

IMAGO EXERCISE –

Discover the kind of person you are programmed to fall in love with

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Step 1: Write down the positive and negative qualities of your exes.

If you have not been in a relationship before, write down the qualities of those people you have had strong "crushes" on, or almost entered a relationship with.

Note: Feel free to write down more than 4 traits for each ex or crush, especially if you have not had that many. If you want, you can also include physical traits like hair colour as well. The more details, the better.

[illegible]

Step 2: Think of the moment you first met your exes or crushes, and remember how you felt. Did you experience a strong sense of recognition – the feeling you somehow know them – or even “love at first sight”? Circle or mark the traits of those exes or crushes who evoked that kind of special feeling in you.

Step 3: Look at the table again, and take note of those traits that appear at least twice in it, or describe the same thing in different words. Cross out those traits that appear only once.

Step 4: Write down the remaining traits.

The remaining traits describe your Imago.

Those remaining traits that are circled or marked are the most attractive to you.

To quote Harville Hendrix (in [*Keeping The Love You Find*](#)):

The positive traits will be of interest to your conscious mind. The negative ones will attract your unconscious. They are the traits that are connected to your frustrations. Although nature’s anesthesia [meaning: infatuation] will keep you from seeing the negative traits in your chosen partner, they will be the traits that activate your deepest feelings when you meet, and that cause you the most difficulty later in the relationship.

All in all, the **Imago** does **not** describe your best match, but instead **the kind of person you will be the most attracted to**. The closer someone matches your Imago, the more you will feel attracted to them; the less so, the weaker the attraction. So, when people talk of moments where they “felt no chemistry” with someone, that person most likely did not fit their Imago close enough to spark any attraction. The most passionate relationships are typically between people who fit each other’s Imago well. Ideally, you find someone who fits your Imago more or less, but is also a good match for you in terms of psychological health, personal values, and so forth.

If you want to find out which [**Enneagram type\(s\)**](#) your Imago is (most likely), follow the next steps on the next page.

Note: It is normal for the Imago to have conflicting personality traits. The more conflicting they are, the more likely your Imago has two or maybe even more Enneagram types as part of their character. In that case, you will be the most attracted to people who are any of those Enneagram types.

Step 5: Look at the groups of traits below, and circle or mark whichever trait(s) match or at least resemble the remaining traits from the step before.

Your Imago is the Enneagram Type(s) with the most circled or marked traits.

Positive	Negative	Enneagram Type
principled, prudent, discerning, conscientious, responsible, self-disciplined, orderly	irritable, rigid, perfectionistic, critical (and self-critical), preachy	1
encouraging, loving, self-nurturing, joyous, forgiving, gracious, compassionate, supportive, caring, warm, appreciative, generous, other-oriented, affectionate, well intentioned, maternalistic	people-pleasing, flattering, insincere, self-important, self-deceptive	2
well-adjusted, cool, successful, effective, competent, goal-oriented, ambitious, charming, into performance, image-conscious, hard-working	excessively driven, competitive, self-promoting, narcissistic, "appropriate" instead of sincere, boastful, grandiose, vain, shallow, busy	3
introspective, romantic, elegant, self-expressive, creative, inspired, emotionally strong, self-aware, discrete, self-renewing	moody, self-absorbed, withholding, self-indulgent	4
observant, insightful, expert, studious, perceptive, unsentimental, exploratory, intellectual, visionary, pioneering, understanding	detached, isolated	5
reliable, courageous, cooperative, faithful, dutiful, safety-oriented, cautious	vigilant, anxious, defensive, evasive, worrying, doubtful, reactive, suspicious, blaming	6
bountiful, versatile, grateful, funny, spontaneous, excitable, optimistic, eager, adventurous, variety-seeking, quick, energetic	scattered, distracted, restless, impatient, thrill-seeking, over-extended, irresponsible, excessive	7

Positive	Negative	Enneagram Type
determined, resourceful, straight-talking, shrewd, insistent, honourable, heroic, empowering	blunt, domineering, defiant, confrontational, bad-tempered, cynical, vengeful, mean, intimidating	8
easygoing, receptive, relaxed, agreeable, uncomplicated, contented, comforting, healing, natural, serene, unconditional type love	complacent, inattentive, unaware of their own anger, ineffectual, passive-aggressive, resigned, stubborn	9