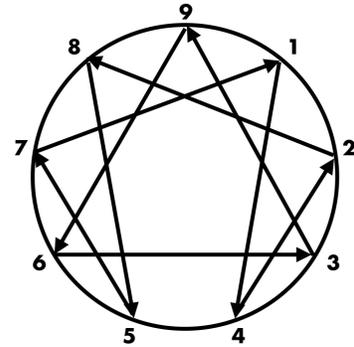


# FREE • TO • BE • ME

Using the Enneagram for Personal Growth

## Pitfalls and Invitations

All nine types think things, feel things, and do things. Even as we may begin from a unique place, we have overlap with all the other types. None of us can live only in one lane all the time. **Growth requires change.** Change is closely associated with the idea of **repentance**.



This is what the Sovereign Lord, the Holy One of Israel says, “In repentance and rest is our salvation. In quietness and trust is your strength...”

- Isaiah 30:15

Produce fruit in keeping with repentance.

- Matthew 3:8

Peter replied, “Repent and be baptized, every one of you, in the name of Jesus Christ for the forgiveness of your sins. And you will receive the gift of the Holy Spirit.”

- Acts 2:38

When they heard this, they had no further objections and praised God, saying, “So then, even to Gentiles God has granted repentance that leads to life.”

- Acts 11:18

Or do you show contempt for the riches of his kindness, forbearance, and patience, not realizing that God’s kindness is intended to lead you to repentance?

- Romans 2:4

Repentance in the New Testament is a Greek word that literally means “different mind.” Repenting is a way of addressing our root problems because it requires change from us at a core level. Not just that our actions change, but our internal processes that were producing those actions must also change.

In the Enneagram each type has a **root sin**. It’s the thing we may gravitate toward if our life is not lived from a place of caution and introspection. Richard Rohr shares a list of both **pitfalls** and **invitations**.

Our pitfalls are where we can end up if our sin is left unchecked. It is what an unhealthy version of our type looks like. It is the set of blinders that keeps us from seeing clearly, both ourselves and others.

The invitation is a “holy idea” toward which we can move and grow. Obviously, though each type has an invitation, there are multiple paths of growth for any individual person. Even so, if you know you need growth, but aren’t sure in which direction to point your efforts, this can provide a healthy starting point. Paul says in 1 Corinthians 12:31, “**Now eagerly desire the greater gifts!**” There is a path better than the one into which we have settled. There is something greater if we will strive for it eagerly.

The following chart shows the **root sins**, **pitfalls**, and **invitations** for each type.

TYPE	ROOT SIN	PITFALL	INVITATION
ONE	ANGER	HYPERSENSITIVITY	GROWTH
TWO	PRIDE	FLATTERY	FREEDOM (GRACE)
THREE	DECEIT	SUPERFICIAL VANITY	HOPE (GOD'S WILL)
FOUR	ENVY	MELANCHOLY	ORIGINALITY (UNION WITH GOD)
FIVE	GREED	STINGINESS	WISDOM (GOD'S WISDOM)
SIX	FEAR	COWARDICE/ RECKLESSNESS	FAITH (TRUST)
SEVEN	GLUTTONY	SCHEMING	REALISM
EIGHT	LUST	REVENGE	MERCY (VULNERABLE TRUTH)
NINE	SLOTH	LETHARGY	LOVE



Fruits cannot be forced. Fruits arrive when they have space and nourishment that allows them to grow. Meanwhile, we can be (1) asking God to produce good fruit in our lives that *will* grow, and (2) trying to live “as though” we already possess these fruits.

Change is able to take root more deeply when we allow it to be a matter of **identity**,

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rather than simple **behavior modification**. It is the difference between saying, “I’m trying to quit smoking” or “I’m working on controlling my temper” and saying, “I’m not a smoker” or “I’m becoming a patient person.”

Fix your eyes on a virtuous person whose behavior you’d wish to imitate and orient your life around what you believe *they* would be doing. What does a patient person’s morning begin like? How would they approach their coworkers? How would they interact with their children? What habits does a patient person gravitate toward?

For you, what will your next step need to be if you are to move in the direction of growth?