

"How Do I Determine My Enneatype?"

There are a number of different ways of going about determining Enneatype (sometimes called "Soul Type"), all of which can be useful. You get to choose which is best for you.

1) **Tests**

Although there are many "tests" out there to give you an Enneatype indication, few have been formally validated by statistical analysis. However, four "stand out from the crowd," having had formal validity and reliability studies:

- i) Quiz in the **Essential Enneagram**, Harper/SF, 2000 by David Daniels, M.D. and Virginia Price, Ph.D. This is also a very entertaining book with one of the "lighter" approaches to the Enneagram.
- ii) **Wagner Enneagram Personality Style Scales (WEPSS)**, Western Psychological Services, 1999 by Jerome Wagner Ph.D.
- iii) **Riso-Hudson Enneagram Type Indicator, RHETI, version 2.5** by Don Riso and Russ Hudson. This online quiz is available for \$10 on their website at www.EnneagramInstitute.com.
- iv) **SikoraSPI™** by Mario Sikora. This online quiz is available for \$20 - \$30 at <https://survey.breckenridgeinstitute.com/products.bi>. It is the first scientifically validated Enneagram quiz to test your Instinctual Subtype.

2) **Determination by an expert**

Some believe an expert's determination of one's type can be accurate and reliable, and may be necessary for an accurate assessment.

3) **Self-determination**

Self-determination of your type can be inaccurate due to blind spots. Still, some experts believe that only you can look sufficiently deeply within yourself to identify the ultimate roots of motivation, which are the basis of your Enneatype.

We recommend that you choose an approach to your "search for Enneatype" based on your own experience and intuition. Many people can determine their type easily after reading the description provided by one or another Enneagram author.

**Feel free to browse through the International Enneagram Association's
[Online Type Descriptions](#)**

You may discover you have a great deal of difficulty determining your Enneatype. One Enneagram professional, after *teaching* the Enneagram for ten years, discovered he was not the Enneatype he had thought he was all that time. If you are struggling with identifying your Enneatype, we recommend a workshop, or training program, or a consultation with a Enneagram trained therapist or coach. To search the **International Enneagram Association** registry, click [Find a professional](#).