

**LEVEL 1**



九型人格心理諮詢工作室  
EGOdyssey

# 九型人格 - 系統課程

## Enneagram System Module

KONG CHOI

無修正版本  
Uncensored Version



# LEVEL 1 CONTENTS

目標：建立對九型人格學的興趣

Goal: Cultivate an interest in the Enneagram of Personality

背景 Background	應用範疇、導師介紹、潛意識 Application Scope, Tutor Introduction, Subconscious
基礎知識 Fundamental Knowledge	不變定律、智慧中心 Invariant Law, Intelligent Center
追求 Pursuit	何謂追求、追求與心態 Definition of Pursuit, Pursuit & Mentality
補充資料 Additional Information	重要概念、九型人格的起源、與學術的關係、坊間的誤解、優良的學習特質、應用限制 Important Concepts, Origins of the Enneagram, Relationship with Academia, Common Misconceptions, Positive Learning Traits, Application Limitation





01

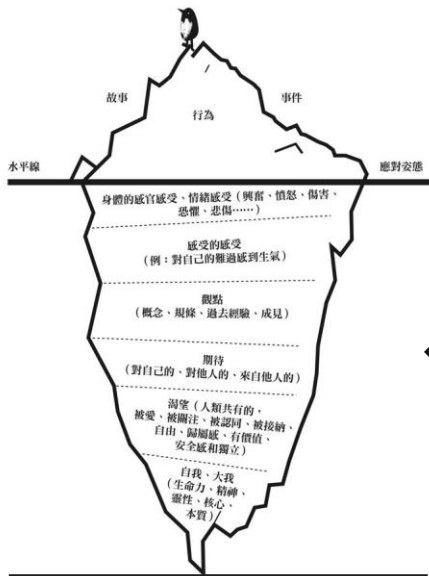
# 背景

## Background



# 潛意識 Subconscious

表意識  
Consciousness



潛意識  
Subconscious



性格  
Personality

人格  
Type

型號  
Type



引導我們作出選擇  
Guide us to Make Choice

Founder: Sigmund Freud  
Application: Dr Joseph Lam @EnneaPsychology®

# 潛意識 Subconscious



性格  
Personality

人格  
Type

## 有效的學習與覺察 Effective Learning and Awareness

- 聆聽真人分享  
Listening to Real-life Sharing
- 抽離的內在觀察  
Detached Inner Observation
- 朋友對自己的觀察  
Friends' Observations of Oneself

Founder: Sigmund Freud  
Application: Dr Joseph Lam @EnneaPsychology®



**02**

# 基礎知識

Fundamental Knowledge



## 不變定律 Invariant Law



型號先天決定

The Type Determines it Inherently



型號只有一個

The Type Has Only One Variant



型號不會改變

The Type Will not Change



LEVEL 5

脾性理論

Temperament Theory

-Alexander Thomas & Stella Chess

Application: Dr Joseph Lam @EnneaPsychology®

## 智慧中心 Intelligence Center



以關係、感覺、連繫作為對外界訊息的接收方式  
Using Relationships, Feelings, and Connections as a Way  
to Receive Messages from the World



以邏輯、思維、分析作為對外界訊息的接收方式  
Using Logic, Thinking, and Analysis as a Way  
to Receive Messages from the World



以習慣、行為、經驗作為對外界訊息的接收方式  
Using Habits, Behavior, and Experiences as a Way  
to Receive Messages from the World



LEVEL 3  
智慧中心理論  
Intelligence Center Theory

-Claudio Naranjo





03

# 追求

Pursuit





- **型號個別的\_\_\_\_\_ (詳細在LEVEL2/5中解釋)**  
**Basic Pursuit Specific to Each Type (Explained in Detail in LEVEL2/5)**
- **在任何情況下也\_\_\_\_\_**  
**Will not Change Under Any Circumstances**
- **因\_\_\_\_\_而不常自我覺察**  
**Not Often Self-aware Due to Subconsciousness**



# 追求與心態

## Pursuit & Mentality

### 情感智慧中心

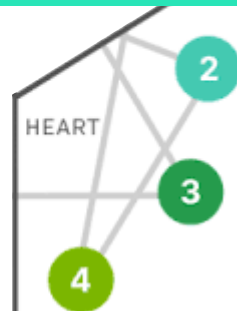
#### Feeling IC

以關係、感覺、連繫作為  
對外界訊息的接收方式

Using Relationships, Feelings, and Connections  
as a Way to Receive Messages from the World

LEVEL 3  
智慧心理學  
Intelligence Center Theory

-Claudio Naranjo



# 追求與心態

## Pursuit & Mentality

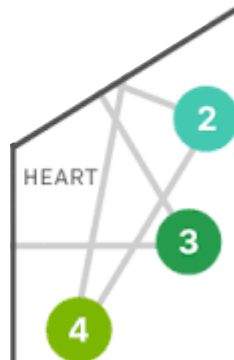
2

追求：\_\_\_\_\_

Pursuit: \_\_\_\_\_

心態：\_\_\_\_\_

Mentality: \_\_\_\_\_



# 追求與心態

## Pursuit & Mentality

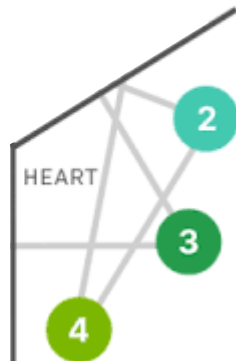
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追求：\_\_\_\_\_

Pursuit: \_\_\_\_\_

心態：\_\_\_\_\_

Mentality: \_\_\_\_\_



# 追求與心態

## Pursuit & Mentality

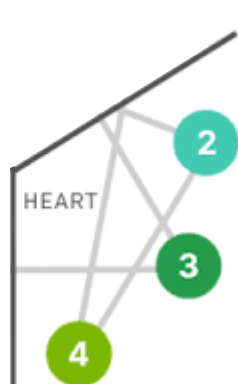
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追求：\_\_\_\_\_

Pursuit: \_\_\_\_\_

心態：\_\_\_\_\_

Mentality: \_\_\_\_\_



# 追求與心態

## Pursuit & Mentality

### 思考智慧中心

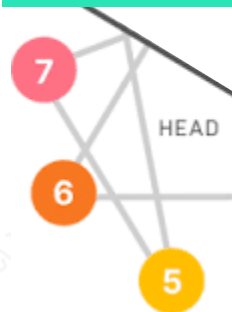
#### Thinking IC

以邏輯、思維、分析作為  
對外界訊息的接收方式

Using Logic, Thinking, and Analysis  
as a Way to Receive Messages from the World

### LEVEL 3 智慧心理學 Intelligence Center Theory

-Claudio Naranjo



# 追求與心態

## Pursuit & Mentality

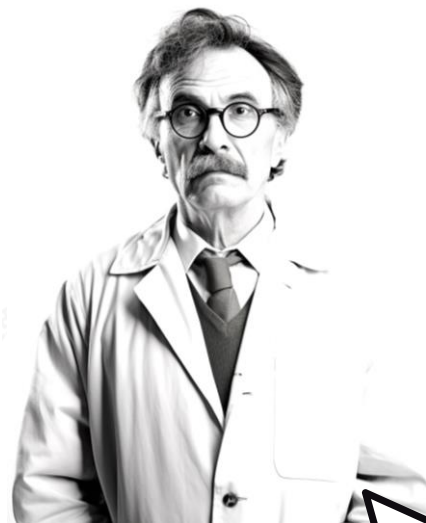
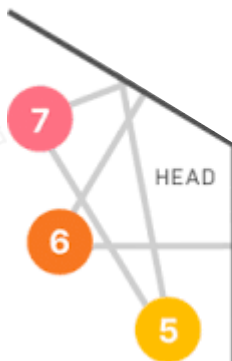
5

追求：\_\_\_\_\_

Pursuit: \_\_\_\_\_

心態：\_\_\_\_\_

Mentality: \_\_\_\_\_





# 追求與心態

## Pursuit & Mentality

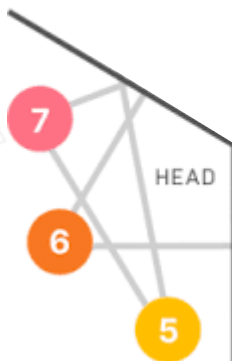
6

追求：\_\_\_\_\_

Pursuit: \_\_\_\_\_

心態：\_\_\_\_\_

Mentality: \_\_\_\_\_



# 追求與心態

## Pursuit & Mentality

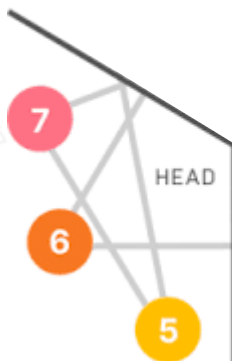
7

追求：\_\_\_\_\_

Pursuit: \_\_\_\_\_

心態：\_\_\_\_\_

Mentality: \_\_\_\_\_



# 追求與心態

## Pursuit & Mentality

### 行動智慧中心

#### Action IC

以習慣、行為、經驗作為  
對外界訊息的接收方式

Using Habits, Behavior, and Experiences  
as a Way to Receive Messages from the World



LEVEL 3  
智慧中心理論  
Intelligence Center Theory

-Claudio Naranjo

# 追求與心態

## Pursuit & Mentality

8

追求：\_\_\_\_\_

Pursuit: \_\_\_\_\_

心態：\_\_\_\_\_

Mentality: \_\_\_\_\_



# 追求與心態

## Pursuit & Mentality

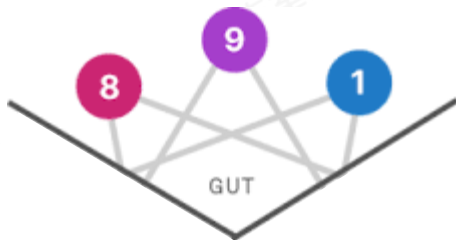
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追求： \_\_\_\_\_

Pursuit:

心態： \_\_\_\_\_

Mentality:



# 追求與心態

## Pursuit & Mentality

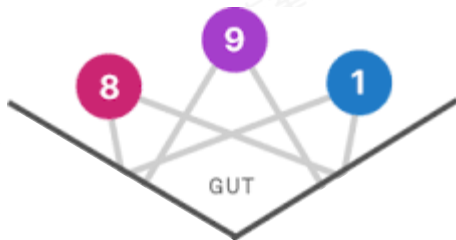
1

追求：\_\_\_\_\_

Pursuit: \_\_\_\_\_

心態：\_\_\_\_\_

Mentality: \_\_\_\_\_





我們都不一樣

**Awakening**  
We Are All Different



我未將你造在腹中，我已曉得你；你未出母胎，我已分別你為聖；我已派你作列國的先知。  
Before I formed thee in the belly I knew thee; and before thou camest forth out of the womb I sanctified thee, and I ordained thee a prophet unto the nations.



# 重要概念

## Important Concepts

補充資料

Additional Information





## 重要概念 Important Concepts

### ★ 生存副型 **Survival Subtype**

傾向於**現實需求**為驅動力  
Tends to Be Driven by Practical Needs

### ★ 社交副型 **Social Subtype**

傾向於**道德標準**為驅動力  
Tends to Be Driven by Moral Standards

### ★ 愛慾副型 **Sexual Subtype**

傾向於**本能慾望**為驅動力  
Tends to Be Driven by Instinctual Desires



Id



Ego



Superego

#### LEVEL 4

本我、自我、超我理論  
Id, Ego, Superego Theory

-Sigmund Freud

## 重要概念 Important Concepts



### 自我防衛機制

#### Self-defence Mechanisms

處理內在焦慮的無意識自我保護機制

Unconscious Self-protective Mechanisms for Dealing with Inner Anxiety



### 偏執與類分裂心理狀態

#### Paranoid-schizoid Psychological State

偏執心理狀態所呈現的現象

Phenomena Presented by Paranoid Psychological State



### 抑鬱心理狀態

#### Depressive Psychological State

抑鬱心理狀態所呈現的現象

Phenomena Presented by Depressive Psychological State



LEVEL 6/7

自我防衛機制及客體關係理論  
Self-defence Mechanisms and  
Object Relations Theory

- Sigmund Freud & Melanie Klein

Application: Dr Joseph Lam @EnneaPsychology®



# 九型人格的起源

## Origins of the Enneagram



補充資料  
Additional Information

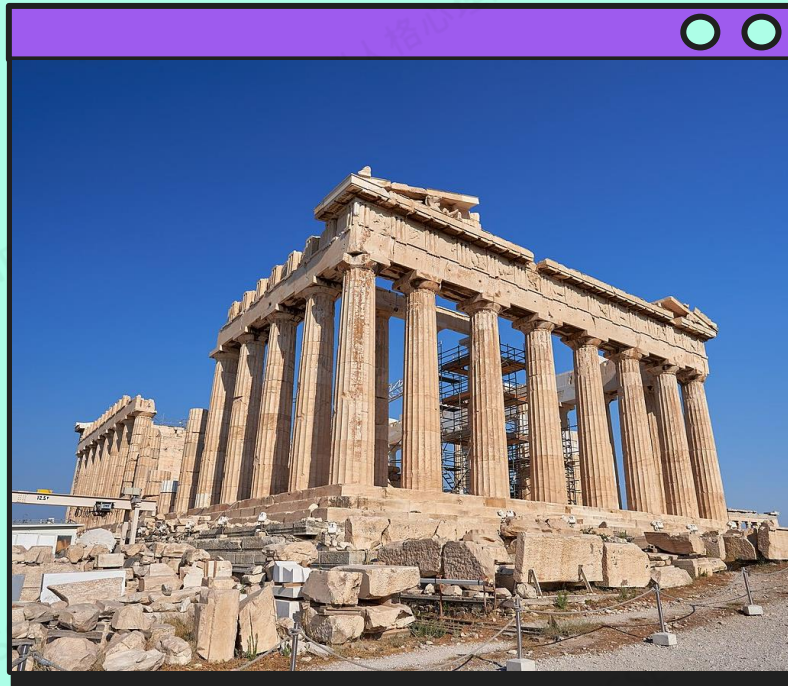
# 九型人格的起源

## Origins of the Enneagram



九型人格的詞彙來自希臘文  
The Terminology of the Enneagram Is  
Derived from Greek

- **Ennea**是九的意思  
Ennea Means 'Nine' in Greek
- **Grammos**是點的意思  
Grammos Means 'Point' in Greek



# 九型人格的起源

## Origins of the Enneagram

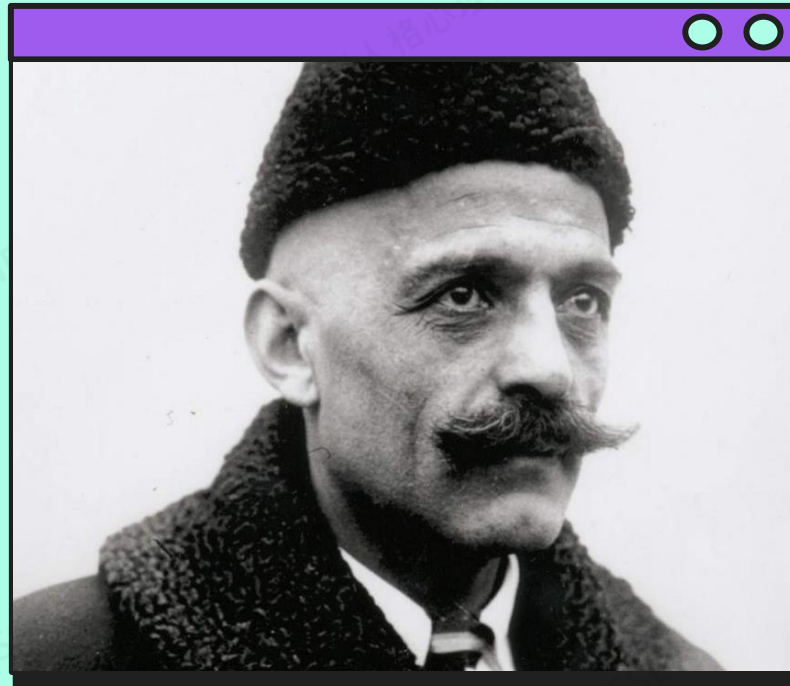


**George Gurdjieff (186X-1949)**

俄羅斯哲學家

Russian Philosopher

- 蘇菲族口頭教學工具  
Tools for oral Instruction in the Suifi Tribe
- 九型人格的基礎  
Foundation of Enneagram





# 與學術的關係

## Relationship with Academia

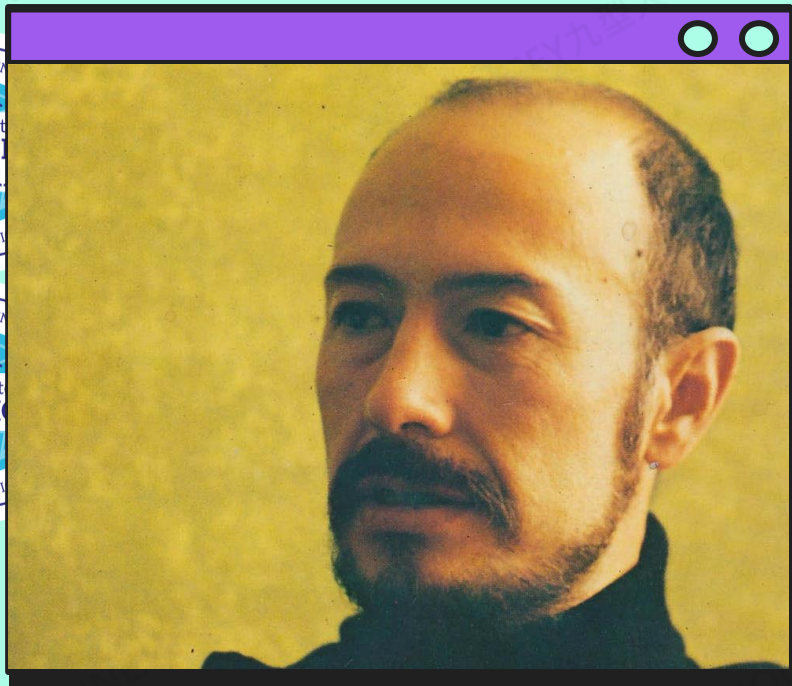
補充資料

Additional Information






## 與學術的關係 Relationship with Academia



**Oscar Ichazo (1931-2020)**  
玻利維亞神學哲學家  
Bolivian Theologian and Philosopher

- **七宗罪概念**  
The Seven Deadly Sins Concept  
-Pope Gregory I

## 與學術的關係 Relationship with Academia



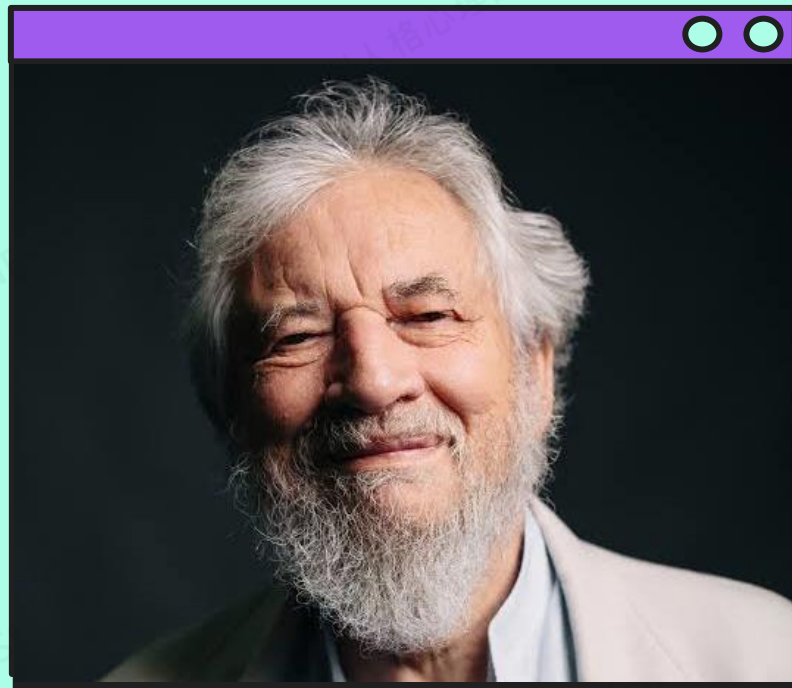
Ψ

**Claudio Naranjo (1932-2019)**

智利精神科醫生

Chilean Psychiatrist

- **自我防衛機制理論**  
Self-defense Mechanism Theory  
-Sigmund Freud
- **本我、自我、超我理論**  
Id, Ego, Superego Theory  
-Sigmund Freud





## 與學術的關係 Relationship with Academia



Ψ

**Dr Joseph Lam**  
香港臨床心理學家  
Hong Kong Clinical Psychologist

- **客體關係理論**  
Object Relations Theory  
-Melanie Klein
- **脾性理論**  
Temperament Theory  
-Alexander Thomas & Stella Chess





# 優良的學習特質

## Positive Learning Traits

補充資料

Additional Information

## 優良的學習特質 Positive Learning Traits

1. 你對人有**好奇心**？  
**Are You Curious about People?**
2. 你能夠接受**另一角度的自己**？  
**Can You Accept Another Perspective of Yourself?**
3. 你敢於**跳出舒適圈**，建立新習慣？  
**Are You Brave Enough to Step out of Your Comfort Zone and Establish New Habits?**
4. 你能夠對自己的判斷抱有**持續懷疑**嗎？  
**Can You Maintain Ongoing Doubt in Your Own Judgments?**
5. 你能夠**接納他人**與自己的不同？  
**Can You Accept the Differences of Others and Yourself?**
6. 你能夠耐心**栽培他人**？  
**Can You Patiently Cultivate Others?**
7. 你能夠有**毅力**不停練習、論證、嘗試？  
**Can You Have the Perseverance to Practice, Argue, and Try without Stopping?**



# 應用限制

## Application Limitation



補充資料  
Additional Information

## 應用限制 Application Limitation



九型人格學存在使用限制

The Enneagram Has Limitations in Application

- **實戰經驗要求高**

**High Practical Experience Requirements**

LIMITATION



## 應用限制 Application Limitation



### 九型人格學存在使用限制

The Enneagram Has Limitations in Application

- **年紀、文化、教育**等會容易導致誤判

**Age, Culture, Education, and Other Factors  
can Easily Lead to Misjudgment**

LIMITATION



## 應用限制 Application Limitation



### 九型人格學存在使用限制

The Enneagram Has Limitations in Application

- **關係緊密**會容易導致誤判

**Closeness of the Relationship can Easily Lead to Misjudgment**

LIMITATION



## 應用限制 Application Limitation



### 九型人格學存在使用限制

The Enneagram Has Limitations in Application

- 需要克服自己型號帶來的**型號評估盲點**

**Overcoming Typing Blind Spots Caused by Own Type**

LIMITATION





## 應用限制 Application Limitation



### 九型人格學存在使用限制

The Enneagram Has Limitations in Application

- 自己型號的喜惡所限，無法滿足對方的喜惡

**Due to the Preferences Dictated by Own Type, it is Impossible to Meet the Preferences of the Other Party**

LIMITATION



## 應用限制 Application Limitation



### 九型人格學存在使用限制

The Enneagram Has Limitations in Application

- 大多狀況要求**改變自己**而非  
改變他人

**Most Situations Require Changing Oneself  
Rather than Changing Others**

LIMITATION



## 應用限制 Application Limitation



### 九型人格學存在使用限制

The Enneagram Has Limitations in Application

- 理論論證點弱，容易被胡說八道

**The Theoretical Argument Is Weak and Susceptible to Being Fooled**

LIMITATION

