

Idealizations and Avoidances in the Enneagram

Type One

Idealization: I am righteous

Avoidance: Imperfection

Type Two

Idealization: I am helpful

Avoidance: My needs

Type Three

Idealization: I am successful

Avoidance: Failure

Type Four

Idealization: I am elite

Avoidance: Ordinariness

Type Five

Idealization: I know

Avoidance: Emptiness

Type Six

Idealization: I am loyal

Avoidance: Deviance

Type Seven

Idealization: I am okay

Avoidance: Pain

Type Eight

Idealization: I am competent

Avoidance: Weakness

Type Nine

Idealization: I am comfortable

Avoidance: Conflict