

Enneagram Enhanced Parenting

**Become the Parent
YOU Were Meant to Be**

By Beth & Jeff McCord



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No matter your children's ages and stages, parenting is not for the faint of heart! While it's impossible to do the task of raising well-rounded, well-adjusted, emotionally-healthy children perfectly, the Enneagram provides some really helpful insights. It not only sheds light on each personality's unique parenting styles and the strengths and weaknesses that come along with it, but also helps us better understand and shape the hearts of the kids with whom God has entrusted us.



KNOW YOUR PARENTING PERSONALITY

A deep understanding of your Enneagram Type and the motivations driving your thoughts, feelings, and actions can strengthen all your relationships, especially your relationship with your children. ***Knowing how you're hardwired can help you avoid common parenting pitfalls and negative patterns, as well as the positive attributes and opportunities to cultivate to help you grow into the best parent you can be.***





TYPE 1: THE MORAL PERFECTIONIST

Type 1s make fantastic parents because they raise their children with a strong sense of personal responsibility and firm boundaries. They are consistent, moral, and truthful, expecting their kids to adhere to their code of principles and conduct. However, Type 1 parents can struggle to relax, play with, and enjoy their children, due to their constant need to do what's right. Children of Type 1s can feel an extreme pressure to be perfect, believing they must be deemed "good" in order to be worthy of love.

Strengths to Build On: Strong moral compass, analytical, strives for honor and excellence, helps others see error, upholds justice and principles

Weaknesses to Overcome: Focuses on what's wrong, insists on one right way to do things, inflexible, performance-based, intolerant, fearful of error

TYPE 2: THE SUPPORTIVE ADVISOR

Type 2s make fantastic parents because they are nurturing, affectionate, and caring, giving their children a strong sense of confidence and security. They take a genuine interest in their kids, coming alongside them through acts of service and helpful advice. They go out of their way to meet their kids' physical, mental, and emotional needs, however, their overwhelming burden to care for their children can lead them to ignore their own needs. Relationally, they may feel hurt or insecure if their child feels crowded by their efforts to help.

Strengths to Build On: Empathetic, listens well, engaged, service-oriented, supportive, sensitive to others' needs, generous, encouraging, considerate

Weaknesses to Overcome: People-pleasing, seeking approval, possessive, violates boundaries, prideful, flattering, invasive, unwilling to accept help

TYPE 3: THE SUCCESSFUL ACHIEVER

Type 3s make fantastic parents because they are optimistic and goal-oriented, raising up hardworking and accomplished offspring. They are responsible, consistent, and well-organized, giving parenting their all, just as they do every task in their lives. However, their focus on achievement and keeping a polished image can make their children feel pressured and unworthy, believing they're only as good as their last accomplishment. Burdened to appear successful and impress the people around them, Type 3 parents can live under a constant pressure to measure their worth and their children's worth by what they do, not who they are.

Strengths to Build On: Ambitious, adaptable, confident, enthusiastic, champions of others, productive, natural authority figure, multitasker, efficient





Weaknesses to Overcome: Competitive, self-promoting, fearful of failure, disingenuous, performance-driven, suppresses feelings, seeks success at all costs, views children as a project

TYPE 4: THE ROMANTIC INDIVIDUALIST

Type 4s make fantastic parents because they feel and care deeply, encouraging their child's creativity, self-expression and unique qualities. They bring beauty and depth to the parent-child dynamic, intuiting their child's emotions and allowing for meaning and authenticity. However, their propensity toward intense feelings can make them feel melancholic and even depressed. They often question their value and feel disconnected and fundamentally flawed. Their children can bear the burden of their vast emotions and sometimes envious nature, believing they must prove themselves special and unique in order to gain true acceptance.

Strengths to Build On: Creative, affectionate, insightful, emotional depth and awareness, intuitive, valuing beauty and meaning, authentic

Weaknesses to Overcome: Envious, comparing, self-conscious, temperamental, insecure, feels unworthy, avoids mediocrity, romanticizes big emotions



TYPE 5: THE INVESTIGATIVE THINKER

Type 5s make fantastic parents because they are perceptive and innovative observers who walk through life with a craving to learn new things. They teach their children to be inquisitive, objective, practical, and to make wise and calculated decisions. However, they experience the world as an intrusive and overwhelming place. Feeling that parenting demands too much of them, they can focus their attention on conserving their energy and resources to avoid depletion. This intense desire to control their environment combined with their prioritization of reason can make them extremely private and emotionally distant with their kids.

Strengths to Build On: Curious, valuing knowledge, practical, wise, competent, independent, insightful, skillful, predictable, nonjudgmental, self-controlled

Weaknesses to Overcome: Withdrawing, unwilling to rely on others, emotionally unavailable, valuing knowledge over feelings, guarded, secretive, lacking spontaneity, compartmentalizing, non communicative



TYPE 6: THE LOYAL GUARDIAN

Type 6s make fantastic parents because they are hardworking, dependable, and trustworthy, allowing them to raise up obedient and responsible children who promote the common good. Viewing the world as a dangerous and



uncertain place, they are hyper-vigilant protectors of their kids, constantly scanning the horizon for things that could threaten their safety and security. Their anxiety can lead them to assume the worst, projecting their fears and doubts onto their children as a means of protecting themselves.

Strengths to Build On: Reliable, loyal, steady, humorous, able to foresee problems, team players, protects the underdog, logical, troubleshooter

Weaknesses to Overcome: Questioning others and themselves, unable to relax, skeptical, indecisive, fearful, self-sabotaging, defensive, suspicious, procrastinating, cynical, dependent

TYPE 7: THE ENTERTAINING OPTIMIST

Type 7s make fantastic parents because they are enthusiastic, optimistic, and adventurous. As lovers of variety, they live life big and are eager to expose their children to all the new experiences that this world has to offer. They see endless possibilities and innovation all around them, and they expect their kids to keep up their relentless pace. They can overschedule activities and outings and show minimal interest in the more quiet, mundane aspects of parenting, leaving children feeling unsettled. Their constant need for stimulation can lead their kids and other family members to believe they value new experiences more than them.

Strengths to Build On: Upbeat, entertaining storyteller, visionary, energetic, fun, positive, risk-taking, creative

Weaknesses to Overcome: Noncommittal, escaping, resistant to negative emotions, lives in the future, craves constant stimulation, fears missing out on anything fun

TYPE 8: THE PROTECTIVE CHALLENGER

Type 8s make fantastic parents because they are big-hearted, assertive, and protective, making their child feel safe from the world. They fiercely adore their children and are willing to go to great lengths to help them succeed. They feel an intense need to guard themselves and their kids against betrayal and powerlessness by always having an invincible exterior and minimizing any personal vulnerability. They can struggle with being too blunt, confrontational, insensitive, domineering, and cynical in their parenting style, leaving children feeling controlled or intimidated.

Strengths to Build On: Protecting, upholds truth and justice, loyal to trusted people, empowering to others, natural leaders, direct, bold, compassionate

Weaknesses to Overcome: Controlling, rigid, blaming, hiding weaknesses and vulnerabilities, explosive, vengeful, extreme, tests limits





TYPE 9: THE PEACEFUL MEDIATOR

Type 9s make fantastic parents because they are warm, gentle and non-judgmental, giving their children a strong sense of acceptance and security. Patient and easy going, they long for harmony with their kids and in their environments, bringing a sense of calm and empathy to the relationship. They are natural peacemakers because they can sympathize with all points of view. They believe it's their responsibility to ensure their kids experience peace and that everyone is respected and heard, and they manage the stress they feel by withdrawing or numbing their feelings, dreams, and desires. Often "going along to get along" to avoid the internal or external conflict they feel, they can struggle to provide consistent discipline and emotional availability to their children.

Strengths to Build On: Loves unconditionally, accepting, good listener, fair, empathetic, helpful, values harmonious relationships, supportive, predictable

Weaknesses to Overcome: Avoiding, stubborn, passive, indecisive, procrastinating, slow to realize and express feelings, resentful, angry, easily overwhelmed, merging with others

KNOW YOUR CHILD

Once you've discovered your Enneagram Type and how it influences your parenting, you can shift your focus to your child. Gaining a deep understanding of your child's personality and what makes them tick can be a game-changer when it comes to effectively raising them up in the way they should go.

Each personality Type has specific ways in which they want to be treated and loved. By knowing your child's Type, you can learn how to love them from their point of view, allowing them to feel seen, heard, validated and respected, and radically changing your relationship dynamics.

This questionnaire will help you narrow in on your child's Enneagram Type. Most likely, you'll notice your kids exhibit characteristics of many Types, but remember, it's not your job to crack the code of their personality, **but to help shape them into the best version of themselves.** Be careful not to label your child, especially when they are still very young. **Ultimately, only they can reveal their true motivations, and the minute you type them, you can limit their process of evolving into the people they were designed to be.** We recommend that you hold 2-3 Types loosely for each child until they are old enough (late teens) to accurately discover and confirm their Type.



Questionnaire



Type 1 - Moral Perfectionist

Desire to be a good boy or girl by doing things right, accurately or correct

Fear being bad, evil, wrong, and punished

Does Your Child:

- have a strong inner critic that is constantly telling them what they should do without needing you to tell them?
- do their chores and what is asked without you needing to remind them?
- have a "know-it-all" attitude about everything and will correct those who have different views than them?
- parent you on how to be more organized or clean?
- fear being bad, wrong, and punished?
- act more like an adult and struggle with being a playful child?
- try to be perfect in almost all areas of life?

Type 2 - Supportive Advisor

Desire to be liked, wanted, and loved

Fear being unwanted and unloved

Does Your Child:

- see other people's needs and try to help everyone else first before they see their own needs?
- get their feelings hurt easily?
- feel other people's feelings (overly empathetic) and get drawn into other people's needs or problems?
- more often than not help others with advice or an act of service?
- manipulate others into getting what they want by being helpful to others?
- try to be seen as a good student and need to be liked by teachers?

Type 3 - Successful Achiever

Desire to appear successful and admirable

Fear being a failure, unsuccessful, second place, incompetent, and exposed

Does Your Child:

- always strive to accomplish and complete a task successfully and quickly?
- know how to socially adapt to any situation naturally and are liked by most?
- seem to be able to have a healthy dose of confidence and motivated to excel in their many interests?
- have a quick and efficient mind?
- like things neat and organized?
- like to be well dressed, look good, and appear to have it all together?
- like to have others see their successes and will even show off or brag about their accomplishments and successes?



Type 4 - Romantic Individualist

Desire to be unique, authentic, and focus on their feelings.

Fear being plain, mundane, original, emotionally cut off, defective, and flawed

Does Your Child:

- see the world in a unique way and long for beauty?
- get their feelings hurt easily?
- seem to live more closely toward a melancholy state and even dip into depression from time to time?
- feel "different" or "flawed" compared to others especially in the family?
- allow their feelings to take them into fantasy (make believe, dress up)?
- get overwhelmed by their emotions?
- often want the possessions or qualities that others have?
- need to be unique and different?
- tend to be artistic and seek beauty?
- feel misunderstood and different especially in their family unit?

Type 7 - Entertaining Optimist

Desire to be happy, enjoy new experiences, stimulation, and fun

Fear having to deal with unpleasant feelings, being deprived, limited, bored, and missing out on something fun

Does Your Child:

- seem optimistic and happy most of the time?
- make and have lots of friends?
- enjoy being in the lime light?
- have a restlessness about them and always seeking new fun stimulations, experiences, or adventures?
- despise being bored or feeling deprived in any way?
- strive for freedom, joy, and enjoyment?
- love trying new things and new experiences?
- resist discipline more than most?
- like to do many different things but sitting in school is very difficult for them?

Type 5 - Investigative Thinker

Desire to be curious and understand everything

Fear being depleted, invaded, intruded on, obligated, and drained relationally

Does Your Child:

- enjoy their alone time and strongly prefer to be alone to engage in their own interests (reading, learning)?
- tend to be shy and introverted?
- desire to know how things work and ask deep searching questions?
- tend to stand back and observe more than get actively involved with other kids?
- struggle when others pay too much attention to them or invade their privacy?
- seem to not know or care about what is socially acceptable at times?
- seem aloof or deep in their mind?

Type 8 - Protective Challenger

Desire to be strong, energetic, in control, and protect oneself

Fear being challenged, controlled, harmed, manipulated, and at the mercy of injustice

Does Your Child:

- use strong aggressive energy or anger to keep others from controlling them?
- seem very assured of themselves and their opinions?
- not back down from a conflict if someone else starts it?
- have a lot of energy, desire, and strength to do and achieve what they want?
- when they sense injustice, become angry and very strong (even physically intervening if needed)?
- have a very tender heart on the inside but has difficulty showing it to most?
- have a soft spot for animals and babies?
- get accused of being a bully?

Type 6 - Loyal Guardian

Desire to be safe, secure and supported

Fear of fear itself, unsafe, chaos, uncertainty, blamed, in trouble, without support, guidance, and security

Does Your Child:

- want to feel secure and safe?
- try to be loyal to their friends?
- like to argue the opposite side of an issue?
- try to get others to like them by entertaining or pleasing them?
- seem to be hard to understand because they often change – example: fearful to courageous, introverted to extroverted, weak to strong, careless to careful...
- have a restless and worrying mind that tends to think of worst case scenarios so they can prevent them from happening
- need reassurance and guidance to calm their anxieties down?
- have trouble making up their minds so they seek advice or guidance?

Type 9 - Peaceful Mediator

Desire to avoid any kind of conflict so they can have inner stability and peace of mind

Fear being in conflict, overlooked, shut out, and in any kind of discordant relationship

Does Your Child:

- want everything to stay pleasant?
- avoid conflict by not voicing any strong opinions?
- tend to seem "sweet" and "accepting"?
- go along to get along?
- at times become stubborn and will not budge?
- when overwhelmed start to "check out" by watching tv, using the computer, or simply avoiding what they need to be doing?
- seek comfort by being close to you?
- have calm energy that seems peaceful to others?
- get distracted easily?



KNOW THE TRUTH OF THE GOSPEL

It's our firm belief that the Enneagram is most powerful and effective when we view it through the lens of the Gospel. When we're not resting in our true identity in Christ, our sins, struggles, and shortcomings lead us to think, feel, and behave in particular ways that harm ourselves and our children. But because of God's grace, we can ask the Holy Spirit to help us navigate our internal worlds, lead us back to a healthy path, and lead children of every Type well. God is always faithful to provide what we need to experience transformation and freedom in our lives, no matter our family dynamics. May the hope of the Gospel penetrate our hearts, so we can raise up a whole and healthy next generation.

ABOUT US

Beth and Jeff McCord are the founders of Your Enneagram Coach, a community designed to be a safe place for individuals to explore a Christ-centered Enneagram. Through their teaching, they guide individuals, couples, and groups to self-awareness and life-enhancing growth. Their mission is to help people see themselves with astonishing clarity, so they can break free from self-condemnation, fear, and shame through the unconditional love, forgiveness, and freedom in Christ. Learn more at YourEnneagramCoach.com.



Beth + Jeff McCord
Your Enneagram Coach Founders

