

## **APPENDIX - G**

### **PERSONALITY INVENTORY - 1(a)**

Check (✓) what describes you when you were (or if you are now) under the age of 25.

- ☐ 1. I like to be organized and orderly.
- ☐ 2. It is difficult for me to be spontaneous.
- ☐ 3. I often feel guilty about not getting enough accomplished.
- ☐ 4. I don't like when people break rules.
- ☐ 5. Incorrect grammar and spelling bother me a lot.
- ☐ 6. I am idealistic. I want to make the world a better place.
- ☐ 7. I am almost always on time.
- ☐ 8. I hold on to resentment for a long time.
- ☐ 9. I think of myself as being practical, reasonable and realistic.
- ☐ 10. When jealous, I become fearful and competitive.
- ☐ 11. Either I don't have enough time to relax or I think I should't relax.
- ☐ 12. I tend to see things in terms of right or wrong, good or bad.
- ☐ 13. I analyze major purchases very thoroughly before I make them.
- ☐ 14. I dread being criticized or judged by others.
- ☐ 15. I often compare myself with others.
- ☐ 16. Truth and justice are very important to me.
- ☐ 17. I often feel that time is running out and there is too much left to do.
- ☐ 18. I almost always do what I say I will do.
- ☐ 19. I worry almost constantly.
- ☐ 20. I love making every detail perfect.

**(MOVING AROUND THE ENNEAGRAM)**  
**TYPE - 1(b)**

**INSTRUCTIONS :**

Here are a set of 25 questions. Please go through carefully. If matches with your present behaviour pattern then put a '✓' mark besides the choice 'yes'. If not then put your '✓' mark besides 'No'. Try and be as honest as you can. Avoid answering as you feel you should behave confidentially regarding your response is assured.

1. I can appreciate any thing made by me without finding any fault in them.  
Yes \_\_\_\_\_ No \_\_\_\_\_
2. I can readily accept any task without an apprehension.  
Yes \_\_\_\_\_ No \_\_\_\_\_
3. Can easily overcome the negative/flows in any person/situation/work and appreciate the good aspects present in it.  
Yes \_\_\_\_\_ No \_\_\_\_\_
4. I plan activities that are only for enjoyment.  
Yes \_\_\_\_\_ No \_\_\_\_\_
5. Whenever in distress I get trapped in obsessions.  
Yes \_\_\_\_\_ No \_\_\_\_\_
6. I often feel indignant because my expectations are not being met by myself, others or life in general.  
Yes \_\_\_\_\_ No \_\_\_\_\_
7. I feel inloved, loose trust on myself, hate myself and then become depressed.  
Yes \_\_\_\_\_ No \_\_\_\_\_
8. What I don't have bothers me a lot and I feel hopeless about ever getting it.  
Yes \_\_\_\_\_ No \_\_\_\_\_
9. It is easy for me to get in touch with my inner feelings.  
Yes \_\_\_\_\_ No \_\_\_\_\_
10. I often get involved in creative or artistic activities.  
Yes \_\_\_\_\_ No \_\_\_\_\_
11. Daily I spend some time doing some recreational activities.  
Yes \_\_\_\_\_ No \_\_\_\_\_

12. I give special treats to myself regularly, to maintain a cheerful mood.  
Yes \_\_\_\_\_ No \_\_\_\_\_
13. I am always aware of my needs and I don't hesitate to ask for it.  
Yes \_\_\_\_\_ No \_\_\_\_\_
14. Do you accept that differences are not necessarily errors or faults.  
Yes \_\_\_\_\_ No \_\_\_\_\_
15. Do you take time to observe the critical mind in action, and disidentify with it, then use it to remind yourself to your achievements and skills.  
Yes \_\_\_\_\_ No \_\_\_\_\_
16. Do you schedule time out from compulsive activity, to be able to think about your own real priorities.  
Yes \_\_\_\_\_ No \_\_\_\_\_
17. Do you question your rules, and remind yourself that what is right is not necessarily what is desirable or appropriate.  
Yes \_\_\_\_\_ No \_\_\_\_\_
18. Can you accept anger as a normal useful human emotion.  
Yes \_\_\_\_\_ No \_\_\_\_\_
19. If expressing your feelings does not seem appropriate, do you exercise, write or talk with a friend.  
Yes \_\_\_\_\_ No \_\_\_\_\_
20. Do you ask others to help you in your work so that you don't do more than your share?  
Yes \_\_\_\_\_ No \_\_\_\_\_
21. Instead of mentally releasting past mistakes, do you remember the accomplishments you are most proud of?  
Yes \_\_\_\_\_ No \_\_\_\_\_
22. When you get the urge to criticize or correct some one, do you either keep quiet or surround what you say with positive (Not! flattering) remarks?  
Yes \_\_\_\_\_ No \_\_\_\_\_
23. Do you fantasize about changing people?  
Yes \_\_\_\_\_ No \_\_\_\_\_
24. Do you allow your children to come to decisions on their own in order for them to develop more self esteem?  
Yes \_\_\_\_\_ No \_\_\_\_\_
25. Do you let your children know that you love them not only for what they do, but for who they are?  
Yes \_\_\_\_\_ No \_\_\_\_\_

## PERSONALITY INVENTORY - 2(a)

Check (✓) what describes you when you were (or if you are now) under the age of 25.

- ☐ 1. I want people to feel comfortable coming to me for guidance and advice.
- ☐ 2. Relationships are more important to me than almost anything.
- ☐ 3. Sometimes I feel overburdened by people's dependence on me.
- ☐ 4. I have trouble asking for what I need.
- ☐ 5. I crave, yet sometimes fear, intimacy.
- ☐ 6. I am more comfortable giving than receiving.
- ☐ 7. I am very sensitive to criticism.
- ☐ 8. I work hard to overcome all obstacles in a relationship.
- ☐ 9. I try to be as sensitive and factful as possible.
- ☐ 10. When I am alone I know what I want, but when I am with others I am not sure.
- ☐ 11. It is very important that others feel comfortable and welcome in my home.
- ☐ 12. I don't want my dependence to show.
- ☐ 13. Watching violence on television and seeing people suffer is unbearable.
- ☐ 14. Sometimes I feel deep sense of loneliness.
- ☐ 15. If I don't get the closeness, I need, I feel sad, hurt and unimportant.
- ☐ 16. Sometimes I get physically ill and emotionally drained from taking care of everyone else.
- ☐ 17. I often figure out what others would like in a person, then act that way.
- ☐ 18. I enjoy giving compliments and telling people that they are special to me.
- ☐ 19. I am attracted to being with important or powerful people.
- ☐ 20. People have said that I exaggerate too much and am overly emotional.

**(MOVING AROUND THE ENNEAGRAM)**

**TYPE - 2(b)**

1. Can you easily accept your painful feelings such as feeling of anger, sadness and loneliness?  
Yes \_\_\_\_\_ No \_\_\_\_\_
2. Do you enjoy exploring your inner world and expressing yourself through creative and artistic work?  
Yes \_\_\_\_\_ No \_\_\_\_\_
3. Can you happily stay alone and feel contemplated?  
Yes \_\_\_\_\_ No \_\_\_\_\_
4. Do you frequently compare yourself with others, brood over your lacunas and feel envious?  
Yes \_\_\_\_\_ No \_\_\_\_\_
5. Do you generally feel self confident and powerful?  
Yes \_\_\_\_\_ No \_\_\_\_\_
6. Are you frequently self-absorbed, withdrawn and depressed?  
Yes \_\_\_\_\_ No \_\_\_\_\_
7. Do you think you are honest and straight forward?  
Yes \_\_\_\_\_ No \_\_\_\_\_
8. Are you demanding and blame people when things go wrong?  
Yes \_\_\_\_\_ No \_\_\_\_\_
9. Do you wish to be in charge of every one and everything?  
Yes \_\_\_\_\_ No \_\_\_\_\_
10. Are you bothered with others opinion about you?  
Yes \_\_\_\_\_ No \_\_\_\_\_
11. Do you get engaged in some activities that gives pleasure and satisfaction to you without involving others?  
Yes \_\_\_\_\_ No \_\_\_\_\_
12. Do you meditate or do any other exercise which would help you to introspect?  
Yes \_\_\_\_\_ No \_\_\_\_\_
13. Do you sometimes talk/pat yourself as a nurturing parent would do?  
Yes \_\_\_\_\_ No \_\_\_\_\_
14. Do you value the love that is in your life than the love that is missing?  
Yes \_\_\_\_\_ No \_\_\_\_\_

15. Do you set limits, and say "No, this is not a good time to talk," or "No, I will not be able to help," when you feel that another's request or demand would be too stressful for you?

Yes \_\_\_\_\_ No \_\_\_\_\_

16. Do you write down your resentments on a daily basis to become more aware of them?

Yes \_\_\_\_\_ No \_\_\_\_\_

17. If you feel you are being treated unfairly or being taken advantage of do you speak up as reasonably as possible, right away?

Yes \_\_\_\_\_ No \_\_\_\_\_

18. Are you your own person, or the one others want you to be?

Yes \_\_\_\_\_ No \_\_\_\_\_

19. Do you offer help automatically and give advice without waiting until you are asked for it.

Yes \_\_\_\_\_ No \_\_\_\_\_

20. Do you over give people and find it difficult to accept graciously when people give you?

Yes \_\_\_\_\_ No \_\_\_\_\_

21. Have you learnt ways to stop excessive worrying about your grown up children and developed interests of your own to help you to be detached?

Yes \_\_\_\_\_ No \_\_\_\_\_

22. Are you aware of the tendency to instil guilt in your children and do you try to check it?

Yes \_\_\_\_\_ No \_\_\_\_\_

23. Instead of rescuing people, do you allow them to be responsible for their own behaviour?

Yes \_\_\_\_\_ No \_\_\_\_\_

24. Do you go slowly when entering a new relationship, by getting information and being objective?

Yes \_\_\_\_\_ No \_\_\_\_\_

25. Are you able to find out work that suits to your personality, interest and training?

Yes \_\_\_\_\_ No \_\_\_\_\_

### PERSONALITY INVENTORY - 3(a)

Check (✓) what describes you when you were (or if you are now) under the age of 25.

- ☐ 1. I am almost always busy.
- ☐ 2. I like to make to-do lists, progress charts and schedules for myself.
- ☐ 3. I don't mind being asked to work overtime.
- ☐ 4. I have an optimistic attitude.
- ☐ 5. I go full force until I get the job done.
- ☐ 6. I believe in doing things as expediently as possible.
- ☐ 7. It is important for people to better themselves as possible.
- ☐ 8. I'm not interested in talking a lot about my personal life.
- ☐ 9. I try not to let illness stop me from doing anything.
- ☐ 10. I hate to see jobs undone.
- ☐ 11. I tend to put work before other things.
- ☐ 12. I can't understand people who are bored, I never run out of things to do.
- ☐ 13. It is sometimes difficult for me to get in touch with my feelings.
- ☐ 14. I work very hard to take care of and provide for my family.
- ☐ 15. I like identifying with competent groups or important people.
- ☐ 16. I try to present myself well and make a good first impression.
- ☐ 17. Financial security is extremely important to me.
- ☐ 18. I generally feel pretty good about myself.
- ☐ 19. People often look to me to run the show.
- ☐ 20. I like to stand out in some way.

**(MOVING AROUND THE ENNEAGRAM)**  
**TYPE - 3(b)**

1. Do you spend more time with and you are more committed to, family and friends?  
Yes \_\_\_\_\_ No \_\_\_\_\_
2. Do you value what is best for the group?  
Yes \_\_\_\_\_ No \_\_\_\_\_
3. Are you dependent on others and afraid of being rejected?  
Yes \_\_\_\_\_ No \_\_\_\_\_
4. Are you often anxious and nervous?  
Yes \_\_\_\_\_ No \_\_\_\_\_
5. Do you have trouble making decisions and procrastinate.  
Yes \_\_\_\_\_ No \_\_\_\_\_
6. Does it happen often that you neglect yourself and possibly numb out with even more work, drugs, food, alcohol, or excessive sleep?  
Yes \_\_\_\_\_ No \_\_\_\_\_
7. Do you become passively aggressive at people who make you look at your shortcomings?  
Yes \_\_\_\_\_ No \_\_\_\_\_
8. Is it possible on your part to slow down, relax and feel more peaceful.  
Yes \_\_\_\_\_ No \_\_\_\_\_
9. Do you feel that you have become more receptive?  
Yes \_\_\_\_\_ No \_\_\_\_\_
10. As compared to your younger days, have you started seeing life from a broader point of view?  
Yes \_\_\_\_\_ No \_\_\_\_\_
11. Have you scheduled time every day to rest, and practice meditation techniques, massages, steam baths, or saunas?  
Yes \_\_\_\_\_ No \_\_\_\_\_
12. Do you have time for doing some of the activities you value aside from work?  
Yes \_\_\_\_\_ No \_\_\_\_\_



13. Do you have the realization that others are probably not as efficient as you are. Many people do not have your energy or ability to focus. Yet you accept them as they are?  
Yes \_\_\_\_\_ No \_\_\_\_\_
14. Do you make special efforts to show appreciation and acknowledge others contributions?  
Yes \_\_\_\_\_ No \_\_\_\_\_
15. Do you explore for work that satisfies your inner self?  
Yes \_\_\_\_\_ No \_\_\_\_\_
16. When writing your weekly schedule, do you include time for hanging out with friends and family?  
Yes \_\_\_\_\_ No \_\_\_\_\_
17. When a loved one comes to you with a problem, do you listen without giving advice unless it is asked for. Thinking that he/she may be in need of a sympathetic ear?  
Yes \_\_\_\_\_ No \_\_\_\_\_
18. Do you express appreciation to your partner?  
Yes \_\_\_\_\_ No \_\_\_\_\_
19. When people criticize you, do you search for the grain of truth in it?  
Yes \_\_\_\_\_ No \_\_\_\_\_
20. Is winning people is more important to you than sticking to your own reality?  
Yes \_\_\_\_\_ No \_\_\_\_\_
21. Do you put excessive pressure on your children out of your high expectations?  
Yes \_\_\_\_\_ No \_\_\_\_\_
22. Can you make out the difference between your own feelings and feelings you "put on" even if they seem appropriate for the occasion?  
Yes \_\_\_\_\_ No \_\_\_\_\_
23. Do you have the tendency of jumping to activity when anxiety begins to arise?  
Yes \_\_\_\_\_ No \_\_\_\_\_
24. Do you allow yourself to be vulnerable by expressing your hurt and disappointment?  
Yes \_\_\_\_\_ No \_\_\_\_\_
25. Are you able to reduce stress by appreciating and accepting your present level of success?  
Yes \_\_\_\_\_ No \_\_\_\_\_

## PERSONALITY INVENTORY - 4(a)

Check (✓) what describes you when you were (or if you are now) under the age of 25.

- ☐ 1. Being understood is very important to me.
- ☐ 2. My friends say they enjoy my warmth and my different way of looking at life.
- ☐ 3. I can become nonfunctional for hours, days, or weeks when I'm depressed.
- ☐ 4. I am very sensitive to critical remarks and feel hurt at the tiniest slight.
- ☐ 5. It really affects me emotionally when I read upsetting stories in the newspaper.
- ☐ 6. My ideals are very important to me.
- ☐ 7. I cry easily. Beauty, love sorrow and pain really touch me.
- ☐ 8. My melancholy moods are real and important. I don't necessarily want to get out of them.
- ☐ 9. I often long for what others have.
- ☐ 10. I try to support my friends, especially when they are in crisis.
- ☐ 11. I live in the past and in the future more than in present-day reality.
- ☐ 12. I place great importance on my intuition.
- ☐ 13. I try to control people at times.
- ☐ 14. I hate insincerity and lack of integrity in others.
- ☐ 15. I have spent years longing for the great love of my life to come along.
- ☐ 16. I focus on what is wrong with me rather than on what is right.
- ☐ 17. I like to be seen as one of a kind.
- ☐ 18. I am always searching for my true self.
- ☐ 19. Sometimes I feel very uncomfortable and different, like an isolated outsider, even when I'm with my friends.
- ☐ 20. When people tell me what to do, I often become rebellious and do, or wish I could do, the opposite.

**(MOVING AROUND THE ENNEAGRAM)**  
**TYPE - 4(b)**

1. Are you more self-disciplined and grounded in here and now?  
Yes \_\_\_\_\_ No \_\_\_\_\_
2. Do you do more problem solving and became more practical?  
Yes \_\_\_\_\_ No \_\_\_\_\_
3. Have you shifted to accentuating more of the positive and less of the negative?  
Yes \_\_\_\_\_ No \_\_\_\_\_
4. Do you act on your strong ideals and principles?  
Yes \_\_\_\_\_ No \_\_\_\_\_
5. Do you often feel critical, judgemental and angry that no one does anything right?  
Yes \_\_\_\_\_ No \_\_\_\_\_
6. do you try to moralize and preach people?  
Yes \_\_\_\_\_ No \_\_\_\_\_
7. Do you feel guilty for not leaving up to your own expectations?  
Yes \_\_\_\_\_ No \_\_\_\_\_
8. Do you deny and repress your own needs?  
Yes \_\_\_\_\_ No \_\_\_\_\_
9. Do you feel special when you fall ill and get attention?  
Yes \_\_\_\_\_ No \_\_\_\_\_
10. Is it possible for you to get connected with people in meaningful ways and meet their needs with healthy detachment?  
Yes \_\_\_\_\_ No \_\_\_\_\_
11. Are you proud of all your special gifts, talents and accomplishments?  
Yes \_\_\_\_\_ No \_\_\_\_\_
12. Do you work towards fulfilling the needs that were not met in your childhood and treat yourself lovingly and compassionately?  
Yes \_\_\_\_\_ No \_\_\_\_\_
13. Do you find ways to make every day duties and responsibilities creative or playful?  
Yes \_\_\_\_\_ No \_\_\_\_\_
14. Can you be direct and specific about stating what you want and don't want?  
Yes \_\_\_\_\_ No \_\_\_\_\_

15. Have you developed a strong support system of friends, rather than relaying on only one to meet all your emotional needs?

Yes \_\_\_\_\_ No \_\_\_\_\_

16. Do you deal with interpersonal issues quickly in an objective manner instead of withdrawing from them or trying to overpower people with your emotions?

Yes \_\_\_\_\_ No \_\_\_\_\_

17. Do you write down your feelings in the strongest possible language in a letter that you do not mail?

Yes \_\_\_\_\_ No \_\_\_\_\_

18. When you have trouble controlling an emotional reaction: (1) Can you become a detached observer; (2) Visualize yourself gradually running the dial down; (3) Stand still and hurt. Then console yourself that, it will pass away.

Yes \_\_\_\_\_ No \_\_\_\_\_

19. Is it possible in your part to reasonably confront people who upset you and save your anger from turning inward?

Yes \_\_\_\_\_ No \_\_\_\_\_

20. Do you think you have developed good habit of sleep, exercise, eating and work?

Yes \_\_\_\_\_ No \_\_\_\_\_

21. Do you work at belonging. Keep in close touch with relatives and friends?

Yes \_\_\_\_\_ No \_\_\_\_\_

22. Do you express your depression creatively in poetry, music, dance or art?

Yes \_\_\_\_\_ No \_\_\_\_\_

23. Do you make a list of the things you are thankful for. Write it big, and paste it on the wall?

Yes \_\_\_\_\_ No \_\_\_\_\_

24. Can you say happily that "I will value each day, no matter how imperfect".

Yes \_\_\_\_\_ No \_\_\_\_\_

25. Do you say to yourself that "I am beautiful, capable, and lovable, just as I am". There is nothing to make up for".

Yes \_\_\_\_\_ No \_\_\_\_\_

## PERSONALITY INVENTORY - 5(a)

Check (✓) what describes you when you were (or if you are now) under the age of 25.

- ☐ 1. I learn from observing or reading as opposed to doing.
- ☐ 2. It's hard to express my feelings in the moment.
- ☐ 3. I get lost in my interests and like to be alone with them for hours.
- ☐ 4. I usually experience my feelings more deeply when I'm by myself.
- ☐ 5. Sometimes I feel guilty that I'm not generous enough.
- ☐ 6. I try to conceal my sensitivity to criticism and judgement.
- ☐ 7. Brash, loud people offend me.
- ☐ 8. Conforming is distasteful to me.
- ☐ 9. I like to associate with others who have expertise in my field.
- ☐ 10. I like having a title (doctor, professor, administrator) to feel proud of.
- ☐ 11. I have been accused of being negative, cynical, and suspicious.
- ☐ 12. When I feel society uncomfortable, I often wish I could disappear.
- ☐ 13. I am often reluctant to be assertive or aggressive.
- ☐ 14. I dislike most social events. I'd rather be alone or with a few people I know well.
- ☐ 15. I sometimes feel shy or awkward.
- ☐ 16. I get tired when I'm with people for too long.
- ☐ 17. I feel different from most people.
- ☐ 18. I feel invisible. It surprises me when anyone notices anything about me.
- ☐ 19. I don't look for material possessions to make me happy.
- ☐ 20. Acting calm is a defense. It makes me feel stronger.

**(MOVING AROUND THE ENNEAGRAM)**  
**TYPE - 5(b)**

1. Do you think you are well in touch with your body, its power, and its energy by moving away from pure thought and toward action?  
Yes \_\_\_\_\_ No \_\_\_\_\_
2. Do you trust your instincts, hence you are outspoken and spontaneous?  
Yes \_\_\_\_\_ No \_\_\_\_\_
3. Do you become energized and motivated by your anger instead of withdrawing?  
Yes \_\_\_\_\_ No \_\_\_\_\_
4. Can you defend yourself more effectively and set clear limits?  
Yes \_\_\_\_\_ No \_\_\_\_\_
5. do you always act reasonably and don't believe in punishing people for their faults?  
Yes \_\_\_\_\_ No \_\_\_\_\_
6. Do you care for other peoples feelings and desires?  
Yes \_\_\_\_\_ No \_\_\_\_\_
7. Do you take on new projects impulsively?  
Yes \_\_\_\_\_ No \_\_\_\_\_
8. Do you easily become scattered and distracted?  
Yes \_\_\_\_\_ No \_\_\_\_\_
9. Are you too self conscious?  
Yes \_\_\_\_\_ No \_\_\_\_\_
10. Are you quite uninhibited and more fun loving?  
Yes \_\_\_\_\_ No \_\_\_\_\_
11. Can you take risk and speak up, even if you fear appearing foolish?  
Yes \_\_\_\_\_ No \_\_\_\_\_
12. Do you try to become more active by taking up creative or sports activities?  
Yes \_\_\_\_\_ No \_\_\_\_\_
13. do you value and imply in life being in the present?  
Yes \_\_\_\_\_ No \_\_\_\_\_
14. Do you go for psychotherapy or mind/body work to learn to express your feelings?  
Yes \_\_\_\_\_ No \_\_\_\_\_

15. Can you limit your talk to two/three sentences, then determine if people are interested before continuing. (Instead of delivering long treatises can you make it a conversation)?  
Yes \_\_\_\_\_ No \_\_\_\_\_
16. When you are in group, are you generally aware of any desperate urge to prove you know something?  
Yes \_\_\_\_\_ No \_\_\_\_\_
17. Do you let others know it when they are important to you?  
Yes \_\_\_\_\_ No \_\_\_\_\_
18. When you feel the tendency to give to others, do you go ahead and do it?  
Yes \_\_\_\_\_ No \_\_\_\_\_
19. Do you ask for what you want, including the setting of limits?  
Yes \_\_\_\_\_ No \_\_\_\_\_
20. When you desire more experience in interacting people, do you become a member of an ongoing therapy group where it is acceptable to speak or not to speak?  
Yes \_\_\_\_\_ No \_\_\_\_\_
21. Is it easy for you to say yourself that interaction and experience are necessary for real understanding?  
Yes \_\_\_\_\_ No \_\_\_\_\_
22. Do you say to yourself "I will experience being an individual fully when I empty myself of my preconceived ideas and categories"?  
Yes \_\_\_\_\_ No \_\_\_\_\_
23. Do you say to yourself that "I don't have to be the smartest person"?  
Yes \_\_\_\_\_ No \_\_\_\_\_
24. Are you able to experience and recall pleasant feelings and realize that not all feelings are painful?  
Yes \_\_\_\_\_ No \_\_\_\_\_
25. Do you notice when you are controlling your space/time/energy and manipulating others through restricting what and when you will give and can you start to allow the control to drop?  
Yes \_\_\_\_\_ No \_\_\_\_\_

## PERSONALITY INVENTORY - 6(a)

Check (✓) what describes you when you were (or if you are now) under the age of 25.

- ☐ 1. I am nervous around certain authority figures.
- ☐ 2. I am often plagued by doubt.
- ☐ 3. I like to have clear-cut guidelines and to know where I stand.
- ☐ 4. I am always on the alert for danger.
- ☐ 5. I take things too seriously.
- ☐ 6. I constantly question myself about what might go wrong.
- ☐ 7. I often experience criticism as an attack.
- ☐ 8. I often obsess about what my partner is thinking.
- ☐ 9. I can be a very hard worker.
- ☐ 10. My friends think of me as loyal, supportive, and compassionate.
- ☐ 11. I've been told I have a good sense of humor.
- ☐ 12. I follow rules closely (a phobic trait); or I often break rules (a counterphobic trait).
- ☐ 13. The more vulnerable, I am in my intimate relationship, the more anxious and testy I become.
- ☐ 14. I tend to either procrastinate or plunge headlong, even into dangerous situations.
- ☐ 15. I am very aware of people trying to manipulate me with flattery.
- ☐ 16. I like predictability.
- ☐ 17. I have sabotaged my own success.
- ☐ 18. I can support people through thick and thin.
- ☐ 19. Being neat and orderly helps me feel more in control of my life.
- ☐ 20. I dislike pretension in people.



**(MOVING AROUND THE ENNEAGRAM)**  
**TYPE - 6(b)**

1. Do you think you see things from a broader point of view?  
Yes \_\_\_\_\_ No \_\_\_\_\_
2. Can you take life less seriously and free up your energy?  
Yes \_\_\_\_\_ No \_\_\_\_\_
3. Do you put more trust in your own inner authority?  
Yes \_\_\_\_\_ No \_\_\_\_\_
4. In order to stop obsessing do you numb yourself with drugs, television, reading, food, or sleep?  
Yes \_\_\_\_\_ No \_\_\_\_\_
5. Do you at times become spaced and apathetic?  
Yes \_\_\_\_\_ No \_\_\_\_\_
6. When you feel anxious about something do you try to keep yourself busy?  
Yes \_\_\_\_\_ No \_\_\_\_\_
7. Are you reluctant to try anything new if there is any possibility of failing?  
Yes \_\_\_\_\_ No \_\_\_\_\_
8. Do you take on a role or image in order to feel more secure?  
Yes \_\_\_\_\_ No \_\_\_\_\_
9. Don't mind telling lies about yourself when it comes to cover up or get ahead?  
Yes \_\_\_\_\_ No \_\_\_\_\_
10. Do you take decisive and effective action and feel good about all you accomplish?  
Yes \_\_\_\_\_ No \_\_\_\_\_
11. Do you try to be around people who are encouraging, accepting, trustworthy, and encouraging?  
Yes \_\_\_\_\_ No \_\_\_\_\_
12. Can you notice and try to believe the positive things that people say about you?  
Yes \_\_\_\_\_ No \_\_\_\_\_
13. Do you put on your own back and don't wait for someone else to tell you that you did well?  
Yes \_\_\_\_\_ No \_\_\_\_\_

14. Do you write and talk to yourself on nurturing and caring ways?  
Yes \_\_\_\_\_ No \_\_\_\_\_
15. Do you always feel that it is O.K. to make mistakes?  
Yes \_\_\_\_\_ No \_\_\_\_\_
16. Do you ask friends for feedback and a reality check: such as - "This is what I think is going on... is it real"?  
Yes \_\_\_\_\_ No \_\_\_\_\_
17. Do you put on effort to note when do you give power away and practice becoming your own authority?  
Yes \_\_\_\_\_ No \_\_\_\_\_
18. Have you developed a sense of human about your hypervigilance?  
Yes \_\_\_\_\_ No \_\_\_\_\_
19. Can you acknowledge yourself for being a hard worker and focus on your strengths?  
Yes \_\_\_\_\_ No \_\_\_\_\_
20. Do you break jobs into small parts and do them one at a time?  
Yes \_\_\_\_\_ No \_\_\_\_\_
21. When you feel over worked do you delegate as much as you can to others? and be patient when others move at their own pace rather than at yours?  
Yes \_\_\_\_\_ No \_\_\_\_\_
22. Do you observe your fears without judging for having them?  
Yes \_\_\_\_\_ No \_\_\_\_\_
23. Do you call yourself lazy when you are relaxing?  
Yes \_\_\_\_\_ No \_\_\_\_\_
24. Do you regularly take up physical activities: such as sports, working out, walking etc.?  
Yes \_\_\_\_\_ No \_\_\_\_\_
25. Do you say to yourself that being prepared means trusting whatever each moment brings?  
Yes \_\_\_\_\_ No \_\_\_\_\_

## PERSONALITY INVENTORY - 7(a)

Check (✓) what describes you when you were (or if you are now) under the age of 25.

- ☐ 1. I enjoy life. I am generally uninhibited and optimistic.
- ☐ 2. I don't like being made to feel obligated or beholden.
- ☐ 3. I am busy and energetic. I seldom get bored if left to do what I want.
- ☐ 4. I often take verbal or physical risks.
- ☐ 5. I usually pick upbeat friends who have similar goals.
- ☐ 6. I'm not an expert in any one thing, but I can do many things well.
- ☐ 7. My style is to go back and forth from one task to another. I like to keep moving.
- ☐ 8. I seem to let go of grievances and recover from loss faster than most people I know.
- ☐ 9. I like myself and I'm good to myself.
- ☐ 10. I like people and they usually like me.
- ☐ 11. I usually manage to get what I want.
- ☐ 12. I value quick wit.
- ☐ 13. I am idealistic. I want to contribute something to the world.
- ☐ 14. I vacillate between feeling committed and wanting my freedom and independence.
- ☐ 15. I am often at ease in groups.
- ☐ 16. When people are unhappy, I usually try to get them to lighten up and see the bright side.
- ☐ 17. I love excitement and travel.
- ☐ 18. Sometimes I feel inferior and sometimes I feel superior to others.
- ☐ 19. I usually say whatever is on my mind. Sometimes it gets me into trouble.
- ☐ 20. I can make great sacrifices to help people.

**(MOVING AROUND THE ENNEAGRAM)**  
**TYPE - 7(b)**

1. Do you enjoy quite moments introspecting or time in objective analysis?  
Yes \_\_\_\_\_ No \_\_\_\_\_
2. Can you happily accept both polarities of life such as good and bad, happy and sad etc.?  
Yes \_\_\_\_\_ No \_\_\_\_\_
3. Are you well in touch with your fears?  
Yes \_\_\_\_\_ No \_\_\_\_\_
4. Do you think that you are judgemental of yourself and others and find it difficult to laugh at yourself?  
Yes \_\_\_\_\_ No \_\_\_\_\_
5. Do you always desire people to work as per your theories?  
Yes \_\_\_\_\_ No \_\_\_\_\_
6. Are you often absorbed in your self and not able to do justice to your responsibilities?  
Yes \_\_\_\_\_ No \_\_\_\_\_
7. Do you think that you are always prevented by others from having fun?  
Yes \_\_\_\_\_ No \_\_\_\_\_
8. When you take up any project, does it becomes everything for you and you feel pervasive with low level irritability?  
Yes \_\_\_\_\_ No \_\_\_\_\_
9. Do you have a habit of thinking in terms of extremes?  
Yes \_\_\_\_\_ No \_\_\_\_\_
10. Are you confident about weighing your options wisely?  
Yes \_\_\_\_\_ No \_\_\_\_\_
11. Do you have a healthy habit of eating, sleeping and doing some exercises?  
Yes \_\_\_\_\_ No \_\_\_\_\_
12. Do you just turn out your problems simply by hoping they will go away instead of finding a friend or counsellor or talk to a counsellor?  
Yes \_\_\_\_\_ No \_\_\_\_\_
13. Do you always take into account the dark or negative side of life for reality and balance and realize that mere positive thinking would not solve every problems?  
Yes \_\_\_\_\_ No \_\_\_\_\_

14. Can you accept your feelings with a trust that they are passing phases?  
Yes \_\_\_\_\_ No \_\_\_\_\_
15. Are you often grateful for what you have instead of focusing on what you want?  
Yes \_\_\_\_\_ No \_\_\_\_\_
16. Do you set aside time for intimacy with your partner?  
Yes \_\_\_\_\_ No \_\_\_\_\_
17. Do you try to see things from the others point of view by being tactful and sensitive?  
Yes \_\_\_\_\_ No \_\_\_\_\_
18. Are you open to feedback about traits in yourself thinking that they may help you to improve yourself?  
Yes \_\_\_\_\_ No \_\_\_\_\_
19. Do you often try to know what others expect from you?  
Yes \_\_\_\_\_ No \_\_\_\_\_
20. Do you always expect others to keep up peace along with you?  
Yes \_\_\_\_\_ No \_\_\_\_\_
21. While working on one thing do you keep imagining other things that you might be doing?  
Yes \_\_\_\_\_ No \_\_\_\_\_
22. Do you believe that hard work pays you off and one gets satisfactory results?  
Yes \_\_\_\_\_ No \_\_\_\_\_
23. Have you chosen your career because here you can put your ideas into action?  
Yes \_\_\_\_\_ No \_\_\_\_\_
24. Do you say to yourself that "Truth and clarity are in sight when dark is balanced with light?"  
Yes \_\_\_\_\_ No \_\_\_\_\_
25. Do you believe that you have enough and you need no more?  
Yes \_\_\_\_\_ No \_\_\_\_\_

## PERSONALITY INVENTORY - 8(a)

Check (✓) what describes you when you were (or if you are now) under the age of 25.

- ☐ 1. I can be assertive and aggressive when I need to be.
- ☐ 2. I can't stand being used or manipulated.
- ☐ 3. I value being direct and honest; I put my cards on the table.
- ☐ 4. I am an individualist and a nonconformist.
- ☐ 5. I respect people who stand up for themselves.
- ☐ 6. I will go to any lengths to protect those I love.
- ☐ 7. I fight for what is right.
- ☐ 8. I support the underdog.
- ☐ 9. Making decisions is not difficult for me.
- ☐ 10. Self-reliance and independence are important.
- ☐ 11. I have overindulged in food or drugs.
- ☐ 12. Some people take offense at my bluntness.
- ☐ 13. When I enter a new group, I know immediately who the most powerful person is.
- ☐ 14. I work hard and I know how to get things done.
- ☐ 15. In a group, I am sometimes an observer rather than a participant.
- ☐ 16. I like excitement and stimulation.
- ☐ 17. Sometimes I like to spar with people, especially when I feel safe.
- ☐ 18. I am vulnerable and loving when I really trust someone.
- ☐ 19. Overly nice or flattering people bother me.
- ☐ 20. Pretense is particularly distasteful to me.

**(MOVING AROUND THE ENNEAGRAM)**  
**TYPE - 8(b)**

1. Are you more concerned for the welfare of others?  
Yes \_\_\_\_\_ No \_\_\_\_\_
2. Is it easy for you to express your lovable, soft and tender feelings to some one/others in general?  
Yes \_\_\_\_\_ No \_\_\_\_\_
3. Are you at times overly dependent and demanding on others?  
Yes \_\_\_\_\_ No \_\_\_\_\_
4. Do you actively get involved in the world around you?  
Yes \_\_\_\_\_ No \_\_\_\_\_
5. Are you well in touch with yours feelings?  
Yes \_\_\_\_\_ No \_\_\_\_\_
6. When mistakes are pointed out do you over react and try to defend yourself at any cost?  
Yes \_\_\_\_\_ No \_\_\_\_\_
7. Do you fear that others will turn on you?  
Yes \_\_\_\_\_ No \_\_\_\_\_
8. Do you often feel defeated and depressed?  
Yes \_\_\_\_\_ No \_\_\_\_\_
9. When you feel guilty for some reason do you punish yourself?  
Yes \_\_\_\_\_ No \_\_\_\_\_
10. Do you always give a through thought to things before acting on them and have a habit of stepping back to see things from a more objective point of view?  
Yes \_\_\_\_\_ No \_\_\_\_\_
11. Do you have a tendency of dismissing or invalidating the others experience or views?  
Yes \_\_\_\_\_ No \_\_\_\_\_
12. Are you aware that you may unintentionally intimidate others by being "direct"?  
Yes \_\_\_\_\_ No \_\_\_\_\_
13. Do you often express your appreciation loudly?  
Yes \_\_\_\_\_ No \_\_\_\_\_
14. Do you have a tendency to drive others as hard as you drive yourself?  
Yes \_\_\_\_\_ No \_\_\_\_\_

15. Do you know that sparring could be stimulating to you but not to others?  
Yes \_\_\_\_\_ No \_\_\_\_\_
16. Are you satisfied with your skills to negotiate?  
Yes \_\_\_\_\_ No \_\_\_\_\_
17. Can you check your out burst of anger by expressing your hurt feelings quickly and reasonably?  
Yes \_\_\_\_\_ No \_\_\_\_\_
18. Do you talk out your put up anger in therapy or with a supportive friend?  
Yes \_\_\_\_\_ No \_\_\_\_\_
19. Have you been able to find out others to have fun with, who would accept and enjoy your outrageous nonconforming behaviour?  
Yes \_\_\_\_\_ No \_\_\_\_\_
20. At work do you surround yourself with people who respect your direct approach and are honest with you?  
Yes \_\_\_\_\_ No \_\_\_\_\_
21. Are you aware of having unrealistic expectations of yourself and do you try to modify them?  
Yes \_\_\_\_\_ No \_\_\_\_\_
22. Do you make time for enjoyable creative or physical activities?  
Yes \_\_\_\_\_ No \_\_\_\_\_
23. Do you practice delaying stimulation and gratification and have learnt to accept boredom and fear?  
Yes \_\_\_\_\_ No \_\_\_\_\_
24. In conversations do you make it a point to listen to the other side, and use it as an opportunity to recognize the validity of other's point of view?  
Yes \_\_\_\_\_ No \_\_\_\_\_
25. Do you write down and review insights about yourself daily as a way of opposing self-forgetfulness and denial?  
Yes \_\_\_\_\_ No \_\_\_\_\_



## PERSONALITY INVENTORY - 9(a)

Check (✓) what describes you when you were (or if you are now) under the age of 25.

- ☐ 1. I often feel in union with nature and people.
- ☐ 2. Making choices can be very difficult. I can see the advantages and disadvantages of every option.
- ☐ 3. It is sometimes hard for me to know what I want when I'm with other people.
- ☐ 4. Others see me as peaceful, but inside I often feel anxious.
- ☐ 5. Instead of tackling what really need to do, I sometimes do little unimportant things.
- ☐ 6. When there is unpleasantness going on around me, I just try to think about something else for a while.
- ☐ 7. I usually prefer walking away from a disagreement to confronting someone.
- ☐ 8. If I don't have some routine and structure in my day, I get almost nothing done.
- ☐ 9. I tend to put things off until the last minute, but I almost always get them done.
- ☐ 10. I like to be calm and unhurried, but sometimes I overextend myself.
- ☐ 11. When people try to tell me what to do or try to control me, I get stubborn.
- ☐ 12. I like to be sure to have time in my day for relaxing.
- ☐ 13. Sometimes I feel shy and unsure of myself.
- ☐ 14. I enjoy just hanging out with my partner or friends.
- ☐ 15. Supportive and harmonious relationships are very important to me.
- ☐ 16. I am very sensitive about being judged and take criticism personally.
- ☐ 17. I like to listen and give people support.
- ☐ 18. I focus more on the positive than on the negative.
- ☐ 19. I have trouble getting rid of things.
- ☐ 20. I operate under the principle of inertia: If I'm going, it's easy to keep going, but I sometimes have a hard time getting started.

**(MOVING AROUND THE ENNEAGRAM)  
(THE PEACE MAKER) TYPE - 9(b)**

1. Do you normally feel more energetic, efficient, and productive?  
Yes \_\_\_\_\_ No \_\_\_\_\_
2. Are you more confident of yourself, live less through others and take more control of your life?  
Yes \_\_\_\_\_ No \_\_\_\_\_
3. Do you have a tendency to take up more projects than you can handle?  
Yes \_\_\_\_\_ No \_\_\_\_\_
4. Do you feel special when people are impressed by you?  
Yes \_\_\_\_\_ No \_\_\_\_\_
5. Do you believe that one should work hard to and earn respect and admiration?  
Yes \_\_\_\_\_ No \_\_\_\_\_
6. Do you often doubt yourself feel indecisive and short of options?  
Yes \_\_\_\_\_ No \_\_\_\_\_
7. Do you frequently become passive and inactive?  
Yes \_\_\_\_\_ No \_\_\_\_\_
8. Do you think you are outspoken and direct?  
Yes \_\_\_\_\_ No \_\_\_\_\_
9. Does loyalty means a lot to you?  
Yes \_\_\_\_\_ No \_\_\_\_\_
10. Do you consider yourself practical and realistic?  
Yes \_\_\_\_\_ No \_\_\_\_\_
11. Do you take authentic steps to change a situation that seems wrong instead of hoping that things will change by themselves?  
Yes \_\_\_\_\_ No \_\_\_\_\_
12. Rather than always going along with others, do you ask them to join you in your interests?  
Yes \_\_\_\_\_ No \_\_\_\_\_
13. Do you bring up your problems when talking with others rather than listening to theirs?  
Yes \_\_\_\_\_ No \_\_\_\_\_

14. Do you tell people when you want to be alone?  
Yes \_\_\_\_\_ No \_\_\_\_\_
15. Are you normally aware of and express your anger appropriately?  
Yes \_\_\_\_\_ No \_\_\_\_\_
16. Do you act as though everything is fine when it isn't?  
Yes \_\_\_\_\_ No \_\_\_\_\_
17. Do you set goals with definite deadlines, and then set more when the first is met with?  
Yes \_\_\_\_\_ No \_\_\_\_\_
18. Do you reward yourself when you complete a task?  
Yes \_\_\_\_\_ No \_\_\_\_\_
19. Have you learned and imply any time management technique which helps you to stay focussed and on track?  
Yes \_\_\_\_\_ No \_\_\_\_\_
20. Do you clarify your goal by trusting your gut feelings?  
Yes \_\_\_\_\_ No \_\_\_\_\_
21. Do you eliminate all the things you don't want in order to help you to discover what you want?  
Yes \_\_\_\_\_ No \_\_\_\_\_
22. Do you have a practice of making decisions about small matters and then work your way upto the bigger items?  
Yes \_\_\_\_\_ No \_\_\_\_\_
23. Do you get engaged in any physical exercise program?  
Yes \_\_\_\_\_ No \_\_\_\_\_
24. Can you resist distracting yourself from your problems with food, drugs television, overship or reading?  
Yes \_\_\_\_\_ No \_\_\_\_\_
25. When you have problems do you ask a friend just to listen and give you no advice?  
Yes \_\_\_\_\_ No \_\_\_\_\_