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ENNEAGRAM TYPE 7

The Entertaining Optimist

Summary Content



Your **Enneagram** Coach

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TYPE SEVEN

Spontaneous | Versatile | Acquisitive | Scattered

Summary

Sevens love to plan and anticipate positive future events. They enjoy having variety and multiple choices. They do not want to be limited, restricted, or bored. They may be well-rounded, affirming, and generous, or they can be narcissistic, an escapist, and have an insatiable appetite for excitement.

Core Fear

They fear of being limited, bored, incomplete, inferior, missing out on something, being disappointed, or trapped in emotional pain.

Core Desire

To be satisfied, content, and to have all of their needs fulfilled.

Healthy Self-Image

I am happy, spontaneous, enthusiastic, free-spirited, optimistic, and energetic.

Key Motivations

They want to be happy and satisfied, to enjoy a wide variety of experiences, to not be tied down so they can keep their options open, to enjoy life, to escape internal pain and any anxiety.

Sevens Do Not Want

They do not want to be bored, to miss out on something fun and stimulating, to be forced to experience their pain and internal suffering, to be tied down, to feel trapped in their emotional pain or to feel inferior.

Overview

Sevens are fun, excitable, spontaneous, optimistic, sociable, outgoing, talkative, planning and anticipating future events, and they are also the life of the party.

They run into problems by being scattered, distracted, impatient, always seeking the next thrill, being demanding, and excessive.

But at their best, they slow down and become grateful, receptive, thoughtful, and savor the present moment.

They desire to be positive, enthusiastic, stimulated, excited about life, and fascinated by all that life has to offer. They see themselves as fun, diverse, and someone who can see the many possibilities life has to offer. They hope others view them as fun-loving, sophisticated, and joyful.

Like children, they love anticipating new experiences, having fun, and dreaming up new and exciting possibilities. They are fascinating people and can charm anyone with their magnetic personality. They easily turn negative events into positive experiences by being funny and entertaining to others. They also love to be entertained.

They have a wide range of passions and skills. These incredibly gifted people can cross fertilize their passions into a new passion or field. They can be extremely innovative by using their incredible minds and imaginations.

Sevens are constantly thinking about the next exciting experience or stimulation. They will overbook themselves so that if something falls through or they get bored, they have multiple options at their disposal to choose from.

They see life as an endless buffet full of incredible and delicious possibilities, and they desire to try everything twice. The first time is to experience it and the second time to see if they liked it the first time.

Enjoyment comes from living in their imagination and conceptualizing new grand ideas. Their super power is in transforming boring daily tasks into something fun and interesting. Using their creative and upbeat energy, they inspire others to see the positive in life.

Anytime life gets complicated, hard, sad, or boring, they will immediately choose to escape to an alternate path that brings them pleasure. You will find that they tend to jam pack their schedules full in order to avoid dealing with their internal anxieties, pain, and sorrows.

