

Type ONE: The Perfectionist (or the Reformer)

Overview of A One:

- **Healthy Ones** are committed to a life of service and integrity. They are balanced and responsible and able to forgive themselves and others for being imperfect. They are principled but patient with the processes that slowly but surely make the world a better place.
- **Average Ones** have judging and comparing minds that naturally spot errors and imperfections. They struggle to accept that imperfection is inevitable while fearing the tyranny of that critical voice in their head.
- **Unhealthy Ones** fixate on small imperfections. These Ones are obsessed with micromanaging what they can. Asserting control over something or someone is their only relief.

Unconscious Childhood Message: It's not okay to make mistakes.

Basic fears: Imperfection, being bad, or being defective.

What It's Like to Be A One:

1. People have told me I can be overly critical and judgmental.
2. I beat myself up when I make mistakes
3. I don't feel comfortable when I try to relax. There is too much to be done.
4. I don't like it when people ignore or break the rules, like when the person in the fast lane at the grocery store has more items than allowed.
5. Details are important to me.
6. I often find that I'm comparing myself to others.
7. If I say I'll do it, I'll do it.
8. It is hard for me to let go of resentment.
9. I think it is my responsibility to leave the world better than I found it.
10. I have a lot of self-discipline.
11. I try to be careful and thoughtful about how I spend money.
12. It seems to me that things are either right or wrong.
13. I spend a lot of time thinking about how I could be a better person.
14. Forgiveness is hard for me.
15. I notice immediately when things are wrong or out of place.
16. I worry a lot.
17. I am really disappointed when other people don't do their part.
18. I like routine and don't readily embrace change.
19. I do my best when working on a project, and I wish others would do the same, so I wouldn't have to redo their work.
20. I often feel like I try harder than others to do things correctly.

All About Ones:

For many 1s, their underlying fear is imperfection. They might fear being accused, misinterpreted, corrected, blamed, and not meeting expectations. Often times they could be worried if their physical space is messy, if expectations are unclear and/or if there is a lack of quality in any area of their life. Deep down, 1s want to be good and balanced.

Somewhere along the way, you may have picked up the message that you must be better than you are. Many 1s are idealists at heart. They believe that anything that's flawed can and should be fixed, including them.

More than any other type, the inner critic of a 1 won't be quiet. 1s can become angry with themselves, others, or an imperfect situation. They may grow resentful and exhausted because they're trying to fix things and others don't recognize or appreciate what they're doing.

Type TWO: The Helper (or the Caregiver)

Overview of A Two:

- **Healthy Twos** can often name their own needs and feelings without fear of losing relationships. They are generous in their efforts to love well and care for others. These happy, secure Twos also have appropriate boundaries, knowing what is theirs to do and what is not. They create a comfortable, safe space for others and are often considered to be a friend to many. Loving and lovable, they adapt well to changing circumstances and are aware of the true self that exists beyond their relationships.
- **Average Twos** are convinced that the expression of their own needs and feelings will automatically threaten the stability of their relationships. They are generous people, but they often consciously or subconsciously expect something in return for their efforts. They have poor boundaries and generally only know themselves in relation to other people. They are attracted to powerful people, whom they expect to define them, and they'll use flattery to pull them in.
- **Unhealthy Twos** are codependent. In their desire to be loved they will accept almost any substitute: appreciation, neediness, companionship and purely utilitarian relationships. These Twos are insecure, manipulative and often play the role of the martyr. They don't give so much as invest, trying to earn love by meeting others' needs—but always expecting a high return on that investment.

Unconscious Childhood Message: It's not okay to have you own needs.

Basic fears: Being unworthy or unloved.

What It's Like to Be A Two:

1. When it comes to taking care of others, I don't know how or when to say no.
2. I am a great listener, and I remember the stories that make up people's lives.
3. I am anxious to overcome misunderstandings in a relationship.
4. I feel drawn to influential or powerful people.
5. People think I'm psychic because I usually know what other people need or want.
6. Even people I don't know well share deep stuff about their lives with me.
7. It seems like people who love me should already know what I need.
8. I need to be acknowledged and appreciated for my contributions.
9. I'm more comfortable giving than receiving.
10. I like my home to feel like a safe and welcoming place for family and others.
11. I care a great deal about what people think of me.
12. I want other people to think I love everyone, even though I don't.
13. I like it when people who love me do something unexpected for me.
14. Lots of people ask me for help, and it makes me feel valuable.
15. When people ask me what I need, I have no idea how to answer.

16. When I'm tired, I often feel like people take me for granted.
17. People say my emotions can feel over-the-top.
18. I feel angry and conflicted when my needs conflict with others'.
19. Sometimes it is hard for me to watch movies because I find it almost unbearable to see people suffer.
20. I worry a lot about being forgiven when I make mistakes.

All About Twos:

For many 2s, their underlying fear is being unloved or unwanted by others. They fear tension, confrontation, and disappointing others in relationship. Saying "no" to someone or being rejected are two things that 2s absolutely hate. Deep down, a 2 just wants to be loved.

Type 2s often believe the lie that says they aren't "enough" and that the only way to win love is to hide who they are and work to prove that they're worthy of love. They may never share with you what is going on inside. Somewhere along the way, they may have picked up the message that naming your needs could lead to rejection. This leads many 2s to stay focused on the needs of others so that everyone can stay happy.

Because of their fear, 2s say "yes" to everything, so boundary setting is hard for them. If you are 2, you may find yourself unable to focus until any tension is resolved in a relationship. 2s may believe their own needs don't matter or they may even feel shame for having needs at all. Sometimes, they can become resentful that, when they recognize their needs, they feel like they have no one to share them with. Sadly, many 2s unknowingly manipulate others out of a desire to feel useful, loved, and needed. They often look to others to define who they are instead of allowing God to define that for them.

Type THREE: The Performer (or the Achiever)

Overview of A Three:

- **Healthy Threes** have transcended the goal of merely looking good and are moving toward being known and loved for who they are, not for what they accomplish. They still love to set goals, rise to challenges and solve problems, but their self-worth is not tied to these things. They try to balance their abundant energy between work, rest and some kind of contemplative practice, recognizing the importance of being instead of doing. They feel valuable, which unleashes a tender benevolence that is focused on the common good.
- **Average Threes** push achieving to overachieving, spending too much time at work or the gym. Highly driven, their need to perform even extends to the time they spend coaching the children's soccer team or volunteering at church. They see love as something to be earned, so they quiet their inner convictions, valuing what others define as success and striving to do more and do it better. They are confident in their abilities but also image conscious, constantly worrying that a poor performance will cause them to lose standing in other people's eyes.
- **Unhealthy Threes** find failure unacceptable, which renders them unable to admit mistakes and causes them to behave as though they are superior to others. Desperate for attention, these Threes may turn the deadly sin of self-deceit into the sin of intentional deceit, telling others fabricated stories about themselves and their accomplishments in order to maintain their image. At their worst, unhealthy Threes can be petty, mean and vengeful.

Unconscious Childhood Message: It's not okay to have your own feelings or identity.

Basic fears: Being worthless, being without inherent value, being seen as a failure.

What It's Like to Be A Three:

1. It's important for me to come across as a winner.
2. I love walking in a room and knowing I'm making a great first impression on the crowd.
3. I could persuade Bill Gates to buy a Mac.
4. The keys to my happiness are efficiency, productivity, and being acknowledged as the best.
5. I don't like it when people slow me down.
6. I know how to airbrush failure so it looks like success.
7. I'd rather lead than follow any day.
8. I am competitive to a fault.
9. I can find a way to win over and connect with just about anyone.
10. I'm a world-champion multitasker.
11. I keep a close watch on how people are responding to me in the moment.

12. It's hard for me to not take work along on vacation.
13. It's hard for me to name or access my feelings.
14. I'm not one to talk much about my personal life.
15. Sometimes I feel like a phony.
16. I love setting and accomplishing measurable goals.
17. I like other people to know about my accomplishments.
18. I like to be seen in the company of successful people.
19. I don't mind cutting corners if it gets the job done more efficiently.
20. People say I don't know how or when to stop working.

All About Threes:

For many 3s, their underlying fear is not being valued. They fear underachieving and being unproductive and not making progress toward a goal. Deep down, 3s want to be valuable.

Type 3s believe the lie that says you have value because of what you do and how much attention you receive. They fear anything that causes them to feel worthless, which might be as simple as not checking everything off the to-do list.

Because of that fear, two habits can creep in:

1. 3s become hyper busy, doing anything and everything – even projects that don't interest them that might bring them achievement and recognition. 3s have adapted their lives to meet the expectations of others, which can be exhausting. They also spend time curating their image to look like they have it all together. While they're busying doing all these things, they are also willing to quit projects that they're not good at because those "failures" hurt their image.
2. 3s stuff down their feelings in order to soldier on. They often say they'll deal with their feelings later, but they never do.

Type FOUR: The Individualist (or the Romantic)

Overview of A Four:

- **Healthy Fours** have a considerable emotional range, and they manage it by not speaking or acting on every feeling they have. They know they don't have to be special to win God's unconditional love. These Fours have found a way to live, for the most part, outside the pattern of shame and inferiority. They are deeply creative, emotionally honest and connected, and attuned to beauty.
- **Average Fours** struggle daily with learning to accept themselves as they are. Such efforts are complicated as they seek their identity by exaggerating their uniqueness. These Fours are coy; they want you to want them but they play hard to get. Their melancholy often goes unchecked, causing painful distance between themselves and others. Average Fours are moody, melodramatic, needy and self-pitying.
- **Unhealthy Fours** tend to be manipulative, playing the role of victim in order to create or maintain relationships. They find themselves lacking when compared to others, which only exacerbates their self-debasement. These Fours feel so much shame they are unable to connect to the very part of themselves that believes they can change and be better.

Unconscious Childhood Message: It's not okay to be too functional or too happy.

Basic fears: Being without identity or personal significance.

What It's Like to Be A Four:

1. I like things that are unconventional, dramatic and refined. I'm definitely not a fan of the ordinary.
2. I never really felt like I belonged.
3. I have so many feelings in a day it's hard to know which ones to pay attention to first.
4. Some people think I am aloof, but I'm really just unique.
5. In social situations I tend to hand back and wait for others to approach me.
6. Melancholy is comfortable for me, so it's annoying when people try to cheer me up.
7. I'm not like everyone else... phew!
8. I'm very sensitive to criticism, and it takes me a while to get over it.
9. I spend a lot of time trying to explain myself.
10. When people tell me what to do, I'm often tempted to do the opposite.
11. Sometimes I just disappear and go radio silent for a few days.
12. I'm okay with sad songs, sad stories, and sad movies. Overly happy people give me a headache.
13. I feel there is something essential lacking in me.
14. It's really hard for me to settle into a relationship because I'm always looking for my ideal soul mate.

15. I'm self-conscious. It's hard for me to find my place in a room full of people.
16. People say I'm too intense and my feelings overwhelm them.
17. I'm either an artist or highly creative. I come up with one amazing, creative idea after another. It's executing them that's hard.
18. Lots of people misunderstand me, and it makes me frustrated.
19. I pull people in, but then I get nervous and push them away.
20. I worry a lot about abandonment.

All About Fours:

Your underlying fear is being abandoned by God and others because you really are "too much." You fear being misunderstood, dismissed and stereotyped. Deep down, you want to be understood and loved for the individual you are.

Type 4s feel like something is missing and there's an underlying angst about what that could be. You may have heard the message from childhood that you didn't really belong.

Because of your fears, Type 4s may feel like you feel too much, such as your frustration because of your idealism, angst about what could be, or envy about the deep and interesting inner lives of others. You may turn passive-aggressive or manipulative to sustain relationships. Type 4s may also feel shame as you compare yourself to others and declare yourself lacking.

Type FIVE: The Investigator (or the Observer)

Overview of A Five:

- **Healthy Fives** have a long view of things. They manage an appropriate balance between participation and observation, engaging with others comfortably and demonstrating true neutrality. These Fives are likely to have depth in knowledge in several areas of their lives, and they willingly share their findings with others. They live in a world of abundance, seeing themselves as part of the whole environment instead of separate from everyone and everything.
- **Average Fives** hold to a scarcity mentality, which leads to hoarding time, space and affection. They feel more at home observing rather than participating in the external world, and thinking substitutes for feeling. Fives in this space tend to rely on themselves rather than faith, and they carefully measure how much time they spend with others. They struggle with anything that makes them feel incompetent or incapable.
- **Unhealthy Fives** don't want to depend on anyone for anything. They have a defensive personality that is preoccupied with security, independence and privacy. These Fives are trapped in believing there is not enough and often express that way of thinking with judgment, cynicism and sarcasm. When they do participate in family or social gatherings, they stay separate from others.

Unconscious Childhood Message: It's not okay to be comfortable in the world.

Basic fears: Being useless, incompetent, or incapable.

What It's Like to Be A Five:

1. I can take care of myself, and I think others could do the same.
2. I don't always say things out loud, but in my head I am pretty sarcastic and cynical.
3. I often feel awkward around other people.
4. I'm okay if people ask me a few specific questions about myself, but I don't like it when people want too much information.
5. I need time alone.
6. If I want people to know how I feel I will tell them. I generally wish they wouldn't ask.
7. I think thoughts are more reliable than feelings.
8. I need a couple of days to process an experience or know how I feel about something.
9. People are wasteful. I hold on to what I have.
10. Often I find that I would rather observe than participate.
11. I trust myself. That mean I about things for awhile and then I make my own decisions.
12. I can't understand why people get together to "just hang out."
13. I'm a listener.
14. I have to be very careful with my time and energy.
15. I get tired when I have to be with people for too long.

16. I often felt invisible as a child. Sometimes as an adult I choose to be invisible.
17. Sometimes I think I should be more generous. It's hard for me.
18. In groups, being uninformed makes me very uncomfortable.
19. I don't like big social gatherings. I'd rather be with a few people.
20. Material possessions don't make me happy.

All About Fives:

Your underlying fear is that you won't be able to function successfully in the world. You fear being helpless, incapable, not having all the information and feeling out-of-control of your circumstances. Deep down, you want to be capable and competent.

Type 5s often believe the lie that your worth is tied to your performance, specifically in having the right answers for every situation. This wrong belief may be rooted in negative messages heard from a parent or teacher, who said that you don't have what it takes to be successful or that you aren't good enough to warrant praise or love.

Because of your fear, you might withdraw from others so you can observe your environment and retreat into your own mind where you feel more capable. Emotionally, you could withhold your energy, become angry at interruptions, and deflect your own needs. You may also over-analyze things.

Type SIX: The Loyalist (or the Questioner)

Overview of A Six:

- **Healthy Sixes** have learned to trust their own experiences of life. They are aware that certainty and accurate predictability are not likely in most situations. They are productive, logical thinkers who almost always organize their thoughts and actions around what would be most advantageous for the common good. Loyal, honest and reliable, healthy Sixes are clear-eyed judges of character. These Sixes have come to believe that in the end everything will be all right.
- **Average Sixes** question almost everything. They struggle to get out of their heads and the pattern of worst-case-scenario planning. They are overly focused on authority and can be either subservient on the one hand or rebellious on the other. They find the world to be an unsafe place, and they respond with fight or flight. These Sixes, while managing all of their anxiety, are committed to education, church, government, family and social service organizations.
- **Unhealthy Sixes** find danger around every corner. Their anxiety borders on paranoia, as they fear that the world is unfair and that most people are not who they say they are and cannot be trusted. Unable to trust themselves either, they look to authority figures and experts to make decisions on their behalf. These Sixes find fault in others and tend to fall into patterns associated with the mental mechanism of projection.

Unconscious Childhood Message: It's not okay to trust yourself.

Basic fears: Being without support or guidance.

What It's Like to Be A Six:

1. I'm always imagining and planning for the worst.
2. I often don't trust people who are in authority.
3. People say I am loyal, understanding, funny, and compassionate.
4. Most of my friends don't have as much anxiety as I do.
5. I act quickly in a crisis, but when things settle down, I fall apart.
6. When my partner and I are doing really well in our relationship I find myself wondering what will happen to spoil it.
7. Being sure I've made the right decision is almost impossible.
8. I'm aware that fear has dictated many of my choices in life.
9. I don't like to find myself in unpredictable situations.
10. I find it hard to stop thinking about the things I'm worried about.
11. I'm generally not comfortable with extremes.
12. I usually have so much to do it's hard for me to finish tasks.
13. I'm most comfortable when I'm around people who are pretty much like me.
14. People tell me I can be overly pessimistic.

15. I am slow to start, and once I do get started I find myself continuing to think about what could go wrong.
16. I don't trust people who give me too many compliments.
17. It helps me to have things in some kind of order.
18. I like to be told I am good at my job, but I get very nervous when my boss wants to add to my responsibilities.
19. I have to know people for a long time before I can really trust them.
20. I am skeptical of things that are new and unknown.

All About Sixes:

For many 6s, the bottom-line fear is that everything will go wrong. You fear trusting others and not having guidance or support. Deep down, you want security.

Type 6s crave security, support and reassurance, therefore fear arises when these things are lacking. In the unpredictable and uncontrollable nature of life, your inner doomsday committee spins out worst case scenarios for you all day long. This committee makes you doubt yourself and fear picking the wrong next step.

Because of your fear, you worry a lot and tend to make a Plan A then Plans B-Z just in case. You often feel distracted as your brain works overtime to find solutions. Your type seeks control and can overthink situations.

Type SEVEN: The Enthusiast (or the Adventurer)

Overview of A Seven:

- **Healthy Sevens** know that often “less is more.” They are aware of the energy they have invested in manufacturing happiness and they know that joy is a gift or grace that can only be received. They have embraced a full range of human emotion and they are growing in their ability to accept life as it is rather than as they want it to be. They are able to incorporate pain and disappointment into the whole of their lives, rather than merely avoiding it. When Enthusiasts are in a healthy space, they are not only fun and adventurous but also spiritually grounded, practical and resilient.
- **Average Sevens** reframe almost everything that is sad, limiting or could be perceived as failure, changing the narrative so that even the most negative events are recast in an affirming way. They find most of their happiness in anticipation and much of their sadness in the reality that their expectations are seldom realized. These Sevens entertain to feel safe and to claim their place in a group. Though they are very popular, they find commitment to be a challenge and have great trouble finishing projects, often jumping from one thing to the next.
- **Unhealthy Sevens** see themselves and their environment as inadequate, feeling sorry for themselves and often believing they’ve been dealt an unfair hand. They try to avoid pain at any cost, which leads to irresponsible behavior and seeking instant gratification. These Sevens are often reckless, risking more than they can stand to lose, and are more prone to addiction than any other number.

Unconscious Childhood Message: It’s not okay to depend on anyone for anything.

Basic fears: Being deprived or being trapped in pain.

What It’s Like to Be A Seven:

1. I’m always the first person up for a last-minute adventure.
2. I am an optimist to a fault.
3. I don’t like making hard and fast commitments to things.
4. I suffer from FOMO – fear of missing out.
5. Anticipation is the best part of life.
6. People close to me say I can be argumentative and act superior.
7. Variety and spontaneity are the spice of life.
8. Sometimes I get so eager for the future I can hardly wait for it to get here.
9. It’s hard for me to finish things. When I get close to the end of a project, I start thinking about the next thing, and then I get so excited I sometimes just move on.
10. I usually avoid heavy conversations and confrontations.
11. When people I care about are having a hard time, I help them look at the bright side of the situation.

12. Other people think I am sure of myself, but I have lots of doubts.
13. I'm popular and have lots of friends.
14. When things get too serious for too long I usually find a way to get people to lighten up, often by telling jokes and funny stories.
15. I don't like endings, so I usually wait for people to break up with me.
16. I quickly get bored with the same routine and like to try new things.
17. Almost everything can be more fun and entertaining with a little effort.
18. I think people worry more than they should.
19. Life is better than people imagine. It's all about how you explain things to yourself.
20. I don't like it when people have expectations of me.

All About Sevens:

For many 7s, the underlying fear is pain. You fear not having options, missing out on new experiences and people, not getting to do "all the things", getting trapped by routine when you want the freedom for fun and standing up for yourself and your needs. Deep down, you want to be content and happy.

Somewhere along the way, you may have heard (or experienced) the message that you are on your own, that no one was available or willing to help you.

Because of your fear, you're constantly busy, which makes you tired. You'll put up with the exhaustion that comes from doing "all the things" because that seems more palatable to you than experiencing the pain and ache inside. You may also not follow through on commitments because you don't want to be pinned down. However, at the other extreme, you may excessively plan to ensure there's always a fun experience right around the corner.

Type EIGHT: The Challenger (or the Asserter)

Overview of An Eight:

- **Healthy Eights** are great friends, exceptional leaders and champions of those who cannot fight on their own behalf. They have the intelligence, courage and stamina to do what others say can't be done. They have learned to use power in the right measure at the right times, and they are capable of collaborating and valuing the contributions of others. They understand vulnerability and even embrace it at times.
- **Average Eights** tend to be steamrollers more than diplomats. They are dualistic thinkers, so people are good or bad, opinions are right or wrong, and the future is bright or bleak. They prefer to lead, struggle to follow and use aggression to emotionally protect themselves. Many Eights are leaders, and others follow them with little or no hesitation. They have little patience with people who are indecisive or who don't pull their weight.
- **Unhealthy Eights** are preoccupied with the idea that they are going to be betrayed. Suspicious and slow to trust others, they resort to revenge when wronged. They believe they can change reality, and they make their own rules and expect others to follow them. Eights in this space destroy as much as they create, believing the world is a place where people are objects to be used and contributions from others have little or no lasting value.

Unconscious Childhood Message: It's not okay to be vulnerable or to trust anyone.

Basic fears: Being harmed or being controlled by anyone.

What It's Like to Be An Eight:

1. I have been told that I'm too blunt and aggressive.
2. Doing things halfway is not my spiritual gift.
3. I enjoy a good verbal skirmish, just to see what others are made of.
4. In relationships that matter to me, I insist on being honest about conflicts and staying in the fight till things are worked out.
5. It's hard for me to trust people.
6. Justice is worth fighting for.
7. I can sniff out other people's weakness the first time I meet them.
8. Saying no isn't a problem for me.
9. I welcome opposition. Bring it.
10. I make decisions fast and from the guy.
11. I don't like it when people beat around the bush.
12. I'm wary of people who are super nice.
13. When I walk into a room, I know immediate who has the most power.
14. I don't have much respect for people who don't stand up for themselves.
15. One of my mottos is "A good offense is better than a good defense."

16. Don't mess with the people I love.
17. I know I'm respected. But sometimes I want to be loved.
18. I have no problem confronting a bully.
19. If God wanted people to wear their hearts on their sleeve, he would have put it there.
20. Under my tough exterior is a tender, loving heart.

All About Eights:

For many 8s, the underlying fear is being hurt or controlled. You fears betrayal, rejection, vulnerability, clingy people, sharing your needs and connecting with others. Deep down, you want the relational confidence that you can trust and be trusted.

Type 8s often believe the lie that you are what you do. Somewhere along the way, you picked up the message that the world is a tough place where only the strong survive. You decided to be one of those survivors, so you fear anything that prevents you from being in charge.

Because of your fear, you push your body to exhaustion. You also want to be in charge. You can come across as aggressive, assertive, rude and intense. Type 8s may also create drama and thus lose their emotional connections with others.

Type NINE: The Peacemaker (or the Mediator)

Overview of A Nine:

- **Healthy Nines** are natural mediators. They see and value the perspective of other people and can harmonize what seem to be irreconcilable points of view. They are unselfish, flexible and inclusive. These Nines are seldom attached to their own way of seeing and doing things. They've learned to make decisions based on the right priorities. They are inspiring, self-actualized people.
- **Average Nines**, while they come off as sweet and easygoing, are stubborn and out of touch with their anger. These Nines overlook themselves. Though they generally feel unimportant, they occasionally wake up and realize they have to work on investing in themselves. They are willing to stand up for justice on behalf of others but would not likely risk doing much to stand up for themselves. They don't ask for much though they appreciate what others do for them.
- **Unhealthy Nines** have trouble making decisions and become overly dependent. To dull feelings of sadness and anger they engage in numbing behaviors. Struggling to maintain the illusion that all is well, they can vacillate between acquiescence and open hostility.

Unconscious Childhood Message: It's not okay to assert yourself.

Basic fears: Loss of connection, fear of fragmenting relationships.

What It's Like to Be A Nine:

1. I'll do almost anything to avoid conflict.
2. I'm not a self-starter.
3. Sometimes I get lost in doing trivial tasks, while things that really need to get done get put off.
4. I'm happy to go along with what others want to do.
5. I tend to procrastinate.
6. People seem to want me to be more decisive.
7. When I get distracted and go off task I give my attention to whatever is happening right in front of me.
8. I often choose the path of least resistance.
9. I find routines at work and home comforting, and I feel unsettled when something throws them off.
10. Others see me as more peaceful than I really am.
11. I have a hard time getting started, but once I do I really get things done.
12. I'm a "what you see is what you get" person.
13. I don't think of myself as being very important.
14. People think I'm a good listener even though I find it hard to pay attention in a long conversation.

15. I don't like to take work home with me.
16. Sometimes I tune out and think about the past.
17. I don't enjoy being social gatherings as much as a quiet evening at home with the ones I love.
18. Being outdoors is very soothing for me.
19. I am often quietly stubborn when people put demands on me.
20. It would feel selfish to spend a whole day doing whatever I want to do.

All About Nines:

For many 9s, the underlying fear is being separated from others. You fear of loss, unresolved conflict, relational tension, expressing your own ideas/dreams/opinions and saying "no." Deep down, you want to feel at peace.

Type 9s often believe the lie that you are what you do, and what you do is keep everything swimming along. Somewhere along the way, you picked up the message that your wants, opinions, needs and dreams don't matter.

Because of your fear, you are the most likely of all the types to self-forget: you "forget" your own priorities, thoughts and goals. You may disengage from people and your emotions instead of participating or engaging in confrontation and conversation. It's also hard for you to get started on projects because you're deflecting your own priorities. You can be passive-aggressive, ambivalent and have trouble making decisions. Type 9s want to believe that all is well, and as a result, you may end up engaging in numbing behaviors like withdrawing from others.