
Level of Developmental Well-being **Worksheet**

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See Chapter 6 in *The Enneagram, Relationships, and Intimacy*

STEP 1

- Start with Genuine Curiosity
- Describe Yourself When at Your Best as well as When Not at Your Best

STEP 2

- Your Personality from the Inside Out
- Questions to Deepen Self-Discovery

STEP 3

- Levels of Developmental Well-Being - Honest Self-Reflection Leads to Self-Awareness
- Responsiveness to Others
- Reactivity When Interacting With Others
- Your Experience of Yourself

STEP 1: Start with a Genuine Curiosity as You Describe Your Best and Not-So-Best Self

Let's look at ourselves in a way that we can all readily relate to: Each of us seems to have encountered that we've got a best self, and a not-so-best self. Even with little to no personal development study whatsoever, we're all aware to some degree what these two selves are like. We are on top of the world when in our best self; and well, struggling to grasp that bottom rung when living out the other. In our best self, we tend to feel good, confident, perhaps even upbeat, full of energy, and optimistic. We seem to know what we're doing and where we're going. We may have feelings of pride and dignity, satisfaction and strength, kindness and anticipation, and we feel accomplished and worthy.

But, when in our not-so-best self, the world can feel exhausting. We may feel overwhelmed, burdened, insecure or unworthy, or we find ourselves complaining and whining about almost everything. We may find we're blaming and accusing, wondering why anyone likes us at all—or why we like anyone at all! We just want to crawl into a dark hole, as it all just feels like too much!

There are no right or wrong answers to any of these questions. Meet each one with genuine curiosity and a real caring for yourself, for your truest self. Allow responses to surface that you might not even like or want. Resist any temptation to alter any of your first-comes-up responses. Allow yourself to be safe "with you."

1. Pause for a moment and describe "you" when at your best.
2. How do you feel, when living out your best self? Describe:
3. How often are you here, as your best self? Daily? Weekly? Once in a while? Describe:
4. Pause for a moment and describe "you" when at your not-so-best self, when as your down-and-out self.
5. How do you feel, when living out this not-so-best self?

6. How often are you here, with your not-so-best self? Daily? Weekly? Once in a while?
Describe:

Thoughts, Reflections, and Further Observations:

8. What do you tend to obsess about, more often than it seems others close to you do?

9. Why do you believe you obsess about these things?

10. What kind of information do you find more interesting to focus on? And do you do so without thinking much about it, as it comes naturally? Describe:

11. Why is this information seemingly interesting or of value to you?

12. What tends to be rather obvious to you that others seem to struggle with or not notice at all?

13. How does it make you feel when others don't notice, see, or understand what you notice, see, or understand?

14. When you walk into a room of people, what do you notice first?

15. Why is what you tend to notice first important to you? What is the value of that, for you?

16. What doesn't seem to make it onto your radar, your "screen of awareness?"

17. Why do you think you do not notice these things?

18. What seems to always be on your radar, your screen of awareness?

19. Why do you think that's important for you? What is important for you to "know" or take in? And why is that?

20. What's important for you to understand about someone?

21. Why do you believe you need to understand that? What does that do for you?

22. What do you tend to notice first about people?

23. Why is that important to you?

24. What do you tend to see in yourself, over and over again?

25. How does this observation make you feel? How does it serve you?

Thoughts, Reflections, and Further Observations:

STEP 3: Levels of Developmental Well-Being - Honest Self-Reflection Leads to Self-Awareness

Our level of developmental well-being correlates directly with our level of self-awareness, cultivation of presence, and emotional stability. Well-being is an important aspect of self- and other-understanding. Well-being serves as a barometer, if you will, of how secure we are and how cognitively-emotionally stable we are. Developmental well-being, cultivated from infancy to childhood and into adulthood has its critical place when looking at each of the nine Enneagram type structures and discerning how that type/person is showing up in the world—for themselves and others. Well-being is how well our type structure functions to meet the demands of life, navigate our lives and aspirations, and how we feel inside of ourselves and with ourselves, as well as how we interact with others. Our level of developmental well-being is foundational to building loving, sustainable relationships and impacts our ability to potentiate the life we were born to live and experience.

Here are a few questions to ask yourself directly. These are the kinds of questions that take us toward into self-intimacy. They are designed to help us reflection upon and self-assess our own level of developmental well-being.

As you read these questions, think about “frequency” as much as you consider occurrence. We all have difficult times with ourselves and with others, at some point. Each and every one of us will have a one-off bad day or three-off sequence of less-than-optimal reactions to things. However, “how often,” to “what intensity,” and “how frequently” do we react emotionally? Also, how quickly do you escalate and how long does it take you to recover? All the while, consider how, once reactive, are you interacting with yourself? As in, what is your internal experience of yourself when reactive? What are you aware of?

Awareness of Self and Responsiveness to Others

1. How easy (or hard) is it for me to track what I am thinking, feeling, and doing?
Describe:

5. Can I attune to others? Meaning, can I tune in to another's subjective (internal state) experience? Do I have the capacity to mirror that back to them without judging them or needing to correct or change their state of mind or feelings? Describe:

6. Can I empathize with others? As in, can I feel into their internal state with curiosity and resonance and caring? Do I have the ability to take on where they are inside and feel how something is feeling for them? Describe:

7. How much "response-flexibility" do I have? Can I pause, take in my inner reality (the truth of how I feel), recognize and accept it, and then thoughtfully engage with it in order to consciously choose a desired course of action or response? Describe:

8. How easy (or hard) is it for me to take delight in others? Describe:

12. *In being brutally honest with myself*, how often do I attack others or blame “them” for something I am trying to cover up that I’ve actually done or said? Describe:

13. How often do I interrupt people when they are talking, because I already know (I think I know) what they are going say, and I get impatient? Describe:

14. How do I react when I know someone is lying to me? Describe:

15. How do I react when someone calls me out as having lied? Describe:

My Experience of Myself

16. How able am I to modulate, control, or relax my anxiety, worry, or fear? Describe:

17. How able am I to modulate, control, or relax my frustration, impatience, and anger? Describe:

18. How able am I to modulate, control, or relax my distress when others do not like me or accept me (when I perceive that they do not like me)? Describe:

19. How often do I feel that I am simply going through the motions and just reacting to life, rather than consciously responding to and engaging with it? Describe:

20. How often am I overcome with feelings of loneliness? And do I ever feel alone when surrounded by people or even a loved one? Describe:

21. How hard is it to admit that I am wrong? That I made a mistake? Describe:

22. How important is it for me to be right? What do often feel I need to be right about? Describe:

23. How upset/reactive do I get when I feel someone is more special or more talented than me? Describe:

24. How often do I find myself procrastinating? What purpose does procrastination serve for me? Describe:

25. How often do I feel hopeless, like, "Why bother, I'll fail anyway?" Describe:

26. Do I find that I withdraw from or avoid the things I don't like or that make me uncomfortable, including conflict, what feels burdensome, or what I feel I can't handle? Describe:

27. Do I find myself not communicating something, when I really want to? How does this make me feel? Why do I believe I hold back? Describe:

28. How easy (or hard) is it for me to allow others to be in control?

29. How do I behave when the control I want is not possible or not granted?

30. Have I been called "irresponsible," "flaky" or uncaring by others? But, I don't get it. How often do I tend to think it's just "their stuff?"

31. Do I find myself not engaging and not participating, when I might really want to? Or, if I don't really want to, why do I not want to participate and engage?

32. Do I find myself overly critical of myself and/or other people? If so, why is that?

33. Do I tend to say "yes" when I really want to say "no?" What stops me from saying "no?"

34. Do I find myself overreacting and then I get embarrassed or feel bad about it afterwards? What is that about, for me? Describe:

35. Do I find myself feeling envious of others when I see they have something that I don't? Or, that they are something that I am not?

36. Do I find it really hard to trust anyone? Why is that?

37. Am I competitive to a fault? Will I even cheat to win at something?

38. Do I find myself over-giving or over-pleasing to the point I get mad at myself? But I do it again? Why do I think I do that?

39. How often in a day do I get completely overwhelmed and stressed out to the point that I can't really focus on what I am supposed to?

40. Do I ever and how often do I avoid the tough conversations about my own feelings, needs, desires, or disappointments, even with my partner? What is that about, for me?

Final Thoughts, Reflections, and Personal Aspirations: