

# SECTION 3. The Riso-Hudson Enneagram Type Indicator (Version 2.0)

	A	B	C	D	E	F	G	H	I
1. I've been romantic and imaginative .....					( )				
I've been pragmatic and down- to-earth .....		( )							
2. I have tended to take on confrontations .....						( )			
I have tended to avoid confrontations .....		( )							
3. I have typically been diplomatic, charming, and ambitious .....			( )						
I have typically been direct, formal, and idealistic .....				( )					
4. I have tended to be focused and intense .....							( )		
I have tended to be spontaneous and fun-loving .....								( )	
SUBTOTAL									

	A	B	C	D	E	F	G	H	I
5. I have been a hospitable person and have enjoyed welcoming new friends into my life .....						( )			
I have been a private person and have not mixed much with others .....					( )				
6. Generally, it's been easy to "get a rise" out of me .....					( )				
Generally, it's been difficult to "get a rise" out of me .....					( )				
7. I've been more of a "street- smart" survivor .....							( )		
I've been more of a "high- minded" idealist .....				( )					
8. I have needed to show affection to people .....						( )			
I have preferred to maintain a certain distance with people .....							( )		
9. When presented with a new experience, I've usually asked myself if it would be useful to me .....				( )					
When presented with a new experience, I've usually asked myself if it would be enjoyable .....								( )	
SUBTOTAL									



	A	B	C	D	E	F	G	H	I
21. I've often felt the need to be a "pillar of strength"									
I've often felt the need to perform perfectly									( )
22. I've typically been interested in asking tough questions and maintaining my independence									( )
I've typically been interested in maintaining my stability and peace of mind									( )
23. I've been too hard-nosed and skeptical									( )
I've been too softhearted and sentimental									( )
24. I've often worried that I'm missing out on something better									( )
I've often worried that if I let down my guard, someone will take advantage of me									( )
25. My habit of being "stand-offish" has annoyed people									( )
My habit of telling people what to do has annoyed people									( )
SUBTOTAL									

	A	B	C	D	E	F	G	H	I
26. Usually, when troubles have gotten to me, I have been able to "tune them out"									( )
Usually, when troubles have gotten to me, I have treated myself to something I've enjoyed									( )
27. I have depended on my friends and they have known that they can depend on me									( )
I have not depended on people; I have done things on my own									( )
28. I have tended to be detached and preoccupied									( )
I have tended to be moody and self-absorbed									( )
29. I have liked to challenge people and "shake them up"									( )
I have liked to comfort people and calm them down									( )
30. I have generally been an outgoing, sociable person									( )
I have generally been an earnest, self-disciplined person									( )
SUBTOTAL									

- SUBTOTAL

- SUBTOTAL

	A	B	C	D	E	F	G	H	I
46. More often, I have emphasized how different I am from my friends.....									
More often, I have emphasized how much I have in common with my friends.....					( )				
47. When situations have gotten heated, I have tended to stay on the sidelines.....									
When situations have gotten heated, I have tended to get right into the middle of things.....								( )	
48. I have stood by my friends, even when they have been wrong.....						( )			
I have not wanted to compromise what is right for friendship.....					( )				
49. I've been a well-meaning supporter.....									
I've been a highly motivated go-getter.....						( )			
50. When troubled, I have tended to brood about my problems.....									
When troubled, I have tended to find distractions for myself.....					( )				( )
SUBTOTAL	A	B	C	D	E	F	G	H	I



	A	B	C	D	E	F	G	H	I
51. Generally, I've had strong convictions and a sense of how things should be . . . . .									
Generally, I've had serious doubts and have questioned how things seemed to be . . . . .				( )					( )
52. I've created problems with others by being too pessimistic and complaining . . . . .									
I've created problems with others by being too bossy and controlling . . . . .							( )		( )
53. I have tended to act on my feelings and let the "chips fall where they may" . . . . .									
I have tended not to act on my feelings lest they stir up more problems . . . . .						( )			( )
54. Being the center of attention has usually felt natural to me. . . . .									
Being the center of attention has usually felt strange to me. . . . .									( )
55. I've been careful, and have tried to prepare for unforeseen problems . . . . .									
I've been spontaneous, and have preferred to improvise as problems come up . . . . .									( )
SUBTOTAL	A	B	C	D	E	F	G	H	I

	A	B	C	D	E	F	G	H	I
56. I have gotten angry when others have not shown enough appreciation for what I have done for them . . . . .						( )			
I have gotten angry when others have not listened to what I have told them . . . . .				( )					
57. Being independent and self-reliant has been important to me . . . . .									
Being valued and admired has been important to me . . . . .				( )			( )		
58. When I've debated with friends, I've tended to press my arguments forcefully . . . . .									
When I've debated with friends, I've tended to let things go to prevent hard feelings . . . . .								( )	
59. I have often been possessive of loved ones — I have had trouble letting them be . . . . .									
I have often "tested" loved ones to see if they were really there for me . . . . .								( )	
<b>SUBTOTAL</b>	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>E</b>	<b>F</b>	<b>G</b>	<b>H</b>	<b>I</b>

	A	B	C	D	E	F	G	H	I
60. Organizing resources and making things happen has been one of my major strengths .....									
Coming up with new ideas and getting people excited about them has been one of my major strengths .....									
61. I've tended to be driven and very hard on myself .....									
I've tended to be too emotional and rather undisciplined .....									
62. I have tried to keep my life fast-paced, intense, and exciting .....									
I have tried to keep my life regular, stable, and peaceful .....									
63. I have felt uncomfortable leaving past commitments, so I have had difficulty making major life-changes .....									
I have felt uncomfortable making long-term commitments, so I have made major life-changes fairly easily .....									
SUBTOTAL	A	B	C	D	E	F	G	H	I

	A	B	C	D	E	F	G	H	I
64. I generally have tended to dwell on my feelings and to hold onto them for a long time .....									
I generally have tended to minimize my feelings and not pay very much attention to them .....									
65. I have provided many people with attention and nurturance .....									
I have provided many people with direction and motivation .....									
66. I've been too serious and strict with myself .....									
I've been too freewheeling and permissive with myself .....									
67. I've been self-assertive and driven to excel .....									
I've been modest and have been happy to go at my own pace .....									
68. I've been proud of my clarity and objectivity .....									
I've been proud of my reliability and commitment .....									
SUBTOTAL	A	B	C	D	E	F	G	H	I

SUBTOTALSUBTOTAL



	A	B	C	D	E	F	G	H	I
79. People have trusted me because I am confident and can look out for them. . . . .									
People have trusted me because I am fair and will do what is right . . . . .				( )					
80. Often, I have been so involved in my own projects that I have become isolated from others . . . . .									( )
Often, I have been so involved with others that I have neglected my own projects . . . . .						( )			
81. When meeting someone new, I have usually been poised and self-contained. . . . .				( )					
When meeting someone new, I have usually been chatty and entertaining. . . . .									( )
82. Generally speaking, I have tended to be pessimistic . . . . .					( )				
Generally speaking, I have tended to be optimistic . . . . .				( )					
83. I have preferred to inhabit my own little world . . . . .									( )
I have preferred to let the world know I'm here . . . . .						( )			
<b>SUBTOTAL</b>	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>E</b>	<b>F</b>	<b>G</b>	<b>H</b>	<b>I</b>

	A	B	C	D	E	F	G	H	I
84. I have often been troubled by nervousness, insecurity, and doubt .....		( )							
I have often been troubled by anger, perfectionism, and impatience.....				( )					
85. I realize that I have often been too personal and intimate .....						( )			
I realize that I have often been too cool and aloof.....				( )					
86. I have lost out because I have not felt up to taking opportunities.....					( )				
I have lost out because I have pursued too many possibilities.....									( )
87. I have tended to take a long time to get into action .....								( )	
I have tended to get into action quickly.....					( )				
88. I usually have had difficulty making decisions.....		( )							
I seldom have had difficulty making decisions .....							( )		
89. I have had a tendency to come on a little too strong with people .....						( )			
I have had a tendency not to assert myself enough with people.....		( )							
SUBTOTAL	A	B	C	D	E	F	G	H	I

90. Generally, I have gone out of my way to meet people and make connections . . . . .  
Generally, I have not gone out of my way to meet people and make connections . . . . .

91. When I've been unsure of what to do, I've often sought the advice of others. . . . . When I've been unsure of what to do, I've tried different things to see what worked best for me. . . . .

92. I have worried that I would be left out of others' activities.....  
I have worried that others' activities would distract me from what I had to do.....

93. Typically, when I have  
gotten angry, I have told  
people off. . . . .  
Typically, when I have  
gotten angry, I have become  
distant . . . . .

94. I've tended to have trouble  
falling asleep. . . . .  
I've tended to fall asleep  
easily . . . . .

SUBTOTAL

A	B	C	D	E	F	G	H	I
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		( )						
							( )	
( )								
A	B	C	D	E	F	G	H	I

95. I have often tried to figure out how I could get closer to others . . . . .  
I have often tried to figure out what others want from me . . .

96. I have usually been  
measured, straight-talking,  
and deliberate.....  
I have usually been excitable,  
fast-talking, and witty .....

97. Often, I have not spoken up when I've seen others making a mistake . . . . .  
Often, I have helped others see that they are making a mistake. . . . .

98. During most of my life,  
I have been a stormy person  
who has had many volatile  
feelings . . . . .  
During most of my life, I have  
been a steady person in whom  
"still waters run deep" . . . . .

99. When I have disliked people,  
I have usually tried hard to  
stay cordial — despite my  
feelings . . . . .  
When I have disliked people,  
I have usually let them know  
it — one way or another . . . .

SUBTOTAL

	A	B	C	D	E	F	G	H	I
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L	A	B	C	D	E	F	G	H	I

	A	B	C	D	E	F	G	H	I
100. Much of my difficulty with people has come from my touchiness and taking everything too personally.....					( )				
Much of my difficulty with people has come from my not caring about social conventions .....								( )	
101. My approach has been to jump in and rescue people .....					( )				
My approach has been to show people how to help themselves .....							( )		
102. Generally, I have enjoyed "letting go" and pushing the limits .....								( )	
Generally, I have not enjoyed losing control of myself very much.....				( )					
103. I've been overly concerned with doing better than others.....					( )				
I've been overly concerned with making things OK for others.....								( )	
104. My thoughts have generally been speculative — involving my imagination and curiosity.....								( )	
My thoughts have generally been practical — just trying to keep things going.....					( )				
SUBTOTAL	A	B	C	D	E	F	G	H	I

	A	B	C	D	E	F	G	H	I
105. One of my main assets has been my ability to take charge of situations . . . . .							( )		
One of my main assets has been my ability to describe internal states . . . . .					( )				
106. I have pushed to get things done correctly, even if it made people uncomfortable . . . . .				( )					
I have not liked feeling pressured, so I have not liked pressuring anyone else . . . . .				( )					
107. I've often taken pride in how important I am in others' lives . . . . .						( )			
I've often taken pride in my gusto and openness to new experiences . . . . .								( )	
108. I have perceived that I've often come across to others as presentable, even admirable . . . . .			( )						
I have perceived that I've often come across to others as unusual, even odd . . . . .							( )		
109. I have mostly done what I had to do . . . . .		( )							
I have mostly done what I wanted to do . . . . .				( )					
<b>SUBTOTAL</b>	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>E</b>	<b>F</b>	<b>G</b>	<b>H</b>	<b>I</b>

[illegible]

	A	B	C	D	E	F	G	H	I
115. I have sometimes put people off by being too aggressive .....							( )		
I have sometimes put people off by being too uptight .....				( )					
116. Being of service and attending to the needs of others has been a high priority for me .....						( )			
Finding alternative ways of seeing and doing things has been a high priority for me .....								( )	
117. Typically, I have been even-tempered .....				( )					
Typically, I have had strong changes of mood.....									( )
118. Situations that stir up deep, intense emotions have appealed to me .....					( )				
Situations that make me feel calm and at ease have appealed to me.....				( )					
119. I have cared less about practical results than about pursuing my interests.....									( )
I have been practical and have expected my work to have concrete results .....							( )		
<b>SUBTOTAL</b>	<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>E</b>	<b>F</b>	<b>G</b>	<b>H</b>	<b>I</b>

	A	B	C	D	E	F	G	H	I
120. I have had a deep need to belong .....		( )							
I have had a deep need to feel balanced .....			( )						
121. In the past, I've probably insisted on too much closeness in my friendships.....					( )				
In the past, I've probably kept too much distance in my friendships.....		( )							
122. I've had a tendency to keep thinking about things from the past.....				( )					
I've had a tendency to keep anticipating things I'm going to do .....							( )		
123. I've tended to see people as intrusive and demanding.....						( )			
I've tended to see people as disorganized and irresponsible .....			( )						
124. Generally, I have not had much confidence in myself.....	( )								
Generally, I have had confidence only in myself.....					( )				
125. I've probably been too passive and uninvolved .....	( )								
I've probably been too controlling and manipulative.....			( )						
SUBTOTAL	A	B	C	D	E	F	G	H	I

	A	B	C	D	E	F	G	H	I
126. I've frequently been stopped in my tracks by my self-doubt .....					( )				
I've rarely let self-doubt stand in my way .....		( )							
127. Given a choice between something familiar and something new, I have usually chosen something new .....								( )	
I've generally chosen what I knew I already liked: why be disappointed with something I might not like? .....		( )							
128. I have given a lot of physical contact to reassure others about how I feel about them .....					( )				
I have generally felt that real love does not depend on physical contact .....			( )						
129. When I've needed to confront someone, I've often been too harsh and direct .....						( )			
When I've needed to confront someone, I've often "beaten around the bush" too much .....		( )							
SUBTOTAL	A	B	C	D	E	F	G	H	I





141. I've had to be strong for others, so I haven't had time to deal with my feelings and fears .....

I've had difficulty coping with my feelings and fears, so it's been hard for me to be strong for others .....

142. I have often wondered why people focus on the negative when there is so much that's wonderful about life .....

I have often wondered why people are so happy when so much in life is messed up .....

143. I have tried hard not to be seen as a selfish person .....

I have tried hard not to be seen as a boring person .....

144. I have avoided intimacy when I feared I would be overwhelmed by people's needs and demands .....

I have avoided intimacy when I feared I would not be able to live up to people's expectations of me .....

SUBTOTAL

	A	B	C	D	E	F	G	H	I
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144. I have avoided intimacy when I feared I would be overwhelmed by people's needs and demands .....									
I have avoided intimacy when I feared I would not be able to live up to people's expectations of me .....									
SUBTOTAL									

## SECTION 4. Scoring Instructions

**A**DD the X's marked in column A, column B, column C, and so forth, through column I, and enter the numbers in the corresponding boxes below. If you have marked one box in each pair of statements and have added the number of X's correctly, the sum will be 144. If not, go back and recheck for mistakes either in counting X's or in arithmetic. Each column corresponds to a personality type, as given in the chart below. Please note that the types have been randomized and are *not* in numerical order.

Columns

Numerical Value

Personality Type

A	B	C	D	E	F	G	H	I
Nine	Six	Three	One	Four	Two	Eight	Five	Seven

Mark the numerical value for each personality type on the score sheet on page 59. Note that the personality types have been arranged on the score sheet in *numerical order* beginning with types Two, Three, Four (in the Feeling Triad), and so forth. You may wish to connect the marks you have made to produce a graph.

Except in unusual circumstances (some of which are discussed in Section 6), your highest score will indicate your *basic personality type* — which is the object of this test. To confirm your test results, read the short Profile of your basic type in Section 5 as well as the more complete descriptions in *Personality Types* and *Understanding the Enneagram*.

An alternative method for discovering your personality type is