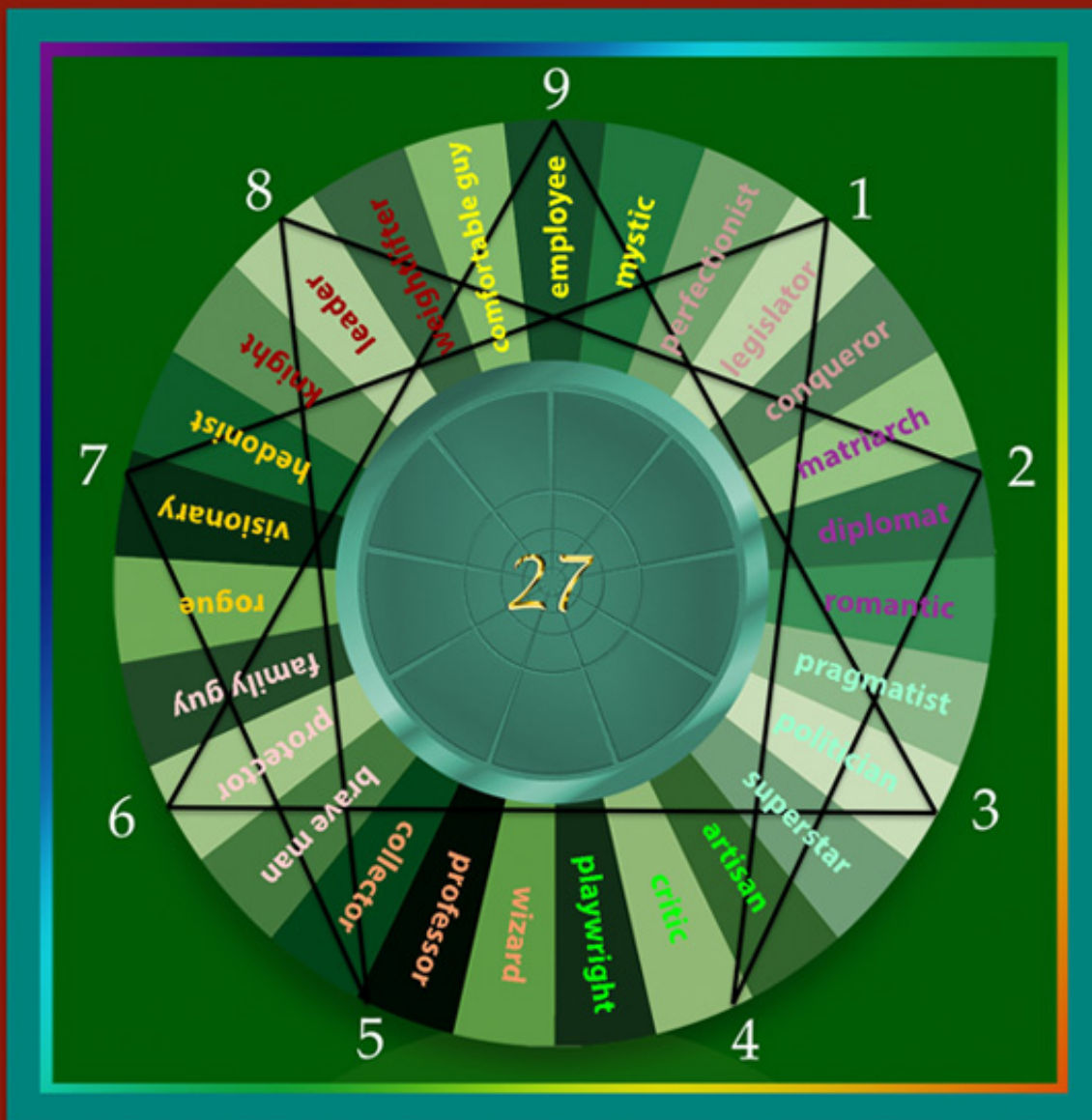


Detlef Rathmer

MOTIVATIONAL ENNEAGRAM TYPE TEST

*RECOGNIZE YOUR TRUE MOTIVATION!
RECOGNIZE YOURSELF!*

ENNEAGRAM TEST IN 100 QUESTIONS
FROM 100 AREAS OF LIFE



1. Introduction

With the ***Motivational Enneagram Type Test*** you are able to determine your Enneagram type safely and reliably. In the practice of typing to take such a test, one of the main obstacles encountered is often unnoticed by many test users, and this is due to: *The perceiving subjective consciousness of each person has a more or less distorted view of the world!* As human beings, without exception, we are subject to a certain subjectivity, and every human being, due to his ***so-called blind spot*** and because of the *individual's psychological makeup* looks unconsciously through the lens of his/her own Enneagram Type, which may cause his or her own perception to distort, discolor, or change. However, this variable blurriness for each human being and test user can be minimized as much as possible by a *variety of very different questions from all areas of life*, as you will find here in this type test with a total of **100 test questions**.

In this way, this ***Motivational Enneagram Type Test*** provides you, so to speak, with *one of the most important keys to self-knowledge about your Enneagram type* and at the same time your *true motivation as a human being*. The *second key to understanding your own Enneagram type* is MINDFULNESS. Mindfulness understood in this test is the key to most reliable test results. Therefore, be very honest in answering the 100 test questions of this Enneagram test, try to gather as consciously as possible in the so-called here-and-now to answer the questions conscientiously and accurately, to the best of your knowledge and belief. If possible be truly yourself. Take your time, there is absolutely

no advantage in rushing this stage. Remember: The path is the destination, i.e. every single step on the way to the end result is much more important than the goal itself. So make sure you take your test in a room which is free from interference before you start taking the test. The goal is not to complete the test in record time. Only then you will be able to arrive at a reliable and objective test result.

Another helpful strategy to take a conscious deep breath before each question and open yourself inwardly as attentively and undisturbed as possible for the upcoming question. Take a deep breath - exhale for a long time and relax as much as possible when exhaling, because the next inhalation will certainly come anyway without your own effort. It's best to focus your attention on the breathing process itself. From this state, you begin to get an understanding of each of the individual questions, and that's enough to get a good, useful, and above all, reliable test result. Some questions will be easier, some harder to answer - in the latter case ask familiar people for help.

This carefully designed type test is called "**motivational**", so it is fundamentally based on *human motivation*. For a more reliable indication of the Enneatype it is absolutely necessary to determine the **true essential basic motivation** of a person. In addition, one can use the *purely psychological action and behavioral patterns* of a person only conditionally, but it is more important to determine what is underlying the action; that is, the so-called intrinsic motivation. For this reason, in Enneagram circles the saying goes: *The behavior is nothing - the motivation is EVERYTHING!* Most of the Enneagram type tests, however, are primarily based on focusing on the behavior of a person to be typed, so that false typing will always occur. In contrast, in this **Motivational Enneagram Type Test**, the focus of the 100 test questions is on the underlying

motivational basic structures of personality, i.e. on the "why" of the specific behavioral and action patterns of humans. This makes it a reliable type test for determining one`s own Enneatype!

So, if an Enneagram test can claim to be reliable then it certainly is a motivational type test because it takes into account the deeper motivations of a person. Nevertheless, one should not rely blindly on the test result, because such a test can never be „perfect“. Therefore, the test result should always be seen under reserve. On the other hand, the result of this Enneagram type test can quite reliably provide the reader with a way to somehow separate the wheat from the chaff to subsequently confirm the result by further self-recognition processes. The reliability of the test result, as described in detail above, is directly and closely related to one's own ability to objectively self-reflect and exercise “self-honesty“. Regrettably, every person, even the most self-aware, has more or less the well-known "blind spot". In any case, we should always be aware of this when performing this test, as this awareness will lead to more accurate, more reliable test results.

So if you want the end result of your test to be reliable (see [chapter 5 on page →](#)), then please have the courage to be as honest as possible to yourself!

Detlef Rathmer in July 2019



2. Contents

1. Introduction

3. Overview: Avoidance Strategies, Drives and the Main Passions

4. Motivational Enneagram Type Test in 100 questions

Question 1: ACCIDENT REACTIONS

Question 2: ANIMAL EQUIVALENTS.

Question 3: ATTENTION IN RELATIONSHIPS

Question 4: ATTITUDE TOWARDS PARENTS

Question 5: AVOIDANCE STRATEGIES

Question 6: BASIC FEARS

Question 7: BEHAVIOR TOWARDS ONE'S OWN CHILDREN

Question 8: BEHAVIOR TOWARDS SOCIETY

Question 9: BELIEFS

Question 10: BLINDNESS/BLIND SPOT

Question 11: BOOK READING

Question 12: CAR PURCHASE

Question 13: CAR TYPES

Question 14: CENTRAL AREAS OF LIFE

Question 15: CHALLENGES TO LIFE

Question 16: CHILDHOOD DEFICITS

Question 17: COMIC FIGURES (ASTERIX & OBELIX).

Question 18: COMPETITION INCLINATION

Question 19: CONCEPTS (ASPECTS, CHARACTERISTICS, FACTS)
Question 20: CORE RESOURCES
Question 21: DEALING WITH ILLNESS
Question 22: DEFENSE MECHANISM
Question 23: DEFICITS IN THE FAMILY OF ORIGIN
Question 24: DIRECTIONS OF ATTENTION
Question 25: DRIVING STYLE
Question 26: EATING & DRINKING
Question 27: EDUCATIONAL EXPERIENCES
Question 28: EGO PERSONALITY
Question 29: ENCOURAGEMENTS
Question 30: ENERGETIC CHARISMA
Question 31: ENERGETIC QUALITY OF GAZING
Question 32: ERRING LOVE
Question 33: FACIAL EXPRESSIONS
Question 34: FAITH/RELIGION/SPIRITUALITY
Question 35: FEELINGS IN CHILDHOOD
Question 36: FOCUS OF ATTENTION
Question 37: FOCUS POINTS IN MISBEHAVIOR
Question 38: FURTHER DEVELOPMENT
Question 39: GARDENING
Question 40: GESTURES
Question 41: GIFT IDEAS
Question 42: GO SHOPPING.
Question 43: IDENTIFICATION
Question 44: ILLNESS BEHAVIOR
Question 45: INNER PRINCIPLES
Question 46: INTUITIVE STYLE
Question 47: JESUS CHRIST ASPECTS
Question 48: LANGUAGE STYLES

Question 49: LIFE OR LEARNING TASKS
Question 50: LONGINGS
Question 51: LOVE (EXPRESSIONS)
Question 52: LOVE RELATIONSHIPS & LOVE STYLES
Question 53: MAIN CHARACTERISTICS
Question 54: MAIN DEMANDS
Question 55: MANIPULATION STRATEGIES
Question 56: MASKS
Question 57: MONEY PROFIT
Question 58: MOTIVATIONS FOR MY ACTIONS
Question 59: MOTIVATIONS, AVOIDANCE & PASSIONS
Question 60: MOTTOS OF LIFE
Question 61: MUSICAL TASTE
Question 62: NATURAL PHENOMENA
Question 63: NEEDS (SUBJECTIVELY FELT)
Question 64: NEW YEAR WISHES
Question 65: ONE-SIDED ATTITUDES
Question 66: PARTY BEHAVIOR (BEFOR, DURING AND AFTER THE PARTY)
Question 67: PASSIONS
Question 68: POLARITIES
Question 69: POSITIVE AFFIRMATIONS
Question 70: PROBLEM SITUATIONS
Question 71: PROFESSIONAL PRACTICE
Question 72: PROGRAMMINGS OF THE PERSONALITY
Question 73: PSYCHODYNAMIC CYCLE
Question 74: ROLE PATTERNS - HEAD, HEART OR GUT INSTINCT
Question 75: SELF-IMAGE
Question 76: SENSE OF SELF
Question 77: SPECIAL ANXIETIES (FEARS)

Question 78: SPECIAL AVERSIONS
Question 79: SPECIAL PREFERENCES
Question 80: SPORTS INTEREST
Question 81: STATEMENTS (NON-VERBAL)
Question 82: STATEMENTS (VERBAL)
Question 83: STATEMENTS OF OTHERS ABOUT ME
Question 84: STATEMENTS OF THE PARTNER
(NEGATIVE)
Question 85: STATEMENTS OF THE PARTNER
(POSITIVE)
Question 86: STRENGTHS/QUALITIES
Question 87: STRESS REACTIONS
Question 88: STYLES OF SPEECH
Question 89: SUBTYPE DESCRIPTIONS
Question 90: SYMBOLIC ARCHETYPE
Question 91: THREATS (SUBJECTIVELY FELT)
Question 92: TRAPS
Question 93: TRAVEL
Question 94: TRUE VALUES
Question 95: TYPICAL CORE FORMULATIONS
Question 96: UNCONSCIOUS, NORMAL &
CONSCIOUS ATTITUDE
Question 97: WARNING SIGNS
Question 98: WHAT OTHERS FIND ANNOYING ABOUT
ME
Question 99: WHY NO RIGHT TO LIVE AND BE
LOVED?
Question 100: WILLINGNESS TO ACT

5. Overview: The 27 Subtypes

6. Overview: Illness (Disease) Behavior & Polarities

7. Evaluation of the Motivational Enneagram Type (test result)

8. Overview: Enneatypes, True Transformation and Homeopathic Remedies

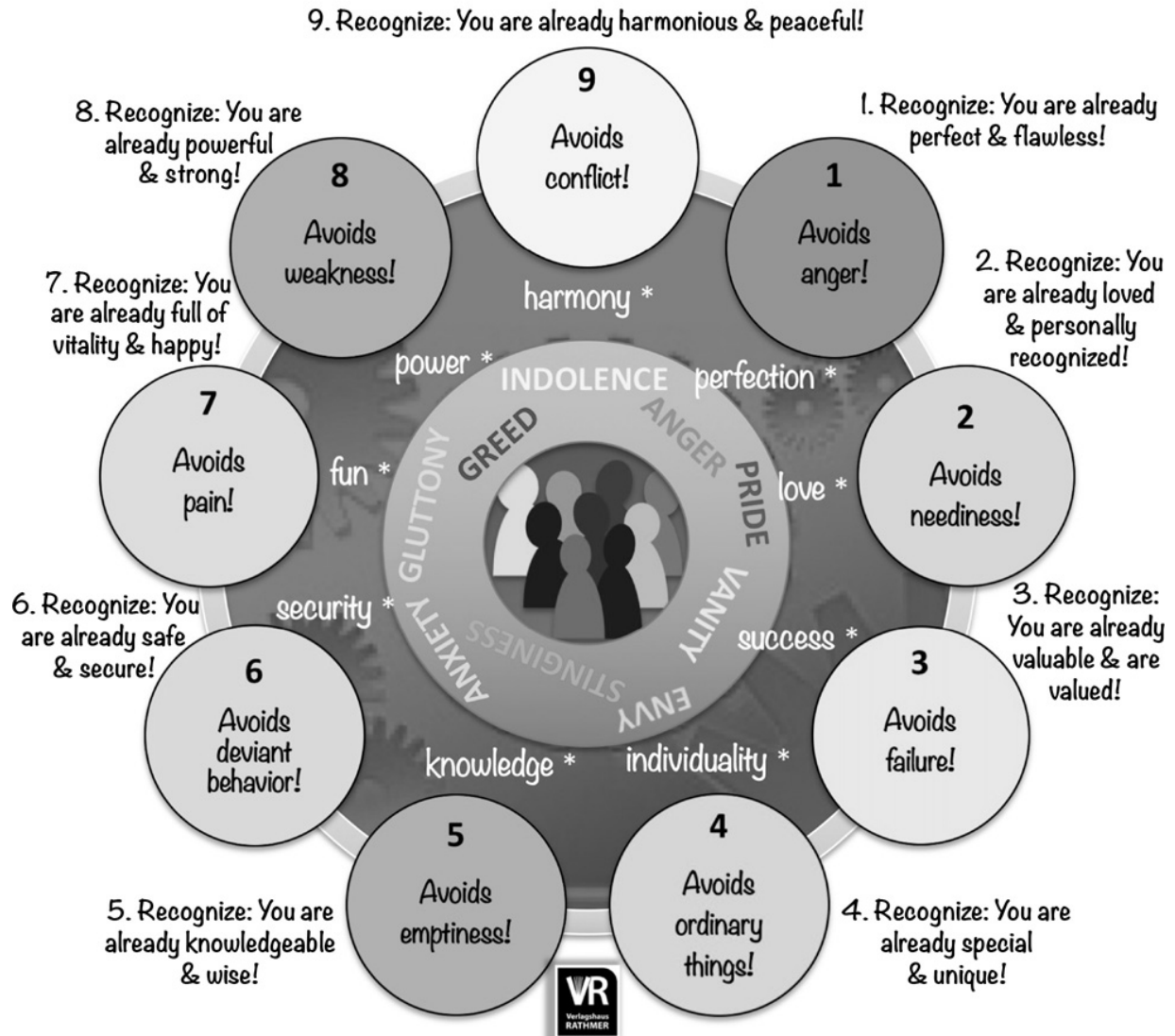
9. Further and supplementary literature by the author from the Publishing House Rathmer

10. Additional YouTube videos in German by the author (296 videos, July 2019)



3. Overview: Avoidance Strategies, Drives and the Main Passions

Avoidance Strategies of the 9 Enneatypes, their Drives * and Main Passions (inner circle)



* These drives represent *the true motivations of a person*, according to which he behaves automatically, which he is not aware of. The particular enneatype attempts to satisfy a deficiency that is hidden deep inside, which often succeeds in the short term. In reality, however, the effect of this life strategy does not last long, and only **self-knowledge about one's enneatype** and its true impulse, and the prescription of the most appropriate homeopathic enneagram remedy, can lead to **liberation through awareness**.

4. Motivational Enneagram Type Test in 100 questions (from 100 areas of life)

Please rate the following, alphabetically ordered **100 areas of life** according to the **two most relevant main motives** by marking the **two most important** (*1 = very important, 2 = the second most important*) of the **9 statements** of the 100 test questions with the ***numbers 1 and 2***:

TOPIC	ACCIDENT REACTIONS	1 = very important
Question 1	On the occasion of an accident, I mainly react in two of the following ways (reactions to an accident):	2 = second important
S	I recognize the terrible dimension of the situation and do everything I can to maintain order and alert the emergency service.	
Y	I recognize the factual dimension and log the exact accident details according to the facts.	
X	I recognize the pragmatic dimension and provide action-oriented support/help.	
O	I recognize the ethical dimension of the situation, ask who is responsible and collect information.	
Z	I recognize the urgency, the extent of the situation and look for ways to improve it.	
F	I recognize the emotional dimension of the shock/emotional overload and calm the participants.	
T	I recognize the human dimension of the situation and wonder if anything has happened to the people involved and how I can help.	
N	I recognize the confusing dimension of the situation and am available for everything that is needed.	

E	I recognize the need to take leadership and responsibility for the situation and provide first aid.	
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TOPIC	ANIMAL EQUIVALENTS	1 = very important
Question 2	With which two enumerations of the following do I personally and spontaneously identify with?	2 = second important
O	Ant, crane, vulture, goose, bee, billy goat, terrier, mouse.	
Y	Hedgehog, badger, fox, owl, starfish, mole, hamster, parrot.	
N	Whale, bear, turtle, koala, elephant, lamb, sloth, dolphin.	
F	Penguin, basset hound, frog, baby seal, nightingale, pug, duckling.	
E	Bull, lion, hippopotamus, shark, rhinoceros, bulldog, tiger, crocodile.	
X	Chameleon, poodle, kingfisher, ornamental fish, tomcat, toucan, peacock, hummingbird.	
Z	Monkey, zebra, cow, giraffe, butterfly, otter, guinea pig, crow.	
T	Cat, donkey, pig, kangaroo, panda, seahorse, swan, hen.	
S	Snail, mouse, deer, rabbit, hare, German shepherd dog, panther, wolf.	