



OPEN UP
ENNEAGRAM
— ASSESSMENT —

Test User

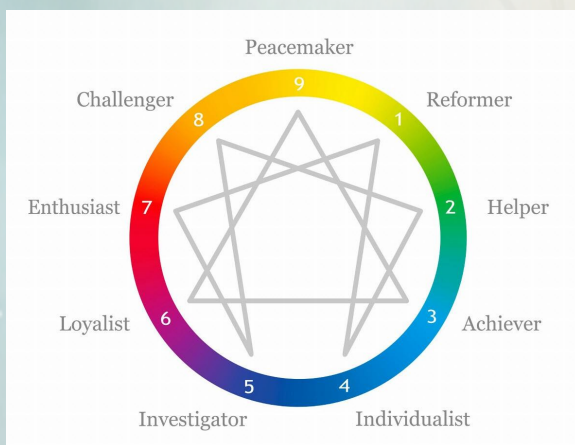
May 18, 2026

Disclaimer: *The information provided in OPEN assessments and reports is for educational and informational purposes only and should be used solely as a self-help tool. By reading this report, you acknowledge that Dr. Christophe Morin does not provide therapy or counseling services. Dr. Morin serves solely as a coach and mentor, providing only educational and informational coaching based on The Serenity Code, OPEN, and OPEN UP. Coaching services are not a substitute for professional mental health care or medical care and, therefore, are not intended to diagnose, treat, or cure any mental health or medical conditions.*

Dear Test

Thank you for completing the OPEN UP Enneagram Assessment!

Your top-level results are below. The Enneagram model is a typology system that describes human personality as a spectrum of nine distinct types. The model is popular across domains such as psychology, spirituality, and business leadership. The Enneagram is often used for personal self-awareness and spiritual development, as well as in counseling and therapy. The precise origins of the Enneagram are somewhat unclear and subject to debate and discord among scholars. It has roots in ancient traditions, including Sufism, Christianity, and possibly other spiritual and philosophical traditions. Each of the nine Enneagram types has distinct characteristics, motivations, fears, and ways of interacting with the world. Each typology is typically given a descriptive name and is part of a triad. Triads (Gut, Heart, Head) reveal the core fears and emotional centers that drive each type's behavior.



IMPORTANT: You may find that many of your scores are pretty close to one another. First, consider your triad score; the highest triad may reveal your true type with that method. The truth is that



finding your type is rarely done through an assessment alone; instead, learn the entire 9-type system and feel into each type as they become more familiar to you. For more on your type, your triad, and the neurospiritual meaning of all types, check out my new book OPEN UP.

A handwritten signature in black ink, appearing to read 'Chris Morin', is positioned to the left of a large, faint, light-colored geometric diagram.

Dr. Christophe Morin

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This report is designed to help you understand the meaning of your Enneagram scores and how they may explain or predict your ability to cope with stress, anxiety, depression, addiction, and trauma (SADAT). The **Enneagram** model is a typology system that describes **human personality as a spectrum of nine distinct types**. The model is popular across domains such as psychology, spirituality, and business leadership.

The Enneagram is often used for spiritual development and as a tool in counseling and therapy. The precise origins of the Enneagram are somewhat unclear and subject to debate and discord among scholars. It has roots in ancient traditions, including Sufism, Christianity, and possibly other spiritual and philosophical traditions.

Each of the nine Enneagram types has distinct characteristics, motivations, fears, and ways of interacting with the world. Each typology has a descriptive name. You may be surprised to find that you have close scores across multiple types. If that is the case, **consider the core fears of each type** and associated deep motivations that can explain many of your behaviors and, more importantly, predict some of your maladaptive habits. Understanding your dominant Enneagram type can be valuable for personal growth, self-awareness, and building meaningful and fulfilling relationships with others. Here are some of the top benefits:

- **Self-Discovery:** Exploring all nine Enneagram types allows individuals to gain deeper insight into their personalities, motivations, fears, and behaviors. By learning about each type, individuals can better understand their patterns, tendencies, and underlying motivations driving their thoughts and actions.
- **Increased Self-Awareness:** Knowing about all the Enneagram types can help individuals develop self-awareness and introspection. By recognizing the different traits and characteristics associated with each type, individuals can identify areas for personal growth and development.
- **Empathy and Compassion:** Understanding others' Enneagram types can foster empathy and compassion in interpersonal relationships. By recognizing that each person has a unique perspective and motivation, individuals can develop a deeper appreciation for the diversity of human experience and respond with greater understanding and empathy.
- **Conflict Resolution:** Knowledge of the Enneagram types can help resolve conflicts and improve communication. By understanding the underlying motivations and fears of different types of individuals, one can navigate disputes more effectively and work toward resolution with greater empathy and understanding.
- **Personal Growth and Development:** Learning about all the Enneagram types provides individuals with a roadmap for personal growth and development. By identifying the strengths

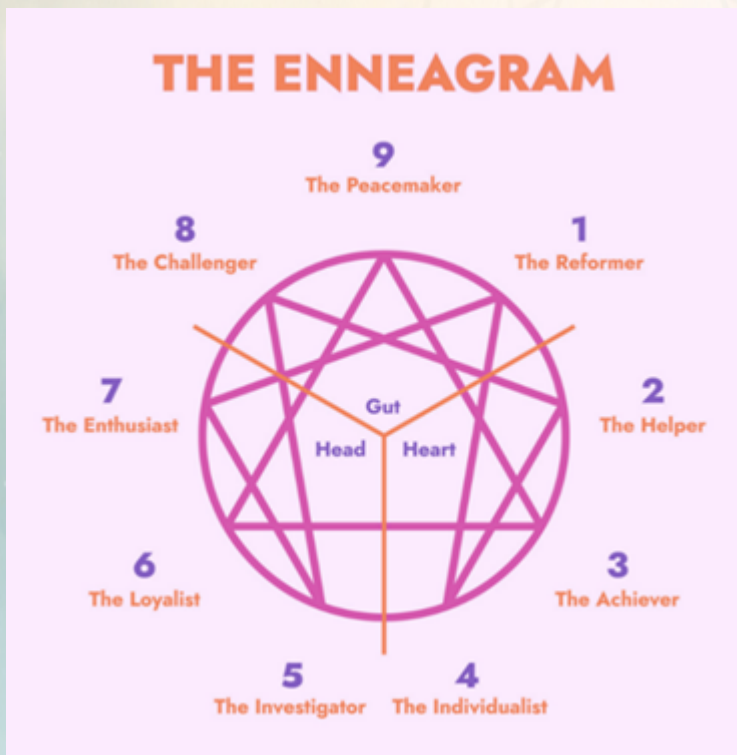
and areas for improvement associated with each type, individuals can set goals for self-improvement and cultivate healthier patterns of thinking, feeling, and behaving.

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What are the TRIADS?

Enneagram types can be grouped into three sets based on shared core fears, reflecting deeper motivations and emotional responses. This grouping is not immediately apparent from the basic descriptions of each type, but it becomes more meaningful when considering their underlying motivations.

- **Types 8, 9, and 1 (GUT types –fear of being vulnerable)**
- **Types 2, 3, and 4 (types—fear of being unworthy)**
- **Types 5, 6, and 7 (HEAD types –fear of not knowing)**



If your scores are high for 8, 9, or 1, it suggests that you are part of the **GUT triad**. The core fears of the 8, 9, and 1 types relate to autonomy, control, and physical integrity. Each type copes with this fear differently: Type 8 asserts control, Type 9 avoids conflict to maintain control, and Type 1 self-controls to prevent being 'bad.'

If your scores are high for 2, 3, or 4, it suggests that you are part of the **HEART triad**. For types 2, 3, and 4, the central fear revolves around how others see and value them. Each type manages this fear differently: Type 2 gains love through helping, Type 3 through achievement, and Type 4 through individuality.

If your scores are high for 5, 6, or 7, it suggests that you are part of the **HEAD triad**. In these types, the core fear concerns security and coping with uncertainty. Type 5 manages this through detachment and self-reliance, Type 6 through loyalty and security, and Type 7 by escaping from pain and seeking variety.

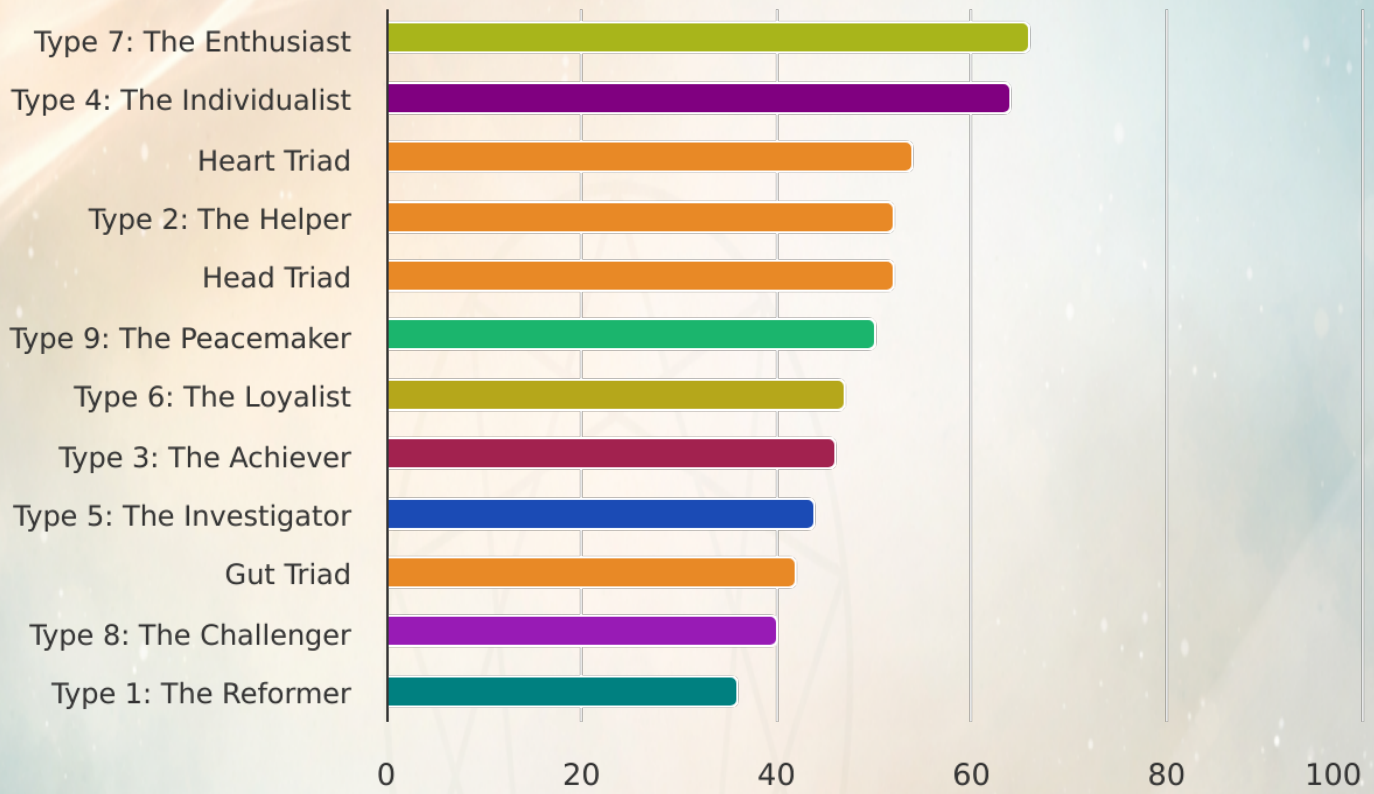
Each of the nine Enneagram types has distinct characteristics, motivations, fears, and ways of interacting with the world. Each typology is typically given a descriptive name. This is one such architecture with a short description of each type.

- Type 1: The Reformer – Analytical, idealistic, ethical, disciplined
- Type 2: The Helper – Compassionate, relational, giving, attentive
- Type 3: The Achiever – Goal-driven, ambitious, high-performing, image-focused
- Type 4: The Individualist – Emotional, introspective, creative, moody
- Type 5: The Investigator – Intellectual, observant, innovative, private
- Type 6: The Loyalist – Devoted, cautious, reliable, apprehensive
- Type 7: The Enthusiast – Energetic, adventurous, adaptable, distracted
- Type 8: The Challenger – Assertive, commanding, confident, forceful
- Type 9: The Peacemaker – Calm, accommodating, open-minded, passive

Your Results

Scores

Type 7: The Enthusiast: 66 Percent
Type 4: The Individualist: 64 Percent
 Heart Triad: 54 Percent
 Type 2: The Helper: 52 Percent
 Head Triad: 52 Percent
Type 9: The Peacemaker: 50 Percent
 Type 6: The Loyalist: 47 Percent
 Type 3: The Achiever: 46 Percent
Type 5: The Investigator: 44 Percent
 Gut Triad: 42 Percent
Type 8: The Challenger: 40 Percent
Type 1: The Reformer: 36 Percent



Type 7: The Enthusiast

THE ENTHUSIAST

Your Score: 66

You are energetic, imaginative, and naturally optimistic. You seek out new experiences and thrive in environments of possibility and freedom. At your best, you are joyful, resilient, and visionary. When avoiding discomfort, you may become scattered or overly distracted. Your path is about staying present with all emotions and finding fulfillment in stillness as well as movement.

Who You Are

You are future-focused and driven by the desire to avoid pain and maximize pleasure. You often reframe difficulties and leap toward the next exciting possibility, finding energy in what's new, stimulating, or fun.

Your Greatest Gift

You bring enthusiasm, innovation, and a contagious zest for life. At your best, you help others see what's possible and create joy wherever you go.

Your Core Coping Strategy

You cope by staying in motion—mentally, emotionally, or physically—so you don't have to sit with discomfort or limitations. Avoiding boredom or pain becomes a way of managing uncertainty.

Your Stress & Growth Path

In stress, you may become impulsive, impatient, or overcommitted. In growth, you slow down, stay with your deeper feelings, and cultivate contentment in the present moment.

Your Triad

You are in the Head Triad, which means your core focus is on thinking and planning. Your fear often centers around being trapped in pain, limitation, or emotional discomfort.

Your Wings

You are influenced by either Type 6 or Type 8. A 6 wing adds loyalty, thoughtfulness, and grounding. An 8 wing brings assertiveness, strength, and drive.

Your Recommended Rituals

To support presence and integration, explore rituals like Open up to Dancing, Open up to Traveling, Open up to Cooking, and Open up to Your Dreams.

Your Holy Idea

Your higher truth is the Holy Idea of Work. When you release the need to escape discomfort, you discover that true joy can arise from being fully present and engaged with reality as it is.

Your SADAT Risk

SADAT refers to Stress, Anxiety, Depression, Addiction, and Trauma. As a Type 7, your tendency to avoid emotional pain by staying busy or distracted can lead to restlessness, overindulgence, or escapist behaviors. Without slowing down, you may miss the deeper meaning in your experiences or struggle with burnout. Building tolerance for discomfort and embracing stillness are key to reducing SADAT patterns and finding lasting fulfillment.



Type 4: The Individualist

THE INDIVIDUALIST

Your Score: 64

You are sensitive, expressive, and deeply introspective. You seek meaning and emotional depth in everything you do and value authenticity above all. At your best, you are creative, compassionate, and profoundly self-aware. In difficult times, you may dwell on what is missing or feel misunderstood. Your path is about embracing your inherent worth and staying grounded in the present.

Who You Are

You are emotionally attuned and drawn to what is unique, meaningful, and beautiful. You often experience the highs and lows of life more intensely and long to express your true self in a way that feels deeply authentic.

Your Greatest Gift

You bring depth, creativity, and emotional insight. At your best, you help others navigate complexity with compassion and honesty, offering beauty and understanding to the world.

Your Core Coping Strategy

You cope by withdrawing into your inner world and identifying with what feels different or missing. You may romanticize suffering or feel special through your emotional intensity.

Your Stress & Growth Path

In stress, you may become moody, self-absorbed, or envious of others' happiness. Growth happens when you ground yourself in the present and engage with life as it is, not as it should be.

Your Triad

You are in the Heart Triad, which means your emotions guide your perception of reality. Your core fear often revolves around being inadequate or lacking a clear identity.

Your Wings

You are influenced by either Type 3 or Type 5. A 3 wing adds ambition and a focus on achievement. A 5 wing brings introspection, intellectual depth, and detachment.

Your Recommended Rituals

To bring balance and grounding, explore rituals like Open up to Art, Open up to Music, Open up to Stargazing, and Open up to Your Dreams.

Your Holy Idea

Your higher truth is the Holy Idea of Origin. When you let go of the belief that something is missing, you rediscover your connection to wholeness and realize that you already belong.

Your SADAT Risk

SADAT stands for Stress, Anxiety, Depression, Addiction, and Trauma. As a Type 4, your sensitivity and longing can lead to emotional highs and lows, or patterns of isolation and melancholy. When you over-identify with your suffering or feel fundamentally misunderstood, you may be more vulnerable to depression and emotional withdrawal. Cultivating present-moment awareness and healthy creative expression helps reduce these risks.

Heart Triad

HEART TRIAD

Your Score: 54

These types are emotionally driven and oriented around image and identity. Their core fear centers on **feeling unloved, unworthy, or inadequate**. They process the world primarily through emotion and are sensitive to how others perceive them.

As a member of this triad, you are emotionally driven, relationally attuned, and sensitive to how others perceive you. At your core, you seek love, identity, and appreciation. Emotions are your compass—whether you express them outwardly or process them internally. The challenge of this triad lies in the search for self-worth and a tendency to shape identity through relationships or image. Healing begins when you learn to love yourself without needing validation from others.

Your Greatest Gifts

You bring emotional depth, empathy, and the ability to form meaningful connections. Whether through nurturing care, inspiring drive, or authentic expression, you enrich others' emotional worlds.

Your Core Coping Strategy

You cope by managing how you're seen—through helpfulness (Type 2), achievement (Type 3), or uniqueness (Type 4). Each strategy is a way to earn love, but when overused, it can lead to a sense of disconnection from your true self.

Your Stress & Growth Path

When stressed, you may feel unseen, unappreciated, or disconnected from your identity. Growth comes when you root your worth in yourself, let go of comparison, and relate from a place of genuine presence.

Emotional Signature

Shame is the core emotional struggle of this triad. It may not always be visible, but the fear of being inherently unlovable or not enough runs beneath the surface.

Recommended Rituals

To nurture emotional resilience and reconnect with your inner self, explore:

- **Open up to Evocative Music**
- **Open up to Art**
- **Open up to Your Dreams**

- **Open up to Meditation**

Your Holy Ideas

- **Freedom** (letting go of needing to earn love)
- **Hope** (you are already valuable)
- **Origin** (nothing is missing—you belong)

Your SADAT Risk

As members of the Heart Triad, you're at risk of emotional burnout, identity confusion, or depression when your sense of worth is tied to being liked, admired, or emotionally validated. When disconnected from your inner truth, you may rely on roles, appearances, or drama to feel valued. SADAT risk increases when you suppress your own needs or over-identify with others' approval. Grounding practices, inner reflection, and emotional honesty are vital.

Next Steps

Your Personality Is Not Your Prison – It Is Your Starting Point

Your Big 5 scores are not labels meant to define who you are forever. They are patterns—natural tendencies that influence how you think, feel, relate, react, and move through the world. These patterns shape your relationships, your stress responses, your habits, your strengths, and even the stories you tell yourself about who you are. But they are not fixed. They are fluid. They can evolve.

Perhaps your openness reveals a mind drawn toward creativity, curiosity, and growth. Or maybe you prefer structure, familiarity, and certainty, finding comfort in what is proven and dependable. You may naturally seek social connection and external stimulation, or you may feel more energized by solitude, reflection, and meaningful one-on-one conversations. You may prioritize harmony and compassion, or you may value directness, independence, and challenge. Some people move through life with emotional steadiness, while others experience emotions more intensely, feeling the weight of stress, uncertainty, or self-doubt more deeply.

None of these tendencies are inherently good or bad. Every trait carries both gifts and shadows. What matters most is awareness.

The goal of this assessment is not to place you into a personality box. It is to help you **recognize the unconscious patterns** that may shape your behaviors, reactions, and emotional life so that you can consciously decide which patterns continue serving you—and which ones no longer do.

As described throughout the OPEN framework, awareness creates the possibility for transformation through neuroplasticity, intentional rituals, and conscious reflection. **Your brain is adaptive.** Your story is rewritable. Your habits, emotional responses, and ways of relating to the world can evolve over time with intentional practice.

If you tend toward overthinking, your path may involve learning how to calm the nervous system and trust the present moment. If you are highly disciplined and achievement-oriented, your growth may come from allowing more rest, spontaneity, and self-compassion into your life. If you avoid conflict to maintain harmony, your work may involve building healthier boundaries and a stronger voice. If you resist change, your opportunity may lie in gradually opening yourself to new experiences and perspectives.

Transformation rarely happens through dramatic breakthroughs alone. More often, it happens through small, repeated rituals practiced consistently over time. This is why the OPEN framework emphasizes PRIMAL, RATIONAL, and SPIRITUAL rituals that help regulate the body, reframe the mind, and reconnect you to meaning and purpose.

Your personality is not a limitation. It is a map. It reveals where your strengths already exist and where your greatest opportunities for growth may be waiting. Every trait contains wisdom. Every challenge contains the possibility of greater consciousness.

The invitation now is simple:

- Become aware of your patterns.
- Reflect on the story you are living.
- Practice the rituals that move you toward balance.

And remember that becoming fully OPEN is not about becoming someone else—it is about becoming more fully aligned with your highest potential.

This is the journey of becoming OPEN.



Dr. Christophe Morin

Questions and Responses

Scale

I value organization and orderliness.

Your Response: 1

Spontaneity is a challenge for me.

Your Response: 3

Rule-breaking by others bothers me.

Your Response: 0

I tend to hold onto resentment for a while.

Your Response: 5

I often categorize things as right or wrong.

Your Response: 0

I carefully analyze major purchases.

Your Response: 2

Criticism from others is dreaded.

Your Response: 0

I find myself comparing to others frequently.

Your Response: 2

Truth and justice hold high importance.

Your Response: 3

Time often feels insufficient for my tasks.

Your Response: 2

I want people to feel at ease seeking my guidance.

Your Response: 3

Relationships matter more to me than almost anything else.

Your Response: 1

I struggle to express my needs.

Your Response: 5

I prefer giving over receiving.

Your Response: 3

Criticism affects me strongly.

Your Response: 0

I put in effort to overcome relationship challenges.

Your Response: 2

I'm sure of my desires when alone, but uncertain with others.

Your Response: 5

If I lack closeness, I feel sad, hurt, and unimportant.

Your Response: 4

Taking care of others can make me physically and emotionally drained.

Your Response: 0

I take pleasure in complimenting and making others feel special.

Your Response: 3

I'm usually quite busy.

Your Response: 0

I enjoy making lists and schedules for myself.

Your Response: 5

Working overtime doesn't bother me.

Your Response: 1

I'm generally optimistic.

Your Response: 4

I prefer not to discuss my personal life extensively.

Your Response: 4

Connecting with my feelings can be tough at times.

Your Response: 0

I aim to make a positive first impression.

Your Response: 1

I mostly feel positive about myself.

Your Response: 0

People often see me as a leader.

Your Response: 4

I want to be distinctive in some manner.

Your Response: 4

Being understood matters a lot to me.

Your Response: 2

I'm easily hurt by critical remarks.

Your Response: 1

I'm moved by beauty, love, sorrow, and pain.

Your Response: 5

My melancholy moods are significant to me, and I'm fine with feeling them.

Your Response: 5

I support my friends, especially during tough times.

Your Response: 5

I've spent years longing for a great love.

Your Response: 1

I tend to focus on my flaws rather than my strengths.

Your Response: 2

I want to be seen as unique.

Your Response: 3

I'm always searching for my true self.

Your Response: 3

I often rebel against being told what to do.

Your Response: 5

I prefer learning by watching or reading instead of doing.

Your Response: 4

Expressing my feelings in the moment is tough for me.

Your Response: 1

I lose myself in my interests and enjoy solitary hours with them. .

Your Response: 1

I hide my sensitivity to criticism and judgment.

Your Response: 2

I don't like conforming.

Your Response: 0

People have labeled me as negative, cynical, and suspicious.

Your Response: 3

I'm often hesitant to be assertive or forceful.

Your Response: 5

Social events aren't enjoyable for me; I'd rather be alone or with close friends.

Your Response: 4

I sense that I'm different from most people.

Your Response: 2

Appearing calm serves as a shield, making me feel more empowered.

Your Response: 0

Doubt troubles me often.

Your Response: 5

Clear guidelines and knowing my position suit me

Your Response: 3

I'm overly serious about things.

Your Response: 3

I'm overly serious about things.

Your Response: 0

I worry about what could go wrong.

Your Response: 1

Criticism often feels like an attack to me.

Your Response: 1

I'm a diligent worker.

Your Response: 3

I adhere closely to rules

Your Response: 2

I can spot flattery aimed at manipulation.

Your Response: 5

I prefer predictability.

Your Response: 3

Being organized makes me feel in control.

Your Response: 0

I find joy in life. I'm usually free-spirited and positive.

Your Response: 5

I dislike feeling obligated or indebted.

Your Response: 4

I'm active and full of energy. I rarely get bored when pursuing my interests.

Your Response: 5

I frequently take verbal or physical risks.

Your Response: 0

I often choose friends who are upbeat and share similar goals.

Your Response: 1

I enjoy people's company and am generally liked.

Your Response: 2

I'm idealistic and aspire to make a contribution to the world.

Your Response: 4

I'm comfortable in group settings.

Your Response: 5

When others are down, I aim to lift their spirits and show them the positive side.

Your Response: 2

I have a passion for excitement and traveling.

Your Response: 5

I'm assertive and can be aggressive when necessary.

Your Response: 2

I dislike being used or manipulated.

Your Response: 4

I'm independent and don't follow the crowd.

Your Response: 4

I admire those who assert themselves.

Your Response: 1

Decisions come easily to me.

Your Response: 4

I value self-reliance and independence.

Your Response: 0

My straightforwardness can offend some.

Your Response: 0

I'm a diligent worker and effective problem-solver.

Your Response: 3

I enjoy excitement and stimulation.

Your Response: 1

Occasionally, I engage in playful debates, especially when I feel secure.

Your Response: 1

Choosing is tough; I weigh pros and cons for each option.

Your Response: 5

Figuring out my wants in social situations is challenging.

Your Response: 1

People see me as peaceful, but I often feel anxious inside.

Your Response: 3

Usually, I avoid confrontation and opt to walk away from disagreements.

Your Response: 4

A bit of routine is necessary for my productivity.

Your Response: 4

I prefer calmness but occasionally take on too much.

Your Response: 3

I sometimes experience shyness and uncertainty.

Your Response: 0

I'm sensitive to judgment and take criticism personally.

Your Response: 3

I tend to focus on the positive side.

Your Response: 0

Letting go of things is difficult for me.

Your Response: 2

