

The Personality of Romance

Using the Enneagram Personality
System to Shape Your Romance Novel

Dani Abernathy



About Me

Dani Abernathy (she/her)

- Author Accelerator Certified Book Coach
- Enneagram Teacher
- Creator of the Rooted Writers Mentorship
- Live in Northwest Arkansas
- Love books, rainy days, and deep conversation
- Enneagram Four, INFJ, Capricorn

My Mission

I help novelists write the stories they need to tell so their readers can feel seen and can see others.

I believe stories can change the world, one reader at a time, because they teach us to have more compassion for ourselves and others.

Stories are one of our most powerful tools for having less war and more love.

Today you will:

- Understand what the Eneagram is
- Be introduced to the nine Enneagram Types
- Receive actionable steps to apply to your novel
- Gain new resources for creating unforgettable characters
- Feel encouraged and energized

Enneagram Cheat Sheet

www.daniabernathy.com/pwaromance

- Desire, fear, focus
- Characteristics
- Appearance
- How they try to get love
- Conflict triggers
- As a writer



Type Nine

THE ADAPTIVE PEACEMAKER

Type One

THE PRINCIPLED REFORMER

Motives

Desire: To be good, to do things the correct way, to have integrity
Fear: Of being "bad" or corrupt
Focus: What is right, doing the right thing in the right way, building a better world

Presentation

Characteristics: Responsible, reliable, detail-oriented, principled, diligent, always improving, rigid, resentful, self-righteous, judgmental, avoidant of things they may do incorrectly
Appearance: Rigidity, eyebrow raised in disapproval, tight lips, serious, judgemental eyes. Style is practical, neat, and put together. Avoids looking sloppy, trashy, or flashy.

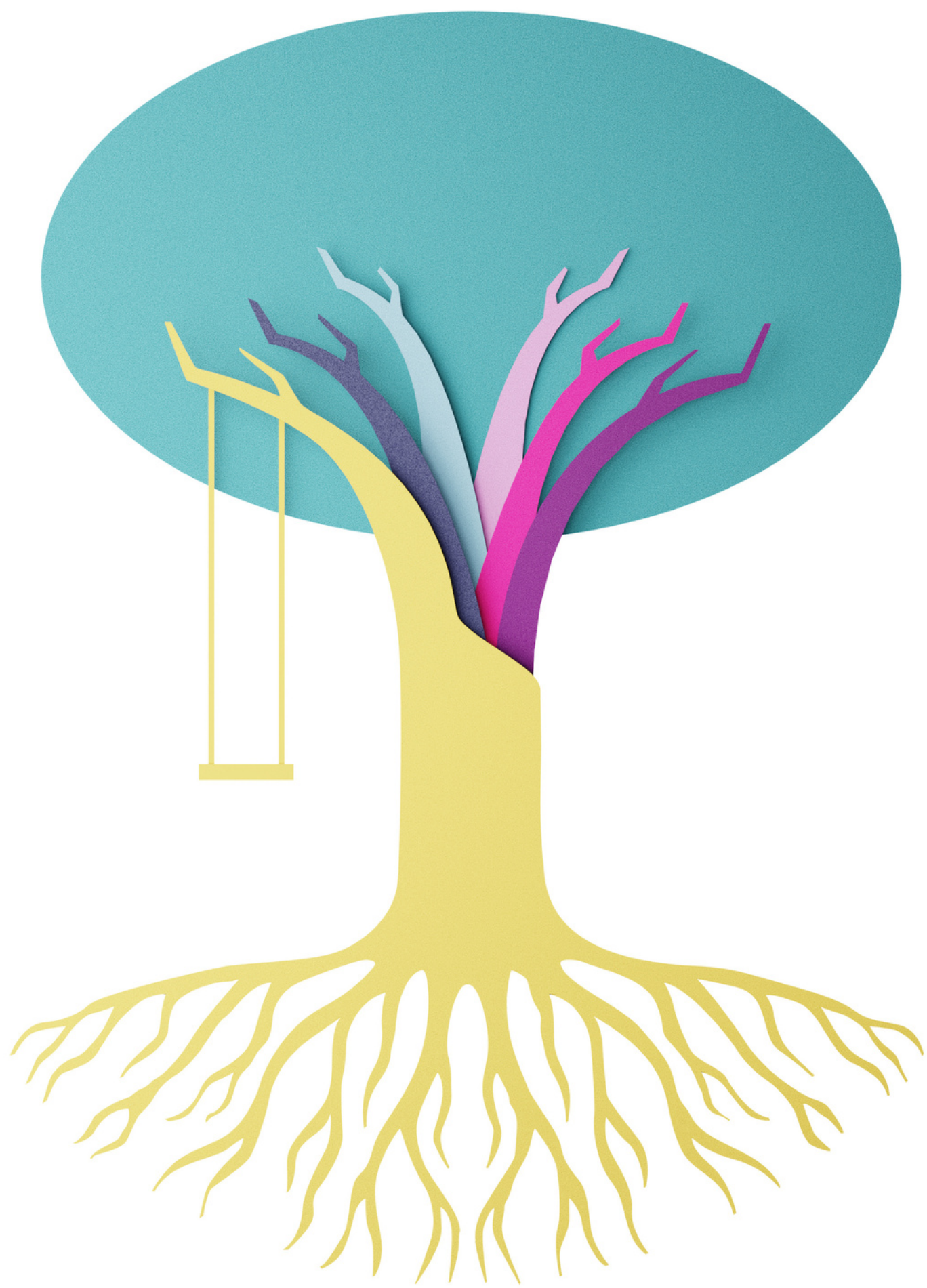
In Relationships

Attempt to Gain Love By: Being morally right and good
Are Provoked By: Criticism, when others don't behave the "right" way or are irresponsible, irresponsibility, deceit, work that doesn't live up to their standards, rudeness, lateness, inappropriate behavior, bad manners
Get in Trouble with Others By: Being unwilling to admit when they are wrong or have made a mistake or error

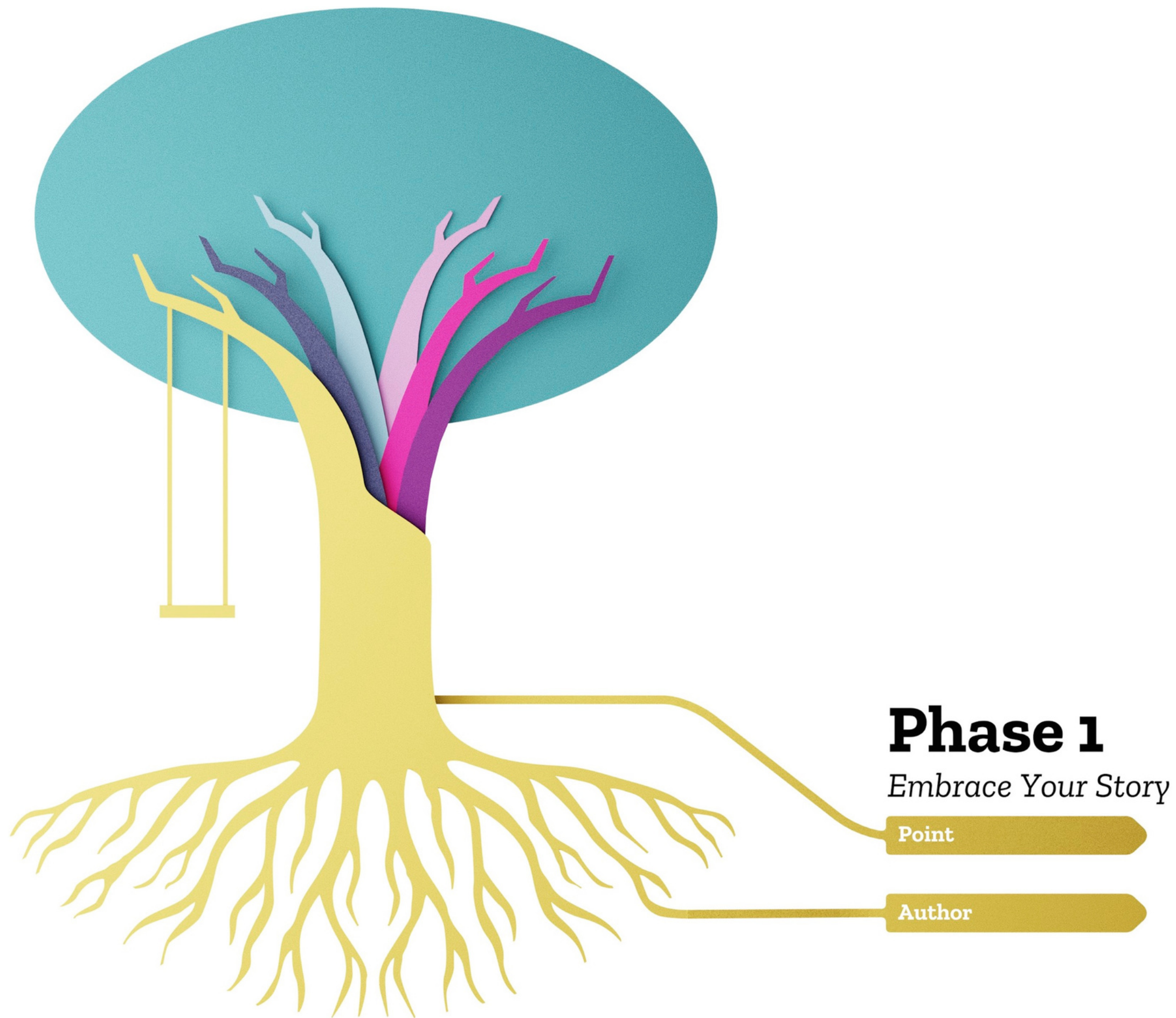
As Writers

Process: Utilizing routines, plans, and proven processes
Goals: Influencing their readers, excellent storytelling, exploring their ideals
Obstacles: Not starting because they might not get it right, never finishing because it's not good enough

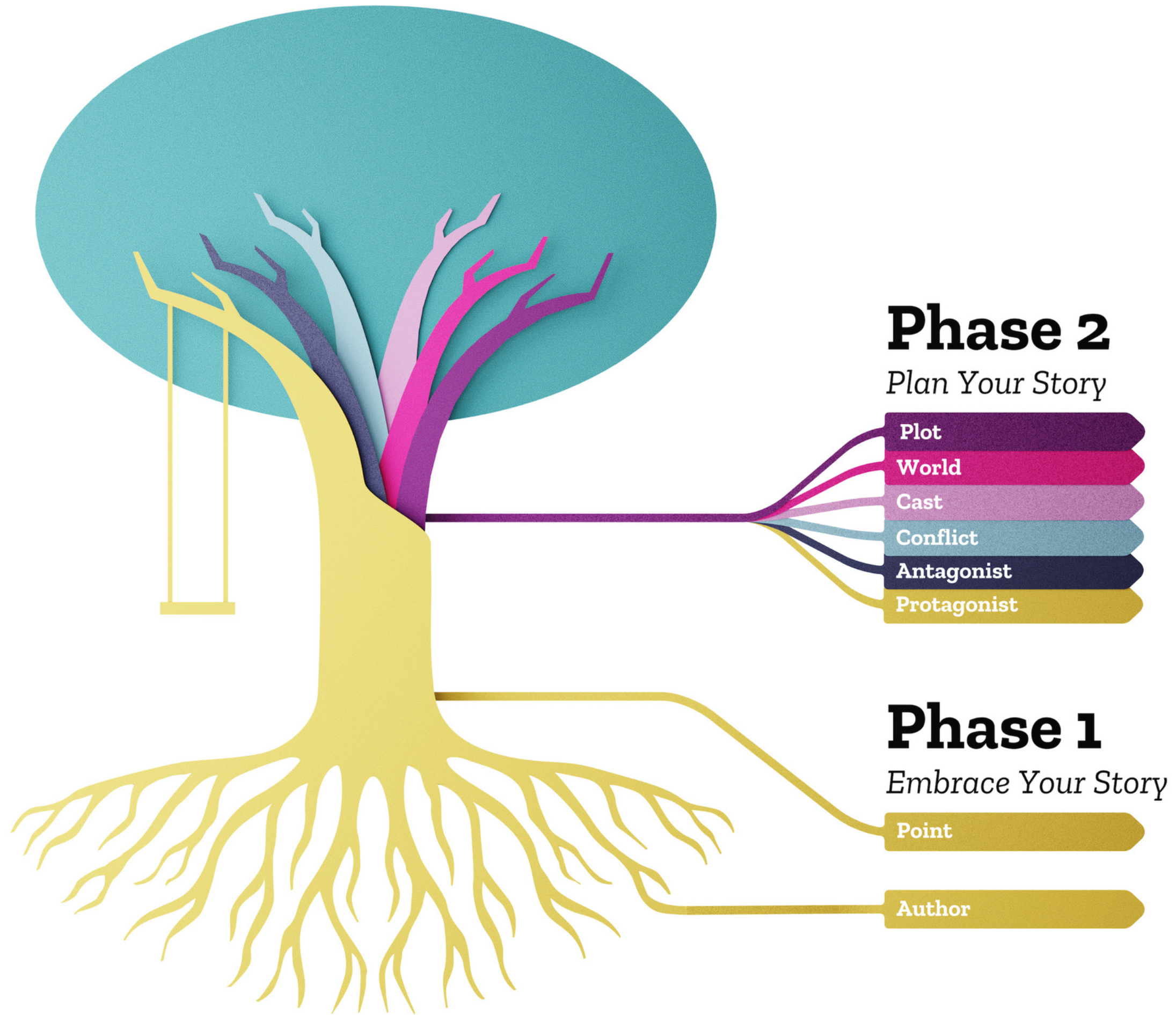
The Story Tree



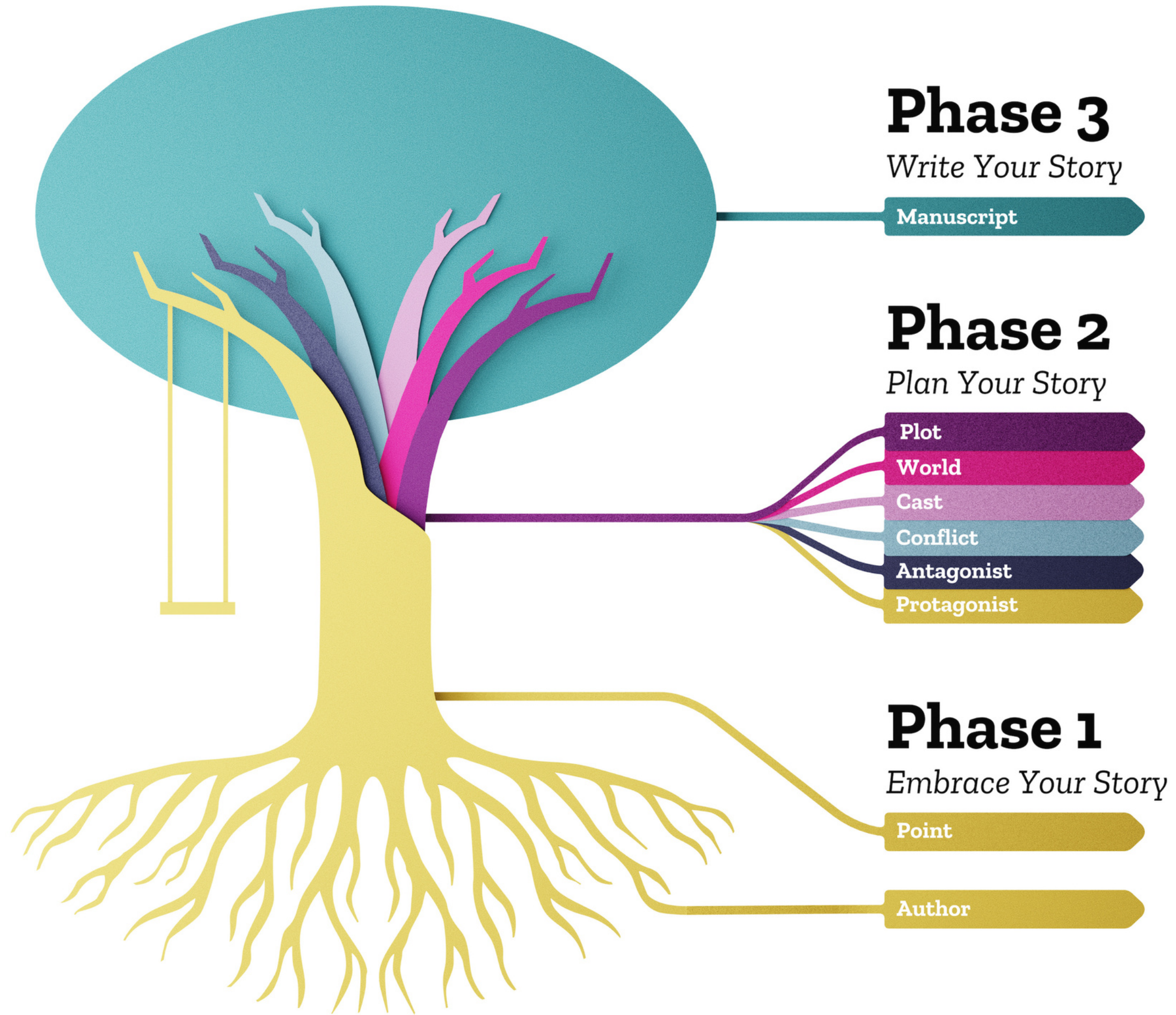
The Story Tree



The Story Tree



The Story Tree

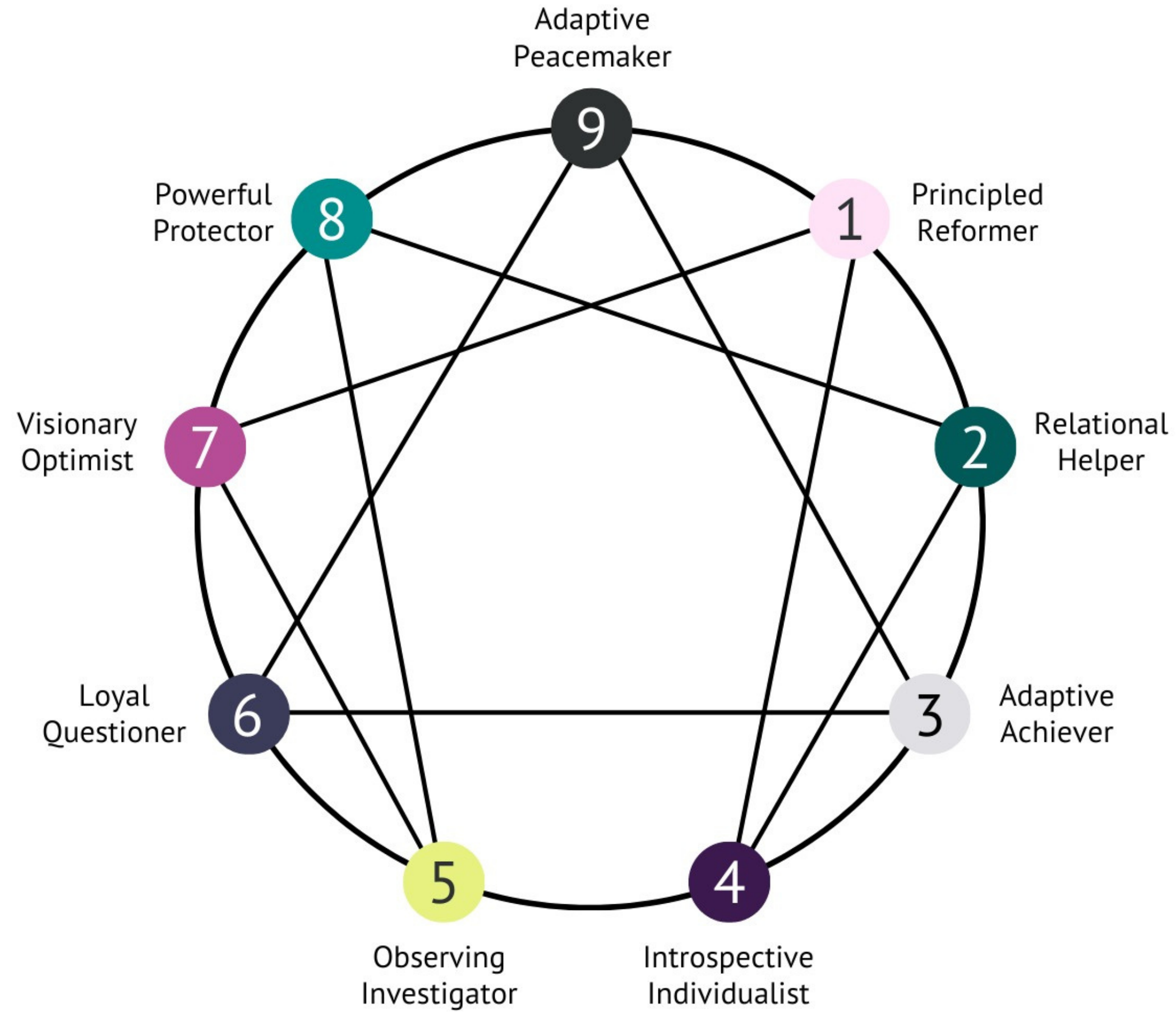


The Enneagram

What is the Enneagram?

A psycho-spiritual system that identifies nine personality types according to core desires and fears, rather than behavior

The Enneagram



How Can the Enneagram Help You Create a Swoon-Worthy Romance?

- Help you understand yourself
- Create characters that support the story you're trying to tell
- Characters will feel real and authentic
- Differentiate between characters
- Understand characters who are not like you
- Create believable arcs that feel emotionally logical
- Better able to have an emotional impact on your reader

The Enneagram Types

1

The Principled Reformer

DESIRE To be good, to do things the correct way, to have integrity

FEAR Of being "bad" or corrupt

TRAITS Responsible, reliable, detail-oriented, principled, diligent, always improving, rigid, resentful, self-righteous, judgmental, avoidant of things they may do incorrectly

GAIN LOVE BY Being morally right and good

GET INTO TROUBLE BY Being unwilling to admit when they are wrong or have made a mistake or error

1

The Principled Reformer

Judge
Crusader
Proofreader
Evangelist
Know It All
Reformer
Administrator
Angel
Principal
Goody Two Shoes
Inquisitor
Expert

Teacher
Rationalist
Mentor
Ethicist
Advocate
Headmaster
Hypocrite
Critic
Organizer
Nitpicker
Moralizer
Puritan



Michelle
Obama



Greta
Thunberg



Laurence
Fishburne



Al
Gore



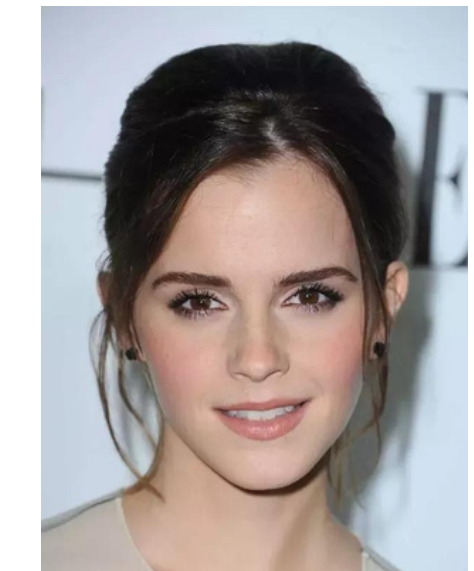
Jerry
Seinfeld



Kourtney
Kardashian



David
Koresh



Emma
Watson

2

The Relational Helper

DESIRE To be loved, appreciated, and wanted

FEAR Being rejected, unwanted, and unloved

TRAITS Warm, welcoming, generous, team player, positive, nurturing, passive-aggressive, manipulative, martyr attitude, doing to get something in return, self-deceptive

GAIN LOVE BY Being supportive of others so they will think well of the Two

GET INTO TROUBLE BY Giving unwanted help or unsolicited advice and direction

2 The Relational Helper

Matchmaker
Diva
Parent
Martyr
Nitpicker
Prince/Princess
Manager
Fairy Godparent
Good Samaritan
Supporter
Boss
Mentor

Gossip
Caretaker
Flirt
Performer
Nurturer
Servant
Networker
Flatterer
Coach
Manipulator
Strategist
Charmer



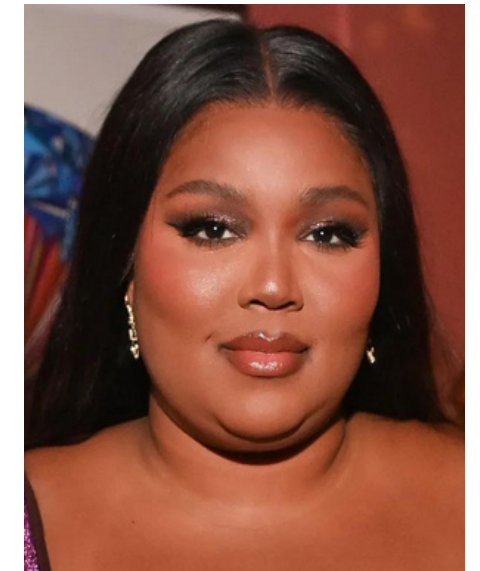
RuPaul



Princess
Diana



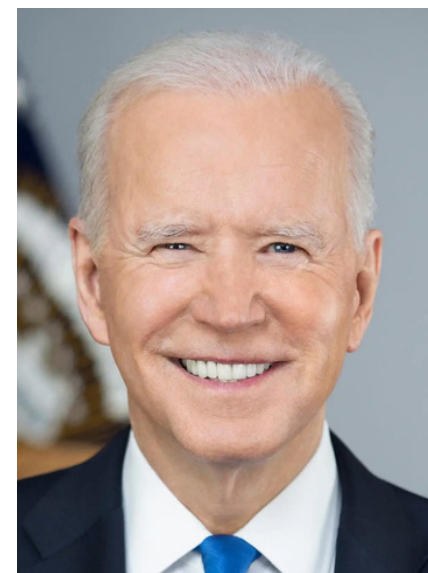
Gemma
Chan



Lizzo



Oprah
Winfrey



Joe
Biden



Lionel
Richie



Lin-Manuel
Miranda

3

The Adaptive Achiever

DESIRE To feel valuable and significant

FEAR Of being worthless

TRAITS Goal-oriented, leader, competent, enterprising, ambitious, insincere, opportunistic, prioritizes achievement over people, vain, may present themselves as experts when they aren't

GAIN LOVE BY Being successful and impressive

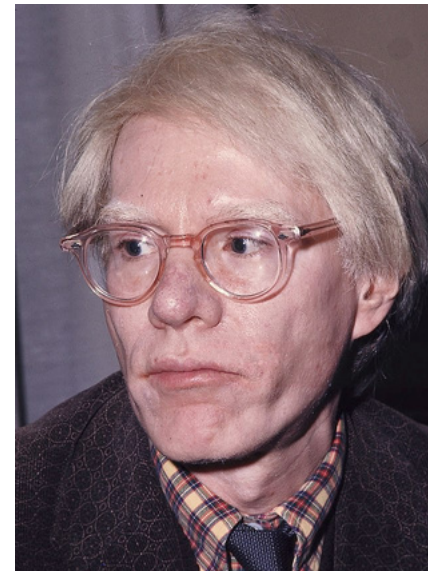
GET INTO TROUBLE BY Being unwilling to engage emotionally or having a single-minded focus on getting things done

3

The Adaptive Achiever

Professional
CEO
Olympian
Mannequin
Politician
Movie Star
Expert
Salesperson
Speaker
Millionaire

Entrepreneur
Director
Braggart
Coach
Performer
Super Model
Competitor
Top of the Class
Workaholic
Overachiever



Andy
Warhol



Lucy
Liu



Melania
Trump



Kobe
Bryant



Diane
Sawyer



Dwayne
Johnson



Meghan
Markle



Justin
Bieber

4

The Introspective Individualist

DESIRE To find their significance and unique identity

FEAR Being without meaning, being mundane or purposeless

TRAITS Expressive, creative, perceptive, empathetic, idealist, “I am my feelings,” self-absorbed, never satisfied, feel misunderstood, feel exempt from the ordinariness of life

GAIN LOVE BY Suffering and being unique

GET INTO TROUBLE BY Assuming they understand others’ feelings and experiences

4

The Introspective Individualist

Artist
Therapist
Protestor
Villain
Mystic
Specialist
Vampire
Elitist
Poet
Tortured Soul
Sophist

Diva
Intellectual
Black Swan
Critic
Romantic
Goth
Bohemian
Snob
Creative
Musician
Healer



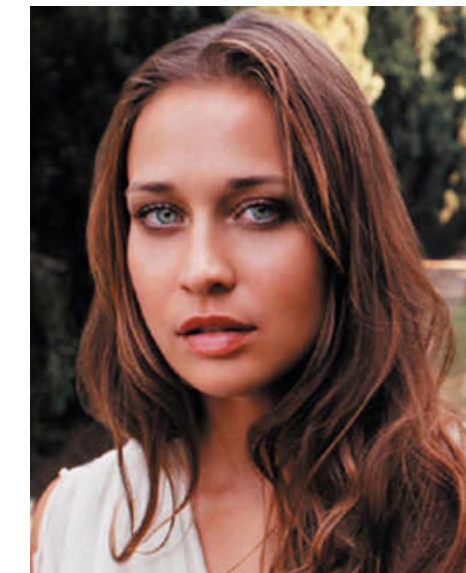
Virginia Woolf



Prince



Billie Holiday



Fiona Apple



King Charles



Frida Kahlo



Nicolas Cage



Bob Dylan

Enneagram Cheat Sheet

www.daniabernathy.com/pwaromance

- Desire, fear, focus
- Characteristics
- Appearance
- How they try to get love
- Conflict triggers
- As a writer



Type Nine

THE ADAPTIVE PEACEMAKER

Type One

THE PRINCIPLED REFORMER

Motives

Desire: To be good, to do things the correct way, to have integrity
Fear: Of being "bad" or corrupt
Focus: What is right, doing the right thing in the right way, building a better world

Presentation

Characteristics: Responsible, reliable, detail-oriented, principled, diligent, always improving, rigid, resentful, self-righteous, judgmental, avoidant of things they may do incorrectly
Appearance: Rigidity, eyebrow raised in disapproval, tight lips, serious, judgemental eyes. Style is practical, neat, and put together. Avoids looking sloppy, trashy, or flashy.

In Relationships

Attempt to Gain Love By: Being morally right and good
Are Provoked By: Criticism, when others don't behave the "right" way or are irresponsible, irresponsibility, deceit, work that doesn't live up to their standards, rudeness, lateness, inappropriate behavior, bad manners
Get in Trouble with Others By: Being unwilling to admit when they are wrong or have made a mistake or error

As Writers

Process: Utilizing routines, plans, and proven processes
Goals: Influencing their readers, excellent storytelling, exploring their ideals
Obstacles: Not starting because they might not get it right, never finishing because it's not good enough

5

The Observing Investigator

DESIRE To be competent and capable

FEAR Being incompetent, helpless, and incapable

TRAITS Researchers, analytical, observant, reserved, objective, aloof, paranoid, obsessive, distant, secretive, feel like an observer of life rather than a participant

GAIN LOVE BY Keeping it at a distance so it doesn't demand too much of them

GET INTO TROUBLE BY Avoiding interaction in an attempt to conserve energy

5

The Observing Investigator

Sage
Wizard
Investigator
Misanthrope
Philosopher
(Mad) Scientist
Expert
Robot
Iconoclast
Fear Mongerer
Archivist
Mathematician

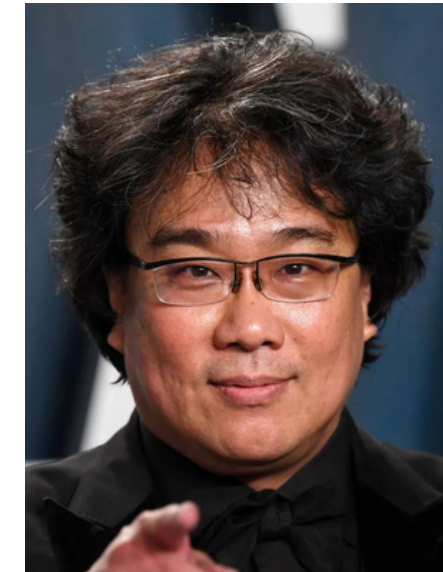
Professor
Voyeur
Nerd
Inventor
Spy
Artist
Scrooge
Hacker
Alchemist
Author
Hermit
Eccentric



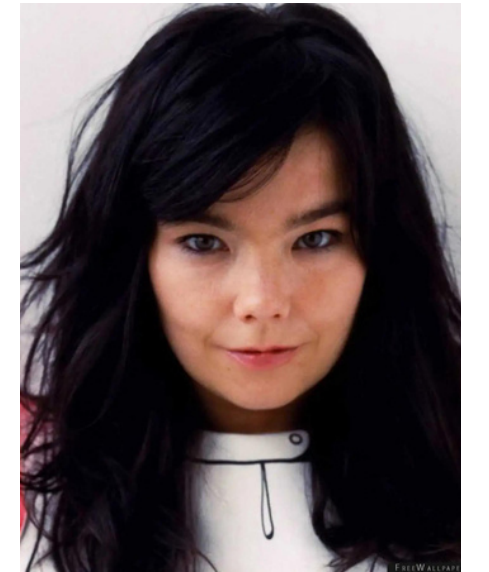
Jane
Goodall



Eckhart
Tolle



Bong
Joon-ho



Björk



Octavia
Butler



Tilda
Swinton



Yayoi
Kusama



Bill
Gates

6

The Loyal Questioner

DESIRE To have security, support, and safety

FEAR Of being without support and guidance

TRAITS Problem solver, planner, proactive, thoughtful, responsible, group-aware, catastrophizing, suspicious, indecisive, fearful, quick to feel betrayed

GAIN LOVE BY Being loyal to someone who is more competent, confident, or self-assured than them

GET INTO TROUBLE BY Testing them to see if they are legit, honest, or loyal

6 The Loyal Questioner

Steward
Friend
Defender
Persecutor
Whistleblower
Problem Solver
Coward
Daredevil
Everyday Hero
Naysayer
Boy/Girl Next Door
Conspiracy Theorist

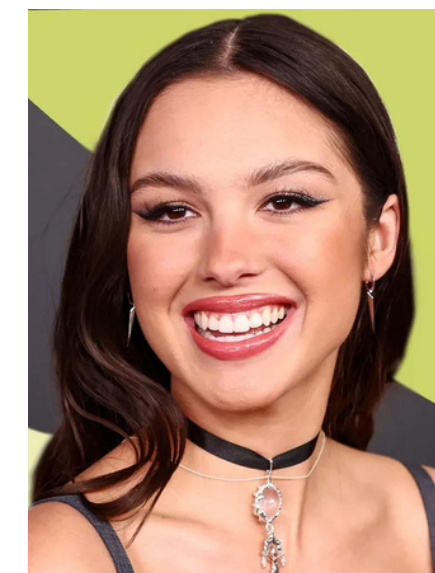
Skeptic
Loyalist
Rebel
Provocateur
Warrior
Detective
EMT
Follower
Police Officer
Comedian
Critic



Post
Malone



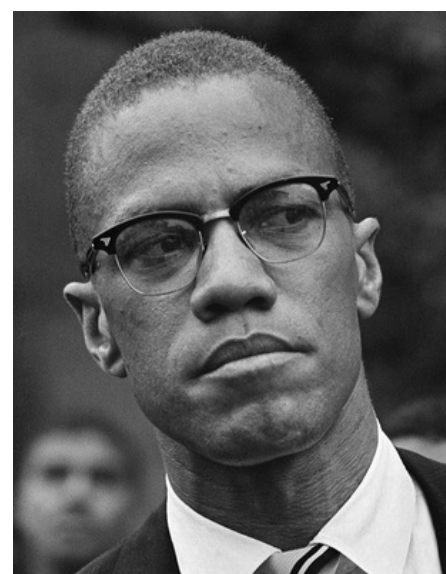
Nicki
Minaj



Olivia
Rodrigo



David
Chang



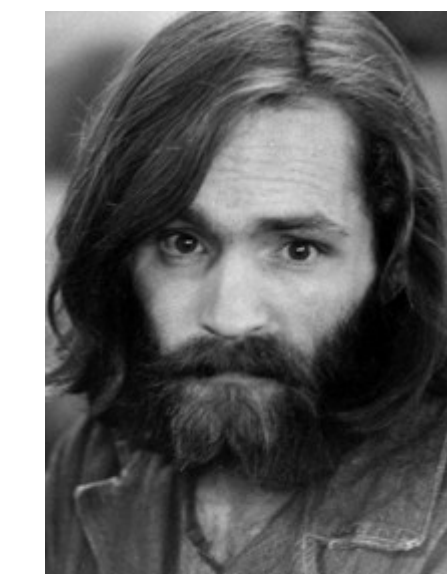
Malcolm X



Kamala
Harris



Amy
Schumer



Charles
Manson

7

The Visionary Optimist

DESIRE To be happy, fulfilled, and have all their needs met

FEAR Being deprived or stuck in a painful or boring situation

TRAITS Spontaneous, playful, adventurous, optimistic, creative, scattered, impulsive, dismissive, rationalize negative experiences or emotions, impatient

GAIN LOVE BY Being fun, happy, and living in the world of possibilities

GET INTO TROUBLE BY Being unreliable and unwilling to commit

7

The Visionary Optimist

Visionary
Trendsetter
Free Spirit
Egalitarian
Flake
Flirt
Leader
Comedian
Adventurer
Tigger
Hungry Ghost
Salesperson

Libertine
Scatterbrain
Party Boy/Girl
Socialite
Trickster
Fashionista
Gourmand
Infulencer
Superficial
Entertainer
Shark
Avant Garde



Betsey
Johnson



Robin
Williams



Kumail
Nanjiani



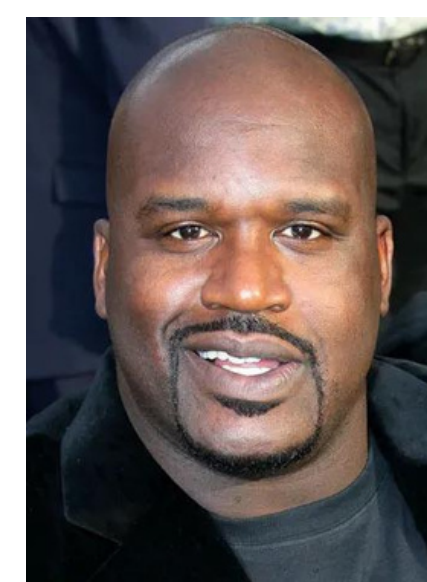
George W.
Bush



Leslie
Jones



Steve
Jobs



Shaquille
O'Neal



Miley
Cyrus

8

The Powerful Protector

DESIRE To be in control of and protect themselves

FEAR Being vulnerable, powerless, and under someone else's control

TRAITS Strategic, protective, self-confident, determined, fearless, aggressive, impatient, stubborn, domineering, won't admit weaknesses or vulnerabilities

GAIN LOVE BY Having no weaknesses and protecting loved ones

GET INTO TROUBLE BY Being too blunt or failing to consider others' vulnerabilities and weaknesses

8

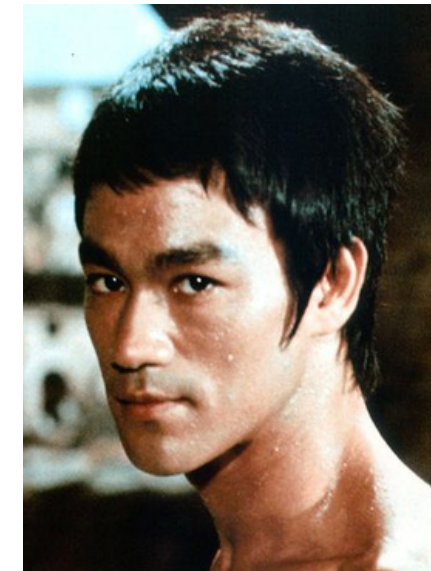
The Powerful Protector

Protector
Maverick
Brute
Leader
Force of Nature
Powerhouse
Cynic
Patriarch/Matriarch
Hedonist
Opportunist
Vigilante
Prizefighter

CEO
Rebel
Predator
Bouncer
Boss
Grizzly Bear
Bully
Tyrant
Survivalist
Bad Girl/Boy
Rake
Activist



Ammachi



Bruce Lee



Jim Jones



Joan Jett



Florence Pugh



Dr. Martin Luther King Jr.



Billy Idol



Donald Trump

9

The Adaptive Peacemaker

DESIRE To have inner peace, stability, and harmony

FEAR Loss and separation

TRAITS Calm, accepting, intuitive, kind, adaptable, able to understand everyone's perspective, checked-out, avoidant, self-abandoning, passive-aggressive, stubborn

GAIN LOVE BY Suppressing themselves in favor of others' desires and preference

GET INTO TROUBLE BY Being dismissive, inattentive, or emotionally unavailable

9

The Adaptive Peacemaker

Equalizer
Rock
Healer
Mediator
Counselor
Surfer
Hippie
Automaton
Neglector
Resistor
Peacemaker
Dreamer
Doormat

Coder
Coach
Nomad
Bystander
Craftsperson
Listener
Philosopher
Rambler
Collector
Author
Pushover
Idealist



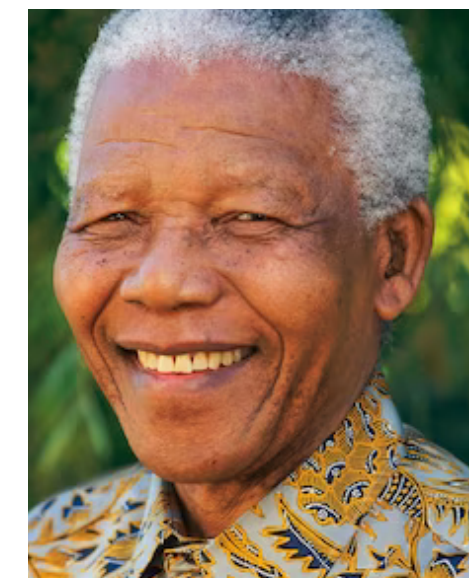
Barak
Obama



Mark
Zuckerberg



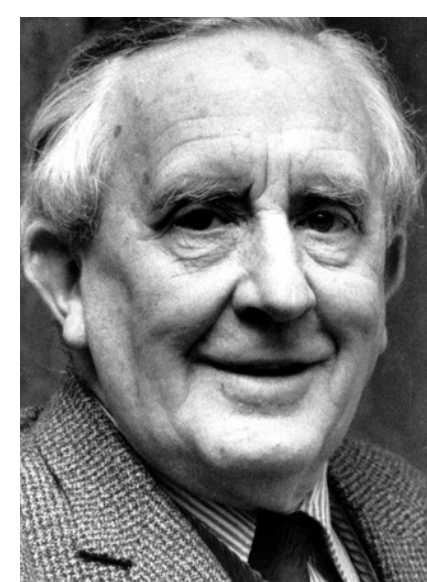
Beyoncé



Nelson
Mandela



Serena
Williams



J. R. R.
Tolkien



Queen
Elizabeth II



Joseph
Gordon-Levitt



Using the Enneagram to Write Swoon-Worthy Romances

What's most important to you about your novel?

- Character personalities
- Dynamic between characters
- Tropes
- Central idea or theme you want to explore

Use the Enneagram to Strengthen Your Novel

- Build the story around your characters
- Build the story around your point

Build Your Story Around Your Characters

1. Identify the most important elements of your characters' personalities. What is nonnegotiable? What personality tropes are you using?
2. What Enneagram types best match these traits?
3. Use these types to determine the characters' desires, fears, and backstories.

Examples

Character Traits - Fun, quirky, spontaneous, adventurous, a free spirit

Enneagram Type - Seven

Character Traits - Serious, reliable, focused on the rules, comes through in a crisis, does what's right

Enneagram Type - One or Six

Character Traits - Smart, a writer, unsure of themselves

Enneagram Type - Five or Four

Character Traits - Alpha male, possessive, strong & silent

Enneagram Type - Eight, One, or Three

Build Your Characters Around Your Point

1. Find your point—one sentence that captures the worldview or message of your novel.
2. What conflicting misbeliefs do you want your love interests to hold about the point? What do they each need to learn in order to believe the point?
3. Which types are most likely to hold that misbelief or need to learn that lesson?

Examples

POINT True love requires trust.

CHARACTER 1 **Misbelief:** If I let anyone in, they'll hurt me, so I will keep everyone at a distance.

Type: 8

CHARACTER 2 **Misbelief:** People are never what they seem.

Type: 6

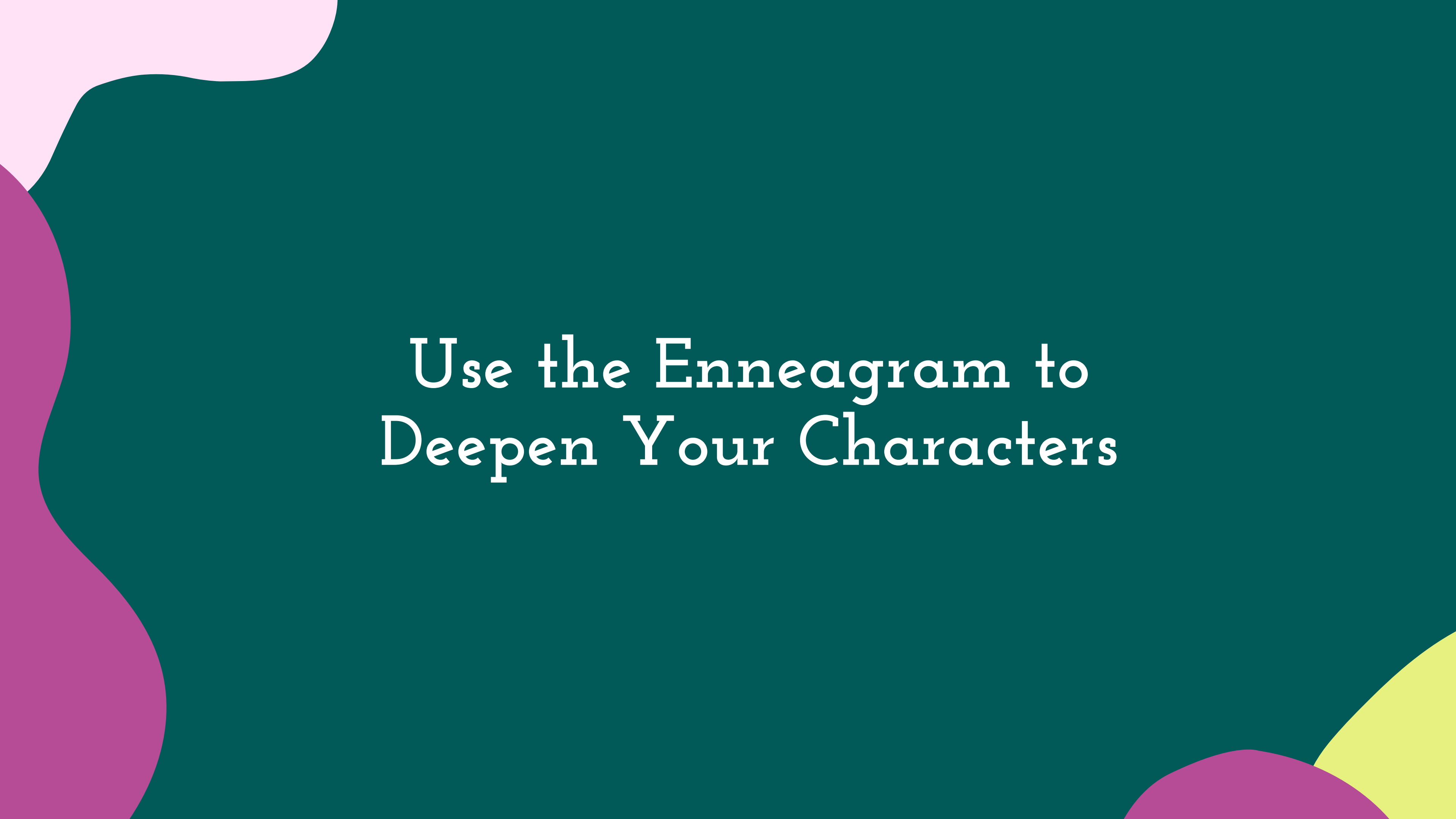
POINT You can't love anyone else until you love yourself.

CHARACTER 1 **Misbelief:** There's something broken about me, so I need to do my best to hide and suppress that thing.

Type: 4 or 1

CHARACTER 2 **Misbelief:** I'm only worthy of love if I earn it.

Type: 2 or 3



Use the Enneagram to Deepen Your Characters

Use the Enneagram to Find:

- Speech patterns
- Mannerisms
- Style
- Conflict triggers
- Conflict behaviors
- Growth path
- Distinctions between characters
- Goal
- Misbelief
- Backstory

The Enneagram Will Help You:

- Differentiate your characters
- Create realistic conflict
- Chart your character arcs
- Build resonant characters
- Make your characters the worst or best versions of themselves
- Find the right antagonist for your protagonist
- Build a balanced cast
- Create irresistible character dynamics

Enneagram Cheat Sheet

www.daniabernathy.com/pwaromance

- Desire, fear, focus
- Characteristics
- Appearance
- How they try to get love
- Conflict triggers
- As a writer



Type Nine

THE ADAPTIVE PEACEMAKER

Type One

THE PRINCIPLED REFORMER

Motives

Desire: To be good, to do things the correct way, to have integrity
Fear: Of being "bad" or corrupt
Focus: What is right, doing the right thing in the right way, building a better world

Presentation

Characteristics: Responsible, reliable, detail-oriented, principled, diligent, always improving, rigid, resentful, self-righteous, judgmental, avoidant of things they may do incorrectly
Appearance: Rigidity, eyebrow raised in disapproval, tight lips, serious, judgemental eyes. Style is practical, neat, and put together. Avoids looking sloppy, trashy, or flashy.

In Relationships

Attempt to Gain Love By: Being morally right and good
Are Provoked By: Criticism, when others don't behave the "right" way or are irresponsible, irresponsibility, deceit, work that doesn't live up to their standards, rudeness, lateness, inappropriate behavior, bad manners
Get in Trouble with Others By: Being unwilling to admit when they are wrong or have made a mistake or error

As Writers

Process: Utilizing routines, plans, and proven processes
Goals: Influencing their readers, excellent storytelling, exploring their ideals
Obstacles: Not starting because they might not get it right, never finishing because it's not good enough

In the Rooted Writers Mentorship, you use the Enneagram to embrace yourself and write a book you're proud of that makes your reader feel seen.

Let's Stay Connected

- Enneagram Cheat Sheet: www.daniabernathy.com/pwaromance
- Untapped Superpower Quiz: www.daniabernathy.com/quiz
- Instagram: [DaniAbernathyAuthor](https://www.instagram.com/DaniAbernathyAuthor)
- Check out the Rooted Writer's Mentorship on my website: www.daniabernathy.com/mentorship

Questions