

The Enneagram, Science, *and* my Father, David Daniels

Denise Daniels, PhD,
November 8, 2024

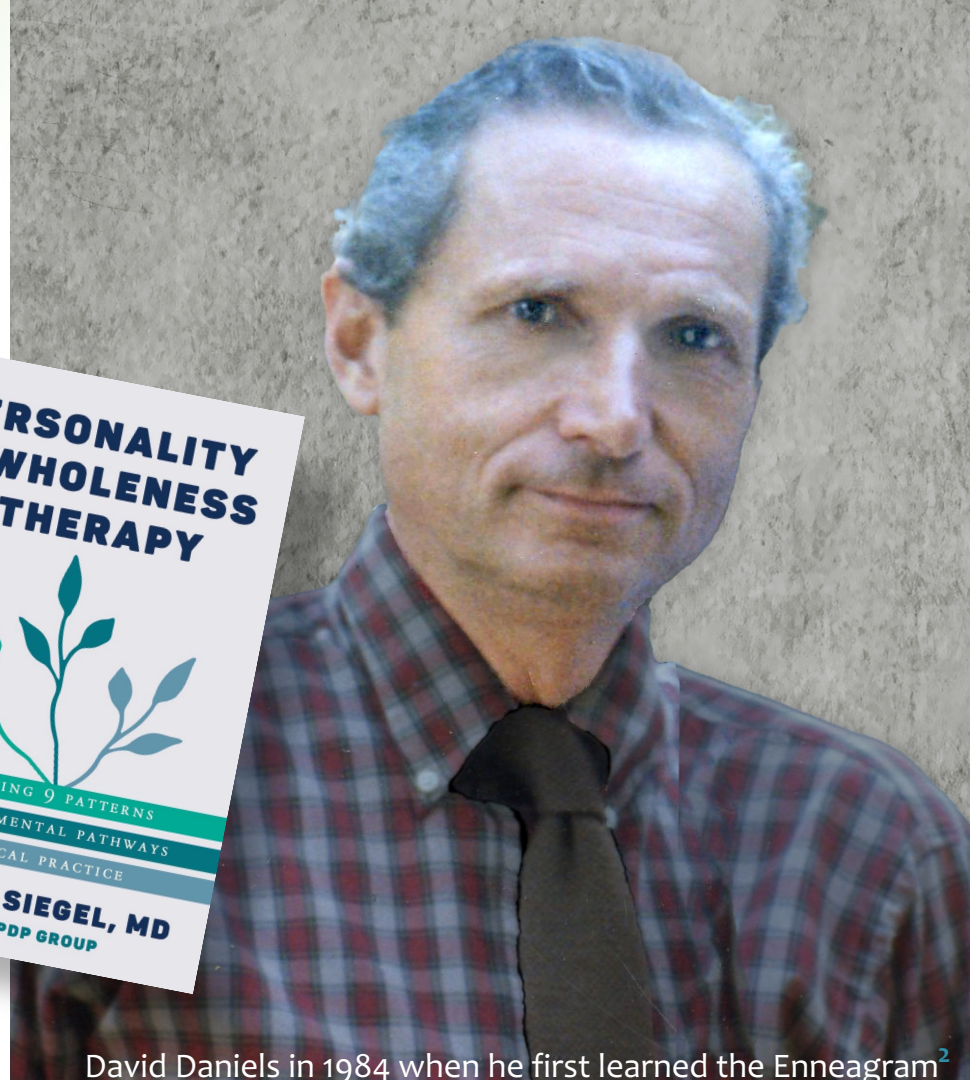
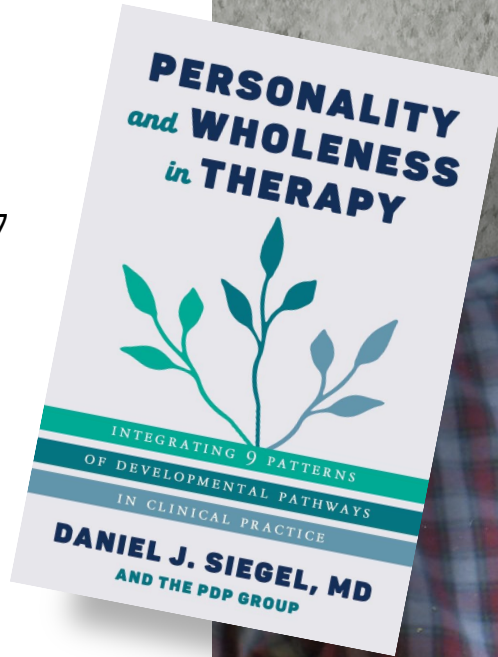
Contact: denise@drdaviddaniels.com

Note: The views and opinions expressed in the talk are those of the speaker and do not necessarily reflect the views or positions of all members of the PDP Group.

The Enneagram, Science, *and* my Father, David Daniels

Honoring David Daniels, MD 1934–2017

And the forthcoming book by
Dan Siegel, MD & the **PDP (Patterns of
Developmental Pathways) Group**.



David Daniels in 1984 when he first learned the Enneagram²

About Denise —

Big Picture From Three Worlds of a Type 3 (PDP Bonding Dyadic)

- **The World of the Head**

- **Scientist** in the fields of Sociobiology, Developmental Psychology, and Data Science (18 years)

- **The World of the Heart**

- **Student of the Mystical** The Enneagram, Gurdjieff, Sufism, Mystical Christianity, The Kabbalah, Buddhism, and the ancient texts of India (40 years)

- **The World of the Gut**

- **Executive Silicon Valley Startups** in ed & health tech, AI & next gen Internet technology (30 years)

Inviting Dan Siegel to the Enneagram – *The Story*

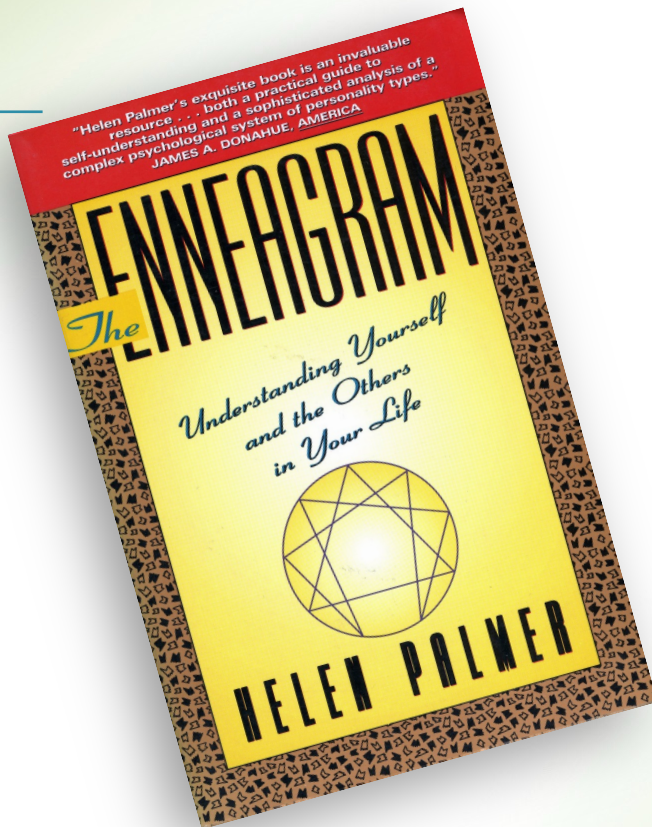
- I called Dan Siegel's office in 2003
- What led to that phone call was a series of significant events in my life

1984 – The First Event

My father discovered the Enneagram and introduced it to our family ('84-'88).

4 generations of therapists:
we discovered we were
viewing the world from 1 of 9
subjective lenses or boxes.

Rapid acceptance of each
other set in.



Stanford
MEDICINE

Department of Psychiatry and
Behavioral Sciences

1985 – The Second Event

Serendipity? Synchronicity?

Doctoral Studies ('85, '87),
emotional temperaments in
infants and young children:

- Anger
- Fear
- Distress

9 infant temperaments of
Thomas & Chess

*Why do children in the
same family have such
different personalities?*

BEHAVIORAL AND BRAIN SCIENCES (1987) 10, 1-60
Printed in the United States of America

Why are children in the same family so different from one another?

Robert Plomin

Department of Individual and Family Studies, Pennsylvania State
University, University Park, Pa. 16802

Denise Daniels

Department of Psychiatry, Stanford University, Stanford, Calif. 94305

Differential Experiences of Siblings in the Same Family as Predictors of Adolescent Sibling Personality Differences

Denise Daniels
Institute for Behavioral Genetics, University of Colorado, Boulder

In the area of personality development, environmental influences operate to make siblings in the same family different rather than similar to each other. The goal of the present study was to determine whether differential experience of siblings can be used to explain the marked personality differences of siblings. The Sibling Inventory of Differential Experience (SIDE) along with personality information (the EAS Temperament Inventory and questions about career expectations) was administered to 50 biological sibling pairs and 98 adoptive sibling pairs in adolescence and young adulthood. The results indicated that differential sibling interaction and differential peer characteristics as self-reported on the SIDE explain 6%-26% of the variance in sibling personality difference scores. For example, the sibling who reports more sociability as compared to his sibling also experiences more sibling closeness and more peer popularity as compared to his sibling. Comparison between adoptive and biological siblings indicates that the SIDE relations are mediated environmentally rather than genetically.

Environmental variance affecting any behavioral trait can be subdivided into a component for which family members are similar (shared or common family environmental variance) and a component for which family members are different (nonshared or differential family environmental variance). It is the latter of these influences that is often the most salient in psychological development. Behavioral genetic studies across many domains of behavior show that environmental variance is differentially important for different traits. For example, in the case of the Sixteen Personality Factor Questionnaire, and the Hawaii Alcohol Questionnaire) was .10. This low sibling resemblance is unsettling when one reflects that, on the average, siblings share 50% of the same genes, they are part of the same family, and they are brought up by the same parents, and they grow up in the same community environments. Furthermore, twin and adoption studies show that this small sibling resemblance of about a .1 to .2 correlation can be accounted for by genetic factors (Rutter & Plomin, 1981). Thus, none of the environmental

from human behavioral genetics involves the environment rather than the influence of environmental influences on personality, psychopathology, and the conclusion that these environmental influences make two children in the same family selected randomly from the population. Differences between children in the same family (called "nonshared" environmental variance for personality, psychopathology, and cognitive abilities. One correlation for pairs of adopted children reared in the same family environment but not heredity, their correlation directly estimates the nonshared environmental variance. For example, correlations for adoptive "siblings" hover near zero, whereas correlations for biological siblings in the same family are not shared by children in the same family. Although it has been pointed out that recent data suggest that environmental variance that affects IQ is

methods and research that lead to the conclusion that nonshared environmental variance is important to psychological development, (2) to discuss specific nonshared environmental influences to consider relationships between nonshared environmental variance and family. The reason for presenting this article in BBS is to draw attention to relevant environmental influences make children in a family

development; environment; heredity; individual differences; intelligence; personality; psycho-

1990 – The Third Event

*A scientist takes a deep dive
into spirituality*



Denise, India 1992



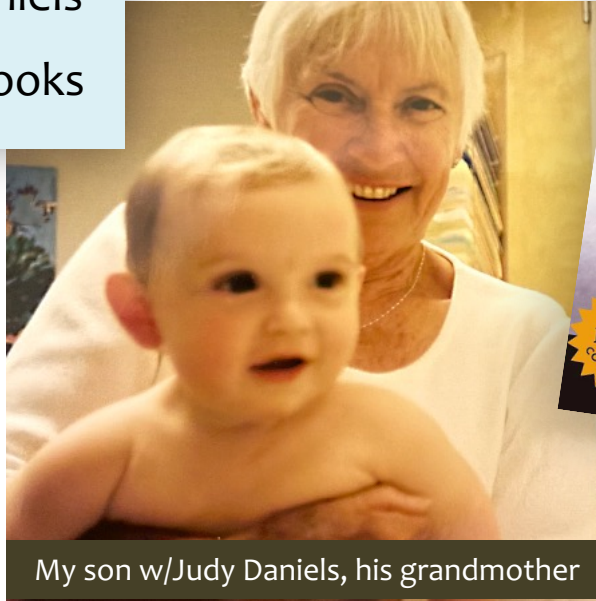
David & Denise, circa 1987

David Curry Daniels - 1965–1990

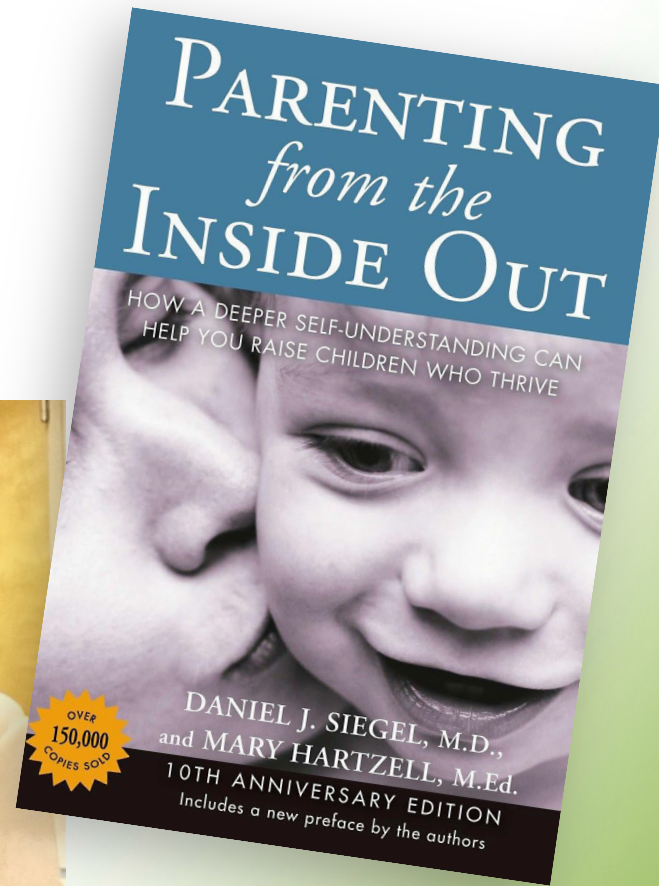
2003 – The Fourth Event

My **Son** and a **Book**:

- 2002 – David MacLaren Daniels
- 2003 – *A find* at Border's books



My son w/Judy Daniels, his grandmother



The Story *continued*

- NOV 2003 – Denise called and Dan picked up
 - Discussed the **Enneagram** and **Attachment**
- DEC 2004 – David and Denise attended Dan's talk
 - **The International Neonatal Society** in San Francisco
- FEB 2004 – David, Dan, Denise, Laura, Jack met at Vallombrosa, **The Narrative Enneagram** (TNE)
 - Bring the profound knowledge of the Enneagram to science
 - Translate the Enneagram to Interpersonal Neurobiology in a developmental model
 - Reduce bias of Clinicians and Scientists



Original Goals vs Released Book Goals

Original Goals of the PDP Group	Released Book
Bring the profound knowledge of the Enneagram to science	Includes core concepts of the Enneagram system, but not all. For the Enneagram to be used to full effectiveness you need to include the full system.
Translate the Enneagram to Interpersonal Neurobiology in a developmental model	The PDP is Enneagram-informed or Enneagram-inspired, but not a direct translation. The PDP differs from the Enneagram in 2 fundamental ways: (1) It does not fully or accurately describe the 3 centers of intelligence in the Enneagram. The Enneagram reveals 3 brains and 7 centers. The head center has a lower and higher center. The heart center includes a lower and higher center. The gut center/brain includes an instinctual, sexual, and moving center. (2) It does not include or follow the lines and arrows of energy/motion of either development or integration.
Reduce bias of Clinicians and Scientists	Included.
	Theme of wholeness on the therapeutic journey added.

The Story *evolves and concludes*

- 2010 – Submitted our work to the **American Psychologist**
- We took an eight-year hiatus after our work was rejected
 - Mindfulness went mainstream, Dan an established thought-leader
 - David was recognized for his association with Stanford University Medical School and as one of the founding father's of the modern Enneagram
 - New findings in Affective Neuroscience emerged
- 2017 – *We lost my father*, David Daniels passed
- 2018 – Dan approached us about a book
- 2025 – “Personality & Wholeness in Therapy” – **Enneagram-inspired, but not the Enneagram**
 - Maps empirical Interpersonal Neurobiology to the Enneagram offering a clinically-useful approach for an evidence-based audience
 - Provides a life-span model of personality which is Enneagram-informed
 - Reveals the seeking of wholeness as a lifetime driver of both the development and “surrendering” of personality articulated in the Enneagram

Setting the Context for Today

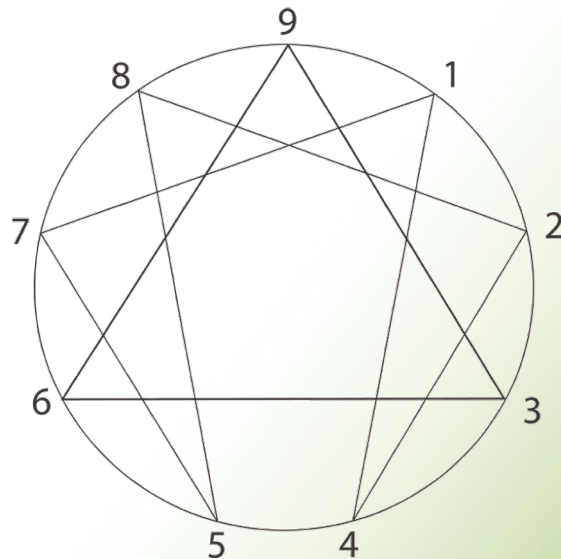
- The timing for “Personality and Wholeness in Therapy” is really good:
 - The Enneagram is getting big...

Personality from the Inside Out

- David’s Voice and the Both/And Approach:

- Spirituality **AND** Science

Consilience



THE ENNEAGRAM MAP or SYMBOL

The Enneagram is *Getting Bigger!*

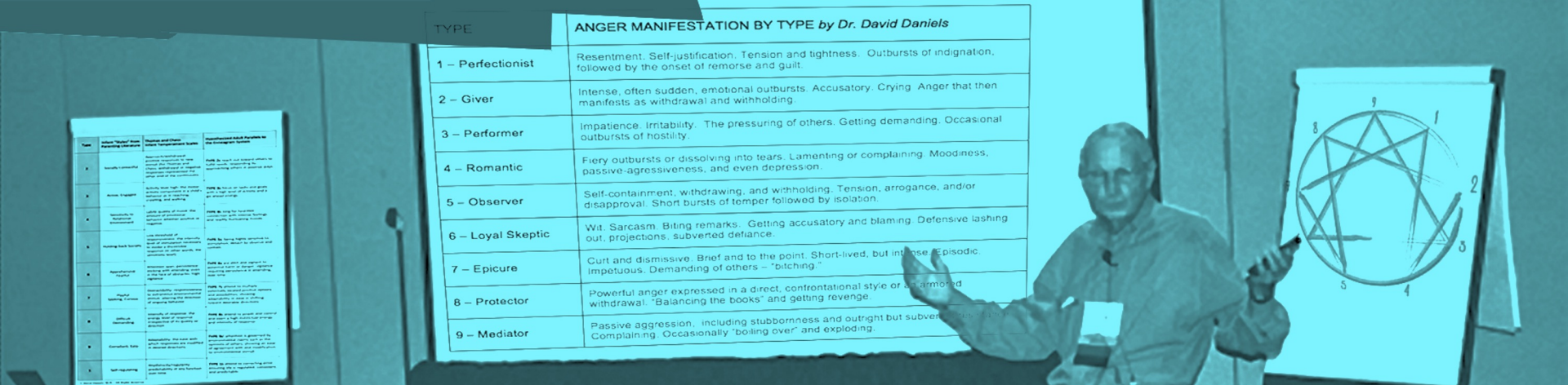
1. BIG in **TIME**:

- 5,000 years, The Enneagram
- 1920s, The Enneagram of Consciousness
- 1960s, The Enneagram of Personality

2. BIG in **GEOGRAPHY**:

- Internet search volume, 195 countries in our world





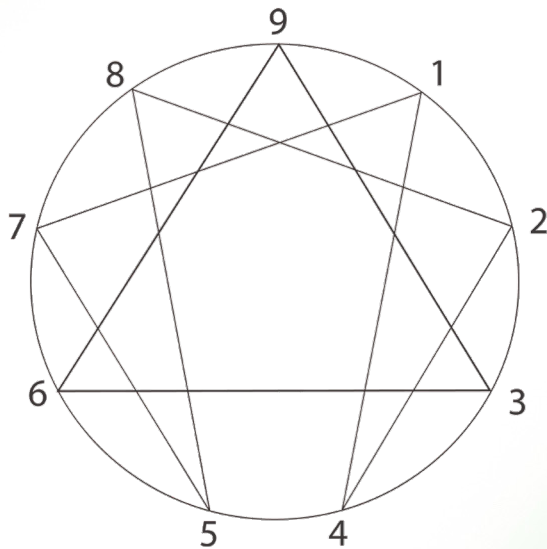
3. BIG IN IMPACT

- **1.3M+** searches for Enneagram in English each month (Semrush)
- **1M+** take an Enneagram test each month on commercial site (Verity)
- **3,000+** books with Enneagram in the title; multi-millions of books sold over 60 years (Amazon)
- **15M+** web pages describe life changing benefits (Google)
- **10,000s?** of professionally trained therapists, healers, and coaches worldwide (guestimate)

4. The Enneagram is BIG in **KNOWLEDGE CONTAINED**

“The Enneagram is a universal symbol. All knowledge can be included in the Enneagram and with the help of the Enneagram it can be interpreted.”

– G.I. Gurdjieff

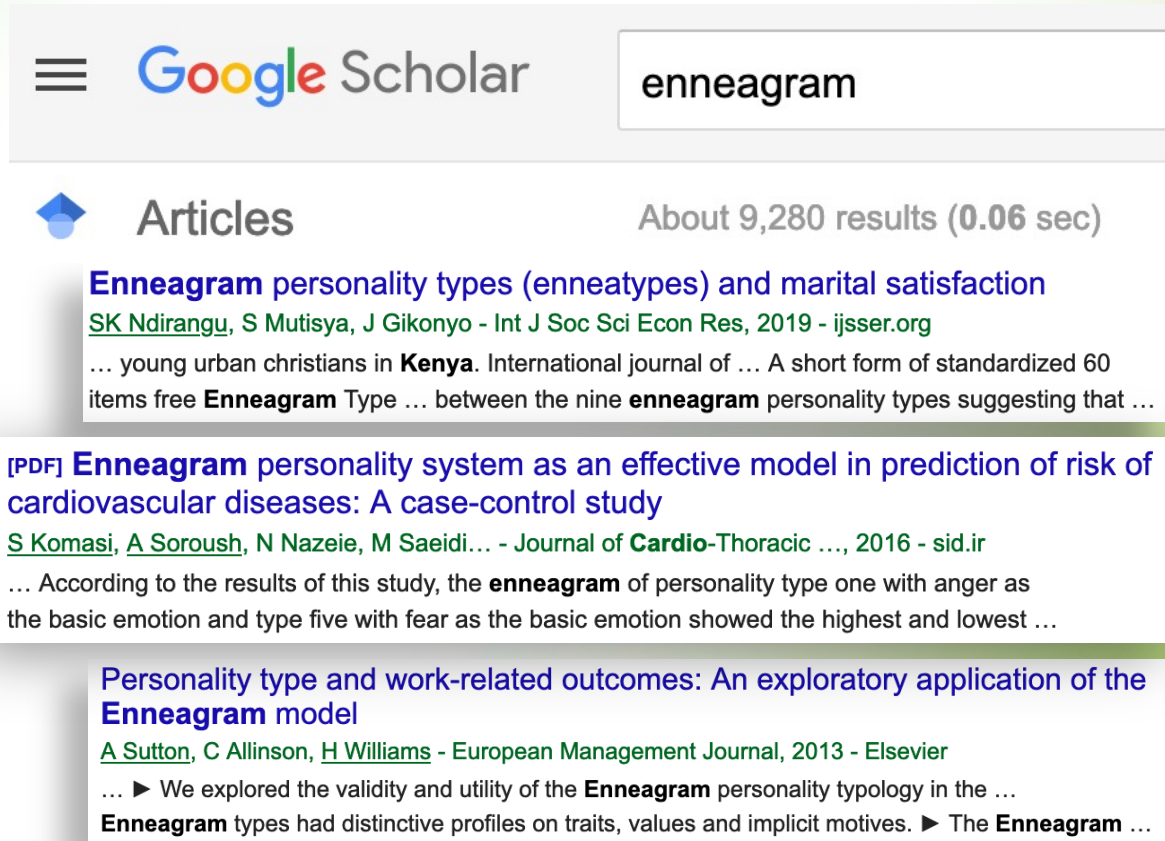


Over the last 100 years, numerous scholars and practitioners have mapped concepts of the **world's faiths, philosophy, and psychology** to the Enneagram.

5. The Enneagram is Getting Bigger, **SCIENCE**

Between 1990 and today,
Google Scholar reveals...

- 9,000+ scholarly publications
- Global science effort, e.g., Universities in Kenya, Nigeria, Iran, Iraq, Egypt, across Europe and North America, Japan, Vietnam, Cambodia, and Asia
- Korea, large research group, clinical trials, benefits of using the Enneagram in education



The screenshot shows the Google Scholar search interface. At the top, the Google Scholar logo is on the left, and the search bar contains the word 'enneagram'. Below the search bar, the results are categorized under 'Articles' with a blue diamond icon. To the right of this category, it says 'About 9,280 results (0.06 sec)'. Three search results are visible, each with a title in blue, authors and journal in green, and a snippet in black. The first result is 'Enneagram personality types (enneatypes) and marital satisfaction' by SK Ndirangu, S Mutisya, and J Gikonyo from the International Journal of Social Science and Economics Research (IJSSE) in 2019. The second result is '[PDF] Enneagram personality system as an effective model in prediction of risk of cardiovascular diseases: A case-control study' by S Komasi, A Soroush, N Nazeie, and M Saeidi from the Journal of Cardio-Thoracic in 2016. The third result is 'Personality type and work-related outcomes: An exploratory application of the Enneagram model' by A Sutton, C Allinson, and H Williams from the European Management Journal in 2013.

Google Scholar

enneagram

Articles

About 9,280 results (0.06 sec)

Enneagram personality types (enneatypes) and marital satisfaction
SK Ndirangu, S Mutisya, J Gikonyo - Int J Soc Sci Econ Res, 2019 - ijsse.org
... young urban christians in **Kenya**. International journal of ... A short form of standardized 60 items free **Enneagram** Type ... between the nine **enneagram** personality types suggesting that ...

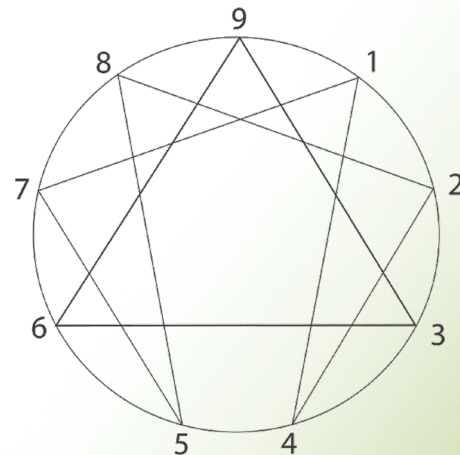
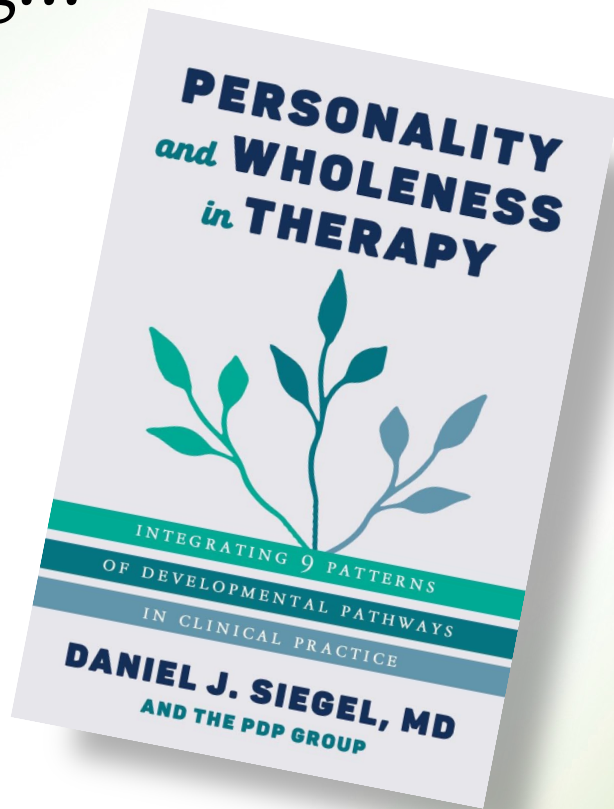
[PDF] Enneagram personality system as an effective model in prediction of risk of cardiovascular diseases: A case-control study
S Komasi, A Soroush, N Nazeie, M Saeidi... - Journal of Cardio-Thoracic ..., 2016 - sid.ir
... According to the results of this study, the **enneagram** of personality type one with anger as the basic emotion and type five with fear as the basic emotion showed the highest and lowest ...

Personality type and work-related outcomes: An exploratory application of the Enneagram model
A Sutton, C Allinson, H Williams - European Management Journal, 2013 - Elsevier
... ► We explored the validity and utility of the **Enneagram** personality typology in the ...
Enneagram types had distinctive profiles on traits, values and implicit motives. ► The **Enneagram** ...

The Enneagram is Big...

- Our book reveals and emphasizes

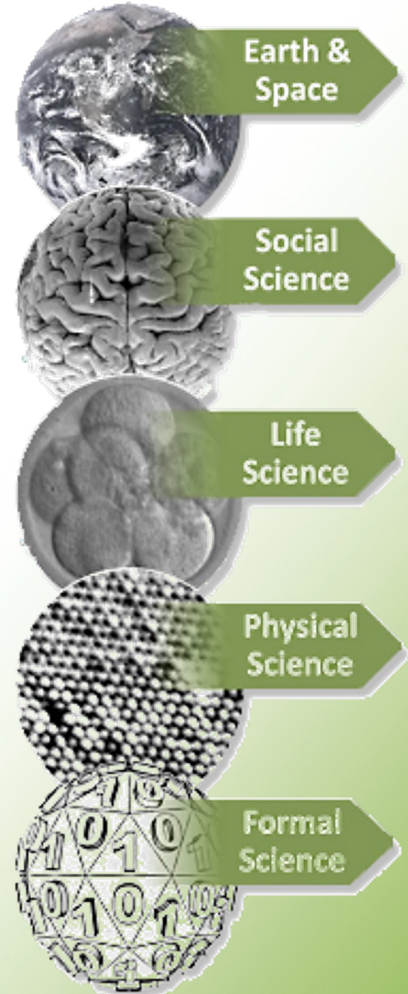
*Personality from
the Inside Out*



David's Both/And Thinking for Science

- Spirituality **AND** Science
 - Five **Both/Ands**
about The Enneagram
and Science From David

BRANCHES OF SCIENCE



David's #1 Both/And – Spirituality AND Science

“We are living in a time where scientific knowledge is catching up with deeper insights found in esoteric and spiritual traditions, those that have been informing us for thousands of years.”

— David Daniels, MD

SPIRITUALITY	SCIENCE
Mysterious (less measurable)	Measureable
Consciousness gives rise to creation	Properties of energy flow, matter give rise to creation
Cause and effect AND an unseen reconciliation or grace or third force	Cause and effect
Universal, self-acting laws driven by what makes us whole in an organized, purposeful universe	Natural selection and adaptive strategies allow us to survive and evolve

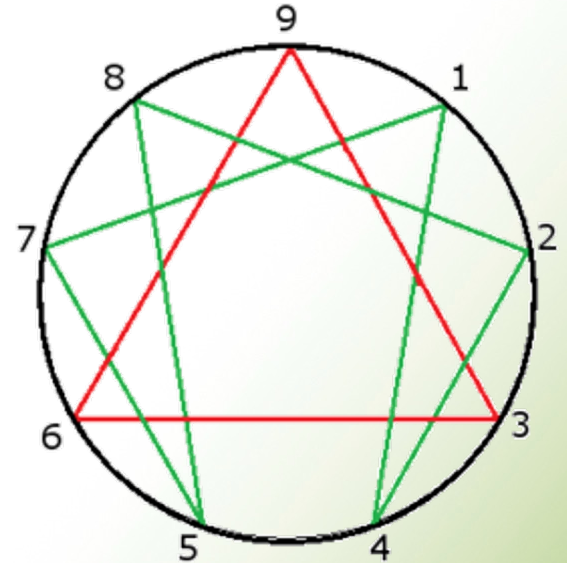
David's #2 Both/And – Objective AND Subjective

Objective

- That 9 patterns exists, not 8 or 10, based on formal mathematical structure

Subjective

- Individuals describing their own inner-experience of being one of the patterns: 1, 2, 3, 4, 5, 6, 7, 8 or 9



$$1/2 = 0.5$$

$$1/3 = 0.333....$$

$$1/4 = 0.25$$

$$1/5 = 0.2$$

$$1/6 = 0.166666....$$

$$1/7 = 0.142857142857142857....$$

$$1/8 = 0.125$$

$$1/9 = 0.1111....$$

David's #3 Both/And – Evidence of the Enneagram is Mathematical AND Empirical AND Self-evidence Based

Mathematical patterns

- The Laws of 1, 3, and 7
- Some single-digit numbers when divided into 1 produce infinite repeating decimal patterns

Empirical measurement

- 50,000+ narratives via The Narrative Enneagram (TNE)
- 9,000+ early stage scholarly studies

Self-evidence

- “Ah-ha” after seeing yourself in one of the patterns, your parents...
- Objective, if you wake-up from autopilot
- Your whole life begins to makes sense

David's #4 Both/And – Paragraph Test AND Narrative Panel Method AND Expert Interview

- The Essential Enneagram Test
 - A paragraph test that clusters statements of thought, emotion, and motivation together, with Virginia Price, PhD, Stanford University Personality Psychometric Expert
- The Narrative Enneagram Panel Method
 - Listen to “awake” panelists describe their inner experience
- Typing Interview with a Certified Teacher or Practitioner
 - Self-typing discovery, many “so-called” experts mistype

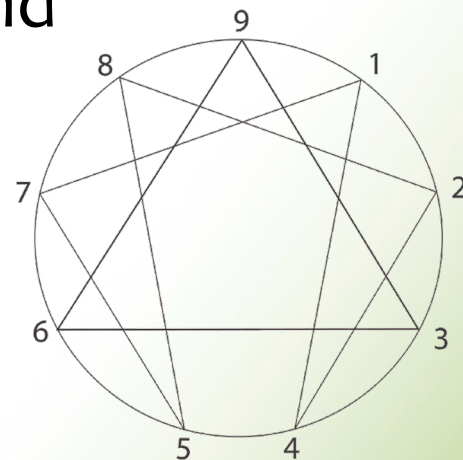
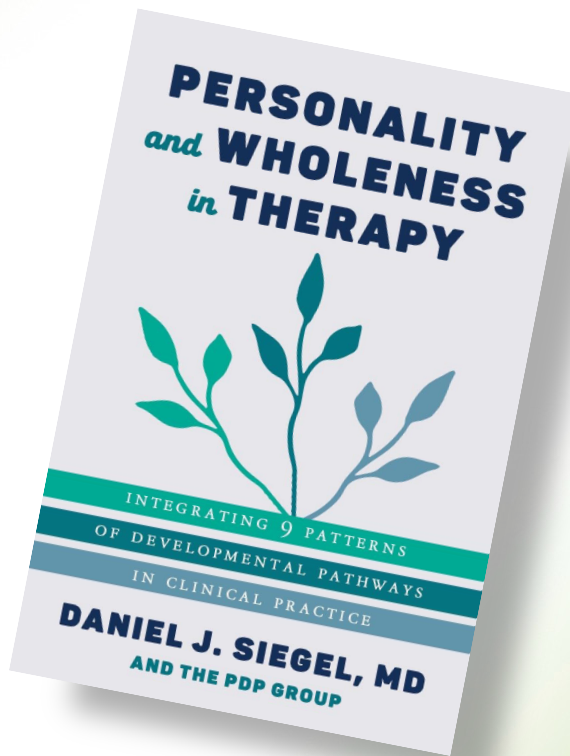
David's #5 Both/And – The PDP AND the Enneagram

- **Patterns of Developmental Pathways.** A developmental model of
 - Motivation
 - Cognition
 - Emotion
- In David's book with Suzanne Dion, you can observe that David uses the PDP and the Enneagram together.
- Our book on the PDP is a **primer** that translates some Enneagram concepts.
 - **To understand and use the Enneagram to its potential, you need to understand the full system.**
- To understand the full **Enneagram System**, in David's writings:
 - 9 defense mechanism
 - 3 instincts and the 27 subtypes
 - 3 centers of intelligence with higher and lower knowing
 - 9 dynamics of the higher capacities
 - Lines and arrows of connecting stress and integration points and conscious access points to wholeness, influence of wings
 - Enneagram triads and therapeutic value
 - ✓ In particular the Harmony triads, In which David saw great therapeutic value

The Psycho-Spiritual Enneagram System and Science is a Both/And

- Different ways of gaining knowledge

*Arriving at Similar
Knowledge or Consilience*



David's Both/And for Growth AND Wholeness

- Spiritual AND Psychological AND Somatic
- Within AND Between AND of All of Humanity
- Head AND Heart AND Gut
- State AND Process

Denise's suggestions for getting started:

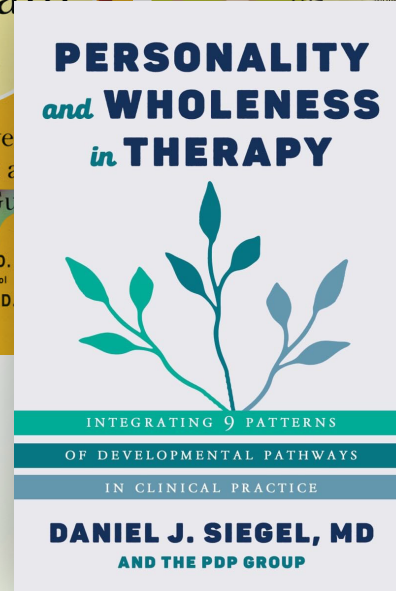
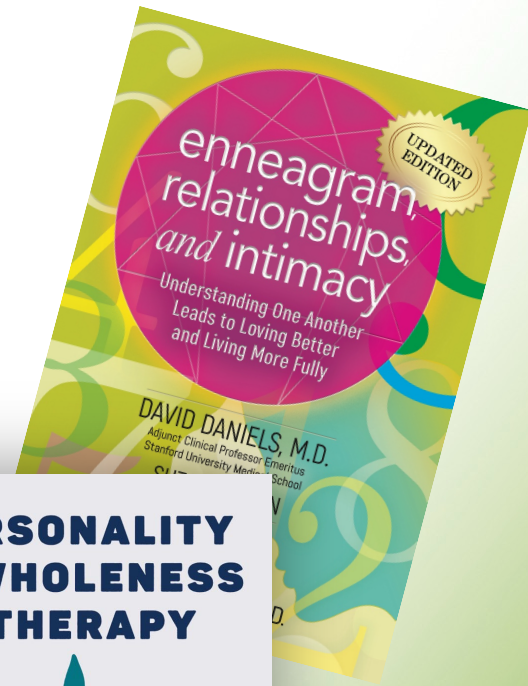
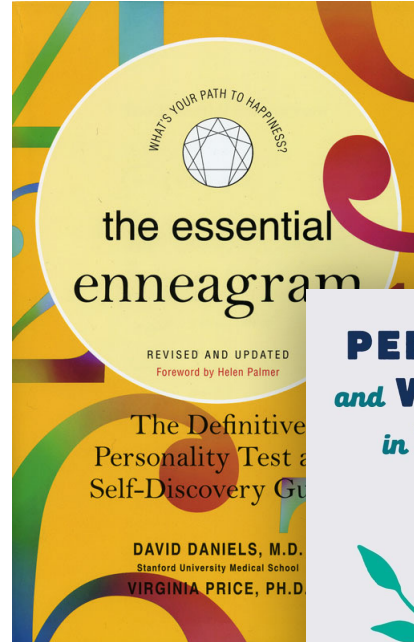
STEP 1: Find yourself on the Enneagram

- Take the Essential Enneagram Test online narrativeenneagram.org
- Read "The Essential Enneagram" book by Daniels & Price

STEP 2: Read "Personality & Wholeness in Therapy" by Siegel & The PDP Group

STEP 3: Learn how David uses the Enneagram and the PDP together:

- Read "The Enneagram, Relationships, and Intimacy" by Daniels & Dion



New to the Enneagram? **More Resources...**

STEP 5: Go much deeper with renowned Enneagram experts, read:

- “The Enneagram” by Palmer
- “The Complete Enneagram” by Chestnut
- “The Wisdom of the Enneagram” by Riso & Hudson

STEP 6: Explore drdaviddaniels.com resources

- Contact denise@drdaviddaniels about attending a **Therapist Symposium on using The Enneagram and The PDP**

STEP 7: Explore with curiosity and openness the work of Gurdjieff and the formal mathematics of the Enneagram:

- “The Enneagram of G.I. Gurdjieff” by Wertenbaker
- “Views from the Real World” by Gurdjieff
- “In Search of Being” by Gurdjieff
- “In Search of the Miraculous” by Ouspensky

Comparing the Enneagram to The PDP

The Enneagram

Enneagram Nomenclature

Traditional Enneagram of Personality nomenclature developed by Ichazo/Naranjo in the 1960s/1970s and updated by David Daniels in the early 2000's. This vocabulary is consistent with today's literature in how the Enneagram is being studied in research and used in therapy.

Loss of Wholeness and the Basic Proposition as Development of Type

1 of 9 aspects of wholeness/original essence (or basic truth, holy idea) that a child lost sight of. Consequently, a child develops a compensating core belief about satisfactory survival that mimics original essence and the basic truth about life that the child lost sight of (but also creates an insatiable need).

Personality Types

Type 1, Type 2, Type 3, Type 4, Type 5, Type 6, Type 7, Type 8, Type 9

Patterns of Developmental Pathways

PDP Nomenclature

Some may prefer this vocabulary in research and/or therapy as it is based on a developmental neuroscience view through the consilient framework lens of interpersonal neurobiology.

Note: The PDP is informed by the Enneagram, but not a full account or translation of Enneagram concepts. Ideally, both are used together.

Loss of Wholeness and Early Organizing Features as Development of Pattern

In response to a loss of wholeness in the womb (stored in implicit memory), the contrast of this simply-being whole to “working to live” in a do-or-die new world necessitates meeting three core needs (Vector). Three aversive emotions alert that homeostasis is not met, and need seeking is directed with a primary orientation bias, the tendency of attention (Attendency) to be inward, outward, or dyadic as a shuttling between inward and outward.

Personality Patterns

A-i, B-o, B-d, B-i, C-o, C-d, C-i, A-o, A-d

Comparing the Enneagram to Interpersonal Neurobiology

The Enneagram

Adaptive Strategy

Cognitive, emotional, and somatic strategies that all work together to ensure satisfactory survival and are aligned with the child's core belief that substituted the lost aspect of wholeness/original essence (or basic belief, holy idea).

Enneagram Type Structure

Knit together in each type are cognitive, emotional, instinctual, somatic, and motivational processes. A protective intelligence or defense mechanism glues the type structure together and underlies each of the nine types. Each of the nine type structures is a result of one of the nine fundamental beliefs about human goodness that the child lost sight of.

Defense Mechanism

The protective glue that holds the personality structure together (motivation, cognition, emotions, instincts, attention, etc.)

Patterns of Developmental Pathways

Adaptive Strategy

Cognitive, emotional, and somatic strategies to restore homeostasis and regain a sense of wholeness that may be remembered implicitly and striven for automatically, without needing awareness. These adaptive strategies emerge from innate features of temperament and learned aspects of response to experience.

PDP Systems and Pathways

Describes three systems and nine pathways of cognitive, emotional, instinctual, somatic and motivational processes that may intersect and are hypothesized to underlie the nine personality patterns. Each vector (motivation) has a trio of Attendencies (focus of energy and information) resulting in nine PDPs.

Not included in the PDP.

Comparing the Enneagram to Interpersonal Neurobiology

The Enneagram

Patterns of Developmental Pathways

Cognitive Dynamic <ul style="list-style-type: none">• Cognitive Higher Capacity or Holy Idea• Cognitive Fixation	Cognitive Processes <ul style="list-style-type: none">• Cognitive Higher Capacity (Mentioned, not included.)• Cognitive Preoccupation
Emotional Dynamic <ul style="list-style-type: none">• Emotional Higher Capacity or Emotional Virtue• Emotional Passion	Emotional Processes <ul style="list-style-type: none">• Emotional Higher Capacity (Mentioned, not included.)»• Emotional Drive, Tone and Reactivity (also includes emotional regulation and affects associated with a vector's motivational drive being frustrated or satisfied)
Instinctual Dynamic <ul style="list-style-type: none">• Pure Instinct• Compensated Instinct of Three Sub-Types (Self-Preservation, One-to-One, Social).• The nine types are channeled through a dominant instinct resulting in 27 subtypes.	Not included in the PDP.

Comparing the Enneagram to Interpersonal Neurobiology

The Enneagram

Patterns of Developmental Pathways

Focus of Attention and Blind Spots Where attention gets placed to support and sustain the particular adaptive strategy, including that which is not seen.	The same definition.
Expressed Personality Potential Strengths: Personality traits considered to be assets or “blessings.” Individuals within the type can be high or low on each trait. Potential Weaknesses: Personality traits considered to be liabilities or vulnerabilities. Individual within type can be high or low on each trait.	The same definition.
Enneagram Diagram A universal diagram or map of mathematical laws. The map reveals naturally occurring patterns in the universe of motion and time, key to the development of human consciousness and precisely described in the Law of 1, the Law of 3, and the Law of 7: (1) 3-fold-ness and 3 “corners” or “areas” of the circle that make up the core Enneagram Triads, (2) nine naturally occurring patterns in the world, (3) interconnecting linkages among the nine types, called wings and integration points noted by arrows, and (4) numerous other aspects of consciousness.	The same, the Enneagram Diagram is based on Formal Mathematical Science.

Comparing the Enneagram to Interpersonal Neurobiology

The Enneagram

Three Centers of Intelligence (as Perception, Processing and Knowing Functions)

There are many forms of intelligence, and in the Enneagram three centers of intelligence or three ways to perceive, process, understand and know the world are critical in personality and the development of consciousness. All humans have:

- head intelligence or logical higher order and critical thinking for gaining knowledge and perception (lower and higher centers)
- heart intelligence or emotional and intuitive sense of gaining knowledge and perception (lower and higher centers)
- gut intelligence or instinctual knowing and perception (moving, instinct, sexual centers)
- Also known as 3 brains and 7 centers.

Three Centers of Intelligence (as Location of Experience of Energy in the Human Body)

The three domains of perception and processing found in the human body are experienced as energy in these locations:

- head area
- heart and solar plexus area
- gut and belly area

Patterns of Developmental Pathways

Not included in the PDP.

ALIEF: Anatomic Location of Initial Energy Flow

The experience of initial response or reactivity arises as energy flows through specific regions of the individual's anatomy and include:

- head with cortical thinking as part of planning and anticipation
- heart with heartfelt sensations
- gut with visceral feelings related to bodily needs

Comparing the Enneagram to Interpersonal Neurobiology

The Enneagram

Enneagram Triads – Labeled as Head, Heart, and Gut Centers of Intelligence

Describes clusters of characteristics that group together in three corners of the Enneagram diagram.

- **Head Types:** Lead with thinking and logical intelligence, share common cognitive theme of over-thinking and emotional issue of fear – 5, 6, 7
- **Heart Types:** Lead with emotional and intuitive intelligence; share common cognitive theme of image and emotional issue of sadness/grief – 2, 3, 4
- **Gut Types:** Lead with instinctive and sensate intelligence; share common cognitive theme of self-forgetting and emotional issues of anger – 1, 8, 9

Patterns of Developmental Pathways

PDP Triads – Labeled as the Certainty, Bonding, and Agency Vectors

Describes clusters of a trio of patterns that group within three motivation systems.

- **Certainty-Safety Patterns:** Share common motivation (certainty), emotion (fear), and cognitive narrative (planning, anticipation, over-thinking) – C-o, C-d, C-i
- **Bonding-Connection Patterns:** Share common motivation (bonding), emotion (separation-distress and sadness), and cognitive narrative (creating image to bring and ensure connection with others) – B-o, B-d, B-l
- **Agency-Empowerment Patterns:** Share common motivation (agency), emotion (anger), and cognitive narrative (a drive toward embodied empowerment and harmonizing the world) – A-o, A-d, A-i

Comparing the Enneagram to Interpersonal Neurobiology

The Enneagram

Patterns of Developmental Pathways

<p>Using the lines, arrows, and wings for growth and wholeness The connecting lines and arrows reveal conscious “portal” points to access the higher capacities and wholeness. The wings on either side can be used to balance the core type.</p>	<p>Not included in the PDP.</p>
<p>Life-Forces Triads (Energetic Movement) also called Hornevian</p> <ul style="list-style-type: none">• Active/Assertive – 3, 7, 8• Balancing/Compliant – 6, 1, 2• Receptive/Withdrawn – 9, 4, 5 <p>Not part of the Enneagram diagram connecting lines, but useful in discerning type and look-alike types.</p>	<p>Not included in the PDP.</p>
<p>Harmonic Triads (Emotional Regulation and Conflict Resolution)</p> <ul style="list-style-type: none">• Express Emotions/Reactive – 8, 4, 6• Contain Emotions/Competency – 1, 3, 5• Reframe Emotions/Positive Outlook – 9, 7, 2 <p>Not part of the Enneagram diagram connecting lines, but useful in discerning type and look-alike types.</p>	<p>PDP Emotional Regulation Mode Bridging Patterns</p> <ul style="list-style-type: none">• Up-regulate Emotions – A-o, B-i, C-d• Down-regulate Emotions – A-i, B-d, C-o• Shift-Regulate Emotions – A-d, C-i, B-o <p>Bridging patterns are those that share one of the three features: Vector, Attendency, or Mode of Emotion Regulation.</p>

Comparing the Enneagram to Interpersonal Neurobiology

The Enneagram

Harmony Triads (Relating to the World)

- Pragmatists – 3, 6, 9
- Idealists – 1, 4, 7
- Realists – 2, 5, 8

Not part of the 2-dimensional Enneagram diagram connecting lines but revealed in the 3-dimensional Enneagram sphere. David found the Harmony Triads useful in clinical integration work as he could work with the three centers of intelligence within a person.

In David's words:

“The Harmony Triads give each of us: (1) a type that leads with a different one of the three centers of intelligence – head, heart, and body, (2) a type that leads with a different one of the three great life energies – active, receptive, and balancing, and (3) a type that leads with a different one of the three basic forms of emotional regulation and conflict resolution – refraining into positives, containing through logical analysis, and expressing deep concerns to get to the root of conflict.

Thus, the Harmony Triads provide all that is necessary for a satisfactory life and the understanding of self and others.”

Patterns of Developmental Pathways

Not included in the PDP. Dan Siegel brings forward a related concept of Integrative Transformation.