

## **An application of Enneagram in Self Reflection and Self Improvement**

As a normal young lady, I like to play different psychological tests. The most impressive one should be the “Sailor Moon Character Test”. .....I am an awesome person with strong-willed and a great morale booster for others. But I always doubt and ask “Is it my real character?”. And I really want to understand more about myself. Luckily, I have taken this EQ course and have the chance to finish a more academic psychological test--- nine personalities test. From the result, I am a **“Helper”**. This makes me started to think about my potential and real personalities.

### **What is “A Helper”?**

“A helper” should be helpful, caring, and able to understand the others’ feeling. This person should have a sweet seductive and could be highly adjustable to his/her “audience”. He/she may afraid of being unloved and unwanted, but to gain the most love from others. It is because “alone” may depress this type of person the most. However the reason why they are engaged in helping others is to gain recognition from others. They have low self-esteem and being sensitive about the responses of people around them. They may try their best to performance as “a kind person” in order to gain more appreciation. Since they don’t understand their own feeling, they may ignore their own needs but putting more focus on others. So they may seem to be “an independent guy”. And for me, I think I could fit into both of the positive and negative characteristics of “A Helper”. And these definitions even expose some characteristics that I have never discovered.

## **How about myself?**

Absolutely, I am a **sensitive** person. I am always aware of what my friends have said, especially their comments on me. If they praise me, I will be very surprised. But if they criticize me, I may feel extremely depressed although I won't express on my face. This might trace back to my childhood experience. When I was in primary one, I was expelled from my peers for a period of time. And I could clearly remember that they said "You are so troublesome, always asking us why questions, we don't want to play with you. You are so stupid." After that, I bore the blame and started to reproach myself. Then I learnt to be self-protected and become less active to those people out from my "best friend zone". And I always bear in mind that "Do less, there will be fewer mistakes". Therefore, most of my new classmates may think that I am a quiet person. But with time goes by, if I could develop trust between the friendship, then I will become very talkative and energetic. May be this can explain why I don't have many intimate friends.

Besides, I am a person with **low self-esteem and self-confidence**. ..... In my family, it is impossible to hear any positive appraisal wordings. No matter what happen, my parents won't praise me since they are shy and reserved to do so. However, they may criticize what I have done. Especially my mum would like to compare me with her colleagues' children when I was in Secondary. She thought that her daughters should be intelligent, such as having good academic result or having high grade piano certificate. But the truth is that, I could not achieve all the goals that she set. Besides, as I am their

smaller daughter, so they may also compare me with my elder brother. That's why I become the one with no earning ability, no special qualification and even can't apply for a seat in degree course. Therefore, I was extremely depressed and confused after the AL Examination.

Nevertheless, I have never thought that the reason why I am engaged in helping others is because of the **desire of gaining more love from others**. Actually, I really don't want to accept this. As I mentioned before, I am very interested in playing different psychological tests and discussing the characteristics of different constellations. And my constellation reflects me a mother-like, home and people-caring typed person. I am quite proud of being like that, since I could help others and they please for me. But from the analysis of the nine personalities, this is not a healthy phenomenon. "You give love, because you want to get more love." After thinking more, I begin to believe that I just wanted to get recognition from others, so I helped others in the past. And I think the situation is much better after I took this LTM course, since I don't take the others' recognition as serious as before, what I concern about is how to live happier than yesterday. This may be the most significant change of me after taking this AD course.

### **How to improve myself?**

All of the above, I could understand myself deeper through the analysis of the nine personalities. However, just understanding is useless since if you don't make any changes, your life won't change. That's why it is important to be brave enough and start the first

step of making self-improvement.

As I mentioned before, I am a sensitive person and the only way to improve it, is to be **relax and open-hearted**. It may be impossible to create a truth between all people, but at least I should respect people at the early beginning. I should believe that if I contribute more in the relationship, there will be positive outcome. Just like a maxim that I heard before “Friendship is just like a garden, the put into it, the more you get out of it.”

Besides, I should try to share my feelings with others. No matter happiness or sadness, sharing could be a way to brighter the life. Especially for the “Helper”, try not to concern too much about others, focus more on own feeling. All people should have the right to express their own feelings and to say “no” in respond to some requirements. Letting others to understand myself, this could be a way to build up a relationship and to lower the opportunities of being hurt by others.

Moreover, I think there is no superman or superwoman in the world. Everybody may have the risk of facing problem, so asking others’ help is not a frangible action. Being too independent may just block the way for others to understand you. So I should not always act as a tough lady. May be in the future, I can ask for help when I can’t handle something.

On the other hand, it is important to enhance the self-confidence and self-esteem. And the first step is to **accept my own weaknesses and to appreciate my merits**. It is truth that I am not a professional piano player, I am not intelligent enough to reach the

university and I can't earn as much money as others. However, I shall believe different people may have different intelligence. Although I am not good in these areas, I still have other abilities, someone may appreciate. That's the skill given by the god, I should cherish it.

Besides, **taking more self-learning course** could help to build up self-confidence. At this moment, I think I should try my best to finish the AD course first. Then no matter I could take the degree course or get a job, I should not stop learning. Having more certificates may really help a person to build up self-confidence and gain public recognition.

However, taking part in volunteer works could also build up a person's confidence. It is different from what the "helper" does; all the actions should be done by heart. Try to share personal times to do more meaningful things, may be not all people will appreciate, but at least those people you helped will have the best memory in their life. Their loves are more valuable than those flattering wordings.

## **Conclusion**

To conclude, different people may have different personalities that are why there are nine personalities. And there are no perfect guys in the world, so having weaknesses is normal. The most important thing is to accept them and make improvement according to personal problems.

May be someone will challenge that changing personalities are not a rational action,

since they think that personalities could represent a person. However, this doesn't mean that all their actions could be accepted by the society at large. Actually, changing the own personality weaknesses should be a mature action. Understanding yourself and making improvement, this can help you to survive in the society. To make it easy to understand, this can help a person to be more sociable. Getting more friends could make life become more colourful and joyful.

Therefore, I think I am so lucky that I have taken this EQ course, this teaches me how to understand myself. I think if I could practice what I have mentioned before, my life could be totally changed.

## **Reference**

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