

The Riso-Hudson Enneagram Type Indicator Free *RHETI* Sampler

The *RHETI Sampler's* 36 questions are only a part of the full, independently *scientifically validated* 144-question *Riso-Hudson Enneagram Type Indicator* (RHETI, Version 2.5) personality inventory. Short personality quizzes such as the *RHETI Sampler* cannot guarantee that your basic personality type will be indicated, although your type will most likely be *one of the top three scores* in this free quiz. We recommend that you read the type descriptions at the end of this test, and in Riso-Hudson Enneagram books, to help you identify your basic personality type.

Instructions for the FREE Sampler

Mark an X in the box (☐) to the right of the statement you have selected as more true of you most of the time. For example, if you feel that a statement such as "I have been friendly and outgoing" fits you better than "I have been shy and quiet," mark an X in the box to the right of the first statement. Of course, you may, at times have been somewhat shy and quiet, or you may not always have been friendly and outgoing. But if you were forced to choose between the two, which statement more accurately reflects your past general **behaviour** and **attitudes**?

It has helped people to follow these instructions by recalling how they were in their early twenties, from 20-25 years of age. (Younger people should focus on their recent history.) It also helps to keep in mind that this is about **your actual behaviour and reactions, not about your occasional subjective, private feelings.**

Remember that there are no "right" answers and that no personality type is better than any other. Furthermore, the RHETI does not indicate how healthy or unhealthy a person is, so relax and answer the statements simply and honestly.

Do not over-analyze the questions, or try to think of "exceptions to the rule." Be spontaneous and choose the statement that comes closest to the way you have been most of the time, most of your life.

If you have difficulty discovering your personality type because two or more top scores are very close, you might find it helpful to discuss your responses with someone who knows you well, such as a spouse, close friend, or therapist.

The RHETI Sampler usually takes about 10 minutes to complete. At the end of the Sampler follow the instructions on page 4.

Thanks! And please remember that unlike the full RHETI, this short, fun personality test is not scientifically validated. We cannot guarantee the accuracy of the results of the personality analysis produced by this short personality quiz — only that it can help you begin your journey of self-discovery.

		A	B	C	D	E	F	G	H	I
1	I've been romantic and imaginative.					<input type="checkbox"/>				
	I've been pragmatic and down to earth.		<input type="checkbox"/>							
2	I have tended to take on confrontations.							<input type="checkbox"/>		
	I have tended avoid confrontations.	<input type="checkbox"/>								
3	I have typically been diplomatic, charming, and ambitious.			<input type="checkbox"/>						
	I have typically been direct, formal, and idealistic.				<input type="checkbox"/>					
4	I have tended to be focused and intense.								<input type="checkbox"/>	
	I have tended to be spontaneous and fun-loving.									<input type="checkbox"/>
5	I have been a hospitable person and have enjoyed welcoming new friends into my life.						<input type="checkbox"/>			
	I have been a private person and have not mixed much with others.					<input type="checkbox"/>				
6	Generally, it's been easy to "get a rise" out of me.		<input type="checkbox"/>							
	Generally, it's been difficult to "get a rise" out of me.	<input type="checkbox"/>								
7	I've been more of a "street-smart" survivor.							<input type="checkbox"/>		
	I've been more of a "high-minded" idealist .				<input type="checkbox"/>					
8	I have needed to show affection to people.						<input type="checkbox"/>			
	I have preferred to maintain a certain distance with people.								<input type="checkbox"/>	
9	When presented with a new experience, I've usually asked myself if it would be useful to me.			<input type="checkbox"/>						
	When presented with a new experience, I've usually asked myself if it would be enjoyable.									<input type="checkbox"/>
10	I have tended to focus too much on myself.					<input type="checkbox"/>				
	I have tended to focus too much on others.	<input type="checkbox"/>								
11	Others have depended on my insight and knowledge.								<input type="checkbox"/>	
	Others have depended on my strength and decisiveness.							<input type="checkbox"/>		
12	I have come across as being too unsure of myself.		<input type="checkbox"/>							
	I have come across as being too sure of myself.				<input type="checkbox"/>					
13	I have been more relationship-oriented than goal-oriented.						<input type="checkbox"/>			
	I have been more goal-oriented than relationship-oriented.			<input type="checkbox"/>						
14	I have not been able to speak up for myself very well.					<input type="checkbox"/>				
	I have been outspoken—I've said what others wished they had the nerve to say.									<input type="checkbox"/>
15	It's been difficult for me to stop considering alternatives and do something definite.								<input type="checkbox"/>	
	It's been difficult for me to take it easy and be more flexible.				<input type="checkbox"/>					
16	I have tended to be hesitant and procrastinating.		<input type="checkbox"/>							
	I have tended to be bold and domineering.							<input type="checkbox"/>		
17	My reluctance to get too involved has gotten me into trouble with people.	<input type="checkbox"/>								
	My eagerness to have people depend on me has gotten me into trouble with them.						<input type="checkbox"/>			
18	Usually, I have been able to put my feelings aside to get the job done.			<input type="checkbox"/>						
	Usually, I have needed to work through my feelings before I could act.					<input type="checkbox"/>				

		A	B	C	D	E	F	G	H	I
19	Generally, I have been methodical and cautious.		<input type="checkbox"/>							
	Generally, I have been adventurous and taken risks.									<input type="checkbox"/>
20	I have tended to be a supportive, giving person who enjoys the company of others.						<input type="checkbox"/>			
	I have tended to be a serious, reserved person who likes discussing issues.				<input type="checkbox"/>					
21	I've often felt the need to be a "pillar of strength."							<input type="checkbox"/>		
	I've often felt the need to perform perfectly.			<input type="checkbox"/>						
22	I've typically been interested in asking tough questions and maintaining my independence.								<input type="checkbox"/>	
	I've typically been interested in maintaining my stability and peace of mind.	<input type="checkbox"/>								
23	I've been too hard-nosed and sceptical.		<input type="checkbox"/>							
	I've been too soft-hearted and sentimental.						<input type="checkbox"/>			
24	I've often worried that I'm missing out on something better.									<input type="checkbox"/>
	I've often worried that if I let down my guard, someone will take advantage of me.							<input type="checkbox"/>		
25	My habit of being "stand-offish" has annoyed people.					<input type="checkbox"/>				
	My habit of telling people what to do has annoyed people.				<input type="checkbox"/>					
26	Usually, when troubles have gotten to me, I have been able to "tune them out."	<input type="checkbox"/>								
	Usually, when troubles have gotten to me, I have treated myself to something I've enjoyed.									<input type="checkbox"/>
27	I have depended upon my friends and they have known that they can depend on me.		<input type="checkbox"/>							
	I have not depended on people; I have done things on my own.			<input type="checkbox"/>						
28	I have tended to be detached and preoccupied.								<input type="checkbox"/>	
	I have tended to be moody and self-absorbed.					<input type="checkbox"/>				
29	I have liked to challenge people and "shake them up."							<input type="checkbox"/>		
	I have liked to comfort people and calm them down.						<input type="checkbox"/>			
30	I have generally been an outgoing, sociable person.									<input type="checkbox"/>
	I have generally been an earnest, self-disciplined person.				<input type="checkbox"/>					
31	I've usually been shy about showing my abilities.	<input type="checkbox"/>								
	I've usually liked to let people know what I can do well.			<input type="checkbox"/>						
32	Pursuing my personal interests has been more important to me than having comfort and security.								<input type="checkbox"/>	
	Having comfort and security has been more important to me than pursuing my personal interests.		<input type="checkbox"/>							
33	When I've had conflict with others, I've tended to withdraw.					<input type="checkbox"/>				
	When I've had conflict with others, I've rarely backed down.							<input type="checkbox"/>		
34	I have given in too easily and let others push me around.	<input type="checkbox"/>								
	I have been too uncompromising and demanding with others.				<input type="checkbox"/>					
35	I've been appreciated for my unsinkable spirit and great sense of humour.									<input type="checkbox"/>
	I've been appreciated for my quiet strength and exceptional generosity.						<input type="checkbox"/>			
36	Much of my success has been due to my talent for making a favourable impression.			<input type="checkbox"/>						
	Much of my success has been achieved despite my lack of interest in developing "interpersonal skills."								<input type="checkbox"/>	

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Scoring Instructions

Add the X's marked in Column A, Column B, Column C, and so forth, through Column I. Place the number of X's you have made in the boxes below for columns A through I. If you have marked one box in each pair of statements and have added the number of X's correctly, the sum will be 36. If not, go back and recheck for mistakes either in counting X's or in arithmetic.

Each column corresponds to a personality type, as given below. **Please note that they have been randomized and are not in numerical order.**

Columns	A	B	C	D	E	F	G	H	I
Numerical Values	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Personality Type	Nine	Six	Three	One	Four	Two	Eight	Five	Seven

Discovering which of the nine types is your *basic personality type* is the object of this test. **If you have answered honestly and accurately, your basic personality type should be *one of the top three scores*.**

To confirm your results, read the short type descriptions on the next page, and for complete descriptions in *Personality Types, Wisdom of The Enneagram*, or on the website at www.EnneagramInstitute.com

If properly taken, the *Riso-Hudson Enneagram Type Indicator* will have accurately assessed your basic personality type. If the results you have obtained are unclear, please review your responses to see if, on further reflection, you wish to change any of them.

For More Information

For a more accurate and complete assessment of your personality type, **take the full RHETI online** at The Enneagram Institute website.

For advanced materials about the **Enneagram system**, **interpreting your RHETI scores**, and **how to distinguish between types**, please see the Riso-Hudson best-selling books — the most complete and in-depth books in the Enneagram field: *The Wisdom of the Enneagram*, *Understanding the Enneagram*, and *Personality Types*

Recommendations for growth for each type, see *Enneagram Transformations*.

For the RHETI in book form, see *Discovering Your Personality Type* which also includes a short history of the Enneagram, type descriptions, and interpretative materials. For more about interpreting the Functions in your full personality profile, see *Discovering Your Personality Type*, pp. 80ff.

A complete listing of The Enneagram Institute's books, audio tapes, printed Enneagram tests, and other Enneagram materials, can be found on their website www.EnneagramInstitute.com.

The Nine Personality Types of the Enneagram

1. The Reformer. *The rational, idealistic type.* Ones are conscientious and ethical, with a strong sense of right and wrong. They are teachers, crusaders, and advocates for change: always striving to improve things, but afraid of making a mistake. Well-organized, orderly, and fastidious, they try to maintain high standards, but can slip into being critical and perfectionistic. They typically have problems with resentment and impatience. *At their Best:* wise, discerning, realistic, and noble. Can be morally heroic.

2. The Helper. *The caring, interpersonal type.* Twos are empathetic, sincere, and warm-hearted. They are friendly, generous, and self-sacrificing, but can also be sentimental, flattering, and people-pleasing. They are well-meaning and driven to be close to others, but can slip into doing things for others in order to be needed. They typically have problems with possessiveness and with acknowledging their own needs. *At their Best:* unselfish and altruistic, they have unconditional love for others.

3. The Achiever. *The success-oriented, pragmatic type.* Threes are self-assured, attractive, and charming. Ambitious, competent, and energetic, they can also be status-conscious and highly driven for advancement. They are diplomatic and poised, but can also be overly concerned with their image and what others think of them. They typically have problems with workaholicism and competitiveness. *At their Best:* self-accepting, authentic, everything they seem to be—role models who inspire others.

4. The Individualist. *The sensitive, introspective, type.* Fours are self-aware, expressive, and reserved. They are emotionally honest, creative, and personal, but can also be moody and self-conscious. Withholding themselves from others due to feeling vulnerable and defective, they can also feel disdainful and exempt from ordinary ways of living. They typically have problems with melancholy, self-indulgence, and self-pity. *At their Best:* inspired and highly creative, they are able to renew themselves and transform their experiences.

5. The Investigator. *The intense, cerebral type.* Fives are alert, insightful, and curious. They are able to concentrate and focus on developing complex ideas and skills. Independent, innovative, and inventive, they can also become preoccupied with their thoughts and imaginary constructs. They become detached, yet high-strung and intense. They typically have problems with eccentricity, nihilism, and isolation. *At their Best:* visionary pioneers, often ahead of their time, and able to see the world in an entirely new way.

6. The Loyalist. *The committed, security-oriented type.* Sixes are reliable, hard-working, responsible, and trustworthy. Excellent “trouble-shooters,” they foresee problems and foster cooperation, but can also become defensive, evasive, and anxious—running on stress while complaining about it. They can be cautious and indecisive, but also reactive, defiant and rebellious. They typically have problems with self-doubt and suspicion. *At their Best:* internally stable and self-reliant, courageously championing themselves and others.

7. The Enthusiast. *The busy, variety-seeking type.* Sevens are extroverted, optimistic, versatile, and spontaneous. Playful, high-spirited, and practical, they can also misapply their many talents, becoming over-extended, scattered, and undisciplined. They constantly seek new and exciting experiences, but can become distracted and exhausted by staying on the go. They typically have problems with impatience and impulsiveness. *At their Best:* they focus their talents on worthwhile goals, becoming appreciative, joyous, and satisfied.

8. The Challenger. *The powerful, dominating type.* Eights are self-confident, strong, and assertive. Protective, resourceful, straight-talking, and decisive, but can also be egocentric and domineering. Eights feel they must control their environment, especially people, sometimes becoming confrontational and intimidating. Eights typically have problems with their tempers and with allowing themselves to be vulnerable. *At their Best:* self-mastering, they use their strength to improve others' lives, becoming heroic, magnanimous, and inspiring.

9. The Peacemaker. *The easygoing, self-effacing type.* Nines are accepting, trusting, and stable. They are usually creative, optimistic, and supportive, but can also be too willing to go along with others to keep the peace. They want everything to go smoothly and be without conflict, but they can also tend to be complacent, simplifying problems and minimizing anything upsetting. They typically have problems with inertia and stubbornness. *At their Best:* indomitable and all-embracing, they are able to bring people together and heal conflicts.



The Riso-Hudson Enneagram Type Names