

Riso Hudson Enneagram Test

Name: _____ Age: _____ Gender: _____

Instructions: Answer each question honestly, according to how you typically behave.

1. How do you typically react to stress?

- Do you become withdrawn and isolated? (Type 5)
- Do you become angry and aggressive? (Type 8)
- Do you become fearful and anxious? (Type 6)
- Do you become perfectionistic and controlling? (Type 1)
- Do you become people-pleasing and accommodating? (Type 2)

2. What are your core motivations?

- Do you seek knowledge and understanding? (Type 5)
- Do you seek power and control? (Type 8)
- Do you seek security and stability? (Type 6)
- Do you seek perfection and order? (Type 1)
- Do you seek love and acceptance? (Type 2)

3. How do you view yourself?

- Do you see yourself as intelligent and insightful? (Type 5)
- Do you see yourself as strong and capable? (Type 8)
- Do you see yourself as cautious and vigilant? (Type 6)
- Do you see yourself as principled and moralistic? (Type 1)
- Do you see yourself as caring and compassionate? (Type 2)

4. How do you interact with others?

- Do you tend to be reserved and aloof? (Type 5)
- Do you tend to be assertive and forceful? (Type 8)
- Do you tend to be cautious and questioning? (Type 6)
- Do you tend to be critical and judgmental? (Type 1)
- Do you tend to be warm and nurturing? (Type 2)

Scoring System:

- If you scored mostly high on questions 1 and 3, and mostly low on questions 2 and 4, your Enneagram type is likely Type 5.
- If you scored mostly high on questions 2 and 4, and mostly low on questions 1 and 3, your Enneagram type is likely Type 8.
- If you scored mostly high on questions 1 and 2, and mostly low on questions 3 and 4, your Enneagram type is likely Type 6.
- If you scored mostly high on questions 1 and 4, and mostly low on questions 2 and 3, your Enneagram type is likely Type 1.
- If you scored mostly high on questions 2 and 3, and mostly low on questions 1 and 4, your Enneagram type is likely Type 2.

Notes:***Disclaimer:***

This is just a simple Enneagram test, and it is not a substitute for professional assessment.