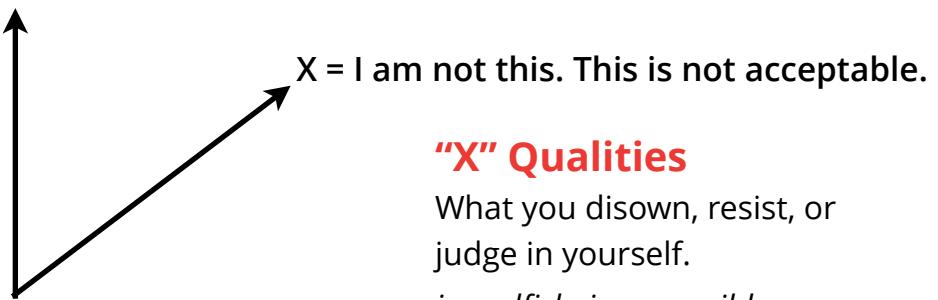


WHAT DO YOU X OUT?

“U” Qualities

How you see yourself, your identity.
i.e. altruistic, responsible

U = I am this. This is acceptable.



“X” 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