

# Riso Hudson Enneagram Test (Sampler Version)

**Disclaimer:** This Riso Hudson Enneagram Test (RHETI) is based on the RHETI Sampler includes 36 questions and is designed as an introductory tool based on the full Riso-Hudson Enneagram Type Indicator (RHETI, Version 2.5). This 144-question personality inventory has been independently and scientifically validated. The RHETI Sampler is not scientifically validated, and its results should be used for educational and self-reflection purposes only. Accuracy is not guaranteed, and we recommend taking the full RHETI for a more complete and reliable personality profile.

## Client information

Name: \_\_\_\_\_ Age: \_\_\_\_\_  
Gender: \_\_\_\_\_ Date of assessment: \_\_\_\_\_

## RHETI 36-item sampler

#		A	B	C	D	E	F	G	H	I
1	I've been romantic and imaginative.									
	I've been pragmatic and down to earth.									
2	I have tended to take on confrontations.									
	I have tended to avoid confrontations.									
3	I have typically been diplomatic, charming, and ambitious.									
	I have typically been direct, formal, and idealistic.									
4	I have tended to be focused and intense.									
	I have tended to be spontaneous and fun-loving.									
5	I have been a hospitable person and have enjoyed welcoming new friends into my life.									
	I have been a private person and have not mixed much with others.									
6	Generally, it's been easy to "get a rise" out of me.									
	Generally, it's been difficult to "get a rise" out of me.									
7	I've been more of a "street-smart" survivor.									
	I've been more of a "high minded" idealist.									
8	I have needed to show affection to people.									
	I have preferred to maintain a certain distance with people.									
9	When presented with a new experience, I've usually asked myself if it would be useful to me.									
	When presented with a new experience, I've usually asked myself if it would be enjoyable.									
10	I have tended to focus too much on myself.									
	I have tended to focus too much on others.									
11	Others have depended on my insight and knowledge.									
	Others have depended on my strength and decisiveness.									
12	I have come across as being too unsure of myself.									
	I have come across as being too sure of myself.									

#		A	B	C	D	E	F	G	H	I
13	I have been more relationship-oriented than goal-oriented.									
	I have been more goal-oriented than relationship-oriented.									
14	I have not been able to speak up for myself very well.									
	I have been outspoken– I’ve said what others wished they had the nerve to say.									
15	It’s been difficult for me to stop considering alternatives and do something definite.									
	It’s been difficult for me to take it easy and be more flexible.									
16	I have tended to be hesitant and procrastinating.									
	I have tended to be bold and domineering.									
17	My reluctance to get too involved has gotten me into trouble with people.									
	My eagerness to have people depend on me has gotten me into trouble.									
18	Usually, I have been able to put my feelings aside to get the job done.									
	Usually, I have needed to work through my feelings before I could act.									
19	Generally, I have been methodical and cautious.									
	Generally, I have been adventurous and taken risks.									
20	I have tended to be a supportive, giving person who enjoys the company of others.									
	I have tended to be a serious, reserved person who like discussing issues.									
21	I’ve often felt the need to be a “pillar of strength.”									
	I’ve often felt the need to perform perfectly.									
22	I’ve typically been interested in asking tough questions and maintaining my independence.									
	I’ve typically been interested in maintaining my stability and peace of mind.									
23	I’ve been too hard-nosed and skeptical.									
	I’ve been too soft-hearted and sentimental.									
24	I’ve been worried that I’m missing out on something better.									
	I’ve often worried that if I let down my guard, someone will take advantage of me									
25	My habit of being “stand-offish” has annoyed people.									
	My habit of telling people what to do has annoyed people.									

#		A	B	C	D	E	F	G	H	I
26	Usually, when troubles have gotten to me, I have been able to "tune them out."									
	Usually, when troubles have gotten to me, I have treated myself to something I've enjoyed.									
27	I have depended upon my friends and they have known that they can depend on me.									
	I have not depended on people; I have done things on my own.									
28	I have tended to be detached and preoccupied.									
	I have tended to be moody and self-absorbed.									
29	I have liked to challenge people and "shake them up."									
	I have liked to comfort people and calm them down									
30	I have generally been an outgoing, sociable person.									
	I have generally been an earnest, self-disciplined person.									
31	I've usually been shy about showing my abilities.									
	I've usually liked to let people know what I can do well.									
32	Pursuing my personal interests has been more important to me than having comfort and security.									
	Having comfort and security has been more important to me than pursuing my personal interests.									
33	When I've had conflict with others, I've tended to withdraw.									
	When I've had conflict with others, I've rarely backed down.									
34	I have given in too easily and let others push me around.									
	I have been to uncompromising and demanding with others.									
35	I've been appreciated for my unsinkable spirit and great sense of humour.									
	I've been appreciated for my quiet strength and exceptional generosity.									
36	Much of my success has been due to my talent for making a favourable impression.									
	Much of my success has been achieved despite my lack of interest in developing "interpersonal skills."									

### Score for each types

A = Nine		D = One		G = Eight	
B = Six		E = Four		H = Five	
C = Three		F = Two		I = Seven	

## Scoring and interpretation

- To score the RHETI Sampler, count the number of X's in each column (A through I). Each column corresponds to one of the nine Enneagram types—though randomized, they match specific types: A = Nine, B = Six, C = Three, D = One, E = Four, F = Two, G = Eight, H = Five, I = Seven.
- The client's basic personality type is likely among their top three highest scores.
- Review the brief type summaries or visit [www.EnneagramInstitute.com](http://www.EnneagramInstitute.com) for deeper insights.
- If results seem unclear, revisit the client's responses and consider whether their choices still feel accurate upon further reflection.

## The 9 personality types

### The Reformer

The rational, idealistic type. Ones are conscientious and ethical, with a strong sense of right and wrong. They are teachers, crusaders, and advocates for change: always striving to improve things, but afraid of making a mistake. Well-organized, orderly, and fastidious, they try to maintain high standards, but can slip into being critical and perfectionistic. They typically have problems with resentment and impatience. At their Best: wise, discerning, realistic, and noble. Can be morally heroic.

### The Helper

The caring, interpersonal type. Twos are empathetic, sincere, and warm-hearted. They are friendly, generous, and self-sacrificing, but can also be sentimental, flattering, and people-pleasing. They are well-meaning and driven to be close to others, but can slip into doing things for others in order to be needed. They typically have problems with possessiveness and with acknowledging their own needs. At their Best: unselfish and altruistic, they have unconditional love for others.

### The Achiever

The success-oriented, pragmatic type. Threes are self-assured, attractive, and charming. Ambitious, competent, and energetic, they can also be status-conscious and highly driven for advancement. They are diplomatic and poised, but can also be overly concerned with their image and what others think of them. They typically have problems with workaholism and competitiveness. At their Best: self-accepting, authentic, everything they seem to be—role models who inspire others.

### The Individualist

The sensitive, introspective, type. Fours are self-aware, expressive, and reserved. They are emotionally honest, creative, and personal, but can also be moody and self-conscious. Withholding themselves from others due to feeling vulnerable and defective, they can also feel disdainful and exempt from ordinary ways of living. They typically have problems with melancholy, self-indulgence, and self-pity. At their Best: inspired and highly creative, they are able to renew themselves and transform their experiences.

### The Investigator

The intense, cerebral type. Fives are alert, insightful, and curious. They are able to concentrate and focus on developing complex ideas and skills. Independent, innovative, and inventive, they can also become preoccupied with their thoughts and imaginary constructs. They become detached, yet high-strung and intense. They typically have problems with eccentricity, nihilism, and isolation. At their Best: visionary pioneers, often ahead of their time, and able to see the world in an entirely new way.

### The Enthusiast

The busy, variety-seeking type. Sevens are extroverted, optimistic, versatile, and spontaneous. Playful, high-spirited, and practical, they can also misapply their many talents, becoming over-extended, scattered, and undisciplined. They constantly seek new and exciting experiences, but can become distracted and exhausted by staying on the go. They typically have problems with impatience and impulsiveness. At their Best: they focus their talents on worthwhile goals, becoming appreciative, joyous, and satisfied.

### The Challenger

The powerful, dominating type. Eights are self-confident, strong, and assertive. Protective, resourceful, straight-talking, and decisive, but can also be egocentric and domineering. Eights feel they must control their environment, especially people, sometimes becoming confrontational and intimidating. Eights typically have problems with their tempers and with allowing themselves to be vulnerable. At their Best: self-mastering, they use their strength to improve others' lives, becoming heroic, magnanimous, and inspiring.

## The Peacemaker

The easygoing, self-effacing type. Nines are accepting, trusting, and stable. They are usually creative, optimistic, and supportive, but can also be too willing to go along with others to keep the peace. They want everything to go smoothly and be without conflict, but they can also tend to be complacent, simplifying problems and minimizing anything upsetting. They typically have problems with inertia and stubbornness. At their Best, indomitable and all-embracing, they are able to bring people together and heal conflicts.

## Additional notes

## Examiner information

Name: \_\_\_\_\_ License ID number: \_\_\_\_\_

Signature: \_\_\_\_\_ Date of assessment: \_\_\_\_\_

Bishop, P. (2007). Wisdom of the Enneagram: A deeper dive. <https://www.ferris.edu/alumni/pdf-files/mhhf-rheti-pre-prep.pdf>