

## ENNEAGRAM STYLE 7

Sevens crave the stimulation of new ideas, people, and experiences, avoid pain, and create elaborate future plans that will allow them to keep all of their options open.

Also called the... Epicure · Generalist · Visionary · Connoisseur



### OPTIONS

Sevens are buoyed by their belief that life's possibilities are unlimited, and they want to make sure that they maintain all their options. When Sevens feel that their alternatives have been limited, they tend to feel trapped and anxious. Although Sevens do make commitments, they will also make sure to have backup plans, just as a precaution.

### OPTIMISM

The Seven is the most optimistic style on the Enneagram, and most Sevens are positive in an effervescent and enthusiastic way. They can maintain their positive perspective because, even in times of duress, they believe that if things do not work out today, they will work out tomorrow. In less challenging times, Sevens' enthusiasm is sustained by their fascination with interesting things and people, as well as by their ability to reframe negative experiences. For example, a Seven who is criticized for missing a meeting might say, "Yes, but I was reviewing a document and found a way we could improve this project dramatically."

### PAIN AVOIDANCE

Seeking positive experiences not only stimulates Sevens, but it also provides a way to avoid pain, discomfort, and difficult situations. Although the Seven's reframing of a negative experience provides a new perspective, it also minimizes the seriousness and importance of the situation. Sevens can be deeply moved and available to help someone else in deep pain, but the more typical Seven motto is "Don't worry, be happy!"

### THE SYNTHESIZING MIND

The Seven's mind is called the "monkey mind" because it moves rapidly from one thought to the next, one future plan to another, and one idea to a new and different one. Because of this mode of mental processing, Sevens are often creative and adept at combining one thought with other, seemingly unrelated ideas. Although this way of thinking can result in new ideas and innovations, this method of mental processing also causes most Sevens to become unfocused, as their attention to completing one idea or task becomes derailed by their focus on another stimulating thought, thing, or person.

**Basic Concern:** What is exciting? Do I feel constrained? Can I avoid pain?

Place a check by the words that describe you well.



#### AREAS OF STRENGTH

- Imaginative and creative
- Enthusiastic
- Curious
- Engaging
- Multitasking
- Upbeat
- Quick thinker
- Connect disparate data

#### AREAS FOR DEVELOPMENT

- Impulsive
- Unfocused
- Rebellious
- Avoid painful situations
- Inconsistent empathy for others
- Reactive to negative feedback
- Rationalize negative experiences
- Dislike routine

Do I continuously seek new and stimulating people, ideas, or events to keep life exciting and moving forward?

Yes  No  Sometimes