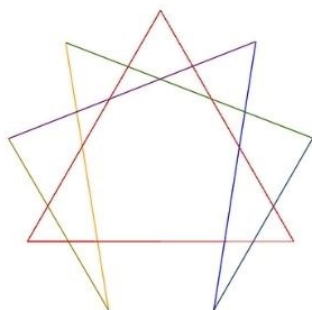


MULTI-TEMPORAL ENNEAGRAM TEST REPORT

P A U L C H A N

2023.08.25



Multi-Temporal Enneagram Test Report







Our personality has a consistent pattern of feelings, thoughts and behaviours. We tend to interact with others through the lens of our personality and to reinforce and favour behaviours like our own. We also like to operate in those situations which align with our preferences. However, environments can also have profound influence on our personality. In some situations, we learn to constraints my self-expressions. And some situations help us to expand our personality.

The Multi-Temporal Enneagram Test (MTET) is to analyse how you show up in 4 different situations: "On My Own", "At Work", "With Friends" and "With Family". This report will indicate which Enneagram Styles are more prominent at this times in your life and in particular circumstances. This profile is linked to the way in which you are experiencing your life circumstances right now. It is therefore a more time bound measure and this profile may change over time.

We highly recommend discussing this report with an accredited MTET coach to support you in your understanding and application of the report.

Below is your test result

This report shows which Enneagram traits you are using in response to different work and life situations, and how you relate to people in different contexts. The interplay of your dominant, secondary and supporting styles in each situation gives a multidimensional view of your profile.

	Dominant	Secondary	Supporting
 On My Own	1. Reformer	2. Giver	3. Achiever
 At Work	4. Individualism	5. Investigator	6. Supporter
 With Friends	7. Enthusiasm	8. Empowerer	9. Peace Maker
 With Family	1. Reformer	2. Giver	3. Achiever

What will you find in the report

Prominent Styles

Dominant



Most frequently display in a given situation. It may be the trait you most often need or expect to display.

Secondary



Often exhibit in the context. This trait supports and complements your dominant trait.

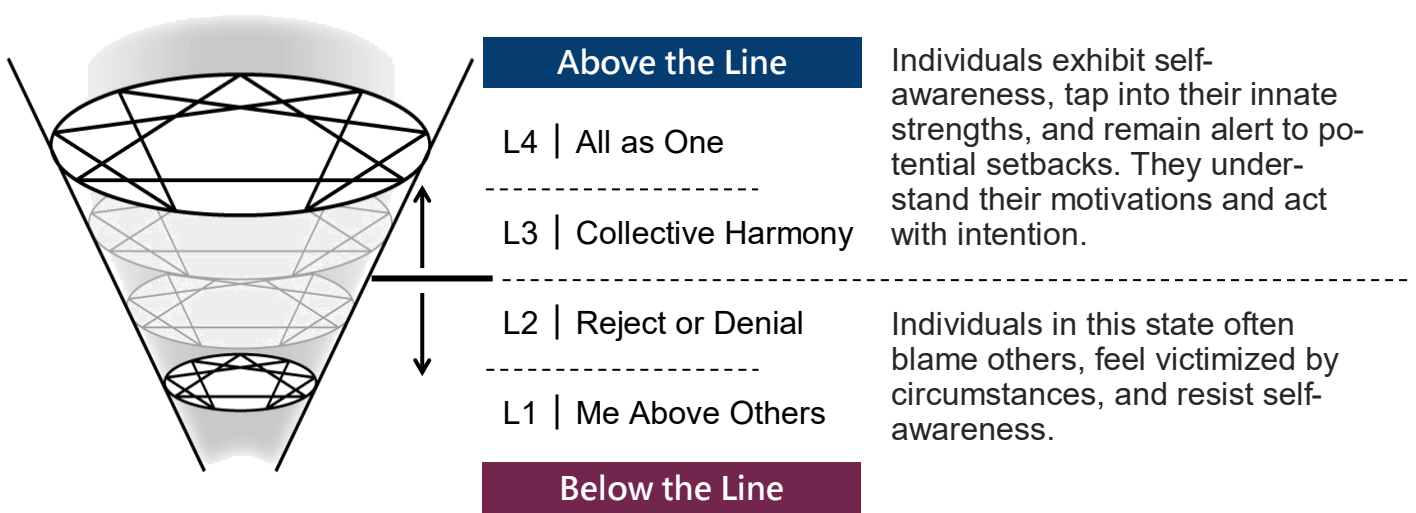
Supporting



Occasionally display in a given situation. This trait can help you address problems in the situation.

Levels of Function

Throughout the day, our emotional and mental states fluctuate. At times, we might feel clear-headed, grounded, and emotionally present, while at other moments, anxiety, resistance, and emotional instability take over. The concepts of "Above the Line" and "Below the Line" provide insight into these shifts in our personality, encompassing our thoughts, emotions, and behaviors.



Other Terms

Trigger



Those situations make you feel uncomfortable and frustrated.

Tips



Suggestions to help you relax your personality

Self Reflection



A statement helps you to explore deeper in your personality.

Dominant Style |

When I Am On My Own

1

Reforming

Ones value principles and ideals. Their gifts in discernment and knowing the right thing to do.

Above the Line

- + Live by principles and have high moral standards.
- + Committed to continuous improvement.
- + Are open and non-judgmental, always embrace others perspectives.

Below the Line

- + Become highly structured to ensure everything in the right place.
- + Feel obliged to improve everything, including myself.
- + Suppress own needs and anger.



Trigger

- + Relationships is not being valued.
- + People take my care for granted, without any appreciation.



Tips

- + Sometimes, allowing for some minor mistakes make life more relaxed.



Self-Reflection

- + What are you keep improving in your life?
- + How would you affirm yourself when you are doing well?

Secondary Style |

When I Am On My Own

2

Giving

Twos have amazing intuition for finding others needs. They are genuinely unselfish and compassionate in serving others.

Above the Line

- + Take well care of yourself and others.
- + Generous with love, time and resources.
- + Able to discern when your givings are appropriate.

Below the Line

- + Want to people to notice how much I care for them.
- + Overextend myself and feel burdened.
- + Repressed my own needs.



Trigger

- + Relationships is not being valued.
- + People take my care for granted, without any appreciation.



Tips

- + Loving yourself will give your more strengths to love others.



Self-Reflection

- + What are you keep improving in your life?
- + How would you affirm yourself when you are doing well?

Supporting Style |

When I Am On My Own

3

Achieving

Threes are ambitious and having strong drive for accomplishment. They are good at mobilising resources needed to achieve their goals.

Above the Line

- + Live by principles and have high moral standards.
- + Committed to continuous improvement.
- + Are open and non-judgmental, always embrace others perspectives.

Below the Line

- + Become highly structured to ensure everything in the right place.
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Trigger

- + Relationships is not being valued.
- + People take my care for granted, without any appreciation.



Tips

- + Loving yourself will give your more strengths to love others.



Self-Reflection

- + How do you make sure that you have enough strength to help others?
- + What benefits and challenges come to you with being sensitive to others needs?
- + What is one step that you could take today to nurture yourself

Dominant Style |

When I Am At Work

4

Individualism

Fours are wellsprings of creativity, thanks to their introspective capabilities. They engage with their inner voices sincerely and continuously explore their unique identities.

Above the Line

- + Experience both joy and sorrow, and feel things very deeply.
- + Sensitive to what is going on around me and adjust how I am accordingly.
- + Openly share my feelings and my vulnerability.

Below the Line

- + Indulge in my emotions
- + Envy others
- + Feeling special and different from the world



Trigger

- + Individuality is not being appreciated.
- + People around are superficial and not express themselves



Tips

- + You can also make a difference by taking actions and sharing your thoughts.



Self-Reflection

- + How can I better express my feelings?

Secondary Style |

When I Am At Work

5

Investigating

Fives are curious and have a drive of searching for wisdom. They have exceptional ability to discern patterns and see the underlying significance.

Above the Line

- + Have a hunger to learn and understand the world around me.
- + Focus my attention and work diligently to gain mastery.
- + Synthesis data and ideas to discover new possibilities.

Below the Line

- + Detached and avoid interacting with others.
- + My mind is very intense and active.
- + Lose track of time as concentrating on the tasks I am working on.



Trigger

- + When people make opinions without any data supported.
- + People around are illogical.



Tips

- + Applying the knowledge in practice,



Self-Reflection

- + How can you become more confidence to turn ideas into action?

6

Security-Seeking

Sixes are natural trouble-shooters. They can easily identify potential risks and develop and offer timely and relevant solutions.

Above the Line

- + Dutiful and committed to fulfilling obligations to my community.
- + Vigilant and consider all angles to ensure I am ready for any potential problems.
- + Resilient when facing challenges.

Below the Line

- + Become highly structured to ensure everything in the right place.
- + Feel obliged to improve everything, including myself.
- + Suppress own needs and anger.



Trigger

- + When there are constant changes in the environment.
- + Lack of support.



Tips

- + Professional advice can help you maintain objectivity, but also remember to trust your own judgment.



Self-Reflection

- + What do you trust about yourself?

Dominant Style |

When I Am With Friends

7

Enthusiasm

Sevens are optimistic and full of enthusiasm towards life. They are gifted in envisaging what is possible and creating possibilities.

Above the Line

- + Optimistic and maintain outlook on life.
- + Curious and keen to learn new things and knowledge.
- + Think out of the box to solve problems in creative ways.

Below the Line

- + Constantly look for new experience and activities.
- + Do not take things seriously and turn everything into a joke.
- + Avoid difficulties and problems.



Trigger

- + People around are pessimist and negative.
- + Need to deal with things that are routine and boring.



Tips

- + Real satisfaction coming from taking actions, not anticipation.



Self-Reflection

- + What makes you satisfied?

Secondary Style |

When I Am With Friends

8

Asserting

Eights are determined and have strong desire to make things happen. Their gifts is their courage and will power to deal with challenges.

Above the Line

- + Initiative and embark on new ventures with courage.
- + Decisive. Make choices quickly and confidently.
- + Perseverance. Pursue goals relentless despite obstacles.

Below the Line

- + Take control of situations and people around me.
- + Self-reliant and do not want to rely on anything or anyone.
- + Confrontational and unwilling to compromise.



Trigger

- + People around are meek.
- + There is a lot of unrighteousness.



Tips

- + Accepting your vulnerability also needs strength.



Self-Reflection

- + What are the payoffs of being in-charge of everything?

Supporting Style |

When I Am With Friends

9

Harmonizing

Nines are gentle and calm. They have the ability to find the common ground and see multiple perspectives in conflicts.

Above the Line

- + Defuse tension and bring people together through patient diplomacy.
- + Confident and clear about my opinions and ideas.
- + Engage in life and pursue what I want.

Below the Line

- + Lose myself in comforting routines and habits.
- + Procrastinate and see no sense of urgency.
- + Stubborn and resist changes.



Trigger

- + There are a lot of pressure and stressful around me.
- + The environment is full of complains and negative emotions.



Tips

- + Honour your needs and wants.



Self-Reflection

- + What does harmony mean to you?

Dominant Style |

When I Am With Family

3

Achieving

Threes are ambitious and having strong drive for accomplishment. They are good at mobilising resources needed to achieve their goals.

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Trigger

- + Relationships is not being valued.
- + People take my care for granted, without any appreciation.



Tips

- + Loving yourself will give your more strengths to love others.



Self-Reflection

- + How do you make sure that you have enough strength to help others?
- + What benefits and challenges come to you with being sensitive to others needs?
- + What is one step that you could take today to nurture yourself

Secondary Style |

When I Am With Family

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Giving

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