

LESSON 6

THE BEAUTY OF INDIVIDUALITY

Activity: Taking the Enneagram Personality Test

Introduction: This activity focuses on the individual aspects of self-awareness. In this activity, you'll be taking a personality test, going over the results by yourself and then with your spouse.

1. Individually, go to test.youenneagramcoach.com and take the Enneagram Type Assessment. This should take about 10-15 minutes. Remember that this doesn't promise to be 100% accurate, but it's usually a pretty close overview of your personality based on your answers to the questions.
2. Individually, download your results and read over them. Take mental note of what sounds like you and also where you're not sure.
3. With your spouse, go over the results and ask them if your results seem to fit. As you share with each other, note the following:
 - For the spouse who is listening: Sit back and allow your spouse to speak into your life. Put down your defenses. Listen deeply and try to receive the information without responding. This can be a very rewarding time. Your spouse may be able to see things that you haven't noticed.
 - For spouse who is sharing: Be kind and gentle. Use soft language and a soft tone of voice. Remember that it can sometimes be difficult to hear how someone else sees us.
4. Talk through the following questions together:
 - Was there anything that surprised you about your enneagram number and the description?
 - What parts of your number did you find that you connected with and what areas did you feel like you didn't?

- What did you think about your spouse's number? Where did you feel it was accurate and where did you feel that there were discrepancies?
- After reading through the results and hearing your spouse's take, where are some places that you can work to grow?
- How did going through this process help you to better understand your spouse?
- How did going through this process help you better understand yourself?
- How do you see your number positively impacting your marriage? Negatively impacting your marriage?