

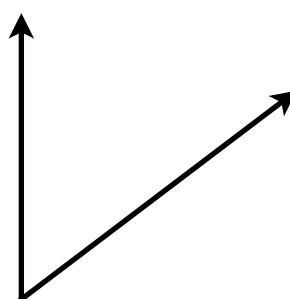
WHAT DO YOU X OUT?

"U" Qualities

How you see yourself,
your identity.

i.e. altruistic, responsible

U = I am this. This is acceptable.



X = I am not this. This is not acceptable.

"X" Qualities

What you disown, resist, or
judge in yourself.

i.e. selfish, irresponsible

**What qualities do you devalue or criticize in yourself or others?
What are you afraid of becoming? What qualities do you not identify with?**

| | | | | |
|---------------|-------------|------------|---------------|------------|
| Rude | Overbearing | Distracted | Addicted | Righteous |
| Self-Centered | Aggressive | Fake | Sexual | Indecisive |
| Unhealthy | Critical | Unkind | Chatty | Anxious |
| Overwhelmed | Dangerous | Emotional | Slow | Mean |
| Shy | Boring | Awkward | Sloppy | Childish |
| Disorganized | Whiny | Skeptical | Irresponsible | Dramatic |

Questions to help you discover what you X out.

Try to use different qualities for each.

I dislike people who are too _____.

If I were too _____, people would not like or accept me.

I shouldn't be _____ and instead I should be more _____.

When I go to a party, I definitely want to spend time with people who are _____ and avoid people who are _____.

I get lose respect for people who are _____ on my team or in my community.

I get irritated with a close family member when they are being _____.

If I am _____, people will not respect me.

I don't like it when I am _____.

People will not be attracted to me if I'm too _____.

WHAT DO YOU X OUT?

What Enneagram Types X Out

- Type 1. **The Reformer** Being irresponsible, mean, a slacker, illogical, sloppy
- Type 2 **The Helper** Being unloving/selfish, mean, needy, self-absorbed
- Type 3 **The Achiever** Being lazy, arrogant, ordinary
- Type 4 **The Individualist** Being boring, superficial, ordinary, shallow
- Type 5 **The Investigator** Being ignorant, unprepared, irrational, frivolous
- Type 6 **The Questioner** Being untrustworthy, bossy, dangerous, unsure
- Type 7 **The Enthusiast** Being a downer, in pain,
- Type 8 **The Challenger** Being weak, out of control, reliant on others
- Type 9 **The Peacemaker** Being conflictual, boastful, mean, big, edgy