

The logo features a light blue geometric design consisting of a square with internal lines forming a star-like pattern, centered behind the text.

EnneaTest®

"A valuable opportunity to trigger your personal and professional growth path."

What is the Enneagram?

In times of great transformation sometimes we wish we had a tool to help us better read ourselves and others around us. Here is where knowledge of the **Enneagram, a powerful tool for decoding** why we are the way we are, our behaviour, how our character traits influence us in situations that bring us happiness or unhappiness, can come to our aid. It helps us to understand more deeply **what we are afraid** of and what we run away from, **to identify our strengths on which to trigger change**, how instead to **recognise the traps we fall into**.

Today there are many paths and tools for knowing ourselves: the Enneagram is among them. A tool of awareness for better self-knowledge and understanding of others who, like us, fall back into their automatisms and fears.

The Enneagram is a tool that identifies **9 main personality types** that lead back to a primary conditioning aspect and automatisms that we do not recognise and struggle to get rid of. From childhood we have built defence mechanisms that generate recurring compulsions and anxieties whenever we are in trouble.

The power of the Enneagram is precisely its becoming a traveling companion at our service, valuable support because of its ability in reading us and others, and **to guide us on how to work on the blocks and conflicts** that prevent us from being as we would like to be.



Enneatype Two

Your test result is:

Enneatype Two

The Altruist

Enneatype Two is one of the nine personality types described in the Enneagram system.

They are commonly known as the **Giver**, the **Selfless**, the **Helper**, and are characterised by deep motivations and a distinctive approach to life and relationships.

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Enneatype Two

Enneatype Two is first and foremost characterised by extraordinary **empathy** and **compassion**.

These qualities underlie the way they interact with the world: they are extraordinarily sensitive to the emotions of others and can read emotional signals almost instinctively.

This makes them exceptional in social and relational situations. Indeed, they are often able to sense when someone is sad, happy, angry or in need, even when the people themselves are unaware of their emotions. This deep empathy often prompts them to act altruistically. They feel the pain of others as if it were their own, and this motivates them to try to alleviate that pain and make the lives of others better, even if only slightly.

The main characteristic of Enneatype Two is the burning **desire to be needed and appreciated by others**: this is what drives them through life. They want to feel important to others, and this desire is so deep that it can become a central part of their identity. They aspire to be a reference point for friends, family, and people they care about.

Enneatype Two is the first to offer help when someone is in need; they are known for their **dedication to others** and their ability to set aside their own needs to meet those of others. However, there is a **subtle challenge** in this desire to be needed: they can sometimes feel neglected or belittled if their help is not recognised or appreciated enough. This can lead to feelings of bitterness or a sense of personal devaluation if they fail to meet the expectations they have of themselves as a giver.

Enneatype 1

Enneatype 2

Enneatype 3

Enneatype 4

Enneatype 5

Enneatype 6

Enneatype 7

Enneatype 8

Enneatype 9

“They are characterised by a desire for perfection. Self-disciplined and idealistic, they are driven by strong principles to improve themselves and the world around them.”

Indeed, beneath the surface of the desire to be needed lies a deep fear.

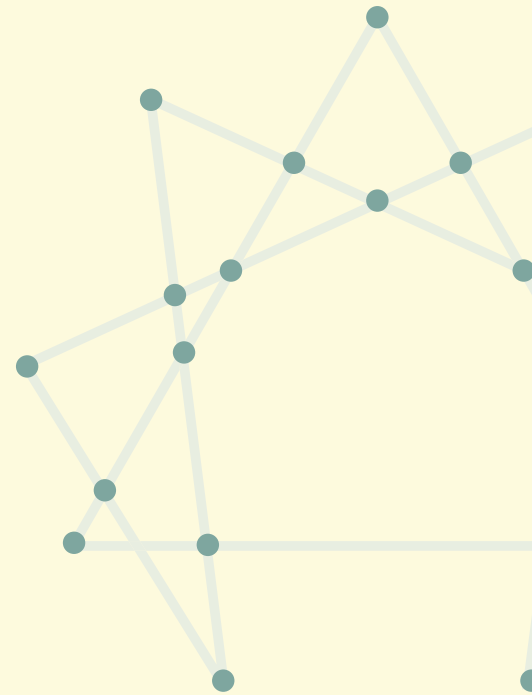
Enneatype Two has an intense **fear of rejection** and **abandonment**; they worry that if they are not available enough or fail to meet the needs of others, they will be rejected or abandoned. This fear is so powerful that it can greatly influence their behaviour and decisions.

To avoid this, Enneatype Two often strives to please everyone. They would like to be loved by everyone they meet, which leads them to engage in behaviour that may seem excessively accommodating or even insincere. They may have **difficulty saying “no”** when someone asks for their help, even if they are already overwhelmed, and this often puts them in stressful and overloaded situations. In addition, fear of rejection can make it difficult for Enneatype Two to deal with conflicts or express their needs; in fact, they fear that by confronting someone or saying what they really think and feel, they might push people away.

As a result, it often **suppresses emotions** and needs to maintain peace in relationships. In some situations, Enneatype Two may take on the role of “saviour” or “counsellor” in relationships. They feel responsible to solve the problems of others or to care for them excessively. This may stem from a desire to be **indispensable** to others. Although this attitude may be well-intentioned, it can also lead to dysfunctional relationship dynamics; others may feel annoyed, stifled, or deprived of their autonomy, while Enneatype Two may feel frustrated if their effort to help are not accepted or appreciated.

Enneatype Two is known for their dedication to relationships: it likes to build **meaningful and deep relationships** with others and is often loved and appreciated; however, relationship dynamics can be complex.

Enneatype Two is generally the **trusted friend** to whom others turn when they need listening and support. They are extremely **loyal** and willing to do whatever they can to help friends in need. However, fear of rejection can lead to over-attachment, while difficulty in communicating their needs can lead to resentment or misunderstanding. It is therefore essential for Enneatype Two to learn how to **balance the desire to help others** with the **need to take care of oneself** and one's own needs.



In summary

Enneatype Two is characterised by extraordinary empathy and a deep capacity for compassion. Their defining trait is a strong desire to be needed and appreciated by others. This is what guides them in life. However, they may sometimes feel neglected or undervalued if their help is not sufficiently recognised or appreciated. In addition, fear of rejection may lead to over-attachment, while difficulty in communicating their needs may lead to resentment or misunderstanding. Therefore, it is important for Enneatype Two **to learn to balance the desire to help others** with the need to care for themselves and prioritise their own well-being.

Strengths of Enneatype Two

Enneatype Two embodies some of the most valuable and desirable human qualities, those characteristics of a person who radiates **positivity, empathy and kindness** towards others.

01.

Enneatype Two is a loving person, characterised by a deep sense of unconditional love and affection (unrestricted by ethnicity, religion, social class or any other factor). They have the ability to see the best in others and celebrate their uniqueness.

Altruism is one of the core characteristics of Enneatype Two: they are inclined to put others first and are willing to make personal sacrifices for the well-being of those around them.

02.

Enneatype Two is **generous** and usually seeks ways to contribute to the well-being of others; they may volunteer in charitable organisations, donating their time and resources or offering a caring ear and emotional support when someone is in need.

They are willing to extend a friendly hand and help others overcome life's challenges. They are open, friendly to those they meet, creating a welcoming and friendly environment wherever they go.

03.

Enneatype Two is often a source of comfort and support for others; they know how to actively listen and offer a shoulder to cry on when someone is going through a difficult time. **Compassion** and **empathy** are their mainstays.

They are able to put themselves in others' shoes and deeply understand their emotions, desires, and needs. This makes them incredibly sensitive to the suffering of others.

04.

Enneatype Two feels the sadness of others as if it were theirs. When someone is happy, they join in others' joy wholeheartedly. **The ability to connect with others on a deep emotional level** makes them a trusted friend and confidant.

05.

Enneatype Two has pronounced **interpersonal skills**; they can easily figure out in any context how to behave appropriately and, in doing so, build solid, long-lasting relationships.

Persuasive, seductive, and present, they can skilfully use these skills to offer support and bond with people.

Enneatype Two is loving, selfless, warm and caring. Often the "cornerstone" in relationships, they are the one who strengthens friendship and love in the lives of others. Their relationships are based on trust, mutual kindness and sincere sharing. Enneatype Two's caring extends to the community, where they can be a **leader in creating bonds** and improving the lives of others. In addition to personal relationships, they have a positive impact on society. Their dedication to improving the lives of others can lead to significant changes in the community and groups.

Enneatype Two often inspires others to be kinder and more selfless. Its presence in the world creates a domino effect of positivity, encouraging others to do good deeds and spread love and kindness.

Although they may seem to have ideal qualities, Enneatype Two faces challenges and difficulties in their personal growth: it is important for them to recognise that they too deserve love, attention and care. It is about finding **the right balance between giving and receiving**.

Constant caring for others may lead to emotional and physical fatigue. It is important that they learn to recognise the signs of fatigue and take time to recover. Enneatype Two may have some **problems with their own self-esteem** and self-worth when they do not feel their altruism is appreciated; working on this can help them maintain a healthy balance between caring for others and caring for themselves.

In summary

Enneatype Two is a precious gem for society and personal relationships: they embody the values of love, kindness, generosity and empathy, inspiring others to follow their example.

Their personal growth involves finding a balance between giving and receiving, dealing with emotional exhaustion, learning to establish healthy boundaries, and developing healthy self-esteem.

Enneatype Two is an extraordinary individual who brings light and warmth wherever they go.

Altruism

Compassion

Empathy

Generosity

Relational skills

Weaknesses of Enneatype One

Enneatype Two is a complex individual who can have a profound impact on relationships and their surroundings.



01.

Enneatype Two is often **possessive**. They are prone, in fact, to developing an excessive attachment to people, things, or situations that they consider their own property. Possessiveness can manifest in a variety of ways, from a strong emotional attachment to a loved one to excessive control over their actions

and decisions. Enneatype Two may also develop an excessive attachment to material objects, to material objects, money, or other resources; they may be reluctant to share or give, often accumulating possessions and resources selfishly.

02.

Enneatype Two often has an exaggeratedly positive image of themselves and tends to be very **proud** of their achievements, abilities, and physical appearance. Their pride can result in arrogance, leading them to consider themselves superior to others, can become a barrier to communication and

mutual understanding in relationships. They may then have difficulty apologising or admitting their mistakes as they fear that this will damage their image, and this attitude may cause conflict and tension in relationships.

03.

Enneatype Two **constantly seeks approval** and admiration from others. The desire for affirmation may lead them to behave competitively and

constantly challenge themselves, sometimes at the expense of others.

04.

Enneatype Two is **manipulative**. They can be adept at manipulating others to get what they want, although they often do so in subtle and unobtrusive ways; manipulation can manifest themselves in various forms, including emotional persuasion, guilt-tripping, and subduing others. One of the most common ways in which Enneatype Two manipulates others is through emotional persuasion: they may try to get what they want by arousing emotions such as pity, sympathy or guilt in others. For example, they may use tears or self-victimisation to get someone to do what they want.

Enneatype Two can make others feel guilty for their actions and choices, even if there is no reason to do so; this can pressure people into doing things they would not normally do, simply to appease the guilt they feel. Enneatype Two may use submission as a form of manipulation: they may behave in an accommodating and docile manner to get what they want from those they interact with. Although they may appear to be trying to please others, they are actually trying to subtly control the situation.

05.

Enneatype Two can appear as a “**social chameleon**,” adapting easily to different situations and people; they can change their behaviour to appear more desirable or to gain the approval of others. Their accommodating attitude can confuse others by making them vulnerable to manipulation. Accommodation can also manifest as a form of submission. In fact, Enneatype Two may seem willing to do anything for others, often at the expense of their own needs or desires. However, this behaviour is often motivated by a desire to get what they want indirectly by appealing to others’ sense of obligation or gratitude.

Enneatype Two can have a complex impact on relationships: on the one hand, they can appear affectionate and caring, showing a strong interest in others and a desire to please; on the other hand, possessiveness, pride, and manipulation can cause significant problems. In the work context, this attitude can lead to dysfunctional dynamics and conflict with colleagues, particularly if they try to manipulate situations to gain personal advantage even at the expense of team morale.

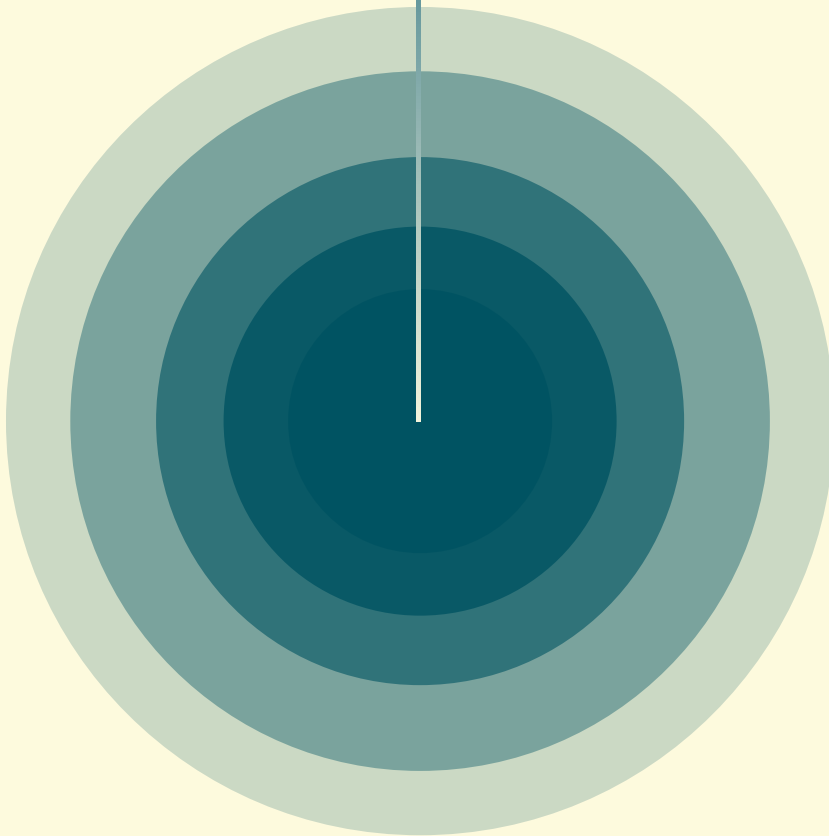
Possessive

Proud

Manipulator

Seeking approval

Chameleonic



Ultimately, an Enneatype Two person may develop an excessive attachment toward to material objects, money or other resources; pride may also become a barrier to communication and mutual understanding in relationships. They may have difficulty apologising or admitting their mistakes, as they fear that this will damage their self-image. In addition, they may be adept at manipulating others to get what they want. Manipulation can manifest itself in various forms, including emotional persuasion, blaming, and submission. In a work setting, it is important for Enneatype Two to manage to balance these characteristics to avoid the development of dysfunctional dynamics and conflict among colleagues.

Conflict Management

of Enneatype Two

01.

Managing conflict is a challenge for anyone, but for Enneatype Two it becomes especially complex because they are an altruistic yet proud person.

Enneatype Two is characterised by a **strong propensity to care for others** and to put the needs of others above their own. It is motivated by a genuine desire to help others, contribute to the well-being of people around them, and create a harmonious environment.

Altruism is a positive trait that often fosters strong and meaningful relationships. However, the presence of pride can create a complex dynamic: a proud person typically has high self-esteem and may be inclined to preserve their image and prestige. As a result, **pride** can lead to a reluctance to acknowledge mistakes or apologise, as doing so may be perceived as a threat to their self-image.

02.

The combination of altruism and pride can greatly influence the way Enneatype Two deals with conflicts, leading them to react emotionally in sometimes in intense ways. Their natural **empathy** make them sensitive to the emotions of others, and when a conflict arises with someone they care about they can deeply feel the other person's pain or frustration; this can lead them to feel distressed and anxious about the situation. At the same time, Enneatype Two may be deeply wounded in **pride** during a conflict: if they feel attacked or criticised, they may react by trying to protect their own image.

The challenge for Enneatype Two is to try to balance empathy with wounded pride. They may feel torn between the desire to resolve the conflict in a loving way and the need to preserve their image or prestige. This internal conflict can create significant emotional tension during conflict management.

03.

Another common characteristic of Enneatype Two during conflict is the **tendency to accommodate**. They tend to seek a solution that meets the other person's needs, often putting aside their own..

Accommodation can be an effective strategy for resolving conflict, but it can also lead to a buildup of resentment and frustration when Enneatype Two feels that they are continually sacrificing their own needs to please others. This can contribute to the complexity of conflict management for them, as they may feel torn between the desire to help and the need to assert themselves.

In addition, Enneatype Two may have a **tendency to avoid conflict**. This may stem from fear of misunderstanding or rejection by the other person. This fear stems from a deep desire to be understood and accepted. Enneatype Two, in fact, may fear that if they express their feelings or needs, the other person will not be able to fully understand them or will judge them negatively.

04.

For Enneatype Two, the **reconciliation phase and the restoration of harmony** in relationships are of paramount importance. They are inclined to do everything possible to resolve the conflict to maintain peace and cohesion within the group or relationship.

This desire for reconciliation can be a motivating force, but it can also lead to concession and excessive accommodation at the expense of their own needs. Enneatype Two may feel compelled to make amends even if they are not completely at fault or to seek a quick resolution to avoid further conflict. This ties in with their personal growth, which often requires achieving a balance between altruism and self-affirmation.

It is important for Enneatype Two to develop a **thorough understanding of themselves**, primarily the altruistic and prideful traits. Recognising when pride affects conflict management is an important step towards personal growth. In addition, developing assertiveness is essential to be able to express one's feelings and needs clearly and respectfully. In conflict management it is also sometimes necessary to compromise, but for Enneatype Two it means balancing accommodation with maintaining one's own needs, regardless of others' perceptions. This can help them reduce their fear of rejection or criticism.

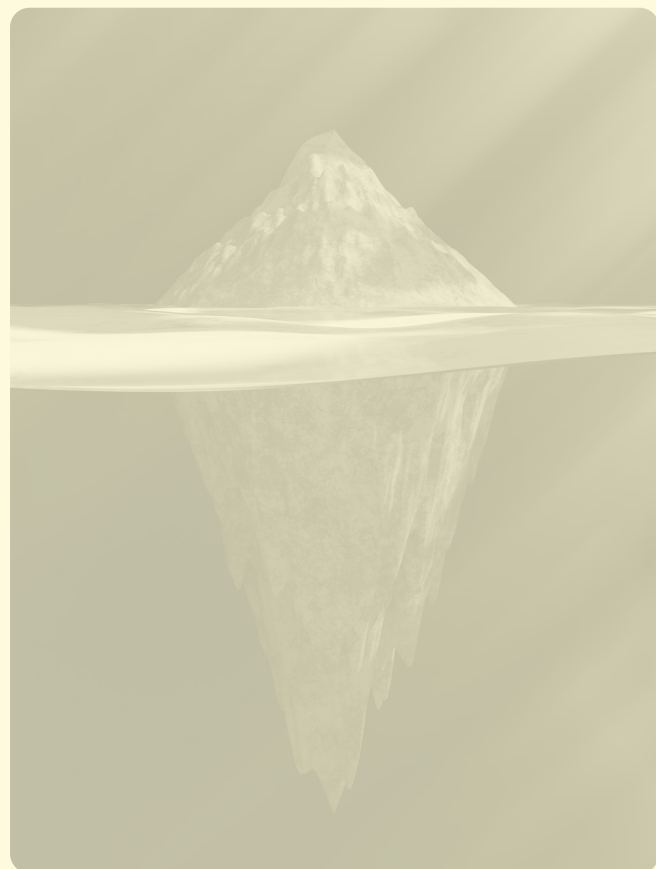
In summary, Enneatype Two deals with conflict in a complex way, navigating between deep empathy, the wound of pride, and the fear of misunderstanding and rejection. Conflict management often leads them to accommodation, seeking reconciliation, and a tendency to avoid direct conflict.

For them, personal growth involves achieving a balance between altruism and self-affirmation, developing assertive communication skills and working on self-acceptance. This challenge can lead to stronger relationships and the ability to handle conflict in a healthier and more constructive way.

Working independently

In this description, we will analyse how an Enneatype Two manages autonomous work. In particular, we will examine the behaviour, challenges, and strategies they can adopt to succeed in work situations where some autonomy is required.

The combination of **pride** and **altruism** can create an interesting dynamic in the context of self-employment, where Enneatype Two often finds intrinsic motivation.



Enneatype Two is driven to achieve excellence in the support they provide. The desire to contribute to the good of others and to be regarded with esteem and admiration can serve as a powerful driver for their **relational and professional success**.

Enneatype Two has a high sense of self-worth and desires to be recognised for their efforts and achievements. They therefore tend to set **high standards** for themselves and strive to exceed them. They are often very committed and dedicated to their work independently and is willing to invest time and energy to achieve their goals and contribute positively to their world or contexts.

Enneatype Two possesses a **strong sense of responsibility**. They know that success depends largely on themselves and is willing to take responsibility for their actions and decisions. Despite this strong motivation, Enneatype Two also seeks **recognition** and validation from others.

They would like to be regarded with respect and admiration for their work toward others. Fear of failure can be a significant challenge for them: they fear that they will not live up to expectations and that this will damage their altruistic image.

Consequently, they may work with excessive anxiety to avoid this loss of image. Enneatype Two may be **prone to overwork** because they want to achieve exceptional results. Effective time management becomes crucial to avoid burnout and maintain a work-life balance.

For Enneatype Two, receiving critical feedback can be a difficult terrain to deal with. They may react with distrust or feel hurt by the idea that someone else may see shortcomings in their work and this may make their working independently appear to be holding themselves at arm's length from possible judgment and thus an implicit accusation of selfishness. Ego management is an important aspect of their professional growth.

Enneatype Two can adopt several strategies for managing autonomous work effectively by making the most of their distinctive traits and meeting challenges, for example, by starting with identifying clear and specific goals that clarify the **scope of judgment of others**.



This gives them a clear direction for independent work and helps measure progress. In addition, the predisposition to adapt and learn from feedback and changes in various circumstances enables them to avoid the blockage caused by the need to preserve self-image while maintaining the right mental flexibility.

Learning how to **manage stress** in a healthy way is crucial for Enneatype Two. Meditation, yoga, or exercise help them maintain mental and physical balance, while open communication with colleagues or co-workers makes it easier for them to deal with **workload** boundaries constructively. In order to grow professionally, Enneatype Two must learn to **recognise their limitations** and build a professional and personal support network (mentors, trusted colleagues or friends) useful for sharing challenges and successes without distorted dynamics.

Finally, Enneatype Two must learn to **treat themselves with kindness and compassion**, especially when facing difficulties or failures, rather than judging themselves in an overly critical way of never doing enough.

In summary

An Enneatype Two can have great strength in working independently; they are driven by their intrinsic motivation, commitment and confidence in their own abilities. However, they must overcome some challenges, such as the fear of failure and the tendency to seek recognition from others. With the right awareness and sound coping strategies, Enneatype Two can work effectively, maintaining a healthy balance between the desire to help others and the need to preserve self-image. Ultimately, working independently can become fertile ground for an Enneatype Two's personal and professional growth.

Teamwork

Enneatype Two has a very strong sense of team. They take personal responsibility for not **leaving anyone behind**. If they have a more operational role, however, they generously offer their help.

This attention to others can lead them to the risk is that they may **fall behind with their assigned priorities** or in those they have set themselves, to give excess support that can become a henpecked effect. They have great gifts of active listening and empathy, which they use generously in even very different emotional situations that would be extremely difficult for others to handle.

Enneatype Two may find it **difficult to ask for help**. Their natural altruism and generosity in helping others may lead them to underestimate their ability to cope on their own or to involve those who can support them by expressing it clearly and directly.

They can demand a lot because they do not shy away from giving a lot. The difficulty they may encounter is a sense of inadequacy if they do not see their supportive and helpful efforts recognised by the rest of the team. This leads them to suffer their attitudes or go into conflict, in either case risking not taking charge of the situation as it should be done.



Listening to others and putting themselves in others' shoes makes Enneatype Two highly valued by those who, like them, can reciprocate and appreciate this empathy, which well-directed can create a very strong and motivating team spirit. However, for some, this pronounced focus, this work on empathy and understanding of the other's needs can lead to a reaction of annoyance or even closure for those who are not comfortable with this modality or for those who, having a less emotional approach, do not consider it productive and efficient.

In summary

Enneatype Two knows how to be an **important figure of reference** and coordination, but they will always have to remember to set priorities and goals as a matter of alignment with others, so as not to turn attention to the differences of individuals exclusively into problems to be solved, thus satisfying their drive for altruism instead of opportunities for integration and enrichment of the common project and goal.

Ability to Delegate

Managing delegation for an altruistic but proud person such as Enneatype Two can be influenced by several considerations and challenges. In particular, we will examine the behaviour, challenges, and strategies they may adopt to succeed in work situations where the ability to delegate is required.

A proud temperament may be **reluctant to delegate** because they fear losing control over the situation. They want to be sure that things are done in the right way and may be hesitant to concede control to others. In addition, the fear of being judged by others may influence the willingness to delegate. In fact, Enneatype Two may fear that if things do not go as planned, others will judge them negatively.



Enneatype Two may have even very high standards for their work and may be reluctant to delegate because they fear that others will not meet these standards. In this sense, delegating may also conceal a fear of appearing unskilled and autonomous, elements that are instead jealously preserved in order to maintain a positive self-image. Indeed, it is important for them to avoid appearing disinterested, hence selfish. To have not only delegated to others the support that was required of them, but even to have further disinterested themselves to such an extent that even the delegation they gave to others was performed poorly, to the detriment of those who had asked them for support.

Enneatype Two may fear that the request for help to be delegated will jeopardise its image of benevolence or generosity. The challenge lies in finding a balance between the desire to help others and the need to maintain pride and self-image.

Nonetheless, Enneatype Two can learn to manage delegation effectively. First, by understanding that delegating is not a sign of weakness, but **rather a way to develop people skills**, improve efficiency and promote growth by even overcoming the fear of no longer being indispensable.

When delegating, they must clearly communicate expectations and desired outcomes. This helps ensure that the task is understood and successfully completed. Starting with simpler delegations and gradually progressing to more complex tasks can help build confidence in delegation. Herein lies the **real challenge** of Enneatype Two: understanding that a truly granted and implemented delegation is not processed by them as becoming no longer needed by the other.

This would imply a conservative reaction, with dysfunctional behaviour such as lengthening the periods of shadowing or training, not progressively reducing the controls and monitoring that are no longer relevant, not exposing if not essential the person to external elements, precisely so as not to make the person to whom they have given delegation totally autonomous, rendering it ineffective or partial in fact.

In summary

Managing delegation for an Enneatype Two can bring unique challenges, but with the right approach, it will be possible for them to develop effective skills: learning to trust others, communicating clearly, and experimenting gradually. Following this path, they will be able to balance altruism with pride and work effectively by delegating to others.

Conclusions

Enneatype Two is fascinating and complex, characterised by **extraordinary empathy and capacity for compassion**. They have a strong desire to be needed and appreciated by others. At times they may feel neglected or belittled if their help is not recognised or appreciated enough.

They are known for their dedication to relationships. However, fear of rejection may lead them to morbid attachment behaviour, while difficulty in communicating their needs may lead them to resentment or misunderstanding.

Enneatype Two's personal growth inevitably comes from finding a balance between giving and receiving in dealing with emotional exhaustion, learning to establish healthy boundaries and developing healthy self-esteem.

In addition, Enneatype Two may have difficulty apologising or admitting their mistakes, as they fear it will damage their self-image. They may also be adept at manipulating others to get what they want. It is important that in a work setting they are able to balance these characteristics to avoid the development of dysfunctional dynamics and conflict among colleagues.

Enneatype Two manages conflict through accommodation, seeking reconciliation, and a tendency to avoid direct conflict. In this respect, their personal growth involves achieving a **balance between altruism and self-affirmation**, developing assertive communication skills and working on self-acceptance.

Enneatype Two can have great strength in working independently. However, they face some challenges such as fear of failure and a tendency to seek recognition from others. With the right awareness and coping strategies, they can work effectively, maintaining a healthy balance between the desire to help others and the need to preserve self-image.

Lastly, delegation for an Enneatype Two can involve some critical issues: it is important for them to **recognise the value of delegation** by learning to trust others, communicating clearly, and experimenting gradually in order not to see delegation as a loss of control of the other. These are all useful strategies for balancing altruism with pride and working effectively with others and the achievement of defined goals.

The Enneatype Two who knows how to express their potential to the fullest can be a **highly valuable resource** for themselves and the people who refer to them and about them, both in personal and in professional and business settings.

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