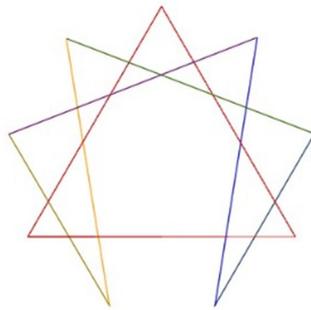


# MULTI-SITUATIONAL ENNEAGRAM TEST REPORT

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# Multi-Situational Enneagram Test Report



Our personality is a consistent pattern of feelings, thoughts, and behaviors. It influences how we interact with others and often reinforces behaviors that align with our own. We tend to seek out situations that match our preferences, but our environment also significantly shapes our personality. In some situations, we learn to adapt and suppress aspects of ourselves, while in others, we can express ourselves freely.

The Multi-Situational Enneagram Test (MSET) is designed to analyse how you conduct yourself in four different situations: 'On My Own,' 'At Work,' 'With Friends,' and 'With Family.' This report identifies which Enneagram Styles are more prominent in your current life circumstances, providing a snapshot of your responses to these situations. It is important to note that this profile may change as you grow and evolve.

We highly recommend discussing this report with an accredited MSET coach. A qualified coach can support you in understanding and applying the insights from the report, interpreting its implications in your life, and providing guidance tailored to your unique situation.

## Below is your test result

	Dominant	Secondary	Supporting
 <b>On My Own</b>	1. Reformer	3. Achiever	4. Individualism
 <b>At Work</b>	6. Supporter	7. Enthusiasm	9. Peace Maker
 <b>With Friends</b>	1. Reformer	3. Achiever	4. Individualism
 <b>With Family</b>	6. Supporter	8. Empowerer	9. Peace Maker

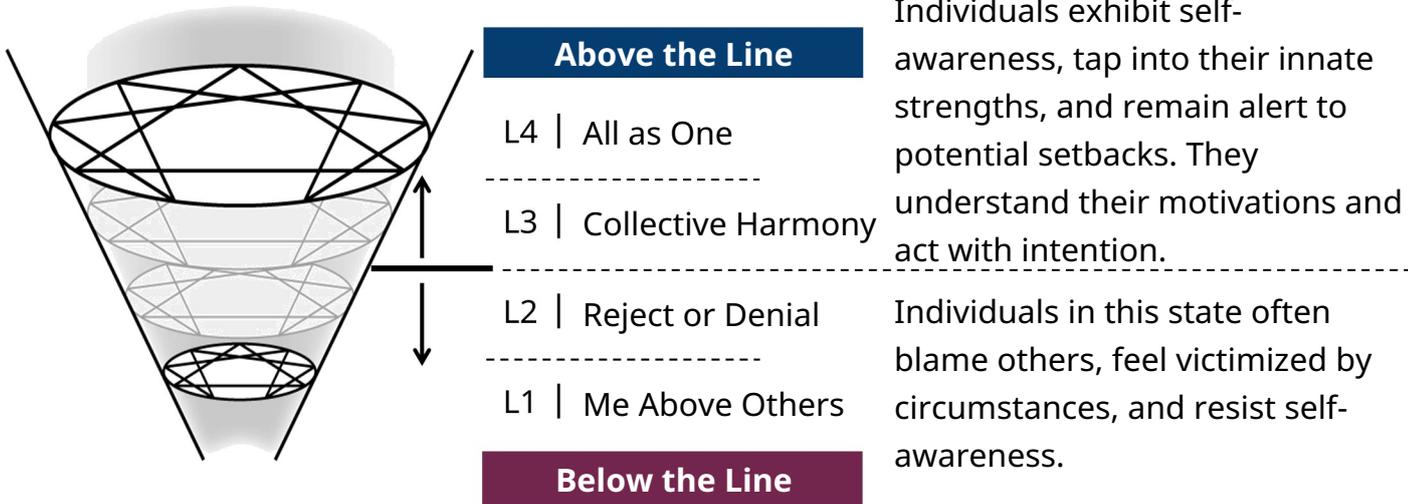
# What will you find in the report

## 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

- Triggering Factors** > 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.

1

Reformer

Guided by a strong moral compass, Ones are dedicated to inspire others to embrace and live by integrity, kindness and righteousness.

Above the Line

- ★ Live by principles and have high moral standards.
- ★ Committed to continuous improvement.
- ★ Open and non-judgmental, always embracing 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.



Triggering Factors

- ★ People around are slack and not serious about quality.
- ★ Others' expectations are inconsistent.
- ★ Unable to maintain and persist on my standard.



Tips

- ★ Sometimes, allowing yourself to make minor mistakes can make life more relaxed.
- ★ 3-minutes breathing space exercise. 6- seconds breath in and 6 -second breath out. Repeat for 3 minutes.



Self Reflection

- ★ What if there is nothing need to be fixed?
- ★ What are the qualities you would appreciate yourself?

3

### Achiever

Threes are highly ambitious individuals driven by a strong desire for success and accomplishment. They are adept at mobilizing resources and adapting their behaviors to achieve their goals.

#### Above the Line

- ★ Keen on improving myself and developing my potential.
- ★ Being adaptive and able to fit in different environments.
- ★ A "can-do" spirit towards life.

#### Below the Line

- ★ Feel lost if I am not accomplishing anything.
- ★ Adapt my behaviours to obtain the results I want even if I don't like to.
- ★ Drive myself to achieve more.



#### Triggering Factors

- ★ Can't feel others' affirmation on my value.
- ★ The outcome cannot show my full talents.



#### Tips

- ★ No work on your holidays.
- ★ Cut down your to-do-list.



#### Self Reflection

- ★ How do you love yourself?
- ★ What do you love to do at leisure time?

# 4

## Individualism

Fours are gifted in creating meaning from personal experiences. They seek life's depth and respond to the world with innate sensitivity, help others to recognize themselves and the beauty of life.

### Above the Line

- ★ Emotionally honest, yet not overly attached to emotions.
- ★ Sensitive to what is going on around me and adjust/ adapt accordingly.
- ★ Appreciate my own gifts and willing to contribute to the world.

### Below the Line

- ★ Indulge in my emotions.
- ★ Envy others' gifts and achievements.
- ★ Feeling special and different from the world.



### Triggering Factors

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



### Tips

- ★ Embrace and express your creativity.
- ★ Exercise regularly.



### Self Reflection

- ★ Can you recognise and appreciate the values in the qualities that you do have?
- ★ What do you do to create certain feelings?

6

### Supporter

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

#### Above the Line

- ★ Having strong organizational ability to achieve the right result in a timely manner.
- ★ Willing to share responsibilities for everyone's mutual benefits.
- ★ Trusting myself and others and be able to make timely decisions.

#### Below the Line

- ★ Being skeptical and constantly question colleagues' decisions.
- ★ Requiring crystal clear guidelines and expectations before taking actions.
- ★ Looking up to authority figure for approval/ confirmation and reassurance.



#### Triggering Factors

- ★ Constant changes within the organisation.
- ★ There is no teamwork and support in the workplace.



#### Tips

- ★ Learn to trust your heart and instincts.
- ★ While anticipating future problems, prepare action plans.



#### Self Reflection

- ★ What is the price to pay for being loyal?
- ★ How do you feel if your superiors do not have the answers you seek?

7

### Enthusiasm

Sevens are optimistic and full of enthusiasm towards life. They are gifted in envisaging what is possible even in challenges. They often inspire those around them to embrace joy and possibilities.

#### Above the Line

- ★ Versatile and able to accomplish a variety of things with ease.
- ★ Flexible and adaptable to changes.
- ★ Always come up with new ideas to make things better.

#### Below the Line

- ★ Impulsive and leap into new projects without a plan.
- ★ Rebellious and dismissive of rules.
- ★ Easily get bored with mundane tasks.



#### Triggering Factors

- ★ Have very limited space to explore new things.
- ★ The organisation prefers micromanagement style.



#### Tips

- ★ Take problems seriously.
- ★ Create a structure and plan to help you stay with and finish the project you started.



#### Self Reflection

- ★ What types of work are you trying to avoid?
- ★ How do you respond when others do not meet your demand immediately?



## Peace Maker

Nines are gentle, calm, and easy-going. They can easily find others' virtues. They also have the ability to find the common ground and see multiple perspectives in conflicts.

### Above the Line

- ★ Mediating conflicts and differences.
- ★ Being inclusive and valuing diversity in the team.
- ★ Being holistic and developing collaborative solutions across departments

### Below the Line

- ★ Downplay conflicts and avoid dealing with the problems.
- ★ Try to accommodate everyone's needs but not being able to reach a consensus.
- ★ Resist collaboration by being passive aggressive.



### Triggering Factors

- ★ There are a lot of disagreements and conflicts in the workplace.
- ★ The workplace is demanding.



### Tips

- ★ Diversified opinions can enrich our understanding on issues.
- ★ Write down your thoughts right away.



### Self Reflection

- ★ How do you see yourself as a team member?
- ★ How can you let other colleagues understand your perspectives more?

1

Reformer

Guided by a strong moral compass, Ones are dedicated to inspire others to embrace and live by integrity, kindness and righteousness.

Above the Line

- ★ Honest and authentic with friends.
- ★ Allow myself and friends to make mistakes.
- ★ Willing to compromise on non-essential matters.

Below the Line

- ★ Preach my standards with my friends.
- ★ Self-controlled and make sure my behaviours are appropriate.
- ★ Rationalize and justify my own actions.



Triggering Factors

- ★ Friends judge my standards.
- ★ Friends do not learn from their mistakes.



Tips

- ★ Being humble. You may learn something from your friends.
- ★ Allow your feeling show up, don't repress.



Self Reflection

- ★ What if there is nothing need to be fixed?
- ★ When your friends made mistake, how would you respond?

3

### Achiever

Threes are highly ambitious individuals driven by a strong desire for success and accomplishment. They are adept at mobilizing resources and adapting their behaviors to achieve their goals.

#### Above the Line

- ★ Inspire and motivate my friends to realize their potential.
- ★ Engage and connect with others with ease.
- ★ Being sincere and genuine with my friends.

#### Below the Line

- ★ Friends become my resources to achieve my goals.
- ★ Tend to self-promote and to want my friends to admire my accomplishments.
- ★ Disregard feelings and concerns in the face of challenges.



#### Triggering Factors

- ★ Friends have no ambitions and are incompetent.
- ★ Friends criticise me publicly.



#### Tips

- ★ Do not treat your friends as coworkers.
- ★ Help your friends to develop their strengths.



#### Self Reflection

- ★ Do you feel more or less valuable when you adjust yourself to fit the social context?
- ★ How do you manage your anxiety when you compare yourself to your friends?

# 4

## Individualism

Fours are gifted in creating meaning from personal experiences. They seek life's depth and respond to the world with innate sensitivity, help others to recognize themselves and the beauty of life.

### Above the Line

- ★ Sensitive to friends' feelings and show deep empathy.
- ★ Authentic and not afraid of exposing my weaknesses.
- ★ Think deeply and bring new perspectives to our conversations.

### Below the Line

- ★ Become temperamental and expect my friends to respect my emotions and delicate feelings.
- ★ Feel lonely even surrounded by friends.
- ★ Expect friends to admire and appreciate my unique qualities.



### Triggering Factors

- ★ Friends do not respond to my emotions.
- ★ Interaction between friends is superficial.



### Tips

- ★ Don't be afraid to share your creative insights and suggestions with your friends even they may not be able to understand fully.
- ★ Look for common interests and values that can bring you closer to your friends.



### Self Reflection

- ★ Do you resent about what your friends are having?
- ★ How does being different affect your connection with your friends?

6

Supporter

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

Above the Line

- ★ Being protective and vigilant in my family's safety and well-being.
- ★ Providing a reality check and help my family members to take practical actions to achieve their goals.
- ★ Being committed and loyal to my family and provide unconditional support.

Below the Line

- ★ Complain about taking on too many responsibilities.
- ★ Constantly warn my family about potential dangers and problems.
- ★ Attribute my negative thoughts and emotions to my family.



Triggering Factors

- ★ Family members do not empathize my worries and anxieties.
- ★ Family members tend to overlook their responsibilities.



Tips

- ★ Trust yourself playing an important role in the family.
- ★ Share your responsibility with your family.



Self Reflection

- ★ Do you tend to over-commit yourself? What are your motivations of doing this?
- ★ What prevent you from saying no to your family?

8

Empowerer

Eights are confident, direct, and determined to make things happen. They are gifted to empower others and create positive change in the world around them.

Above the Line

- ★ Being generous and engage my family with activities enthusiastically.
- ★ Being protective. Using all my strength and resources to protect my family from harm.
- ★ Valuing honest communication and willing to accept sincere feedback.

Below the Line

- ★ Dominate and micromanage family matters.
- ★ Become demanding and harsh towards family members.
- ★ Refuse to communicate when feeling hurt by family members.



Triggering Factors

- ★ Family members are weak and lack of accountability.
- ★ Family members do not appreciate what I have done for them.



Tips

- ★ Respect your family members whose needs and perspectives are different from yours.
- ★ Give opportunity to your family to develop by sharing responsibilities with them.



Self Reflection

- ★ When do you know your family need you to listen to them?
- ★ What can you do to nurture your family?

9

Peace Maker

Nines are gentle, calm, and easy-going. They can easily find others' virtues. They also have the ability to find the common ground and see multiple perspectives in conflicts.

Above the Line

- ★ Expressing my feelings and thoughts freely and honestly with my family.
- ★ Being patient with my family yet not hesitating to interfere/ intervene when necessary.
- ★ Engaging my family members in decisions that affect them.

Below the Line

- ★ Stay in my own space and withdraw from communication.
- ★ Vent out negative emotions on my trusted family members.
- ★ Use tremendous strength to preserve current status quo.

Triggering Factors

- ★ There is no peacefulness in the family.
- ★ Family intrudes my space.

Tips

- ★ Your family wants to know your true self.
- ★ List 3 things you appreciate what you have done for your family.

Self Reflection

- ★ You want your family to perceive you as what kind of person?
- ★ How would you like to connect with your family?