



ENNEAGRAM TYPE 7 · HEAD (THINKING) TRIAD

The Enthusiast

Sevens keep the future open, because an open door feels safer than a painful room.

Core fear and desire

Fear: Being trapped in pain, deprivation or boredom.

Desire: To be satisfied and free, with their needs met and options open.

Wings: 7w6 and 7w8

7w6, the Entertainer. The Six wing adds loyalty, humour and a need to stay connected to a group.

7w8, the Realist. The Eight wing adds force and a practical, materialistic edge.

Subtypes

Self-preservation Seven: keepers of the castle.

Gluttony aimed at security.

Social Seven: sacrifice (countertype). The countertype, the Seven that looks least like a Seven.

One-to-one (sexual) Seven: suggestibility. Gluttony for an imagined, better world.

What helps in love

- Spontaneous plans and new places together
- Laughing at the same things
- Freedom to keep their own interests
- A partner excited by their ideas

Avoid:

- Lock every weekend into a routine
- Dismiss their ideas as unrealistic
- Guilt-trip them for wanting fun
- Let hard talks drag on with no end

Three ways to grow

1. Finish one project before starting the next. Write the others on a list you can return to.
2. When a painful feeling comes up, give it ten minutes before reaching for a plan or a distraction.
3. Notice the moment you start planning ahead during a good experience, and come back to the one you are in.

Passion and virtue

Gluttony: wanting more experiences, ideas and plans than any one moment can hold.

Sobriety: taking in what is here, fully, and finding it enough.

Stress → 1 • Growth → 5

Under stress a Seven moves toward the average side of One: they become critical, rigid and impatient, lecturing others about doing things properly while their own plans fall apart.

In growth a Seven takes on the healthy side of Five: focused, quiet and able to go deep into one subject.

Strengths

- Optimism
- Idea generation
- Energy
- Resilience
- Generosity

What helps at work

- Ownership of new work
- Variety across the week
- A short list of priorities
- A partner who finishes
- Freedom in how the work gets done

Commonly confused with

Type 3, Type 2. The full profile has a check for each.