evaluate your results and “hone in” on the truths that are most applicable to your growth.

## Team Building

This study is perfect for groups and leadership teams. Your group will grow in empathy, understanding, and in the ability to speak to one another in a personalized way.

## Spiritual Questions?

Since the Enneagram emphasizes emotional health and character growth, it's a great tool to explore the spiritual beliefs that drive your motivations.

We also have courses for leaders who want to learn all nine Enneagram styles from a Christian perspective. To learn more, click the link below.



[Click Here to Preview Courses](#)

## Coaching

We're happy to help boost your self-awareness, spiritual vibrancy and giftedness for individuals, couples and teams. We will customize our time to meet your needs and desires.

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## Speaking

We are equipped to help boost productivity, unity and the health of your leadership team through retreats and conferences. Email us at [john@peoplelaunching.com](mailto:john@peoplelaunching.com).