

JESSE EUBANKS

H O W W E



R E L A T E

*Understanding God, Yourself,  
and Others through*

T H E E N N E A G R A M

A PDF COMPANION TO THE AUDIOBOOK

ZONDERVAN BOOKS

*How We Relate*

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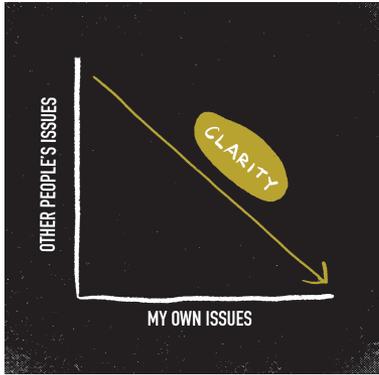


## INTRODUCTION

# How We Relate Is How We Relate

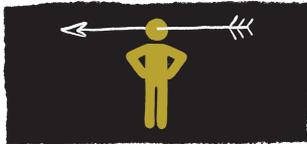


"MAYBE I'M NOT SEEING EVERYTHING?"



THE PURPOSE OF LIFE IS RELATIONSHIPS.

WE THINK OUR SELF-DECEPTION ONLY HURTS US.

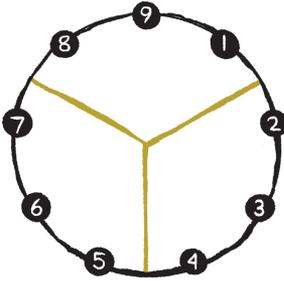


FALSE.

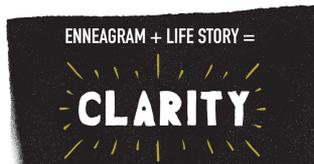


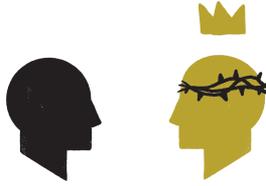


PERCEIVE + PROCESS + PRESENT



THIS IS A VERSION OF THE ENNEAGRAM.  
9 TYPES IN 3 TRIADS IN 1 CIRCLE.





WE WORSHIP THE GOD WHO EMPATHIZES.

WHAT WE REALLY NEED IS  
~~GOOD ADVICE~~  
*NEWS*

STOP GAMBLING YOUR RELATIONSHIPS.



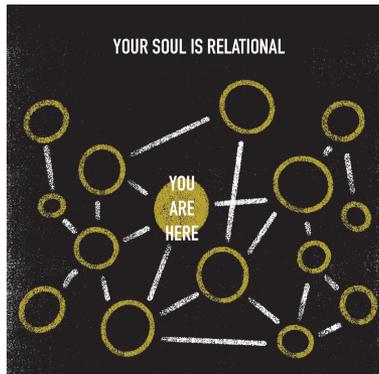
LET'S LEARN TO DO BETTER.

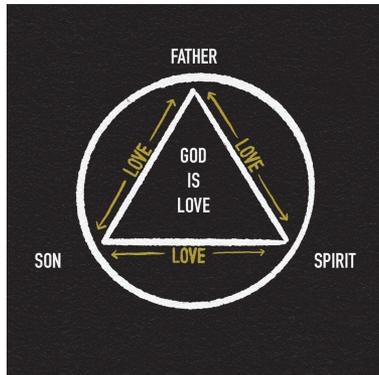


CHAPTER 1

CREATED FOR  
COMMUNITY

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## PERSONALITY



THOUGHTS

+

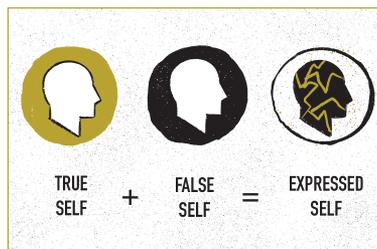
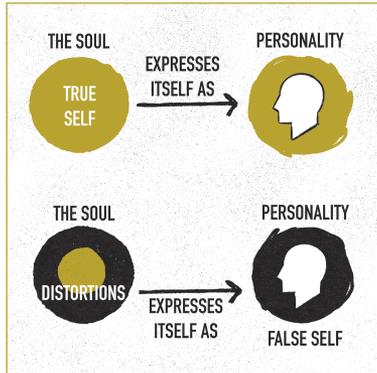
EMOTIONS

+

ACTIONS

## YOUR SOUL



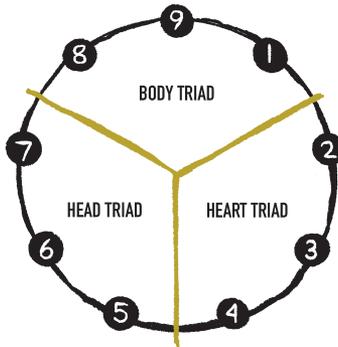




CHAPTER 2

THE  
ENNEAGRAM

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## The Body Triad



## The Heart Triad



## The Head Triad



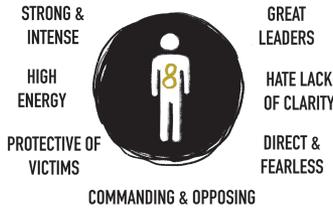


## CHAPTER 3

# TYPE EIGHT THE PROTECTOR

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### TRUE SELF



### FALSE SELF





THE CHILDHOOD THEME OF THE EIGHT IS  
SURVIVAL AND COMBAT.

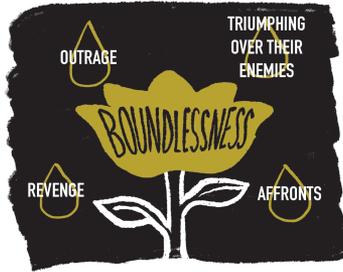


THE EIGHT WANTS TO PROTECT THEMSELVES.

WHAT IS THE EIGHT WILLING TO SACRIFICE?



HOW DOES THE EIGHT NURTURE  
THEIR DEADLY SIN?



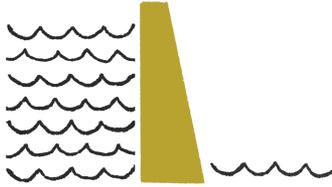
JESUS, THE TRUE PROTECTOR



LIKE THE EIGHT, JESUS WAS ATTACKED  
BY UNJUST PEOPLE AND STRIPPED OF HIS FREEDOM.



LIKE THE EIGHT, JESUS CONFRONTED EVIL  
AND PURSUED JUSTICE.

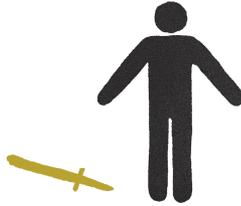


JESUS CONFRONTS THE EIGHT BY  
CONTROLLING HIS STRENGTH.



THE EIGHT IS GIVEN THE GOOD NEWS,  
"I WILL NOT BETRAY YOU."

TO COUNTERACT BOUNDLESSNESS,  
PRACTICE INNOCENCE.



BE VULNERABLE, TENDER, AND TRUSTING WITHOUT  
CONTROLLING OUTCOMES.



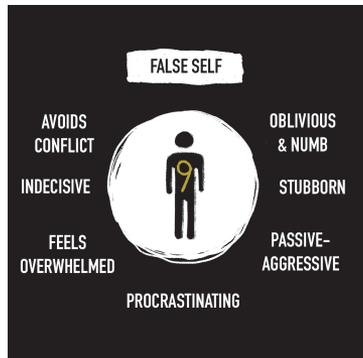
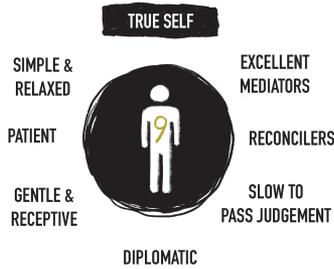
THE EIGHT REFLECTS GOD'S  
POWER & PROTECTION.



## CHAPTER 4

# TYPE NINE THE PEACEMAKER

---





THE CHILDHOOD THEME OF THE NINE IS BEING UNHEARD AND OVERPOWERED.



THE NINE WANTS TO BE AT PEACE.

WHAT IS THE NINE WILLING TO SACRIFICE?



HOW DOES THE NINE NURTURE  
THEIR DEADLY SIN?



JESUS, THE TRUE PEACEMAKER

ACCEPTED  
PEOPLE

RESTED  
& SLEPT

KNEW HIS  
PRESENCE  
MATTERED



OFTEN  
UNHEARD

PRINCE OF  
PEACE

BELIEVED  
CONFLICT WAS  
VALUABLE

EXERTED HIS ENERGY  
ON WHAT MATTERED MOST



LIKE THE NINE, JESUS WAS UNHEARD BY  
THE PASSIVE AND OVERPOWERED BY THE POWERFUL.



LIKE THE NINE, JESUS ACCEPTED PEOPLE.



JESUS CONFRONTS THE NINE BY EXERTING HIS ENERGY ON WHAT MATTERED MOST.



THE NINE IS GIVEN THE GOOD NEWS,  
"YOUR PRESENCE MATTERS."

TO COUNTERACT SLOTH,  
PRACTICE EXERTION.



ENGAGE LIFE WHOLEHEARTEDLY AND DISPLAY FAITH IN  
THE FORM OF PRIORITIZED ACTION.



THE NINE REFLECTS GOD'S  
PEACE & UNITY.



## CHAPTER 5

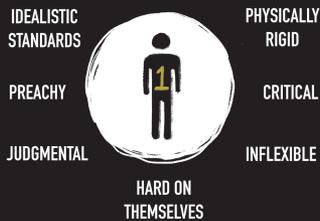
# TYPE ONE THE REFORMER

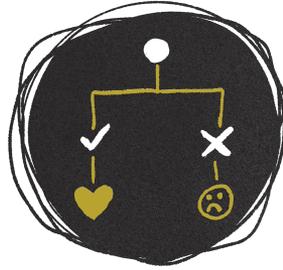


### TRUE SELF

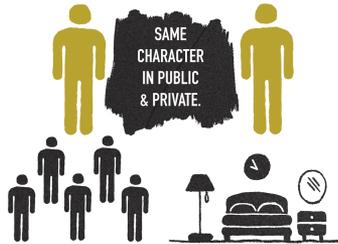


### FALSE SELF





THE CHILDHOOD THEME OF THE ONE IS  
CONDITIONAL LOVE & CRITICISM.



THE ONE WANTS TO  
HAVE INTEGRITY.

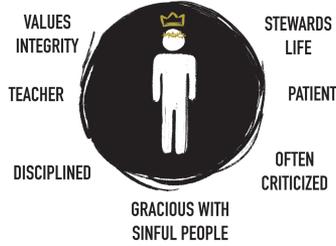
WHAT IS THE ONE WILLING TO SACRIFICE?



HOW DOES THE ONE NURTURE THEIR DEADLY SIN?



JESUS, THE TRUE REFORMER



LIKE THE ONE, JESUS STEWARDED HIS LIFE.



JESUS CONFRONTS THE ONE BY BEING GRACIOUS  
WITH SINFUL PEOPLE.



THE ONE IS GIVEN THE GOOD NEWS.  
"I HAVE MADE YOU GOOD JUST AS YOU ARE."

TO COUNTERACT RESENTMENT,  
PRACTICE PATIENCE.



TOLERATE IMPERFECTIONS AND  
TRUST GOD'S UNFOLDING PLAN AND TIMING.



THE ONE REFLECTS GOD'S  
GOODNESS & RIGHTNESS.



CHAPTER 6

# TYPE TWO THE HELPER





THE CHILDHOOD THEME OF THE TWO IS  
NEGLECT & UNFULFILLED NEEDS.



THE TWO WANTS TO BE  
LOVED & CHERISHED UNCONDITIONALLY.

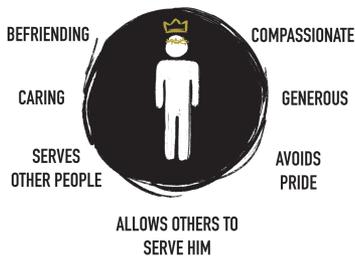
WHAT IS THE TWO WILLING TO SACRIFICE?



HOW DOES THE TWO NURTURE  
THEIR DEADLY SIN?



JESUS, THE TRUE HELPER



LIKE THE TWO,  
JESUS' NEEDS WERE IGNORED BY OTHERS WHO  
CONSTANTLY WANTED MORE FROM HIM.



LIKE THE TWO, JESUS SERVED OTHERS.



JESUS CONFRONTS THE TWO BY ALLOWING OTHERS  
TO SERVE HIM.



THE TWO IS GIVEN THE GOOD NEWS.  
"I CHERISH YOU FOR WHO YOU ARE,  
NOT WHAT YOU GIVE."

TO COUNTERACT PRIDE,  
PRACTICE HUMILITY.



HAVE A REALISTIC VIEW OF YOURSELF THAT INCLUDES  
BOUNDARIES, NEEDS, AND ASKING FOR HELP.



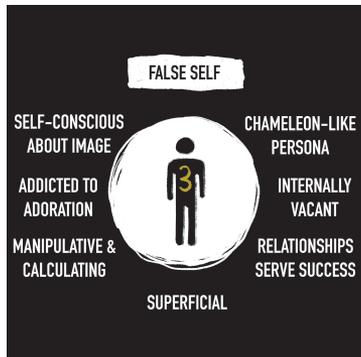
THE TWO REFLECTS GOD'S  
COMPASSION & CARE.



## CHAPTER 7

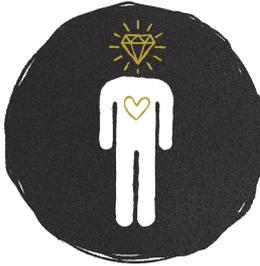
# TYPE THREE THE ACHIEVER

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THE CHILDHOOD THEME OF THE THREE IS  
PERFORMANCE & ACHIEVEMENT.



THE THREE WANTS TO BE  
VALUABLE.

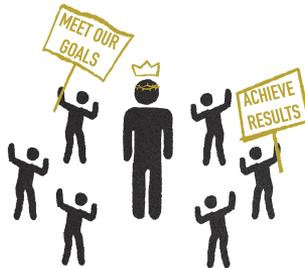
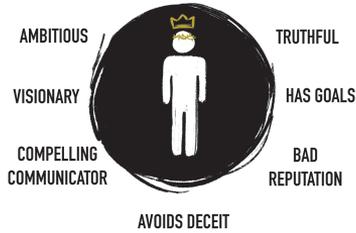
WHAT IS THE THREE WILLING TO SACRIFICE?



HOW DOES THE THREE NURTURE  
THEIR DEADLY SIN?



JESUS, THE TRUE ACHIEVER



LIKE THE THREE,  
JESUS FAILED TO FULFILL THE CROWD'S  
DEMANDS TO BE A SUCCESSFUL LEADER.



LIKE THE THREE, JESUS WAS VISIONARY.

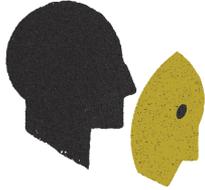


JESUS CONFRONTS THE THREE BY CHOOSING TRUTH  
OVER ADMIRATION.



THE THREE IS GIVEN THE GOOD NEWS.  
"I LOVE YOUR UNEDITED SELF.  
NOT YOUR PERFORMANCE."

TO COUNTERACT DECEIT,  
PRACTICE TRUTHFULNESS.



BE HABITUALLY HONEST, AUTHENTIC, AND IN TOUCH  
WITH YOUR OWN TRUE FEELINGS WITHOUT NEEDING  
THE POSITIVE REGARD OF OTHERS.



THE THREE REFLECTS GOD'S  
VISION & FRUITFULNESS.



## CHAPTER 8

# TYPE FOUR THE ORIGINALIST



### TRUE SELF

EXPRESSIVE

INTENSE

LOVES  
BEAUTY

EMOTIONALLY  
INTUITIVE

CREATIVE

SENSITIVE

AESTHETICALLY GIFTED



### FALSE SELF

MOODY

SNOBBY

SELF-  
INDULGENT

REPEL  
POSITIVITY

SELF-  
PITYING

CAN'T BE  
SATISFIED

OVERREACTIVE



WHY WAS I  
ABANDONED?



THE CHILDHOOD THEME OF THE FOUR IS  
LOSS AND REJECTION.



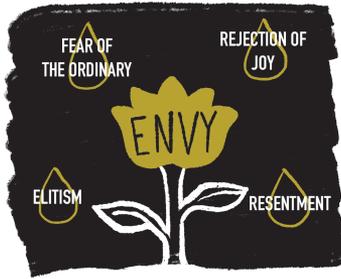
THE FOUR WANTS TO BE THEIR AUTHENTIC SELF  
WHO IS SIGNIFICANT TO OTHERS.

WHAT IS THE FOUR WILLING TO SACRIFICE?

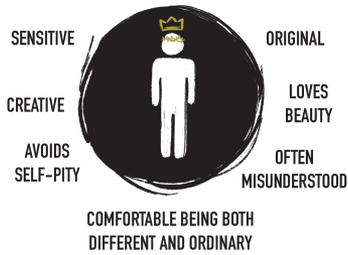


THE IDOL OF THE ORIGINALIST:  
BEING DIFFERENT

HOW DOES THE FOUR NURTURE  
THEIR DEADLY SIN?



**JESUS, THE TRUE ORIGINALIST**



LIKE THE FOUR,  
JESUS WAS REJECTED BY HIS COMMUNITY  
AND CONSTANTLY MISUNDERSTOOD.



LIKE THE FOUR, JESUS VALUED EMOTIONS,  
INCLUDING LAMENT.

ALIKE AND DIFFERENT



JESUS CONFRONTS THE FOUR  
BY CALLING THEM SHEEP.



THE FOUR IS GIVEN THE GOOD NEWS.  
"I KNOW YOU AND DELIGHT IN WHO YOU ARE."

TO COUNTERACT ENVY,  
PRACTICE EMOTIONAL EQUANIMITY.



RESPOND WITH EXACTLY AS MUCH FEELING AND ENERGY  
AS IS APPROPRIATE AND NECESSARY WITHOUT  
EXAGGERATION.

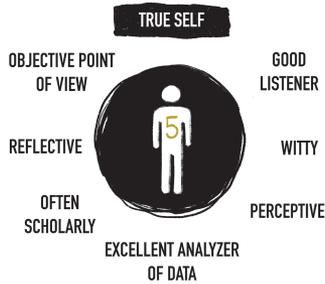


THE FOUR REFLECTS GOD'S  
DEPTH & CREATIVITY.



CHAPTER 9

# TYPE FIVE THE INVESTIGATOR





THE CHILDHOOD THEME OF THE FIVE IS  
BEING ENGULFED OR NEGLECTED.



THE FIVE WANTS TO BE COMPETENT.

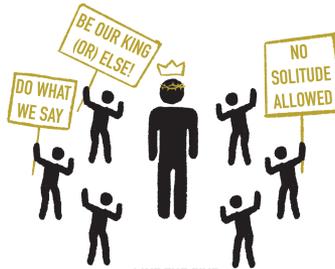
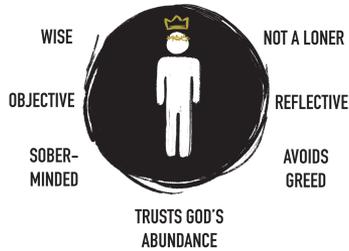
WHAT IS THE FIVE WILLING TO SACRIFICE?



HOW DOES THE FIVE NURTURE  
THEIR DEADLY SIN?



JESUS, THE TRUE INVESTIGATOR



LIKE THE FIVE,  
JESUS WAS BOMBARDED BY THE WORLD  
THAT WANTED EVERYTHING FROM HIM.



LIKE THE FIVE, JESUS WAS REFLECTIVE.



JESUS CONFRONTS THE FIVE BY SEEING THE  
WORLD IS FULL OF ABUNDANCE.

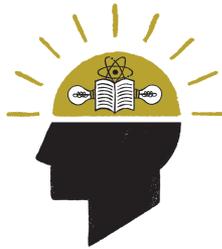


THE FIVE IS GIVEN THE GOOD NEWS,  
"YOUR NEEDS ARE NOT A PROBLEM."

TO COUNTERACT GREED,  
PRACTICE GENEROSITY.



GIVE YOURSELF RELATIONALLY TO GOD AND OTHERS  
THROUGH CONCRETE ACTS OF GIVING  
MORE THAN REQUIRED.

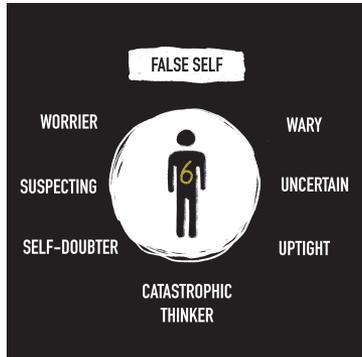
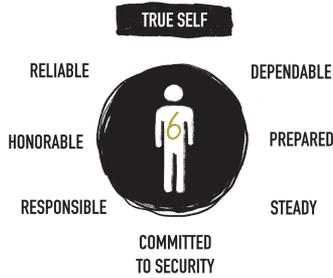


THE FIVE REFLECTS GOD'S  
WISDOM & INSIGHT.



CHAPTER 10

# TYPE SIX THE LOYALIST





THE CHILDHOOD THEME OF THE SIX IS  
DANGER & UNPREDICTABILITY.



THE SIX WANTS TO BE SECURE.

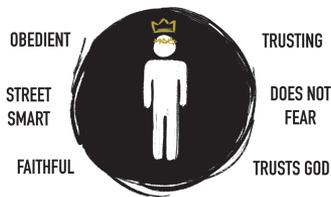
WHAT IS THE SIX WILLING TO SACRIFICE?



HOW DOES THE SIX NURTURE  
THEIR DEADLY SIN?



JESUS, THE TRUE LOYALIST



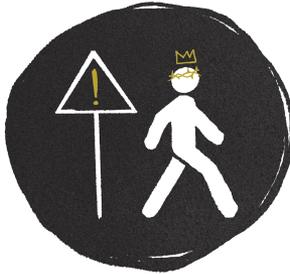
DOESN'T WAIT FOR THINGS TO BE  
SAFE BEFORE HE ACTS



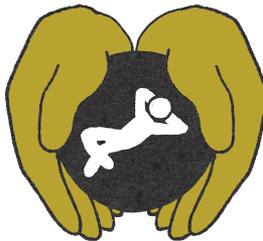
LIKE THE SIX, JESUS' LIFE FROM BIRTH TO DEATH WAS  
MARKED BY DANGER, THREATS, AND UNPREDICTABILITY.



LIKE THE SIX, JESUS WAS FAITHFUL.



JESUS CONFRONTS THE SIX BY NOT WAITING FOR THINGS TO BE SAFE BEFORE TAKING ACTION.



THE SIX IS GIVEN THE GOOD NEWS.  
"YOU ARE SAFE AND SECURE IN MY CARE."

TO COUNTERACT FEAR,  
PRACTICE COURAGE.



AVOID COWARDICE AND ATTACK, CHOOSING INSTEAD TO  
TRUST GOD'S PRESENCE IN AND AROUND YOU.



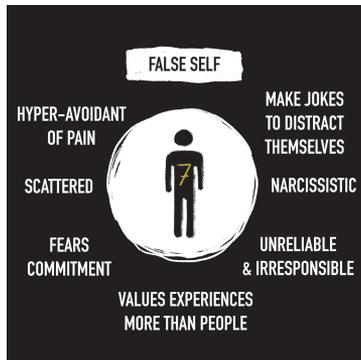
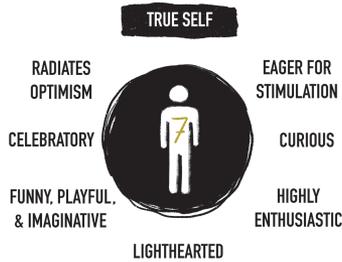
THE SIX REFLECTS GOD'S  
LOYALTY & COVENANT.



CHAPTER 11

# TYPE SEVEN THE ENTHUSIAST

---





THE CHILDHOOD THEME OF THE SEVEN IS  
PROLONGED CHILDHOOD & LOSS OF PARADISE.



THE SEVEN WANTS TO BE HAPPY.

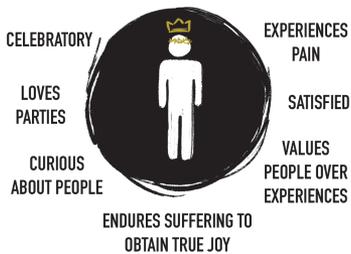
WHAT IS THE SEVEN WILLING TO SACRIFICE?



HOW DOES THE SEVEN NURTURE  
THEIR DEADLY SIN?



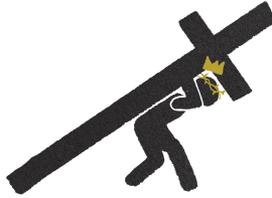
JESUS, THE TRUE ENTHUSIAST



LIKE THE SEVEN, JESUS LOST TRUE PARADISE  
AND EXPERIENCED A PAINFUL WORLD.



LIKE THE SEVEN, JESUS ENJOYED  
PARTIES AND CELEBRATING.



JESUS CONFRONTS THE SEVEN BY ENDURING  
SUFFERING TO OBTAIN TRUE JOY.



THE SEVEN IS GIVEN THE GOOD NEWS,  
"I WILL TAKE CARE OF YOU."

TO COMBAT GLUTTONY,  
PRACTICE SOBRIETY.



BE LEVELHEADED AND LIVE IN THE REALITY OF THE  
MOMENT WITHOUT SEEKING DISTRACTIONS.



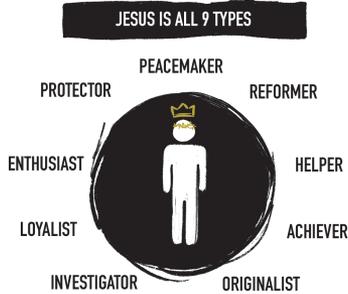
THE SEVEN REFLECTS GOD'S  
JOY & ABUNDANCE.



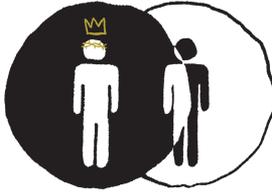
## CONCLUSION

# A New Way to Relate

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WHERE IS CHRIST IN THE ENNEAGRAM?



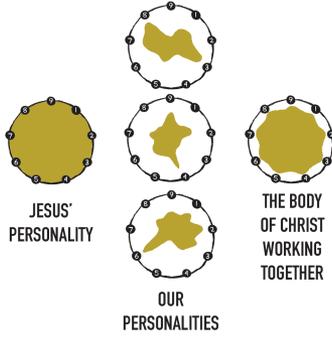
CHRIST CAME TO REVEAL AND PUT TO DEATH OUR FALSE SELF AND RECLAIM OUR TRUE SELF.



ONLY JESUS HAS THE EMPATHY AND AUTHORITY TO DESERVE OUR TOTAL TRUST.

TO STOP RELYING ON OUR PERSONALITY TO SAVE US, WE MUST LET JESUS SAVE US.





TOGETHER, WE REFLECT JESUS TO THE WORLD.



## APPENDIX 1

# WINGS



Much like someone will customize their coffee with their favorite creamer, people customize their *core type* utilizing one of their wings. Wings are the numbers on each side of your core type. Typically, one wing influences your core type more than the other. However, it is also possible to have both wings be a significant influence or to have neither wing exert much influence. As you read the table below, consider whether you sense the presence of one wing, no wings, or both wings in your personality.

THE HEART TRIAD		
TYPE	WING	WING
Two	<b>One:</b> Tend to be more idealistic, objective, self-critical, and judgmental.	<b>Three:</b> Tend to be more self-assured, ambitious, outgoing, and competitive.
Three	<b>Two:</b> Tend to be warmer, more encouraging, sociable, popular, and alluring.	<b>Four:</b> Tend to be more introspective, sensitive, artistic, imaginative, and pretentious.
Four	<b>Three:</b> Tend to be more extroverted, upbeat, ambitious, attention-seeking, and image-conscious.	<b>Five:</b> Tend to be more introverted, intellectual, atypical, reserved, and depressed.

## THE HEAD TRIAD

TYPE	WING	WING
Five	<b>Four:</b> Tend to be more creative, focused on human welfare, sensitive, empathetic, and self-absorbed.	<b>Six:</b> Tend to be more loyal, anxious, skeptical, cautious, and interested in research and science.
Six	<b>Five:</b> Tend to be more introverted, intellectual, cautious, and distant.	<b>Seven:</b> Tend to be more extroverted, materialistic, active, and impulsive.
Seven	<b>Six:</b> Tend to be more loyal, endearing, responsible, and anxious.	<b>Eight:</b> Tend to be more energetic, aggressive, competitive, and materialistic.

## THE BODY TRIAD

TYPE	WING	WING
Eight	<b>Seven:</b> Tend to be more extroverted, enterprising, energetic, quick, and self-centered.	<b>Nine:</b> Tend to be more mild-mannered, gentle, receptive, and quietly strong.
Nine	<b>Eight:</b> Tend to be more outgoing, assertive, anti-authoritarian, and prone to switch between being confrontational and conciliatory.	<b>One:</b> Tend to be more orderly, critical, emotionally controlled, and compliant.
One	<b>Nine:</b> Tend to be cooler, more relaxed, objective, and detached.	<b>Two:</b> Tend to be warmer, more helpful, critical, and controlling.

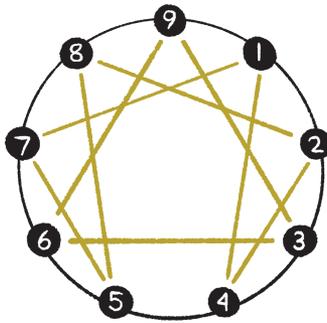


## APPENDIX 2

# ARROWS



Each type also connects with two additional types in the circle. You connect with one type under stressful conditions and one under secure conditions. In both cases, when you're in an unhealthy place, you will tend to take on the nonresourceful aspects of those types. When you're in a healthy space, you're likely to take on the resourceful aspects of both types. When this is happening, you don't change types; rather, you simply display characteristics from that type. Find your type below to learn more.



## THE HEART TRIAD

TYPE	STRESS ARROW	SECURE ARROW
Two	<b>Eight:</b> Can be irritable and attack others, can blame, make demands and attempt to control everyone <i>or</i> feel more self-confident and straightforward, will feel less concerned with other's opinions of them.	<b>Four:</b> Can accept their painful feelings including sadness and anger, explore their inner world and utilize boundaries <i>or</i> get trapped in comparing their life to others and become self-absorbed in sadness.
Three	<b>Nine:</b> Can become indecisive, procrastinating and apathetic, can numb out and avoid responsibility <i>or</i> can slow down and relax, become more receptive and see life with a broader view.	<b>Six:</b> Can spend more intentional time with friends and family and put the needs of the group first, can get in touch with their feelings <i>or</i> become afraid of rejection, become more anxious and have trouble making decisions.
Four	<b>Two:</b> Can become manipulative to get affection, can exaggerate their pain for attention, can deny their needs <i>or</i> can connect with people deeply, focus on others more, serve others unconditionally.	<b>One:</b> Can be more self-disciplined and do more problem solving, more easily expresses gratitude and is less controlled by their feelings <i>or</i> can be critical and unappeasable, can be excessively moral and feel buried in guilt.

## THE HEAD TRIAD

TYPE	STRESS ARROW	SECURE ARROW
Five	<b>Seven:</b> Can take on new projects impulsively, become scattered, numb their anxiety through harmful self-medicating <i>or</i> become less self-conscious, become more fun-loving and openly celebratory.	<b>Eight:</b> Can get in touch with their body and put their thoughts into action, become more outspoken and assertive <i>or</i> become punitive and unreasonable, openly ignore other people's feelings and desires.

<b>Six</b>	<b>Three:</b> Can try to avoid their anxiety by staying busy, resist anything new where they may fail, overidentify with their image and lie to succeed <i>or</i> take decisive and effective action and feel good about their accomplishments.	<b>Nine:</b> Can be more empathetic, have a broader perspective, relax to free up their energy and trust themselves more <i>or</i> numb themselves through excessive self-medicating, become apathetic.
<b>Seven</b>	<b>One:</b> Can become cynical, judgmental and hypercritical; be certain that they “know” the truth more than others, blame others <i>or</i> become more productive and complete what they start, become less self-centered and focus on the needs of others.	<b>Five:</b> Can become quieter and more introspective, explore subjects in more depth, can become more serious and be taken more seriously <i>or</i> push their theories onto others and become more self-absorbed and avoid responsibilities.

### THE BODY TRIAD

TYPE	STRESS ARROW	SECURE ARROW
<b>Eight</b>	<b>Five:</b> Can withdraw from others and their own feelings, become paranoid about being controlled, and become depressed <i>or</i> become more objective, think things through before acting, and learn to control their impulses.	<b>Two:</b> Can become more emotionally vulnerable and more concerned for the welfare of others, become more loving and lovable <i>or</i> become more defensive and overreactive, unrealistic in their demands and codependent.
<b>Nine</b>	<b>Six:</b> Can become overwhelmed by anxiety, indecisive, rigid and self-doubting, inactive and passive <i>or</i> become more direct and outspoken, more loyal and realistic.	<b>Three:</b> Can become more energetic, productive, focused, self-directed and self-confident <i>or</i> take on more than they can handle, try to impress people by meeting the goals of others instead of their own.
<b>One</b>	<b>Four:</b> Can be indignant or depressed when expectations aren't met, can feel unlovable <i>or</i> they can get in touch with deeper feelings and get involved in creative activities.	<b>Seven:</b> Can be less critical and self-accepting, can be celebratory and optimistic <i>or</i> they can become self-destructive through excessive behaviors and substance abuse.