



Distorted Lens

True Nature

Each Enneagram type has an emotional filter effecting thoughts, feelings and actions. It is automatic and unconscious, created from core fears and desires. In traditional Enneagram language this is referred to as a "passion." The Passion is our attempt to recreate a version of our true nature when life becomes overwhelming.

Distorted Lens True Nature

The true nature of each Enneagram type is referred to as their "virtue." The virtue is the opposite and antidote to our distorted view on the world. It represents the quality of Being that naturally emerges when we're present and connected to our true nature, rather than operating from our conditioned personality patterns.

The distorted lens for Ones is perfectionism - "I need it perfect." Perfectionism is the belief that self, others and all life situations can and should be continuously evaluated and improved upon.

Perfectionism

Serenity

The true nature of Ones is serenity - "I am realistic." Serenity is the ability to hold life with a calm heart knowing perfection exists in ways we cannot always see.



The distorted lens for Twos is people-pleasing “I don’t need ... but you do.” People-pleasing is the belief that connection can be manufactured by offering kindness and support to others at the expense of your own needs.

People-Pleasing

Humility

The true nature of Twos is humility -
“I am human.” Humility is the acceptance of our own needs and the ability to trust others with them.



The distorted lens for Threes is appearance - "I need what you need." Appearance refers to the need to present an image of success in work, social engagements or personal relationships.

Appearance

Truthfulness

The true nature of Threes is truthfulness - "I am me." Truthfulness is the unfiltered view of humanity both inside and out.



The distorted lens for Fours is discontent - "I always need."

Discontent is the feeling of deep lack in personal life, social connections or relational understanding even when something or someone is right in front of you.

Discontent

Equanimity

The true nature of Fours is equanimity -

"I am content." Equanimity is the quieting of the inner world and the ability to find peace in the present.



The distorted lens for Fives is restriction - "I will keep more than I need." Restriction is the response to the fear of running out of material or physical needs, intellectual ability or safe connection.

Restriction

Non-Attachment

The true nature of Fives is non-attachment - "I am free."

Non-attachment is the trust in the give and take of life.



The distorted lens for Sixes is overprotection - "I need a guarantee." Overprotection is a desire to secure certainty and safety around experiences, relationships or social groups.

Overprotection

Courage

The true nature of Sixes is courage - "I am choosing." Courage is the movement forward into the unknown.



The distorted lens for Sevens is indulgence - "I need it all." Indulgence is the seeking of anything pleasurable in people, groups and experiences without true satisfaction.

Indulgence

Sobriety

The true nature of Sevens is sobriety - "I am present." Sobriety is the pleasure found in a moment of joy that is enjoyed all the way through.



The distorted lens for Eights is
excess - "I need more."

Excess refers to a need to
consume material things,
projects, causes, people or
power without limits.

EXCESS

Innocence

The true nature of Eights is innocence -

"I am curious." Innocence is the
playfulness of a child, allowing life to
come and go without feeling the need
to control the process or the outcome.



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The distorted lens for Nines is distraction - "I need less."

Distraction refers to an avoidance of anything uncomfortable using routine, busy-work, over-socializing or over-emphasizing others over self.

Distraction

Right Action

The true nature of Nines is right action -

"I am sure." Right action is the movement forward with purpose knowing which is the most important piece of the puzzle to solve first.



Awareness

Notice your patterns without judgment.

Become a curious observer of your behaviors, reactions, and thought patterns. Build the muscle of self-observation slowly, moment-by-moment.



Acceptance

Recognize that each pattern is an attempt to express your true nature, even if distorted. Understand these strategies were your best effort to embody your essential qualities.



Expansion

Remember that growth happens through tiny shifts – trying something even slightly different than your habitual response is enough to begin transformation.

We are better together!

Please take a moment to let us know what you thought about this session and the digital resources here:

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Feedback Coaching

Unlock deeper self-awareness through the wisdom of the Enneagram. Book a [one-on-one coaching session](#) to explore your type, growth paths, and personal development journey.

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