

TYPE SEVEN



Sevens crave stimulation from new ideas, people, and experiences, avoid pain, and engage in positive possibility planning in order to keep all of their options open.

Four Questions

If you answer Yes to three or four of these questions, your likely Enneagram is type Seven.

1. Do you think that being positive is always a choice and so you choose to be positive at almost all times?
2. Do you get feedback from others that they feel interrupted by you when you are actually saying something because you are excited by an idea?
3. Do you believe nobody has the right to restrict or limit you?
4. Is it hard for you to stay with your emotions for long periods of time, especially sadness and fear?

Strengths | imaginative | enthusiastic | engaging | quick thinking

Development areas | impulsive | unfocused | rebellious | pain avoidant

Sevens search for pleasure and stimulation and avoid pain and discomfort. Symbolized by the glass of champagne, Sevens are bubbly and effervescent, trying to enjoy life's pleasures and positive possibilities.

Spontaneous, engaging, and multitasking to an extreme, Sevens are upbeat, energetic, and need to feel that they have all options possible open to them. Elaborate future planners, dreamers and visionaries, Sevens generate enthusiasm, push boundaries, and avoid painful experiences by conjuring up new ideas, engaging with people or activities that excite them, and by rationalizing negative experiences through a positive reframing of events.

Almost all Sevens have difficulty focusing on one thing at a time, as their attention shifts from one idea, activity, or person to the next thing that grabs their interest, and they also have a contagious sense of optimism that comes from a sense that everything is possible. Some Sevens create extensive social networks, a kind of collective surrogate family that gives them the support to make the best of every opportunity; other Sevens restrain their desire to have everything as a way to sacrifice themselves in the service of the group; and still other Sevens are unabashed dreamers, looking to everything new to stimulate and excite them.

Their interpersonal style can be described as fast-talking and even faster thinking, with a mental process that moves 1000 miles per hour and jumps from topic to topic. While some Sevens are quiet, most Sevens say what's on their minds as soon as they think it. And although their ideas may seem loosely connected to the rest of us, Sevens make these associative connections instantly and share them in rapid fire, using voices filled with enthusiasm and energy.

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While we can all be creative thinkers, enjoy the rush of dopamine, and prefer pleasure to pain, for Sevens, the search for pleasure and stimulation and the avoidance of pain and discomfort is their primary, persistent, and driving motivation.

Core development areas

- Being able to focus mentally, emotionally, and physically at will
- Feeling genuine and consistent empathy for others
- Accepting and integrating the reality of pain and discomfort along with pleasure

Three great development ideas

Listen fully to others.

After you have had a conversation with someone, ask the person these questions: What percentage of the time were you talking, and what percentage was I talking? At any time during the conversation did you feel I was interrupting, not listening, or appearing distracted? Do this at least once a day with different people. Listen fully to the answers without giving counter-arguments or explanations for what you did or did not do. Your task is to have someone reflect your behavior back to you, whether you agree with the reflection or not.

Stay focused by learning to go inward.

The biggest challenge for you will be to focus on your physical sensations and emotional reactions. For an hour each day, practice bringing your focus to both your emotions and your physical sensations. Once you have developed the ability to do this, practice this inner focusing on a regular basis, particularly at times when you feel either highly stimulated or anxious.

Develop your emotional repertoire.

Using the categories of mad, glad, sad, and afraid, make lists of all the events in the past year in which you have felt each of these emotions. Analyze your lists to determine which of these four feelings you tend to experience most and least often. Spend one hour thinking about how you can expand your emotional repertoire by eliciting feelings in the emotional categories you experience least often. Write down your answers. This activity will help you to relate more deeply both to yourself and to others.