How to Get Along with Other Enneagram Types

The Enneagram is composed of 9 main types, each with their own core needs and expectations. With that much variety, we sometimes forget what exactly other types need and want from us in our day-to-day lives. Here’s a quick article that can give you pointers on what you can do to get along better with those important to you.

Type 1
• Take your share of the responsibility so I don't end up with all the work.
• Acknowledge my achievements.
• I'm hard on myself. Reassure me that I'm fine the way I am.
• Tell me that you value my advice.
• Be fair and considerate, as I am.
• Apologize if you have been unthoughtful. It will help me to forgive.
• Gently encourage me to lighten up and to laugh at myself when I get uptight, but hear my worries first.

Type 2
• Tell me that you appreciate me. Be specific.
• Share fun times with me.
• Take an interest in my problems, though I will probably try to focus on yours.
• Let me know that I am important and special to you.
• Be gentle if you decide to criticize me.

Type 3
• Leave me alone when I am doing my work.
• Give me honest, but not unduly critical or judgmental, feedback.
• Help me keep my environment harmonious and peaceful.
• Don't burden me with negative emotions.
• Tell me you like being around me.
• Tell me when you're proud of me or my accomplishments.

Type 4
• Give me plenty of compliments. They mean a lot to me.
• Be a supportive friend or partner. Help me to learn to love and value myself.
• Respect me for my special gifts of intuition and vision.
• Though I don't always want to be cheered up when I'm feeling melancholy, I sometimes like to have someone lighten me up a little.

• Don't tell me I'm too sensitive or that I'm overreacting!

Type 5

• Be independent, not clingy.

• Speak in a straightforward and brief manner.

• I need time alone to process my feelings and thoughts.

• Remember that if I seem aloof, distant, or arrogant, it may be that I am feeling uncomfortable.

• Make me feel welcome, but not too intensely, or I might doubt your sincerity.

• If I become irritated when I have to repeat things, it may be because it was such an effort to get my thoughts out in the first place.

• Don't come on like a bulldozer.

• Help me to avoid my pet peeves: big parties, other people's loud music, overdone emotions, and intrusions on my privacy.

Type 6

• Be direct and clear.

• Listen to me carefully.

• Don't judge me for my anxiety.

• Work things through with me.

• Reassure me that everything is OK between us.

• Laugh and make jokes with me.

• Gently push me toward new experiences.

• Try not to overreact to my overreacting.

Type 7

• Give me companionship, affection, and freedom.

• Engage with me in stimulating conversation and laughter.

• Appreciate my grand visions and listen to my stories.

• Don't try to change my style. Accept me the way I am.

• Be responsible for yourself. I dislike clingy or needy people.

• Don't tell me what to do.
Type 8

• Stand up for yourself... and me.
• Be confident, strong, and direct.
• Don't gossip about me or betray my trust.
• Be vulnerable and share your feelings. See and acknowledge my tender, vulnerable side.
• Give me space to be alone.
• Acknowledge the contributions I make, but don't flatter me.
• I often speak in an assertive way. Don't automatically assume it's a personal attack.
• When I scream, curse, and stomp around, try to remember that's just the way I am.

Type 9

• If you want me to do something, how you ask is important. I especially don't like expectations or pressure.
• I like to listen and to be of service, but don't take advantage of this.
• Listen until I finish speaking, even though I meander a bit.
• Give me time to finish things and make decisions. It's OK to nudge gently and nonjudgmentally.
• Ask me questions to help me get clear.
• Tell me when you like how I look. I'm not averse to flattery.
• Hug me, show physical affection. It opens me up to my feelings.
• I like a good discussion but not a confrontation.
• Let me know you like what I've done or said.
• Laugh with me and share in my enjoyment of life.