

Enneagram Type Seven Description

Click on a link below to go to that section of this page:

[In-Depth Description of Enneagram Type Seven](#)

[Career Talents, Values & Interests for Enneagram Type Sevens](#)

[Natural Gifts and Talents of Sevens](#)

[Some Life Values of Sevens](#)

[Careers That Especially Interest Sevens](#)

[Relationship Compatibility for Sevens with Other Types](#)

[Things Sevens Can Do to Help Themselves Grow](#)

[Type Seven's Wing Descriptions](#)

[Type Seven's Subtype Descriptions](#)

[Heart and Defensive Points/Arrows for Type Seven](#)

In-Depth Description of Enneagram Type Seven

An explanation of the Core Enneagram type can be found [here](#), which opens in a new window.

Common Descriptive Names: (1) The Epicure, (2) The Enthusiast, (3) The Entertainer

Unconscious Fear for type Seven: Of being deprived or limited or stuck in pain

To compensate for their Unconscious Fear an Unconscious Desire arises.....

Unconscious Desire for type Seven: To be satisfied, fulfilled and happy

For a comprehensive summary of each Enneagram type and the major aspects of this system, click on "[The Enneagram Cheat Sheet](#)," which opens in a new window.

As our personality was forming in early childhood we each developed limiting subconscious beliefs about ourselves, others and the world. For example, your mother or father might have yelled at you "Get your hands out of there!" or "You should be ashamed of yourself!" or "Stop being such a cry baby!" If you had really loving parents you might have heard, "Don't touch that, it's hot!" or "Don't do that, you might hurt yourself!" We also developed limiting beliefs about others. Growing up you may have heard, "I don't want you to play with those kinds of kids" or "Salesmen are sleazebags" or "Politicians are so duplicitous and two-faced." We also developed limiting beliefs about the world. Newspapers and television constantly bombard our minds with reports of scandals, crimes, wars, economic crises, natural disasters, and political corruption. Does this help us believe the world is a loving, safe place to live? Of course not. One way or another, none of us escaped childhood without some limiting subconscious beliefs. Your Enneagram type identifies some of the strongest subconscious beliefs that you've developed over time based on your distorted perception of reality.

The following subconscious beliefs of Sevens stem from their unconscious fear and will continue to drive their personality until they learn to reprogram their subconscious beliefs, which will be talked about in the article on "[The Law of Attraction](#)."

Limiting Subconscious Beliefs for type Seven:

- I require numerous enjoyable outside experiences to feel fulfilled.
- Something better (more exciting, more fun) has to be just around the corner; I just need to keep looking.
- To be loved I must keep myself positive and life “up.”

Core Coping Strategies for Sevens: (where Sevens focus their attention because of their subconscious beliefs)

- Heightened imagination and positive, anticipatory thinking
- Keeping life upbeat, exciting and enjoyable
- Putting a positive reframe on negative experiences
- Moving on to something better when stuck in pain
- Focusing on the bright side, even in difficult situations
- Resilience – bouncing back quickly after painful incidents
- Planning ability (for pleasurable, positive experiences)
- Imagining and engaging in interesting activities
- Explaining and justifying own inappropriate behavior (rationalizing)
- Avoiding negative feelings that bring life down

Here’s a brief profile of some healthy, very healthy, average, unhealthy and destructive type Seven traits.

Healthy Sevens are optimistic, enthusiastic, idealistic and excitable. They view life as an action-packed, fun-filled adventure yet they also want to contribute to others because of their idealism. They are outgoing and curious and find life to be exhilarating, invigorating and an endless source of fascination. Healthy Sevens are spontaneous, upbeat and highly responsive to their environment. They have quick, agile minds and vast amounts of energy for work and play. Healthy Sevens are so enjoyable to be around because they’re infectiously high-spirited and vivacious. They are also generous and want to share their joy, gratitude and appreciation of life with others. They are sociable and like going places and doing active things with people. Healthy Sevens can be extremely playful, entertaining and quick-witted. They smile and laugh a lot, enjoy telling stories and are eager to share a joke or two with everyone they meet. Healthy Sevens are free-spirited and often lift the spirits of more serious or melancholy types.

But healthy Sevens aren’t just about fun and games. They are highly practical and prolific achievers too. They tend to be multitalented and often become accomplished in many areas. They are versatile and resourceful generalists who are often highly creative and productive, able to cross-fertilize their interests, skills and talents from many diverse areas. They are able to visualize the future they want to create and plan accordingly. They then organize and execute their life according to their values and priorities to manifest their desired future.

Healthy Sevens take disappointments and setbacks in stride. Very little keeps them down for long because they believe people are meant to be happy and life is meant to be fun. So, they bounce back from heartaches and disappointments, even calamities, with amazing resilience and often renewed zest for life.

Very healthy Sevens, like Benjamin Franklin*, are grounded in the present moment and appreciative of whatever life presents them because they know it is all good. No longer scattered by a hyperactive mind, very healthy Sevens are able to allow their experiences to touch them deeply. They savor every moment fully rather than anticipating future moments in the mind and missing out on this moment. They contribute their time and energy to worthwhile causes because they want everyone to share in

the delight, wonderment and magic of life. They have an ecstatic sense of being swept along by life and feel confident that they will always have enough of what they need to be content and joyous.

* My speculation based on his life and my experience with the Enneagram

Average Sevens fear missing out on fun experiences so they try to do more and stay busy. They insist on being free, keeping their options open, and are constantly making plans for new, exciting future adventures. Average Sevens are seekers of continuous excitement and stimulation and find the everyday drudgeries of life dull (like Fours). They have a hard time putting limits on themselves, denying themselves or being bored for a moment. They tend to be undisciplined, hyperactive and acquisitive (hoping that "things" will bring them satisfaction). As they become more restless, average Sevens fear missing out on pleasures and experiences so they become indiscriminate, scattering their energy, talents and resources in every direction with no particular focus. They lose their sense of priorities and never stay with one thing long enough to really develop it. They can be superficial dabblers who are way overextended, trying to do too many things at once and doing none of them very well (work-wise) or fully enjoying any of them in the moment (play-wise). They are trying to find the experiences that they believe will satisfy them but never quite seem to find them or get enough to feel fulfilled and content. Rather than seeing this unfulfilling pattern in themselves and changing their behavior, average Sevens try to experience an ever wider range of experiences that they believe will surely satisfy them. But the more they seek stimulation outside themselves the more out of control and anxious they become inside. It can create a vicious cycle of ever increasing impulsive activity and ever increasing anxiety. Their flight from boredom is really a flight from unconscious pain and fear.

Average Sevens are outspoken. They have a tendency to say whatever comes to mind because they are more or less uninhibited. They enjoy making wisecracks and playing practical jokes. They also enjoy telling stories and often exaggerate for effect.

Average Sevens can be non-committal. They crave variety and excitement and fear being deprived of anything they want or being constrained in any way. So, commitments seem confining rather than appealing to average Sevens. Most people find Sevens amusing and entertaining but their indefatigable and restless energy can be exhausting for someone who's in a relationship with an average Seven. Sevens want their partner to do things with them so unless their partner is willing and able to keep up with them, average Sevens will get bored with their partner and get itchy feet to move on to someone new and exciting. It was probably a Seven who coined the phrase, "the grass is always greener on the other side of the fence." Average Sevens have difficulty dealing with other people's negative or painful emotions because they don't like dealing with their own.

Unhealthy Sevens live more and more excessively and extravagantly to escape their growing anxieties and fear of deprivation. They are capricious and hedonistic, narcissistic and crude. They have repressed emotional problems that lead them to indulge their every appetite and yet never feel satisfied. Increasingly frustrated and dissatisfied, unhealthy Sevens can become rude, self-centered, thoughtless, demanding, impatient and insensitive to others. If they have addictive tendencies they will fully come out at this level. Reckless spending is common. Unhealthy Sevens can unintentionally cause others a lot of pain with their irresponsible and erratic behavior but they will rationalize their behavior and deny guilt or responsibility for causing any problems.

Destructive Sevens attempt to escape anxiety by any means possible. They are extremely impulsive, manic, infantile, compulsive and out of control. Their need for instant gratification has led them to serious addiction problems. They have no tolerance or capacity to deal with any kind of unpleasantness or suffering. Drug and alcohol abuse, sexual addiction and gambling are all common. Sevens at this level can't sustain their manic lifestyle for long, however, and so "crash" into extremely erratic mood swings and debilitating depressions as well as frequent panic attacks and episodes of paralyzing terror. They usually have severe health problems. Because of their excessive lifestyle, unhealthy Sevens can bring about the very thing they were trying to avoid, being stuck in pain (their unconscious fear).

➤ [Back to the top](#)

Career Talents, Values & Interests for Enneagram type SEVENS

I want to say from the outset that the Enneagram is one system among many powerful ones that can be used to help people understand their vocational talents, values and interests by understanding WHO THEY ARE INSIDE!

Goldie Hawn and Jack Nicholson are two famous Enneagram Sevens but look how different they are based on other systems (click on the links below to see what I mean):

SYSTEM	GOLDIE HAWN	JACK NICHOLSON
	Goldie Hawn Biography	Jack Nicholson Biography
Temperament system	True Blue	Bold Orange
Myers-Briggs system	ENFP	ESTP
Dosha Type system	Vata-Pitta type	Pitta-Vata type
Aura Colors system	Blue/Yellow	Green/Yellow
Multiple Intelligences system	Bodily-Kinesthetic, Visual-Spatial	Bodily-Kinesthetic, Visual-Spatial
Numerology system	born on the 21st of the month	born on the 22nd of the month
Numerology system	24/6 Life Path	28/10 Life Path
Astrology system	Moon opposition Mercury	Sun conjunct Uranus
Astrology system	Venus square Pluto	Sun square Pluto
Astrology system	Goldie's Astrology Report	Jack's Astrology Report
Michael system	(Mature Soul) Sage	(Mature Soul) Sage

Go to [Famous People Analyzed](#) for more information on these famous people. If you are interested in vocational guidance yourself then go to that area of this website by clicking on the following link: [Vocational Guidance](#).

So, what DO Goldie Hawn and Jack Nicholson have in common, both being Enneagram type Sevens?

All Sevens are motivated by the need to live life to the fullest and have fun. They do their best to keep life upbeat as much as possible and themselves happy! Sevens see life as a fun-filled adventure and they are constantly making plans for new, exciting experiences, even while they are having them! For Sevens, work needs to be fun or they feel constricted and stifled. They love to laugh and try to help more serious types lighten up and laugh more too. Sevens are pretty independent (even when relationship-oriented) and somewhat anti-authoritarian. They need freedom, variety and multiple options in their work, as in their personal life. They hate being told what they can and can't do at work. Sevens see boring, predictable, routine work as akin to a slow, painful death – and would never stand for it! **Doesn't that sound like both Goldie Hawn and Jack Nicholson?**

Sevens can have either a Six wing or an Eight wing. **Goldie Hawn is a [Seven with a Six wing](#) and Jack Nicholson is a [Seven with an Eight wing](#).** If, after clicking on the previous links, you feel that you are more of a Seven with a strong Six wing, look at what Enneagram type Sixes need for career satisfaction as well. If you feel you are more of a Seven with a strong Eight wing, look at what Enneagram type Eights need for career satisfaction as well.

The biggest problem for Sevens is that they pick up skills with such relative ease and have so many varied experiences in life that they soon become multi-talented. It becomes difficult for **average Sevens** to know what they want to do when they grow up! Many Sevens have such a wide-ranging curiosity that sticking with one career for long feels boring. A work-related problem that **average to unhealthy Sevens** can have is being too self-centered, undisciplined and hyperactive. They can have problems with completing tasks on time, especially ones that need to

be done but aren't fun. Craving ever more stimulation, some **unhealthy Sevens** can have addiction problems that get in the way of their ability to work productively.

Healthy Sevens are enthusiastic, ecstatic appreciators of life. They are accomplished achievers due to their ability to assimilate experiences in-depth rather than just skimming the surface. They are practical and productive, able to cross-fertilize their varied areas of interest. Examples of healthy Sevens are **Bob Hope, Carol Burnett, Jim Carey, John F. Kennedy, Robin Williams, Steven Spielberg, Tom Hanks, Benjamin Franklin** and **Eddy Murphy**.

Natural Gifts and Talents of Sevens

As a Seven, I have some, or all, of these natural gifts and talents that I take for granted:

1. The ability to "think outside the box" and envision exciting, creative and novel ideas
2. The ability to see patterns and possibilities
3. The ability to see the big picture and the implications of my actions and ideas
4. The ability to learn quickly and do many different things well (can be a blessing or a curse)
5. The ability to experiment, investigate, explore and discover (I'm insatiably curious!)
6. The ability to accumulate enormous amounts of varied information (again, I'm so curious!)
7. The ability to work in a fast-paced, unpredictable environment calling for quick thinking/action
8. The ability to entertain others and make people laugh
9. The ability to brainstorm and create multiple options to solve a problem
10. The ability to courageously take risks, try new things and overcome or circumvent obstacles
11. The ability to read people well; to understand their needs and motivations
12. The ability to see the bright side of any problem or situation
13. The ability to bring enthusiasm, optimism, passion and fun to whatever work I do
14. The ability to arouse enthusiasm and excitement in others for my products, services or projects (great for winning supporters, investors or followers)
15. The ability to synthesize other peoples' ideas and present my own original ones
16. The ability to network, communicate and interact well in interpersonal/social situations
17. The ability to bring people together who I know could benefit one another
18. The ability to see the best in anyone or anything
19. The ability to cheer people up when they're down or just lighten the mood of others
20. The ability to see points of agreement between people's different points of view
21. The ability to act spontaneously and adapt quickly to changing situations
22. The ability to multitask and juggle many roles and responsibilities in life
23. The ability to go and go and go.... until I crash (like the Energizer bunny!)
24. The ability to identify and make use of available resources in ingenious ways
25. The ability to accept/appreciate differences and go with the flow
26. The ability to work well with my hands, with tools and with machinery (some Sevens)
27. The ability to plan (especially exciting things to do!)
28. The ability to anticipate wonderful things happening for me

➤ [Back to the top](#)

Work Values

Some of the work values important to Sevens are (choose which ones apply to you):

- Challenge
- Change and variety
- Contact with others
- Contribution (to betterment of world)
- Excitement and adventure
- Fast pace
- Freedom
- Hands-on work
- Independence
- Meaningful work
- Ongoing learning
- Originality and creativity
- Outdoor work
- Power & authority (7s with an 8 wing)
- Risk-taking
- Security (7s with a 6 wing)
- Sociability
- Time/Schedule flexibility

Universal Life Values

Which of the following universal life values are important to you?

- A loving, intimate partnership
- Aesthetics/beauty
- Career fulfillment/success
- Close family relationships
- Close friendships
- Faith/spiritual connection
- Financial security/comfort
- Good health/wellness
- Good physical fitness
- Inner peace
- Integrity/honesty
- Joy/happiness
- Ongoing learning potential
- Service/contribution
- Creativity/originality
- Time freedom/independence

Some Life Values of Sevens

Some of the life values important to Sevens are (choose which ones apply to you):

- A great sense of humor
- A sharp wit
- A wide variety of experiences
- Accomplishment
- Anything new and exciting
- Being adventuresome
- Being amused
- Being energetic
- Being happy-go-lucky yet practical
- Being optimistic
- Camaraderie
- Cheerfulness
- Companionship
- Conviviality
- Creativity
- Ecstatic appreciation for life
- Egalitarianism
- Enjoyment
- Entertainment
- Enthusiasm
- Freedom
- Friendship
- Full engagement with life
- Gregariousness
- Happiness
- Having fun
- Having multiple options/choices
- Imagination
- Insatiable curiosity
- Lightening others up
- Lots of laughter
- Making others laugh
- New "toys" (material possessions)
- Pleasure
- Positive anticipation
- Positive possibility thinking
- Productivity
- Resourcefulness
- Sociability
- Spontaneity
- Unreservedness
- Versatility

➤ [Back to the top](#)

As a Seven, career satisfaction means doing work that.....

1. Allows me to work with a diverse group of people who are fun-loving, funny, interesting to talk to (perhaps even unusual, quirky or idiosyncratic in some way) and full of great stories to tell.
2. Allows me to work with a boss who is easy to get along with, completely open to new ideas (especially all of mine) and gives me plenty of freedom to manage my own time and work environment with a bare minimum of rules, regulations and limitations (preferably none!).
3. Is adventurous, fun, challenging, exciting and always varied!
4. Is done in a dynamic, engaging, entertaining, stimulating environment.
5. Allows me to use my fertile imagination and ingenuity to experiment, explore and brainstorm.
6. Allows me to work on a variety of interesting projects with other people, motivated by creative possibilities.
7. Allows me to meet new people, constantly be learning and continually satisfies my curiosity.
8. Is consistent with my strong personal values, beliefs and ideals and has meaning and significance for me beyond a paycheck.
9. Allows me to act enthusiastically, laugh spontaneously and often, and lighten the mood of others.
10. Doesn't require me to do tedious, boring, routine, detail work.

Sample Type Seven Personal Mission Statements

Most people don't have a personal mission statement which is why I am including some here based on each Enneagram type's innate gifts, talents, interests and values. A personal mission statement is nothing more than a brief written statement of your overall purpose in life, your personal vision for who you want to be in and for the world. Helen Keller once said, "The most pathetic person in the world is someone who has sight but has no vision." I would use the word pitiable (as in evoking compassion) instead of pathetic but otherwise I agree with her. Without a "why" to live for that makes a contribution life quickly becomes empty and meaningless. Ways to find your purpose in life are developed more fully in the [Vocational Guidance](#) section. What follows are parts of personal mission statements from Sevens. You may notice a repeating theme.

1. My mission is to bring more happiness and laughter into the world
2. My mission is to take people on exciting, adventurous trips all around the world
3. My mission is to share my passion for skydiving with people by teaching it
4. My mission is to inspire and empower people to go after ALL of their dreams and goals
5. My mission is to make people laugh by telling them hilarious stories and jokes
6. My mission is to experience a little bit of everything that life has to offer.... and then go back for seconds!
7. My mission is to inspire and empower people to exercise and take care of their bodies
8. My mission is to give my kids a well-rounded childhood by offering them opportunities to participate in or experience a wide variety of cultural events, sports, courses, camps, classes, concerts, movies, museums, books, plays, countries, etc.
9. My mission is to open up a restaurant where people can have fun experiencing foods and beverages from all over the world
10. My mission is to open up a New Age life balance center where people can learn to meditate and chant, do yoga, learn Ayurveda, and rejuvenate their body with various spa treatments

Careers That Especially Interest Sevens

Enneagram Sevens are the most multi-talented of all the types so they are found in numerous types of occupations. Sevens usually have more careers in a lifetime than any other type because of their innate love of variety and change. As just mentioned, Sevens can be found in many different occupations but there are certain occupations they are particularly drawn to because of their natural gifts, talents and values. Here is a list of some of them.

Most Sevens are enterprising, personable, quick-thinking and constantly coming up with numerous great ideas. They love to interact with people, are excellent at product positioning, and read people's needs and motivations well so they often find marketing, sales, public relations and negotiating jobs particularly appealing.

- Advertising account executive
- Advertising creative director
- Advertising promotion manager
- Advertising sales agent
- Marketing manager
- Marketing specialist/consultant
- Media planner
- Negotiator
- Promoter
- Public relations director
- Public relations specialist
- Publicist
- Publicity writer
- Sales agent (especially real estate, insurance or securities & commodities)
- Sales manager

Some Sevens are attracted to jobs that involve travel because many of them love the variety, freedom, adventure and new experiences that traveling occupations often offer.

- Boat/ship captain
- Cruise director/worker
- Flight attendant
- Flight instructor
- Pilot
- Tour/travel guide
- Travel agent (with the benefit of being able to travel inexpensively)
- Travel writer
- Traveling reporter

Some Sevens enjoy jobs where they get to work outdoors or that involve an element of physical risk (especially 7s with an 8 wing or 7s with an [Orange](#) core aura color) because they are fast-paced, exhilarating, challenging, and often offer variety.

- Bungee jumping instructor
- Critical care nurse
- Emergency response worker
- Firefighter
- Hang gliding instructor
- Intelligence agent/specialist (i.e. FBI)
- Lifeguard
- Paramedic/EMT
- Police officer or detective
- Private investigator
- Race car driver
- Rescue worker
- Rock climbing instructor
- Ski patroller
- Skydiving instructor
- Stunt man/woman

Most Sevens have a ton of energy and some want to be young and play forever so they are often attracted to jobs in the fitness industry that are active and fun (especially 7s with the [Bodily-Kinesthetic intelligence](#)).

- Aerobics instructor
- Personal trainer
- Pilates instructor
- Yoga instructor

Sevens are natural communicators. With their often superior verbal and written communication skills (the [Verbal-Linguistic intelligence](#)) they are drawn to jobs in communications or the media.

- Columnist
- Commentator
- Correspondent
- Editor
- Journalist
- Literary agent
- Media specialist
- Motivational speaker
- Playwright/screenwriter
- Radio disc jockey
- Reporter
- Translator
- TV anchor/newscaster
- TV game show host
- TV talk show host
- Writer

Most Sevens love to have a good time and interact with people, so many fast-paced, lively jobs in the food and beverage industry appeal to them (Sevens also do well under time pressure).

- Bar/club/casino owner/manager
- Bartender
- Host/hostess
- Restaurant owner/manager
- Restaurant worker
- Waiter/waitress

Most Sevens love to entertain and be entertained (especially 7s with a [Yellow](#) core aura color) so jobs in the entertainment business are often appealing to them.

- Actor/actress (especially comic)
- Agent/manager (of artists, performers)
- Dancer
- Director (stage, motion picture, TV)
- Film/TV camera operator
- Film/TV producer
- Musician
- Performer
- Singer
- Special effects technician
- Talent director
- Talk show host

Most Sevens (especially 7s that have a [Yellow](#) core aura color) love to make people laugh so any job where they get to tell animated stories, act goofy and/or joke around is appealing to them.

- Children's storyteller
- Circus clown
- Comedian/comedienne
- Disc jockey
- Humorist/comic writer
- Party clown
- Rodeo clown
- Shock jock (radio DJ)
- TV game show host
- TV talk show host

Some Sevens have a [Vata](#) constitution so they have a sensitive stomach and delicate digestive system which naturally makes them concerned about their diet, health and healing. Some of these Sevens like to help other people with their health and/or dietary issues.

- Dietitian/nutritionist
- Family practitioner
- Herbalist
- Holistic health practitioner
- Nurse
- Public health educator

Because Sevens have so many original ideas, tons of energy, and a love of freedom, many of them follow one of their great ideas right into self-employment.

- Business consultant
- Entrepreneur
- Independent trainer
- Small business owner

Many Sevens are good at building relationships, developing rapport, appreciating differences, and mediating conflict so some business and human resources jobs are appealing to them.

- Account executive
- Conference programmer
- Consultative manager
- Consultative salesperson
- Corporate communications director
- Corporate trainer
- Diversity manager
- Employment interviewer
- Human resources generalist/specialist
- Industrial psychologist
- Mediator
- Negotiator
- Organizational development consultant
- Strategic partnership developer

Sevens are imaginative, creative and original. Some have a talent for the arts and design so often find the following careers appealing.

- Art director
- Costume designer
- Creative director, multimedia team
- Desktop publisher
- Fine artist
- Floral designer
- Graphic artist/designer
- Interior decorator
- Landscape designer
- Multimedia specialist
- Music composer
- Photographer
- Set designer
- Special events producer

- Wardrobe designer
- Web site designer

Some Sevens are great with their hands. They enjoy doing skilled trade work in jobs such as the following.

- Air traffic controller
- Aircraft mechanic
- Carpenter
- Chef
- Craft worker
- Electrician
- General contractor
- Mason
- Mechanic
- Plumber

Empathetic, feeling-oriented Sevens are often drawn to education and human services work such as the following.

- Adult literary specialist
- Child care worker
- Coach (life or business)
- Counselors of all kinds
- Educational consultant
- Fundraiser/institutional solicitor
- Instructional coordinator
- Philanthropic consultant/director
- Religious educator/leader
- School psychologist
- Social scientist
- Social workers of all kinds
- Teachers of all kinds (especially interdisciplinary studies)

Some Sevens (especially [Thinkers](#)) are drawn to law because they can use their sharp mind, grasp of the big picture, charming personality and quick thinking to outwit their opponent.

- Lawyers of all kinds (especially entertainment or communication & media. Others: criminal, election, entertainment, financial services, litigation, product liability, children, non-profit, trust & estate, domestic relations, environmental, and intellectual property)

Many Sevens are athletes since they have an abundance of energy, love a challenge, and like having fun. Other Sevens just love the excitement of sports so often choose sports-related jobs such as the following.

- Agent/manager of athletes
- Coach of an athlete
- Professional athlete
- Referee/umpire
- Scout
- Sports commentator
- Sports event camera operator
- Sports medicine specialist
- Sports news reporter
- Sports photographer
- Sports team coach
- Sports team manager
- Sports team promoter/publicist
- Sportswriter

If you are a Seven with a Six wing also look at the careers that appeal to Enneagram type SIXES.

If you are a Seven with an Eight wing also look at the careers that appeal to Enneagram type EIGHTS.

If you are a Seven with a strong One arrow also look at the careers that appeal to Enneagram type ONES.

If you are a Seven with a strong Five arrow also look at the careers that appeal to Enneagram type FIVES.

Of course there are many more occupations that Sevens are attracted to but this is a sampling based on my experience. For much more information on careers please go to my [Vocational Guidance](#) section.

➤ [Back to the top](#)

Relationship Compatibility for Sevens with Other Types

To learn more about Type Seven's relationship compatibility with other types, click below on the Enneagram type of the other person in the relationship. This will open in a new window.

Type 7 in relationship with Type:

[1](#) [2](#) [3](#) [4](#) [5](#) [6](#) [7](#) [8](#) [9](#)

Things Sevens Can Do to Help Themselves Grow

1. Notice the boredom factor for you in personal growth and consciously choose to stick with something rather than changing constantly.
2. Practice accepting and fully living in the present moment whether painful or pleasurable, stimulating or boring.
3. Practice working on one thing at a time until it is completed.
4. Appreciate more deeply the feelings and concerns of others.
5. Recognize whether you are seeking pleasurable experiences for their own sake or whether you are escaping from a painful situation or from responsibilities that constrain your freedom or deprive you.
6. Notice how you tend to rationalize and put a positive reframe on most situations, particularly when you want to avoid criticism, confrontation or pain. Realize that it is limiting to seek just the positive and avoid the negative. Learn to deal with pain, fear, restlessness, criticism and conflict rather than trying to escape from them.

➤ [Back to the top](#)

Type Seven's Wing Descriptions

An explanation of the Wings can be found [here](#), which opens in a new window.

Are you more like a Seven with a Six-wing or a Seven with an Eight-wing? Read below to find out.

Type Seven with a Six Wing (7w6)

Positive:

- Playful, Curious, Adventurous
- Loyal, Endearing, Responsible
- Productive, Creative
- Sociable and seek fun/variety in life
- More perky/positive than 7w8s
- Sensitive, Dutiful, Dependable
- Engaging, Personable, Witty

Negative:

- Anxious, Insecure, Scattered
- Easily hurt, Fear being alone

Type Seven with a Six Wing: Sevens with a Six wing (7w6s) tend to take on more of the attributes of Sixes than of Eights (the other wing), although both wings (6 and 8) can influence their personality. 7w6s tend to be optimistic, curious, engaging, creative and really enjoy a good laugh. They have a joie de vivre that is infectious. Their 6 wing can make 7w6s more positive, relationship-oriented, and cooperative than 7w8s yet also more nervous, sensitive, and anxious. 7w6s want to be accepted by others and are able to stick with commitments when healthy. They have a tender, romantic, vulnerable side to them which can make them quite caring and affectionate. 7w6s love to fall in love. They prefer to be in a relationship rather than out of one. Healthy 7w6s can be highly organized and productive because of their 6 wing as well as funny, playful, childlike, and even silly because they are 7s. They believe in life's goodness and always seem to retain a certain youthful innocence and ability to bounce back quickly from difficult life experiences. 7w6s are quick-thinking, fast-talking, witty and seek constant variety in life. Healthy 7w6s are highly creative, entertaining and have a great sense of humor. Many comedians and comediennes are 7w6s. They usually like to work and interact with other people. Counterphobic 7w6s can sometimes work hard for a cause they believe in because of their idealism

Negatively, 7w6s can easily become unfocused and scattered if their fears and anxieties get the better of them. They can be quite manic, fidgety, flighty, nervous and revved up when feeling insecure. They can have problems with follow-through. 7w6s don't like to be single for too long and can have a fear of being alone. 7w6s are idealistic, like 4s, so they can have unreasonably high romantic ideals of a partner. Some 7w6s fall in and out of love easily and can sometimes be fickle. If a relationship starts to become too dull and boring a 7w6 can have a real inner conflict between whether to move on to greener pastures (as their freedom-loving 7 type would like to do) or whether to stay (as their fearful, security-oriented 6 wing would like to do). Sometimes 7w6s feelings can be easily hurt in which case they can become evasive. 7w6s hate being limited or frustrated or told what to do and can be openly defiant and anti-authoritarian at times. Sometimes 7w6s can recklessly and self-destructively abuse alcohol or drugs due to feelings of insecurity, anxiety and inferiority. They may also seek sex as an outlet.

You may find that you can relate to the description of Type Seven with an Eight wing also (see below). However, there is a fundamental energetic difference between these two descriptions. See if you can discern which description sounds *more* like you, however slight that difference might be.

Type Seven with an Eight Wing (7w8)

Positive:

- Determined, Earthy, Practical
- Exuberant, Gregarious
- More Independent, Assertive and Workaholic than 7w6s
- Tough-minded and Protective
- Self-confident, Enjoy Life Fully
- Can be Big-hearted, Generous

Negative:

- Materialistic, Hedonistic, Crude
- Aggressive, Boisterous, Selfish

Type Seven with an Eight Wing: Sevens with an Eight wing (7w8s) tend to take on more of the attributes of Eights than of Sixes (the other wing), although both wings (8 and 6) can influence their personality. 7w8s are practical, tough-minded, realistic, earthy and hard-working. They tend to be more self-confident, audacious, loud, boisterous and gregarious than 7w6s. They truly enjoy the world and everything in it – nightlife, parties, social celebrations, telling jokes, good food, good wine and travel. 7w8s are big-hearted and generous, especially with close friends. Social 7w8s, in particular, are especially loyal to their friends and will assertively stand up for them if necessary. 7w8s have strong desires and go after what they want in life. They enjoy multi-tasking and have wide ranging interests and an enterprising, entrepreneurial spirit. Their daring, ambitious drive, hard-work ethic and ability to read people well often pays off in terms of material success and sometimes positions of prominence. 7w8s sometimes like to shock people with their outrageous sense of humor.

Negatively, 7w8s can become scattered, applying their energies in too many directions. They can also be workaholics to afford their exuberant, excessive lifestyle. They love to accumulate both experiences and possessions. 7w8s can sometimes be too selfish, impatient and inconsiderate as they aggressively pursue their goals. They can also be too blunt, callous and narcissistic. Sometimes 7w8s can get carried away and make big promises that they can't deliver on. Some 7w8s can have problems with infidelity or, conversely, be vengeful if their partner cheats.

You may find that you can relate to the description of Type Seven with a Six wing also (see above). However, there is a fundamental energetic difference between these two descriptions. See if you can discern which description sounds *more* like you, however slight that difference might be.

➤ [Back to the top](#)

Type Seven's Subtype Descriptions

An explanation of the subtypes can be found [here](#), which opens in a new window.

Which subtype are you?

Type #7 Self-Preservation Subtype

Tend to be the most family oriented of the three type 7 subtypes (including "extended family" of friends)

Positive/Enhancing:

- Energetic, practical, ambitious and hard working
- Outgoing and sociable but like having a home base
- Often very loyal to family and friends; enjoy nurturing and caring for their own
- Help other people feel happy by sharing their deep gratitude and enjoyment of life
- Entertaining, optimistic, positive, vivacious and upbeat
- Have learned to temper their impulsivity and risk taking; take calculated risks now
- Like to be spontaneous but also like planning so that they can do as much as possible with their time

Negative/Depleting:

- Subconsciously believe that enough pleasurable experiences and possessions will bring them happiness
- Fear becoming dependent on others or having others dependent on them
- Want to make sure they always have what they need and aren't deprived, limited or constricted
- Can't stand being in confined places (like an elevator, crawl space) or confined by a relationship or job
- Can be materialistic and consummate consumers; like having the latest gadgets and trendy items
- Feel they need to have freedom and multiple options in life; can easily become frustrated without them
- Can be self-centered, thoughtless, impatient, demanding and grumpy when feeling frustrated or deprived
- Can aggressively and relentlessly go after what they want (to keep anxiety repressed)
- Can get anxious and panicky when they think about losing their freedom
- At worst, they can spend out of control (possibly gambling as well), indulge their senses excessively (food, drink, drugs, sex, etc.) and push their bodies regularly to the point of exhaustion

(For even more insight, learn which "wing" you favor: your [6 wing](#) or [8 wing](#)).

➤ [Back to the top](#)

Type #7 Sexual Subtype

Sexual 7s can resemble 4s in relationships because they're both intense; both want an extraordinary, magical relationship; both fall in love easily; both idealize & romanticize their beloved; and both get disappointed easily

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Positive/Enhancing:

- Feel drawn to anything or anyone that is unique, unusual, complex, mysterious, intense or beautiful
- Have a wide-ranging curiosity and are often multitalented
- Are capable of bringing passion, intensity and excitement to their intimate relationship
- Are able to commit deeply in a relationship as long as they have ongoing stimulation and variety
- When their marriage inevitably hits a difficult patch healthy 7s stay positive, talk, and work through it
- Are able to deal with difficult, even painful, situations by choosing to see the positive that can come from any situation
- Are resilient; they can reframe disappointments and look to future possibilities for happiness

Negative/Depleting:

- Easily get bored with mundane reality so they embellish it with fantasy, imagination & wishful thinking
- Can idealize a romantic interest, projecting all kinds of wonderful qualities onto him/her that don't exist
- Can become magnetized by and infatuated with someone they find fascinating/intriguing/mysterious and will romanticize and fantasize about him or her as a way to keep life exciting and stimulating
- Enjoy fantasizing about all the magical adventures and interesting conversations they would have with their new romantic interest, even if they are married or have a partner already
- Can fear being trapped in a relationship so often move on once the rush of initial attraction wears off
- It was surely a Sexual 7 who said, "The grass is greener on the other side of the fence."
- They are highly suggestible and if they don't have good boundaries and morals they can be promiscuous
- Some Sexual 7s can justify and rationalize anything they do for the sake of having fun
- Can fall in and out of love often, trying their best to avoid a boring life
- Can be seductive without even meaning to be
- Get disappointed when their partner doesn't share the same zest for fun and adventure in life as they do
- Can sometimes be fickle in fact and not just in mind; commitment can be difficult for restless 7s
- Can have a short attention span, easily get distracted and have trouble concentrating/getting focused
- At worst, they can become reckless thrill-seekers, needing bigger and better experiences to get that rush of excitement they're looking for, like a drug addict who's built up a tolerance and needs more
- They can completely lack discernment and get involved in risky love affairs, flirt with danger or live on the edge in other ways to feel fully alive; excessive living can lead to burn-out and depression

(For even more insight, learn which "**wing**" you favor: your **6 wing** or **8 wing**).

➤ [Back to the top](#)

Type #7 Social Subtype

Positive/Enhancing:

- Can be idealistic, sacrificing for a cause they believe in that serves something beyond just themselves
- Have a large circle of friends that they share interests, activities and enthusiasms with
- Dislike inequality amongst people so strive for an egalitarian group structure – no leaders, no followers
- Keep up with what is going on in their community
- Excellent social skills and great conversationalists
- Are considerate and cooperative but have good boundaries; don't allow others to control or coerce them
- Can be one of the most social, entertaining, humorous and fun-loving types in the Enneagram
- They try to ensure that everyone around them or with them has a good time

Negative/Depleting:

- Inner tension between wanting to act on their good intentions vs. not wanting to give up their freedom
- Inner tension between social responsibility to others vs. a strong desire for excitement, adventure, fun
- Often get impatient and frustrated by other people's slower pace; like to take immediate action
- Dislike feeling burdened by their obligations and responsibilities; wish they could escape
- Can have a difficult time committing and tend to scatter their energy in every direction
- Keep a full social calendar but have contingency/back up plans just in case something falls through
- Start way more projects than they ever finish because of mental agitation and difficulty concentrating
- Resent authority because they see it as unnecessary and just another restriction on their freedom
- Can be fickle and cancel appointments if something more exciting or promising comes up
- Some are the "life of the party" type who get drunk and disorderly, especially when young and single
- At worst, they are irresponsible, rebellious, seek constant variety and get involved with the wrong crowd

(For even more insight, learn which "wing" you favor: your [6 wing](#) or [8 wing](#)).

➤ [Back to the top](#)

Heart and Defensive Points/Arrows for Type Seven

An explanation of the Heart and Defensive Points can be found [here](#), which opens in a new window.

Type Seven with a Healthy Connection to Type Five: When Sevens integrate the positive aspects of type Five they are able to stay with their observations and experiences long enough to be affected and enriched by them. They stop distracting themselves from the present with their restless, future-oriented minds and learn to relax and be here now. Their minds become quieter, clearer, more focused and steadier. They become more contemplative and better able to process all of their diverse experiences. They become more objective and wise about their choices. They are able to explore subjects in depth rather than just sampling subjects in breadth. They can have startling insights, synthesize disparate pieces of information and sometimes make new discoveries from their observations and experiences. They can become more curious about philosophical questions and the mysteries of life. Rather than disowning their negative feelings and unhappy thoughts, they are able to accept both the good and the bad aspects of life. They can enjoy time alone at home without feeling like they are missing out on something else that's going on. They delight in sharing their wisdom-born-of-experience with others. They not only become more creative, insightful, profound and productive but most importantly, satisfied and content.

Type Seven with a Healthy Connection to Type One: When Sevens integrate the positive aspects of type One they become more self-disciplined rather than self-indulgent, purposeful rather than distracted, systematic rather than scattered, and discriminating about their choices and options rather than indiscriminate. They are better able to focus on priorities and put first things first. They are able to make full commitments in alignment with their values while allowing themselves enough freedom and spontaneity to enjoy life. They put their strong ideals into action and follow through on things that they say they are going to do. They become more interested in the welfare of others rather than pleasing themselves. Their pleasure comes more from the self-satisfaction of doing a job well than from complete freedom to do as they please. They become more principle-centered and moral, reasonable and objective, productive and accomplished. They are able to sit with emotional discomfort, inner turmoil and challenging situations rather than impulsively reacting to change their ungratifying circumstances. Sevens with a healthy connection to type One are often extremely happy because they have childlike exuberance for life as well as maturity, integrity and inner strength of character.

Type Seven with an Unhealthy Connection to Type Five: When Sevens deteriorate to the negative aspects of type Five they can become extremely secretive about themselves and isolate themselves, like unhealthy Fives. Sevens often try to convince themselves and others that they're doing great and feeling fabulous but an unhealthy connection to type Five can make Sevens prone to frequent private depressions, loneliness and even grief. They can bounce back and forth between manic highs and depressive lows. They can intellectualize their feelings and emotionally detach from people in whom they've lost interest in a seemingly cold, insensitive way, like unhealthy Fives. They can become obsessively preoccupied with their own projects and mental interests. They can develop escapist tendencies, retreating into their imaginations and avoiding important responsibilities and difficult situations. They can have all kinds of fantastic, innovative ideas but do nothing to manifest them. Although Sevens are usually quite generous, an unhealthy connection to type Five can cause Sevens to be more stingy and sometimes even selfish, completely wrapped up in satisfying their own needs.

Type Seven with an Unhealthy Connection to Type One: When Sevens deteriorate to the negative aspects of type One they can become critical and blame others for preventing them from having a good time. They can be particularly irritable and judgmental when they feel deprived of options or limited by their circumstances. Interestingly, Sevens often realize that they have to focus and impose some limits on their own behavior if they expect to accomplish anything worthwhile. So, they restrain themselves and work harder all the while feeling frustrated by their self-imposed limits. They can become more self-controlled but also more cynical, grim, nitpicking and rigid, like unhealthy Ones. They can lose their ability to laugh at themselves, be spontaneous or even enjoy life. They can become perfectionistic and impatient with others, as well as with

themselves. Like unhealthy Ones, they are prone to self-righteousness and black-and-white thinking. They can be overly idealistic about people they admire but easily become disillusioned when others don't live up to their idealization of them.

Other Sevens can seem to have a manic obsession with a grand plan, a big idea of a future outcome, that is going to solve their problems and resolve their current distress and discomfort. They can become so fixated on this future goal that they totally rationalize their current behavior and justify their actions.

➤ [Back to the top](#)

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➤ [Back to the top](#)