

Screenplay Personality Types Combining Enneagram & Myers-Briggs

John Fraim

www.desertscreenwritersgroup.com

One of the best books ever written on screenwriting is *The Inner Game of Screenwriting* by the late Sandy Frank. In Chapter 5 of the book, “Using The Enneagram to Construct Morph Inner Games” Frank suggests screenwriters should not simply pull inner flaws in their heroes out of the air creating flaws in generic characters. Rather, they should employ the Enneagram that classifies 9 basic types of personalities. For each type, there is a Best and Worst type. as well as the best type for the particular personality and the worst type. Character arcs in screenplays, he says, cannot move outside the personality type but must move from worst type to best type (or from best to worst). For example, a #1 Perfectionist character might start out showing the Worst Type of #1 such as Judgmental, Inflexible and Dogmatic with his/her character arc moving to the Best Type such as Ethical, Reliable and Productive. A #1 Perfectionist needs to stay within his or her personality type and cannot move to another personality type at the end of his/her arc in the screenplay.

The Jungian based Myers-Briggs system measures individual preferences on four scales:

- 1) whether people relate more to the external or internal world (Extroverted or Introverted)
- 2) how people prefer to take in or perceive information (Sensate or Intuitive)
- 3) how people prefer to make evaluations (Thinking or Feeling)
- 4) how people live whether they seek closure or are open (Judging or Perceiving)

Using this system, Myers-Briggs comes up with 16 various personality types (See What’s Your Personality Type Chart below) .

Combining the Enneagram Types with Myers-Briggs, necessitates considering matching one of the four sales with the particular Enneagram Type (From 1-9). For example, a #1 Perfectionist Extrovert is often a leader and tend to impose standards on others. On the other hand, a Perfectionist Introvert directs their perfectionism inward and tends to focus on improving themselves. A Perfectionist Sensate is practical and detail oriented and value rules and traditions. On the other hand, an Perfectionist Intuitive tends to be idealist, innovative, individualistic and non-traditional. One might suggest that character arcs in Jungian systems move from one side of a classification to the other. For example, an Extrovert in Act I moves to an Introvert in Act III. Or, a Thinking person in Act I move to a Feeling person in Act III.

Given the importance of these two personality classification systems, it is surprising how they are used so little in the creation of characters in novels and screenwriting. The area needs much more research.

John Fraim is President of Desert Screenwriters Group and GreatHouse Stories.

Enneagram Types	Best Type	Worst Type	Myers-Briggs
1. Perfectionist	Ethical Reliable Productive Wise Idealistic Fair Honest Orderly Self-Disciplined	Judgmental Inflexible Dogmatic Obsessive-compulsive Critical of others Overly serious Controlling Anxious Jealous	Extroverted Introverted Sensate Intuitive Thinking Feeling Judging Perceiving
2. Helper	Loving Caring Adaptable Insightful Generous Enthusiastic Tuned in	Martyrlike Indirect Manipulative Possessive Hysterical Overly Accommodating Overly demonstrative	Extroverted Introverted Sensate Intuitive Thinking Feeling Judging Perceiving
3. Achiever	Optimistic Confident Industrious Efficient Self-Propelled Energetic Practical	Deceptive Narcissistic Pretentious Vain Superficial Vindictive Over Competitive	Extroverted Introverted Sensate Intuitive Thinking Feeling Judging Perceiving
4. Romantic	Warm Compassionate Introspective Expressive Creative Intuitive Supportive Refined	Depressed Self-conscious Guild-ridden Moralistic Withdrawn Stubborn Moody Self-Absorbed	Extroverted Introverted Sensate Intuitive Thinking Feeling Judging Perceiving
5. Observer	Analytical Persevering Sensitive Wise Objective Perceptive Self-contained	Intellectually Arrogant Stingy Stubborn Distant Critical of others Unassertive Negative	Extroverted Introverted Sensate Intuitive Thinking Feeling Judging Perceiving

Enneagram Types	Best Type	Worst Type	Myers-Briggs
6. Questioner	Loyal Likeable Caring Warm Compassionate Witty Practical Helpful Responsible	Hypervigilant Controlling Unpredictable Judgmental Paranoid Defensive Rigid Self-defeating Testy	Extroverted Introverted Sensate Intuitive Thinking Feeling Judging Perceiving
7. Adventurer	Fun loving Spontaneous Imaginative Productive Enthusiastic Quick Confident Charming Curious	Narcissistic Impulsive Unfocused Rebellious Undisciplined Possessive Manic Self-destructive Restless	Extroverted Introverted Sensate Intuitive Thinking Feeling Judging Perceiving
8. Asserter	Direct Authoritative Loyal Energetic Earthy Protective Self-Confident	Controlling Rebellious Insensitive Domineering Self-centered Skeptical Aggressive	Extroverted Introverted Sensate Intuitive Thinking Feeling Judging Perceiving
9. Peacemaker	Pleasant Peaceful Generous Patient Receptive Diplomatic Open-minded Empathetic	Spaced out Forgetful Stubborn Obsessive Apathetic Passive-Aggressive Judgmental Unassertive	Extroverted Introverted Sensate Intuitive Thinking Feeling Judging Perceiving

What's Your Personality Type?

Use the questions on the outside of the chart to determine the four letters of your Myers-Briggs type. For each pair of letters, choose the side that seems most natural to you, even if you don't agree with every description.

1. Are you outwardly or inwardly focused? If you:

- Could be described as talkative, outgoing
- Like to be in a fast-paced environment
- Tend to work out ideas with others, think out loud
- Enjoy being the center of attention

then you prefer

E
Extraversion

- Could be described as reserved, private
- Prefer a slower pace with time for contemplation
- Tend to think things through inside your head
- Would rather observe than be the center of attention

then you prefer

I
Introversion

2. How do you prefer to take in information? If you:

- Focus on the reality of how things are
- Pay attention to concrete facts and details
- Prefer ideas that have practical applications
- Like to describe things in a specific, literal way

then you prefer

S
Sensing

- Imagine the possibilities of how things could be
- Notice the big picture, see how everything connects
- Enjoy ideas and concepts for their own sake
- Like to describe things in a figurative, poetic way

then you prefer

N
Intuition

ISTJ

Responsible, sincere, analytical, reserved, realistic, systematic. Hardworking and trustworthy with sound practical judgment.

ISFJ

Warm, considerate, gentle, responsible, pragmatic, thorough. Devoted caretakers who enjoy being helpful to others.

INFJ

Idealistic, organized, insightful, dependable, compassionate, gentle. Seek harmony and cooperation, enjoy intellectual stimulation.

INTJ

Innovative, independent, strategic, logical, reserved, insightful. Driven by their own original ideas to achieve improvements.

ISTP

Action-oriented, logical, analytical, spontaneous, reserved, independent. Enjoy adventure, skilled at understanding how mechanical things work.

ISFP

Gentle, sensitive, nurturing, helpful, flexible, realistic. Seek to create a personal environment that is both beautiful and practical.

INFP

Sensitive, creative, idealistic, perceptive, caring, loyal. Value inner harmony and personal growth, focus on dreams and possibilities.

INTP

Intellectual, logical, precise, reserved, flexible, imaginative. Original thinkers who enjoy speculation and creative problem solving.

ESTP

Outgoing, realistic, action-oriented, curious, versatile, spontaneous. Pragmatic problem solvers and skillful negotiators.

ESFP

Playful, enthusiastic, friendly, spontaneous, tactful, flexible. Have strong common sense, enjoy helping people in tangible ways.

ENFP

Enthusiastic, creative, spontaneous, optimistic, supportive, playful. Value inspiration, enjoy starting new projects, see potential in others.

ENTP

Inventive, enthusiastic, strategic, enterprising, inquisitive, versatile. Enjoy new ideas and challenges, value inspiration.

ESTJ

Efficient, outgoing, analytical, systematic, dependable, realistic. Like to run the show and get things done in an orderly fashion.

ESFJ

Friendly, outgoing, reliable, conscientious, organized, practical. Seek to be helpful and please others, enjoy being active and productive.

ENFJ

Caring, enthusiastic, idealistic, organized, diplomatic, responsible. Skilled communicators who value connection with people.

ENTJ

Strategic, logical, efficient, outgoing, ambitious, independent. Effective organizers of people and long-range planners.

3. How do you prefer to make decisions? If you:

- Make decisions in an impersonal way, using logical reasoning
- Value justice, fairness
- Enjoy finding the flaws in an argument
- Could be described as reasonable, level-headed

then you prefer

T
Thinking

- Base your decisions on personal values and how your actions affect others
- Value harmony, forgiveness
- Like to please others and point out the best in people
- Could be described as warm, empathetic

then you prefer

F
Feeling

4. How do you prefer to live your outer life? If you:

- Prefer to have matters settled
- Think rules and deadlines should be respected
- Prefer to have detailed, step-by-step instructions
- Make plans, want to know what you're getting into

then you prefer

J
Judging

- Prefer to leave your options open
- See rules and deadlines as flexible
- Like to improvise and make things up as you go
- Are spontaneous, enjoy surprises and new situations

then you prefer

P
Perceiving