



A Peer Reviewed International Journal of Asian
Academic Research Associates

AARJSH
ASIAN ACADEMIC RESEARCH
JOURNAL OF SOCIAL
SCIENCE & HUMANITIES



ENNEAGRAM: A POTENTIAL PSYCHOLOGICAL TOOL TO UNDERSTANDING HUMAN PERSONALITY

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Abstract

The Enneagram is a circle enclosing nine equidistant points connected by nine intersecting lines. 'Ennea' is greek word which means nine, and 'Gramma' which means something written or drawn. The Enneagram pictorially conveys a system of personality classification. According to Riso (1990) definition, "Enneagram means knowing ourselves so that we can transcend ourselves and attain balance and integration that is psychology about, while transcending ourselves to make a room for the Divine that is spirituality about. Both go together and are not at odds with each other". This paper makes a case for using the enneagram to enhance spirituality. The authors, being proponents of action learning, contend that people can learn and change through action. The main objective of this paper is to study about how the enneagram system helps to identify the person's personality. In this paper literature review paper, we point out that the Enneagram as a theory based on nine personality types and how it enhance relationships with family members, friends, and co-workers which enhance one's well-being and how the enneagram system provides knowledge beyond the identification of one's personality type. This system provides not only information about one's personality type assessed with the *Riso-Hudson Enneagram Type Indicator*, but also knowledge about how and why each type will possess certain qualities or favor certain actions over others.

Keywords: Personality, Learning, Transcend, Psychology, spirituality.

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