

3

ENNEAGRAM TYPE 3 · HEART (FEELING) TRIAD

The Achiever

Threes know how to win and how to look like winners, and the hard part is knowing who they are when nobody is watching.

Core fear and desire

Fear: Being worthless or a failure without their achievements.

Desire: To feel valuable and to be admired for what they accomplish.

Wings: 3w2 and 3w4

3w2, the Charmer. The Two wing adds warmth and social ease.

3w4, the Professional. The Four wing adds depth and a wish for the work to mean something personal.

Subtypes

Self-preservation Three: security (countertype). The countertype, the Three who hides the vanity.

Social Three: prestige. The most visible Three.

One-to-one (sexual) Three: charisma. The Three who promotes others.

What helps in love

- Praise for who they are, apart from results
- Support for their goals and plans
- A partner they are proud to be seen with
- Encouragement on a hard day

Avoid:

- Embarrass them in front of others
- Dismiss their wins as unimportant
- Call them fake when they adapt
- Compare their success with someone else's

Three ways to grow

1. Once a day, ask yourself what you feel and wait for an answer before you move on.
2. Do one thing each week that nobody will see, count or praise.
3. Tell someone you trust about a failure while it is still fresh.

Passion and virtue

Deceit (vanity): shaping themselves into the image that wins approval until the image feels like the self.

Truthfulness: being who they are, out loud, whether or not it impresses.

Stress → 9 • Growth → 6

Under stress a Three moves toward the average side of Nine.

In growth a Three takes on the healthy side of Six: loyal, cooperative and committed to people and causes beyond their own success.

Strengths

- Drive
- Adaptability
- Motivating others
- Efficiency
- Presentation

What helps at work

- Clear, measurable goals
- Specific recognition for wins
- Room to move fast
- Safety to report bad news early
- A visible path to advance

Commonly confused with

Type 8, Type 7. The full profile has a check for each.