

really understand the MBTI and the enneagram to better find your personality.

The MBTI and the Enneagram

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Introduction

If you don't know the MBTI or the enneagram, but you want to get to know yourself, then I will be very happy to show you along these lines, these two tools that I appreciate so much.

Of course, you don't necessarily have to learn it to know yourself. Indeed, there are several methods to analyze oneself and one does not necessarily need to know the MBTI or the enneagram to know oneself.

In fact, the MBTI and the enneagram are two personality tools that allow you to have in-depth knowledge of yourself. Of course, there are several personality tools to help us understand ourselves or simply find our personality. I obviously want to talk about the Big Five, NLP, the dynamic spiral and many other tools. Basically, there are so many personality tools that I can't name them all.

At some point in life, you will be forced to do an introspection, that is to say, you question yourself, or perhaps reflect on your life. Everyone has been there before and everyone will go through these moments of reflection and introspection because we are all human and we are meant to learn from our mistakes.

Well, as I said at the beginning, you don't have to use the MBTI or the Enneagram to learn about yourself. In fact, the personality tools that exist in the field of psychology, including the MBTI and the enneagram, are instruments that allow us to have an idea of our personality . Our personality does exist because it is built from our first moments of life on earth. But the problem is that we are not aware that we have a personality, an identity. Others see your identity very clearly, namely that these people can give you an overall view of yourself. But it's really possible that even despite what other people say about your personality, you still won't believe those people, or you'll say to yourself the famous phrase "he doesn't know what he's talking about, *how can he claim to know me?*"

But, I must tell you a truth, you will never be able to know yourself completely. So here you are going to tell me, what is the point of trying to have self-knowledge? And I will answer you with another question, why always continue to improve your skills in your field when you know that you will never be perfect. It is the same with our personality. Our personality is just as complex as the world we live in.

You have to start looking at yourself from within, you have to start looking at every soul in your inner world, as if you were excited to start a new activity. Getting to know yourself means not wasting time, that is to say, you will avoid going around in circles, because you are in the process of discovering the reason for your existence on earth. You will understand why you wasted time focusing on something or someone who was not for you. You will begin to see yourself through the filter of love, of self-compassion. Isn't that reason enough to start discovering your personality? You are not obliged to identify all the facets of your personality, and moreover, you will never be able to identify them all, but you must be obliged to at least know one facet of your personality, that is more than enough to have an idea on yourself.

So if you've come across this book, isn't it a good time for you to see your inner personality?

Presentation of the MBTI and the enneagram.

The MBTI and the Enneagram are personality models or tools that have been around for quite some time. But the enneagram is older than the MBTI because the enneagram was not presented that way before. Let me explain. The enneagram was a very old esoteric figure. It is not scientifically proven but it seems that the enneagram has always existed in time. But, before the broadcast, it was not considered a tool for personal development. What you must remember from the enneagram is that it is a very old system, older than the MBTI which has prompted the intervention of several specialists such as Claudio Naranjo , Oscar Ichazo , Helen Palmer and many others who have continued to expand this tool to make it more accessible to us.

But the MBTI was created by the mother-daughter duo Isabelle Briggs Myers (the daughter) and Katherine Cook Briggs (the mother) in 1962. They were inspired by the work of Jung to lead to the creation of this tool which will be of our days one of the most popular tools.

So the MBTI is based on four dimensions, namely the orientation of energy, whether you are an extrovert or an introvert, the collection of information (feeling or intuition), decision-making (thought or feeling) and preference for life structure (judgment or perception). All of these letters will constitute your MBTI type. So with the combination of his letters, we get 16 personality types.

For the case of the enneagram, it is a system that is more based on the deep motivations of the individual. The enneagram has 9 personality types which are called enneatypes.

But these two tools have very different areas of expertise. Indeed, the MBTI focuses on the natural behaviors of the individual, that is to say his thoughts, his communication, his decision-making while the enneagram as I said above, focuses on the deep motivations, the underlying motivations which are hardly perceptible.

Finally, the use of these two tools allows you not only to understand your own interactions with others (the MBTI) and at the same time, to come into contact with your fundamental fears (the enneagram). This is an asset because you understand more in depth your needs, your motivations. I'm not going to dwell on that, you'll find out as you go.

Aim of the book

I know what you're thinking, you're wondering why you want to keep reading this book, what good does it do for you? Let me bring my own experience.

I don't know if people in my country know about personality tools. From what I know is that I rarely see people interested in personality profiles. Those who I think use the personality tools, not the MBTI and the enneagram, but others, very few private universities in my country to my knowledge, use it in the context of guiding new students after passing their baccalaureate, to make a good choice of sector to guarantee their professional success. So, for these universities, by passing personality tests to their students, this allowed these universities to better advise the student, so that he chooses a field of study that is in accordance with his personality.

It touched me to know that I had the opportunity to know myself. I didn't know that you should know your personality to better choose your life path.

So I was motivated to do even more research on these tools that could help me understand myself, because I was a very difficult child, not that I was a rambunctious child, but a more emotionally temperamental child. I was not a child when I became aware. I was about 18 or 19 at the time. I tell you that I am not old. Anyway, we're not talking about me.

This is how I first learned about the MBTI and then the enneagram. But I noticed that it was not a straightforward path to simply find my MBTI and Enneagram type, by just answering an online questionnaire. It's deeper than that.

So basically, I learned that it was not a simple task to accomplish. Since 2019, concerning my MBTI, I had to make typing errors several times to finally find and validate through my experiences that I had really found my MBTI type. At first I took a simple personality test thinking I'd find my MBTI type. But I was far from suspecting that behind the MBTI, there was a whole body of work that shows the complexity of the MBTI. I want to talk about the work of Carl Gustav Jung with cognitive functions, John Beebe, with the role of positions in the psychological stack of the MBTI type and the process of individualization developed by Sigmund Freud and Jung.

Same with the enneagram where I have just become aware of the depth of this system. Where I realized that the enneagram can be easily, I would say defame, yes because, I felt like everyone wanted to, interpret the enneagram only to their own filters. Even myself I tried to change it in my own way.

In my opinion, the enneagram is a really complex system to understand and you need to make sure you get the right information to find reliable sources to find your enneagram type. And besides, it's not an easy thing for us humans to see our own vulnerability. And that's what the enneagram does. The enneagram pushes you to see your darker side that you subconsciously try to hide. It's not an easy task, and I especially had a really hard time with the enneagram because it's like I should come across my worst enemy.

So these two tools are immensely complex to be summed up in a simple test.

My objective is that through this book, you will succeed in finding your MBTI type and your Enneagram type, if you study both of these systems. I want to show you that these two tools, if you understand the logic well, you will feel like you are reborn again. This is the feeling I have, now that I have found my MBTI type and now that I am beginning to realize the depth of the enneagram. Finally this book could help me find my enneagram type in return!

The enneagram is a personal journey, that is to say that for some people, finding their enneagram type requires freeing themselves from certain beliefs that prevent them from seeing themselves as they really are.

Well, that's my goal, I want that by holding this book, you will feel like you have the answer to all your answers, because in this book, I will do everything possible, even the impossible that I can do, so that you see the MBTI and the Enneagram as completely open systems. With what we hear of these tools, that they are closing systems, that they are on the contrary tools that limit us and put us in boxes, whereas we are all unique. I will show you that it is not, and you will see that you can be the ENFJ who is totally different from the ENFJ you see in front of you.

So prepare yourself this book will be voluminous but only in quality.

The MBTI

Myers Briggs Type Indicator

THE FOUR DIMENSIONS OF MBTI: DIRECTION OF ENERGY, COLLECTION OF INFORMATION, DECISION MAKING, PREFERENCE FOR THE STRUCTURE OF LIFE.

We've talked about this before, but I'll go into more detail. The four dimensions of MBTI or the four axes are actually the basis of MBTI. This is how you can find the letters that make up your MBTI type.

- **The direction of energy:** It is the first dimension and it is the most important. So there it comes down to whether you are an extrovert or an introvert. So if you have a preference for extroversion, your first letter will be denoted E, like the first letter of the word "Extroversion". But if you have a preference for introversion, then your first letter will be noted I.
- **Information Gathering :** This second axis or second dimension refers to how we process the things that happen in our lives. Basically, how you interpret your reality. So there, this second axis consists in knowing if you prefer the sensation, or intuition. So if you have a preference for Sensing, then your second letter will be denoted S. But if you have a preference for iNtuition , your second letter will be denoted N (the reason why, it's not the first letter, is to allow the differentiation between introversion and intuition.)
- **Decision-making :** this third dimension, as its name suggests, enables decision-making. So in this case, if you have a preference for feelings, your third letter will be noted F. But if you have a preference, thinking, your third letter will be noted T.
- **Preference for life structure:** So in this last dimension, it is a question of determining if you have a preference for Judgment (it is not not what you think). This is about organization and planning. If you prefer organization, planning, then your last letter

will be noted J. But if you have a preference for perception, so for you, you don't feel compelled to build a plan, your last letter will be denoted P.

Direction of energy

I must insist on the notion of energy. It looks really simple to understand but a lot of people can't really understand it. Everyone knows that energy is what gives us a feeling of boost, like we can conquer anything. And besides everything is energy if we follow the law of attraction. The energy that is within us is the same as the energy that is all around us.

Still don't understand?

I will take a purely simple and concrete example. You just woke up, I'm not talking about when you get up in the morning, but I'm talking about the end of your nap. After you wake up, you continue with more ease, your activities. You, you didn't ask how it is done? So there, the only explanation is that after your nap, you felt in great shape, because you were able to recover. So that feeling of having recovered is the fact that you have renewed your inner energy. It's an inner energy because you don't know how it happened, but you were able to recover and you are in great shape. This is your own energy.

Now that you feel reboosted after your nap, you do your activity that you like. But you notice, that day, even though you rested, you suddenly lost the desire to continue your activity, because you are no longer motivated. To remotivate yourself, you decide to watch a YouTube video, and shortly after you suddenly want to continue your activity after watching this video. So that's outside energy, because you just watched a video from outside, which was inspiring, and you're motivated again.

Energy can be directed either outwards or inwards or more simply, energy can come from inside out or either energy can come from outside inwards.

So basically, if the energy is inside out, then it's introverted energy. If the energy is from outside to inside, it is an extroverted energy. In conclusion, the orientation of energy determines whether you are either an introvert or an extrovert.

Now let's get to the heart of the matter.

INTROVERSION: If I'm introverted, am I shy or reserved?

I will come back to the notion of energy to explain more specifically what an introvert is. I told you that when the energy is from inside out, that energy is introverted. It is not because a person has this energy that he is necessarily introverted, but rather the frequency.

In fact, an introverted person is someone who naturally has energy coming from the inside out. This means in the previous example, where you have just finished your nap, you feel the energy to continue what you are doing.

The problem is that this introverted person has a hard time receiving energy from outside. First, you should understand that not everyone becomes introverted just because it's cool to isolate themselves a bit. Already the brain of an introvert is different from that of an extrovert, because his brain is not fed by external energies. An introverted person is not a person who gains energy. The stimulation is too weak for an introvert's brain to be focused outward. An introvert's brain is more focused on the energy coming from that person to express it. We can compare the brain of an introvert to an MP3 player or a radio (for those who have known it!!).

Being introverted has nothing to do with being shy or outgoing, it's just to further confirm the stereotype of an introvert. It is true that these stereotypes do not come from nowhere, because in fact, an introvert can behave like this. You see, since the introvert has energy coming from the inside out, it's much easier to keep everything about him to himself, because he just thinks it's his best way. to protect his energy.

But in fact, the energy he has inside does not dry up and will not run out. If you want to know if you are really introverted, observing this energy should not be difficult for you, but it is possible that you yourself do not see it. You cannot keep this energy within you, because normally this energy should come out within you. We are always on the energy

coming from inside out. So that means, contrary to what you think, your energy is not made to stay within you, but to be expressed. It is when you remain in the same energy that you prevent your psychology from constantly renewing this energy. It is for this reason that you are labeled shy or asocial.

I'm not saying it's not possible to be introverted and not be shy. It's clearly possible, but shyness is a character trait, while an introversion is more of a natural psychological profile, I don't know how to explain it to you, but being introverted does not mean asocial or shy.

I'm going to say something to you introverts, stop putting yourself down. You're no less successful than extroverts, so stop believing you can't be like extroverts. Sure, you can't act like the extroverts, but you can have just as much fun as an extrovert.

Extroverts don't feel compelled to say about their difficulty being alone, why, you care to say, that you are easily exhausted from social interactions.

You are capable of being as energetic as extroverts. But in your case, you have to do things, one after the other, unlike extroverts who can do several things at once, you are forced to do one thing at a time. You have a tremendous asset because you are able to focus on whatever activities you are doing, without being easily swayed by outside distractions. As soon as you feel like doing this activity, you immerse yourself fully until you finish what you have to do.

Pull yourself together dear introverts, and go conquer your world, because you too can take up as much space as an extrovert. Your energy, gives you the possibility to express what you want without feeling guilty because coming from within, you are more capable of doing something or an activity that you would like, if you feel like doing it, and that it's a gift that extroverts don't naturally have.

More concretely, if you want to tell the difference between your introversion and shyness, and the other stereotypes that are stuck on your forehead, you must know that an

introvert does not keep the energy that he has in him, as I explained to you above. Shyness is a character trait and not a natural psychological behavior. Shyness is related to your own identity, that's why I say that shyness is a character trait. Introversion is a natural behavior meaning just the way for you to receive energy.

Do not think that shyness, withdrawal, asociability are only correlated to introverts, even extroverts can have these traits. Yes, do not be surprised to see a person who appears to be reserved and asocial, but who is extroverted. You will understand this when you get to the next point.

One last example that will completely change your belief of an introvert, watch the DJ at a party, you see him alone in his corner with his musical instruments, and do everything possible to make people at this party have a nice evening. And when the music stops, you see these people complaining, "Hey, DJ, the music". I will tell you that this DJ is the archetype of a real introvert, yes, yes he is an introvert because quite simply this introvert expresses his energy in what he likes. Of course, not all people who are DJs are introverted, just the archetypal DJ I'm highlighting in this example. Yes, you have the right to be exhausted and isolate yourself to recharge your batteries, but when you are doing the activity you love, you notice that surprisingly you are not tired and you do not want to stop.

EXTRAVERSION: SUPERFICIALITY, FALSENESS IS THAT BEING AN EXTRAVERT?

The orientation of the energy is different in this case. When a person receives energy from the outside to the inside it does not mean that this person is extroverted, since in this case it is an extroverted energy and that everyone can have this same energy. introverts, but it's more the frequency that will determine if that person is extroverted.

A person is extrovert when that person cannot renew their energy from within. This means that this person, to renew his energy, needs to have other energies coming from outside to renew him.

If you are an extrovert, you have difficulty holding on to the same beliefs, the same experiences that you have had for longer. What do I mean by that? You, as an extrovert, are people who are naturally attracted to the new. You are the people who are real skeptics when it comes to respecting traditions, for example. You may believe those beliefs, but later you will wonder why you validated those beliefs. Obviously not all extroverts can relate to this, because based on their experiences, they must have had to learn not to question anymore. But otherwise an extrovert has trouble processing information that has always remained the same. And that is explained.

You see, I told you that an introvert's brain is different than an extrovert's brain. So in the case of an extrovert, his brain is looking for outside stimulation, the brain wants to pick up on everything that's going on. The brain will activate the sense organs such as the eyes, the ears, the skin, the tongue, the nose, and will be highly excited to the extent that these

sense organs will be hypersensitive to the slightest stimulation. This is different in introverts where the sense organs are not as hyper sensitive to external stimuli as those of extroverts.

So that means that the extrovert receives a lot of information through his sense organs. This means that if an extrovert is focused on an activity they are doing, their ears will pick up all the sounds around them. If an extrovert is driving, the extrovert by his eyes would be easily distracted, i.e., his eyes will want to look in all directions, for information, such as knowing what is what this group of people are doing while the extrovert is driving. This is one of the reasons an extrovert might say to himself “stay focused or I'll have an accident”.

Similarly, the extrovert through his nose can sense a variety of smells from all directions at the same time, and seek to know where these smells are coming from. The same with the skin, where the extrovert is hyper-sensitive and hyper-reactive when someone caresses his skin.

You will have understood, the brain of an extrovert increases the sensitivity of the sense organs to have lots of external information. But the brain doesn't process all of its information, in fact they don't even process it. When I say “process” I mean trying to understand the information. The brain of an extrovert is not intended to understand this information, it is not its primary purpose. If you see extroverts who look like nerds, they most likely aren't extroverts. The stereotype that the nerd is an introvert is true haha!

Extroverts feel like they have no limits, that anything is possible, anything is doable. Extroverts are naturally good at controlling many things at once, managing lots of things at once. And in this case, it's a gift for you extroverts.

It is true that one of their flaws is to easily criticize others. For example, I'm willing to bet that it was the extroverts who labeled the introverts shy, reserved, or asocial, or made them feel that their lives aren't as fast-paced as theirs . This is because extroverts only see what others show of themselves. For example, if an extrovert sees an introvert, alone in his

corner, automatically the extrovert in question will think that the person he saw is introverted, just because he is alone, whereas he himself is always with the others.

This proves that an extrovert's brain, doesn't even bother to understand or analyze the information it receives, so easily assigns assumptions thinking itself to be the truth.

Extroverts are people who are forced to show their existence to the world. They feel completely merged into the world, that they cannot see their own personalities. This is normal, since as I say, their brains are turned outwards and their brains always want to receive more, more stimulation. You could say that extroverts just seek to fill themselves with experiences.

It is for this reason that extroverts get lost, no longer knowing who they are, what they want or even no longer knowing what they are doing, because they have dispersed .

The way to tell if you are an extrovert is to observe how long you can last without any outside interaction. Staying alone, without a phone, without someone to talk to, nothing you are completely alone. You'll find it harder to think of anything you can do during this time. It's not that you can't do activities, but that you can't think anymore. It's as if you were stuck. And here is another reason that proves that you are an extrovert and that your brain has difficulty processing the information it receives.

Extroverts need to do group activities because these activities are full of stimulation. People who talk, move. There's screams over there, excitement around them. That's what extroverts like, and their brains.

But when extroverts realize that they have to start processing the information they receive, then they surprise themselves with this knowledge. They can't even believe they can think that way. Not that I'm saying they think they're stupid, but because they were more used to acting than thinking.

There's no point in telling extroverts to watch their energies, with their brains not wanting to bother processing the information they have inside. That's the hardest thing for an extrovert.

If you're talking more than listening, that's a sign that you're an extrovert, because an extrovert's brain only seeks outward stimulation, not keeping things inward. It's their way of existing.

Basically, an introvert has an inner energy, that is, introverts create their own energies and express it . It is for this reason that introverts are more apt to think things through before taking action. While an extrovert has outside energy, i.e. the energy that allows them to do whatever they want is on the outside, so they are more apt to move in first. action before thinking.

Introversion and Extraversion: two incredible and complementary personalities

Introverts and extroverts are actually complementary people. Introverts have difficulty receiving external energies and extroverts have difficulty being energized by themselves. So what forces introverts to have extroverts on their side because extroverts could help them and show them the possibilities that exist in this world. Introverts aren't open enough in the way that they can't imagine possibilities other than their own. Introverts in turn, can help extroverts see their inner world, that their inner worlds are not as dire as extroverts think.

As I explained above, introverts and extroverts have incredible personalities because first, introverts are able to achieve great things , due to their good concentration which is an important asset in the pursuit of a goal. . Introverts too are able to share their works with everyone with such ease. Like, for example, an introvert who has to give a lecture in front of thousands of people, this introvert is able to be logical from beginning to end because he gives the impression that he is in control of his subject. Introverts , by their nature, are able to deeply understand the other because they are able to see the potential that the same person is unaware of.

Introverts, you are not people who need to isolate themselves to recharge themselves, that is not what defines you as an introvert. If this is how you see yourself, you better see yourself again. You are people who already have renewable energy and it is you who decide

to renew it or not. In simple French, it is you who decides to do your activity or not to do it. You are extraordinary people, the introverts. Think of the party DJ who animates an entire room, you are the DJ of the people around you. With your turntables, like a DJ, you decide how the music sounds, you decide if you want to mix the sound your way. You're great, and you're not easily burnt out people like what you've heard about your nature.

Extroverts, you are real bursts of energy. With you, you are people who are role models, because you know your reality, as if you hold the world in your hands. You are people who are hard to get discouraged, because as you hold the world in your hands, you firmly believe that you will have endless opportunities, so if your activity does not work, you cry a little and you are back on a path. another activity, a new activity that you created yourself. You are the people who know how to improve what has already existed, as if the world should have an update. You are masters of action because you have the advantage of controlling your environment as you wish. You are people who motivate people even when everything that happens in the life of these people proves the contrary. And the last thing that's really important, you're people who are able to do things for others. You see the phrase, unity is strength, you embody this value, because you are able to attract many people to defend themselves for a cause. And the simple thing that makes people come to you is that you embody what you say, which is when you do something, you act fast and that's your way of doing it. show others your sincerity. Extroverts, remember, you control the world like your pocket.