

Enneagram Deep Dive – Reflection Exercises & 7-Day Plan

Deepen your Enneagram understanding with five self-observation exercises and a 7-day plan to interrupt patterns.

5 reflection exercises for the Enneagram

These exercises only work if you're honest with yourself. This isn't about looking good – it's about getting clearer.

1. Notice your basic pattern · 20 min

Describe a typical week – not how it should be, how it actually is.

- Which emotion shows up most often?
- What does your behaviour protect you from?
- Which 'core fear' might be underneath?

2. Trigger log · 3 × 10 min

Keep a small trigger journal for 3 days.

- What triggered me (situation, person, sentence)?
- How did I react – internally and externally?
- Which pattern shows up in hindsight?

3. From fixation to freedom · 20 min

Pick a behaviour that keeps leading you into the same dead end.

- What short-term benefit does it give you?
- What does it cost you long-term?
- Which opposite behaviour would expand you?

4. Your three centres · 15 min

The Enneagram works with head, heart, and gut.

- Which centre is over-developed for you?
- Which do you avoid?
- What would a decision look like in which all three speak?

5. Growth direction · 15 min

Every Enneagram type has an integration direction.

- Which quality do you long for?
- Where have you already shown it?
- What mini-experiment trains this quality this week?

7-day transfer plan: notice & interrupt patterns

One small self-observation impulse per day.

Day 1 Observe	Watch yourself for a day like a neutral observer. ↳ What do you notice for the first time?
Day 2 Track triggers	Note every internal resistance you notice. ↳ What is the resistance protecting?
Day 3 Name the core fear	Formulate your most likely core fear in one sentence. ↳ How does it feel to say it out loud?
Day 4 Switch centre	If you would normally decide from the head – decide from the gut tomorrow. ↳ What was different?
Day 5 Test alternative	Pick a default reaction and consciously do the opposite. ↳ What did it cost you – and what did you gain?
Day 6 Get feedback	Ask a trusted person: 'How do you experience me when I'm under pressure?' ↳ What surprised you in the feedback?
Day 7 Integrate	Summarise: What is my pattern? What is my next step? ↳ What do you want to keep practising?