

# THE ENNEAGRAM'S SHADOW MAP

WHAT EACH TYPE HIDES IN THE DARK TO STAY "SAFE" IN THE LIGHT.

## Type 1: The Idealist

- The Persona: The Good Person, the self-disciplined, the "right" one.
- The Shadow: Deep resentment, "forbidden" impulses, and a secret desire to be messy or irresponsible.
- Shadow Prompt: "If I stopped being 'perfect' for one day, what is the 'messy' emotion I am most afraid would leak out?"

## Type 4: The Individualist

- The Persona: The Unique, the deep, the emotionally honest.
- The Shadow: A secret longing to be "normal," competitive elitism, and a hidden attachment to suffering as an identity.
- Shadow Prompt: "How does my 'uniqueness' actually serve as a wall to keep people from seeing that I'm just as ordinary (and flawed) as everyone else?"

## Type 7: The Enthusiast

- The Persona: The Joyful, the adventurous, the optimistic.
- The Shadow: Intense inner pain, a fear of "trapped" boredom, and a hidden selfishness that prioritizes their escape over others' needs.
- Shadow Prompt: "If I sat in a quiet room with my darkest grief for 20 minutes without reaching for a distraction, what would that grief say to me?"

## Type 2: The Giver

- The Persona: The Helper, the selfless, the indispensable one.
- The Shadow: Deep neediness, manipulation through "kindness," and a hidden rage that others aren't reciprocating.
- Shadow Prompt: "What do I secretly expect people to give me in return for my 'selfless' help, and how do I feel when they don't realize it?"

## Type 5: The Investigator

- The Persona: The Wise, the detached, the objective observer.
- The Shadow: Intense emotional hunger, the fear of being "useless," and a secret overwhelm at the world's demands.
- Shadow Prompt: "What am I afraid will happen to my 'vessel' if I actually let someone see my raw, unedited emotional needs?"

## Type 8: The Challenger

- The Persona: The Strong, the protector, the independent.
- The Shadow: Extreme vulnerability, a "soft" inner child, and a fear that if they stop fighting, they will be discarded.
- Shadow Prompt: "What is a 'soft' part of my heart that I have protected so fiercely that I have actually forgotten how to access it myself?"

## Type 3: The Achiever

- The Persona: The Successful, the polished, the high-performer.
- The Shadow: A profound sense of emptiness, the "imposter," and the fear that without an audience, they don't exist.
- Shadow Prompt: "If I failed at my biggest goal today, who would be left behind the 'mask' of my achievements?"

## Type 6: The Loyalist

- The Persona: The Responsible, the prepared, the faithful.
- The Shadow: Deep self-doubt, hidden cowardice (or aggression), and a secret desire to rebel against the very authorities they seek for safety.
- Shadow Prompt: "What is the one thing I am most afraid to admit I am skeptical about, and why do I keep performing loyalty to it?"

## Type 9: The Peacemaker

- The Persona: The Easy-going, the harmonious, the steady.
- The Shadow: Buried "holy rage," passive-aggression, and a secret belief that their voice doesn't actually matter.
- Shadow Prompt: "When I say 'I don't mind' or 'It's fine,' what is the angry truth I am actually burying to avoid a conflict?"

## How to Use This Resource:

1. Identify your type.
2. Read the Shadow description. Notice any "sting" or defensiveness, that's a sign you've hit a root.
3. Journal the Prompt. Use the "Dialoguing with the Dark" tool from the Shadow Map.

