

Our Name: Key to Our Personality Type
An Application Research Project

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A Culminating Project submitted to the Faculty of
Atlantic University in Partial Fulfillment of the
Requirements for the Degree of

MASTERS OF ARTS IN TRANSPERSONAL STUDIES

ATLANTIC UNIVERSITY
Virginia Beach, Virginia
January 2010

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Table of Contents

Abstract.....	4
Acknowledgements.....	6
Introduction.....	7
Methodology.....	9
Overview of Methodology Components.....	9
Methodology Details.....	12
The Name Research Questionnaire.....	12
Determination of Personality Type.....	21
The Riso-Hudson Enneagram Type Indicator (RHETI) Sampler Test.....	21
The Quick Enneagram Sorting Test (QUEST).....	21
Validation of Hypothesis.....	23
Overall Results.....	26
The Name Research Questionnaire - Key to Understanding.....	28
Questions 1A - 1D: Open-ended Questions Regarding the Given Name.....	28
Questions 1E - 1H and 2A - 2C – Multiple Choice Questions Rooted in the Enneagram ...	34
Question 1E vs Question 2A – Reflections.....	35
Question 1F vs Question 2B – Key Characteristics.....	37
Question 1G vs Question 2C – Lost Childhood Messages.....	39
Question 3. Meaning of the Given Name.....	43
References.....	44
Appendix - Name Research Documents.....	45

Name Research Participant Consent Form 45

Name Research Questionnaire 46

Abstract

“What’s in a name?” Perhaps more than meets the eye. How many times have we said or written our name? How many times have we been addressed by our name? Perhaps we will use our name more than a million times over the course of our own life. But how many times have we really thought about our name, its history and whether as our oldest companion it provides some insight in to who we are and how we move in the world.

This Culminating Project looks deeply at the given name and attempts to determine if the name we were given at birth (first and middle name) provides a key to our personality type. Thirty-five people participated in this project. Each participant was asked to fill out an in depth questionnaire rooted in the Enneagram regarding his or her given name and favorite childhood nickname if he or she had one. Once the questionnaire was completed, the participant was then asked to take two on-line Enneagram personality-typing tests to determine his or her personality type. Answers from the questionnaire were then compared with the results of the on-line personality tests to determine if there were any relationship between the name and the personality type.

What did we learn? Most of the participants had a significant level of awareness about their name before participating in this project. Those who did not, walked away with a greater awareness of their name and themselves. In addition, some interesting trends surfaced regarding the participant’s coping style and social style. For example, when the favorite childhood nickname was thought about versus the given name, the number of participants with a positive outlook coping style double while those with a reactive coping style was cut in half.

From the results of this project, we learned that there is much more to our name than meets the eye. As Cayce states in Reading 101-1 we can learn much by just meditating on the name. It is this project's hope that those who read this paper and its findings will have an opportunity to meditate on and think about their own name and discover a whole new way of looking at their name and their lives.

Acknowledgements

I would like to acknowledge and thank all those who participated in this project, pronouncing in word each by name:

Susan Louise, James Ambrose, Lauren Marie, Ronald Hugh, Mary Theresa, Viviane Marie, Terrence, Sheryll Anne, Candis Sue, Susan (Agnes Zsuzsanna), Frank, Derrick John, Jacqueline Rose, Lisa Ann, Lisa Jo, Jeffrey Joseph, Nicole Alfonso, Donato Charles, Thomas Laurence, J. Dan (Joseph Daniel), Leona Ann, Patricia Carol, Gloria Ann, Linda Marie, Lillian Lucy, George Edward, Herman, James Thomas, Jane Audrey, Lise Kure Jensen, Kathleen Helen, Nan, Rozanne, and Linda Rita.

“The innate self may gain MUCH by the study of the name, even as written. Many visions, of many fields, of many positions, of many places, may be brought close to the consciousness by meditation on JUST the name.” - Edgar Cayce, Reading 101-1

“A name pronounced is the recognition of the individual to who it belongs. He who can pronounce my name aright, he can call me, and is entitled to my love and service.”

Henry David Thoreau (1817-1862)

American Naturalist, poet, and Philosopher

Introduction

The birth of this project began over a year ago while I was attending Sunday service at my Church. Joining in with the entire congregation, I begin to recite the *Our Father*, a prayer that Jesus the Christ gave to his disciples. Like lightening I was literally struck by the opening words of this prayer, “Our Father, who art in heaven, hallowed be thy name”. The name of the God of Christianity, the God of my heart, was hallowed. It occurred to me at that very moment that I never really much thought about God’s name or my own for that matter. After all, wasn’t it my oldest companion. Clearly Jesus the Christ gave this some thought. So maybe, I thought, I should too.

Over the next few days, I searched the Web for more information on this prayer and its reference to God’s name, when I came across the following:

During Jesus’ day, to a Jew, a person's name was more than just a way to identify them physically; their name also reflected their nature. Jews named their children in a way that expressed the child's mission in life. Because of this custom, the Jewish people had about 16 different names for God in the Hebrew Old Testament. Each name reflected a different aspect of God's character, so God's names were considered by the Jews to be just as holy as God Himself. All About Prayer. (2002-2010).

The more I thought about this prayer and this Jewish custom, the more I thought about my own name, Donna Marie. Was it hallowed in some way? Did it reflect my personality, my nature? Did it have a breath and life of its own? Or was it just a name. What did I really know about my name? I knew only two things:

1. I knew my mom named me after the Madonna, the Mother of Jesus. She had told me my naming story many times. While she was pregnant with me she saw a statue of the Madonna at a funeral parlor and decided to name me after the Madonna. She said she fell in love with the statue's eyes. She said they carried the weight of the world in them.
2. I knew that it was of Italian origin and meant literally Lady (a title of nobility in Italian) and Mary (a variation of Marie, the English name for the Mother of Jesus).

The more I thought about my name and the names of my family and friends, the more I wanted to know if in some way our names held important information about us. I wondered if somehow our name, the name we were given at birth and any nicknames we might have acquired during our childhood might provide a key to our nature, our personality and could perhaps be helpful in understanding our purpose in this life.

With this in mind in March of this year, I contacted Henry Reed, my advisor, and proposed an application project for my Culminating Project that would test the following hypothesis:

Our name, specifically the name we were given at birth (this includes first and middle name, if any), is a living force/entity that provides a key to our personality type, leading us to a deeper understanding of ourselves.

Methodology

In order to test this hypothesis, I decided three things had to happen: I would have to interview folks about their given name, test them to determine their individual personality type, and then determine if there was a mapping between their given name and their personality type. As a student of the Enneagram Institute over the last ten years, I decided to use the Enneagram as the foundation for building my research.

The Enneagram is a personality typing system rooted in modern psychology and the spiritual wisdom of many different traditions that maps out the nine fundamental personality types of human nature and their complex interrelationships. (Riso & Hudson, 1999). After a year of testing, independent researchers at SHL¹ led by Prof. David Bartram, found that the nine personality types of the Enneagram are "real and objective" and that they stand on par psychometrically with the Myers-Briggs system, the Big Five, and other well-known, accepted psychological systems. (Enneagram Institute, Research & Related Matters, 1998-2010).

Overview of Methodology Components

In order to carry out my research, the project involved the following components knowledge of the Enneagram, as this might sway the results of this project since it is rooted in the Enneagram.

- Find and enlist thirty or more participants. These participants would be randomly selected from my network of family, friends, and community.

Participants must be eighteen years or older in that way they have some

¹ Founded over 25 years ago, SHL is the world leader in objective assessment in the work place. For more information about SHL go <http://www.shl.com>

history with their given name/s. The participant should also have little or no knowledge of the Enneagram, as this would sway the results of this project since it is rooted in the Enneagram.

- Develop a consent form that honored the confidentiality of each participant. Delving into a participant's name as well as personality could unveil some very deep and personal information that must be held with care and at the same time honored. Each participant would be asked to sign the *Name Research Participant Consent Form*² before s/he participated in the research project.
- Develop a tool by which I could ask the participant questions about his or her name. I decided to develop *The Name Research Questionnaire*³ that could be filled out by each participant with me present or independent of me.
- Review the Enneagram Institute's on-line personality typing tests and determine which should be used to validate the participant's Enneagram type. I decided to use both the Riso-Hudson Enneagram Testing Instrument Sampler (RHETI) (Riso & Hudson, 1998-2008) as well as the Quick Enneagram Sorting Test (QUEST) (Riso & Hudson, 1998-2008) for this project.
- Have the participant complete the Name Research Questionnaire and

² See Appendix for document entitled *Name Research Consent Document*.

³ See Appendix for document entitled *Name Research Questionnaire*.

then take and complete the two on-line Enneagram personality-typing tests, the RHETI Sampler (Riso-Hudson Enneagram Type Indicator) and the QUEST (Quick Enneagram Sorting Test). The questionnaire and the two on-line tests should be completed during the same session and should take no more than one hour to complete.

Methodology Details

The Name Research Questionnaire

I developed the Name Research Questionnaire based on key Enneagram personality identifications. Its questions are designed to make the participant “think about” and reflect upon his or her given name as well as favorite nickname if s/he had one. The questionnaire contains three sets of questions: Questions 1A - 1H, Questions 2A - 2C, and Question 3. Questions 1A - 1D are open-ended questions; whereas, questions 1E - 1H and questions 2A - 2C are multiple-choice questions based on well-known Enneagram characteristics. Question 3 is also multiple choice but is not based on the Enneagram; it tests the level of awareness the participant has regarding the meaning of his/ her name.

The first set of questions, Questions 1A - 1H, ask the participant to think about his/her given name. More specifically, Questions 1A - 1D are purposely designed to determine the level of awareness that the participant has about his/ her give name and asks

- Whether the participant has ever thought about his/her given name (Question 1A),
- What some of the qualities that the participant might associate with his/ her given name (question 1B),
- If the participant ever wanted to or did change his/her given name (Question 1C), and
- What was the participant’s naming story if s/he knew it (Question 1D).

Questions 1A- 1D are designed to provide some insight into the level of thought/consciousness the participant has regarding his/her given name. A rating of high to low will be given to the overall responses of this set of questions as defined in the following table:

Level of Participant Awareness	Number of Yes/ Responses
High	3 or more
Medium	2
Low	1 or 0

Like Questions 1A - 1D, Questions 1E - 1H also address the participant's given name whereas questions 2A- 2C address the participant's favorite childhood nickname if s/he had

one. The purpose for including the participant's favorite childhood name is to determine if the personality of the participant identifies itself differently when called by his/her given name versus his/her favorite childhood nickname. Perhaps it might unveil the positive, healthy aspect of participant's personality. Unlike one's given name that was chosen by someone else usually the parent/s or guardian/s, the "favorite" childhood nickname is one that a person chooses to use or keep and may even retains into adulthood.

Questions 1E -1H and questions 2A - 2C each has nine possible choices; unbeknownst to the participant each choice maps directly to one of the following Enneagram types:



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The participant must pick one and only one choice for questions 1E - 1G and 2A- 2C.

Inherent within each Enneagram type is a key coping style, its Harmonic, as well as social style, its Hornevia type. The Harmonic aspect of personality, discovered by Don Riso and Russ Hudson, reveals the fundamental way that our personality copes and defends against loss and disappoint. Within the Enneagram three Harmonic patterns exist: Positive Outlook, Competent, and Reactive. Whereas the Harmonic reveals the coping style, the Hornevia aspect of personality⁴ reveals the social style of how each personality type gets its primary needs met. Within the Enneagram three Hornevia patterns exist: Compliant (moving toward people), Assertive (moving against people), and Withdrawn (moving away from people). (Riso & Hudson, 1999, pp. 64-68).

⁴ Karen Horney, a psychiatrist and student of Sigmund Freud, developed three different patterns of social style, expanding upon Freud's work. These are called the Hornevia groups or aspects of personality.

The following chart maps each Enneagram type with his/ her Harmonic and Hornebian aspect of personality or pattern (Riso & Hudson, 1999):

Enneagram Number	Enneagram Type	Harmonic Pattern	Hornebian Pattern
1	Reformer	Competent	Compliant
2	Helper	Positive Outlook	Compliant
3	Achiever	Competent	Assertive
4	Individualist	Reactive	Withdrawn
5	Investigator	Competent	Withdrawn
6	Loyalist	Reactive	Complaint
7	Enthusiast	Positive Outlook	Assertive
8	Challenger	Reactive	Assertive
9	Peacemaker	Positive Outlook	Withdrawn

Questions 1E and 2A are designed to see if a match exists between the participant's given name and/or his/her favorite childhood nickname respectively and his/her core Enneagram personality identification; that is, when the personality identifies with its core persona, the person sees him/herself in a certain way to sustain his/her own self-image.

The following chart lists each Enneagram personality type with its core personality identification/self image (Riso & Hudson, 1999, p. 44).

Type	Core Personality Identification /Self-Image
1 Reformer	reasonable, sensible, objective, moderate, prudent, moral, “good”
2 Helper	loving, selfless, thoughtful, warm-hearted, concerned, kind, compassionate
3 Challenger	admirable, desirable, well-adjusted, effective, having “unlimited potential”
4 Individualist	sensitive, different, unique, self-aware, gentle, quiet, deep, honest with self
5 Investigator	perceptive, “smart’ curious”, self-contained, insightful, unusual, alert, objective
6 Loyalist	reliable, dependable, trustworthy, likable, careful, having foresight, questioning
7 Enthusiast	enthusiastic, free-spirited, spontaneous, cheerful, eager, outgoing, energetic, positive
8 Challenger	strong, assertive, direct, resourceful, action-oriented, tenacious, robust, independent
9 Peacemaker	peaceful, relaxed, steady, stable, gentle, natural, easygoing, friendly

Question 1E asks the participant which group of words best reflects his/her given name.

Question 2A asks the same question, but this time about the participant’s favorite childhood nickname. The participant must pick one and only one choice from the list of core identifications for each question. Again, the type does not appear on the questionnaire and is unbeknownst to the participant when they choose.

Questions 1F and 2B are designed to see if a match exists between the participant’s given name and/or his or her favorite childhood nickname respectively and the key characteristics

(Riso & Hudson, 1999, p. 18) of his/ her Enneagram personality type. Question 1F asks the participant to choose a group of words that best represents his/her given name's key character traits as if it were a character in a play. Question 2B asks the same question as 1F but with regard to the participant's favorite childhood name. The participant must pick one and only one choice for each question from the list below of key characteristics for each question. Again, the type does not appear on the questionnaire and is unbeknownst to the participant when s/he chooses.

The following chart lists each Enneagram Personality type and its key characteristics:

Type	Key Characteristics
1 Reformer	rational, principled, self-controlled
3 Achiever	adaptable, image-conscious, ambitious
4 Helper	intuitive, aesthetic, self-absorbed
5 Investigator	perceptive, innovative, detached
6 Loyalist	engaging, responsible, defensive
7 Enthusiast	upbeat, accomplished, impulsive
8 Challenger	self-confident, decisive, domineering
9 Peacemaker	receptive, reassuring, complacent

Questions 1G and 2C attempt to see if a match exists between the participant's given name and/or his or her favorite childhood nickname and the lost childhood messages s/he so wanted to hear as a child (Riso & Hudson, 1999, p. 34). The chart below lists each Enneagram personality type with its "lost childhood messages".

Type	Lost Childhood Message
1 Reformer	"You are good."
2 Helper	"You are wanted."
3 Achiever	"You are loved for yourself"
4 Individualist	" You are seen for yourself"
5 Investigator	"Your needs are not a problem."
6 Loyalist	"You are safe."
7 Enthusiast	"You will be taken care of."
8 Challenger	"You will not be betrayed."
9 Peacemaker	"Your presence matters."

Question 1G asks the participant if his or her given name became a living, breathing person which group of words might their given name identify with. Question 2C asks the same question with regard to the participant's favorite childhood nickname. The participant must pick one and only one grouping listed in the chart above.

Question 1H address the participant's given name only and asks the participant if s/he given name became a living, breathing person which group of words might his/her name identify with. Each of the nine choices to this question map directly to a role and/or vocation in the chart below that is representative of the type (Riso & Hudson, 1999, Section II).

Type	Role
1 Refomer	the teacher, the activist, the crusader, the moralist, the organizer, the perfectionist
2 Helper	the lover, the caretaker, the pleaser, the special friend, the enabler
3 Achiever	the motivator, the role model, the communicator, the status seeker
4 Individualist	the artist, the romantic, the special one, the aesthetic
5 Investigator	the thinker, the innovator, the observer, the specialist, the radical, the expert
6 Loyalist	the guardian , the true believer, the troubleshooter, the traditionalist
7 Enthusiast	the wonderkid, the dilettante, the connoisseur, the energizer, the multi-tasker
8 Challenger	the leader, the protector, the provider, the maverick, the rock, the entrepreneur
9 Peacemaker	the healer, the optimist, the reconciler, the comforter

Question 3 asks the participant to pick only one group of words that best represents his or her name. If the participant is female then she must pick from Option A; if the participant is male then from option B. Three of the choices from Option A and Option B will initially contain the meaning of three out of the top ten most popular English names of the 1980's (Social Security Administration OACT, 2009)⁵: One of the meanings will be the meaning of the participant's given name. As the number of participants increases, their names will constitute the other choices. It will be of interest to see if the participant chooses the meaning of his/her name out of this list.

Check only one box below	Option A	Check only one box below	Option B
	Beloved, Star of the Sea, Wished for Child		Protective.
	Noble, Aristocratic, Highly Ranked.		Gracious.
	Soft, Tender, Pretty		Bright, Famous
	Precious, God's Promise.		Strong

⁵ This list is from the US government's most popular girls/boys names of the 1980's taken from the Social Security cards for births that occurred in the US during the 1980's. Since the youngest age that can participate in this research is 18 years of age and on average would have been born before 1990 this seemed to be a reasonable decade to draw from.

Determination of Personality Type

After the Name Research Questionnaire is completed, the participant will then be asked to take the following on-line, validated Enneagram tests developed by the Enneagram Institute.

These two tests include

The Riso-Hudson Enneagram Type Indicator (RHETI) Sampler Test.

The RHETI Sampler is a 36-question, forced-choice questionnaire based on the full, longer Riso-Hudson Enneagram Type Indicator developed by Don Riso and Russ Hudson of the Enneagram Institute. It takes about ten minutes to complete. From this test, the participant will receive a chart with scores for all nine types, showing where the participant sits in the Enneagram. The RHETI Sampler is the first quarter of the full, scientifically validated RHETI that costs \$10 to take. The RHETI has been scientifically validated by independent research.⁶

The Quick Enneagram Sorting Test (QUEST).

The Quick Enneagram Sorting Test (QUEST) is a free five-minute test developed by Don Riso and Russ Hudson of the Enneagram Institute that suggests which Enneagram types are the most probable for each participant. The participant will not only receive the nine types ranked in order of probability of which one is his or her primary type, but s/he will have access to

⁶ In March 2001, the *Riso-Hudson Enneagram Type Indicator* (RHETI, Version 2.5) was officially validated by independent research. [The research](#), a doctoral dissertation conducted by [Rebecca Newgent, Ph.D.](#) at the University of Akron entitled "*An Investigation of the Reliability and Validity of the Riso-Hudson Enneagram Type Indicator*" is available from UMI Dissertation Services at 1-800-521-0600. Dr. Newgent concluded that the RHETI is scientifically "valid and reliable" as a test instrument with "solid psychometrics." A concise outline of the findings is available at www.enneagraminstitute.com/validated.asp

extensive descriptions for all nine types. According to the Institute this test is about 80% accurate for identifying the participant's main type. The findings of this test will only be used if there is a tie (i.e. the participant scores the same point score for two different personality types on the RHETI).

Once the Name Research Questionnaire as well as the two on-line Enneagram Institute tests (the RHETI Sampler and the QUEST) are completed, the data will be analyze to see if there is a match between the information the participant provided on the Name Research Questionnaire and the outcome of the two on-line tests, the RHETI Sampler and the QUEST.

As a service to the participant, if they are interested, and after s/he have completed the questionnaire and both the on-line tests, the initial findings from the Enneagram tests as well as the meaning of his/her name (which I will have researched on the Web before the participant has filled-out the questionnaire and the on-line tests) will be reviewed. Once all the data for this project is gathered from all the participants, I will make an overview of my finding available to all participants as well if they are interested.

Validation of Hypothesis

Our name, specifically the name we were given at birth

(this includes first and middle name, if any), is a living force/entity that provides a key to our personality type, leading us to a deeper understanding of ourselves.

Within this project two types of data will emerge from the questionnaire: one type is qualitative the other is quantitative. Both qualitative and quantitative data will be analyzed to determine the level awareness as well as the participant's personality type.

Qualitative data from the open-ended questions 1A-1D will give us some insight into the level of thought/consciousness the participant has regarding his or her given name. A rating of high to low as shown in the chart below will be given to the overall responses of this set of questions.

Level of Participant Awareness	Number of Yes/Responses
High	3 or more
Medium	2
Low	1 or 0

Not only might these ratings give us some indication of the participant's level of consciousness regarding his/her name, they may also help to determine if the multiple-choice questions are too leading since they are based on the Enneagram.

Quantitative data from Questions 1E- 1F, 2A-2C, and Question 3, will be tallied to see if any one personality type prevails. More specifically to determine the overall personality type of each participant from the Name Research Questionnaire, the following guidelines will be used:

1. For those participants who have answered all seven multiple choice questions, 1E-1H and 2A-2C (given name and nickname) then:
 - three or more of the questions must result in the same Enneagram type, plus
 - the answer to Question 3 regarding the meaning of the participant's first name must be answered correctly (that is, s/he must chose the correct meaning of his/her 's first name) plus
 - the answers to Questions 1A-1D regarding the participant's level of awareness must be a medium to high rating.
2. For those participants who have answered four (1E- 1H) of the seven multiple-choice questions, that is, the participant does not have a favorite nickname (2A- 2C), then
 - two of the four answers must map to the same Enneagram type, plus
 - the answer to Question 3 regarding the meaning of the participant's first name must be answered correctly (that is, s/he must chose the correct meaning of his/her 's first name) plus
 - the answers to Questions 1A-1D regarding the participant's level of awareness must be a medium to high rating.

If either 1 or 2 of the above is true, then we can say that a dominant Enneagram personality type has shown itself. This would then be consider a valid proof point or sample that could be compared with the results of the RHETI Sampler on-line personality test. If

both the results of the questionnaire and the on-line RHETI Sampler test are the same, then we can say that the participant's name maps to his/ her Enneagram type and provides information about his or her personality type.

For the purpose of validating the hypothesis I set forth for this project, fifteen or more valid samples or proof points from the overall questionnaire pool must match the results of the RHETI Sampler. If this is true then the hypothesis, "Our name is a living force/entity that provides a key to our personality type" has been validated.

Overall Results

More than forty people verbally agreed to participate in this project. They came from all walks of life and all ages. The only requirement was that they be eighteen years of age or older in order that they might have some personal history with their name. Of this group, thirty-five people (twenty-four women and eleven men) actually took the time to complete both the Name Research Questionnaire and the two on-line Enneagram personality-typing tests, the RHETI Sampler (Riso-Hudson Enneagram Type Indicator) and the QUEST (Quick Enneagram Sorting Test).

In most cases I personally interviewed the participant either during or after the participant filled out of the questionnaire and took the on-line personality tests. Interviews were conducted both in person, over the phone and/or via the Internet. Prior to a phone or Internet interview, the participant received a packet via Email or US mail beforehand containing a letter of introduction/instruction, the Consent Form and The Name research Questionnaire.

The minimum amount of time each participant spent on this project was approximately an hour. This included filling out the questionnaire and taking the on-line tests. However, if the participant was interested in learning more about the results of his or her tests, approximately ½ hour more was needed. It is interesting to note that most of the participants wanted to understand more about the results of their personality tests.

In general participants had a significant level of awareness about their given name. Of the thirty-five participants, twenty-seven participants (77%) had thought about the meaning of their name at some point in their lives. Twenty-four participants (68%) knew how they got their name

(that is their naming story), and all but two (94%) described three or more qualities they associated with their name.

Much to my surprise, even with this high level of awareness, the results of only four participants (11%) meet the criteria I had set forth as proof positive validation of this project's hypothesis, "that our given names may provide a key to our personality type". This may have been the result of one or all of the following reasons: too small of a participant pool, too stringent test criteria to obtain a valid sample, or not enough questions to validate the personality type from the questionnaire or need to further validate the participant's personality type using the full RHETI. However, after much thought and a thorough analysis of participant data, I found that the data from the Name Research Questionnaire does in fact reveal certain aspects of our personality, especially as they relate to our social style (Hornevian type) and our coping style (Harmonic type). In the upcoming sections I will discuss the details of this data.

The Name Research Questionnaire - Key to Understanding

The Name Research Questionnaire was designed to get the participant to think about and perhaps as Cayce advises in Reading 101-1 to study and meditate on his or her name. Questions 1A-1D speak to the given name and are open-ended; Questions IE-IG and 2A-2C also speak to the given name and a favorite childhood nickname respectively but are multiple choice based on the Enneagram. Question 3 is also multiple choice but is based on the historical meaning of the participant's first name.

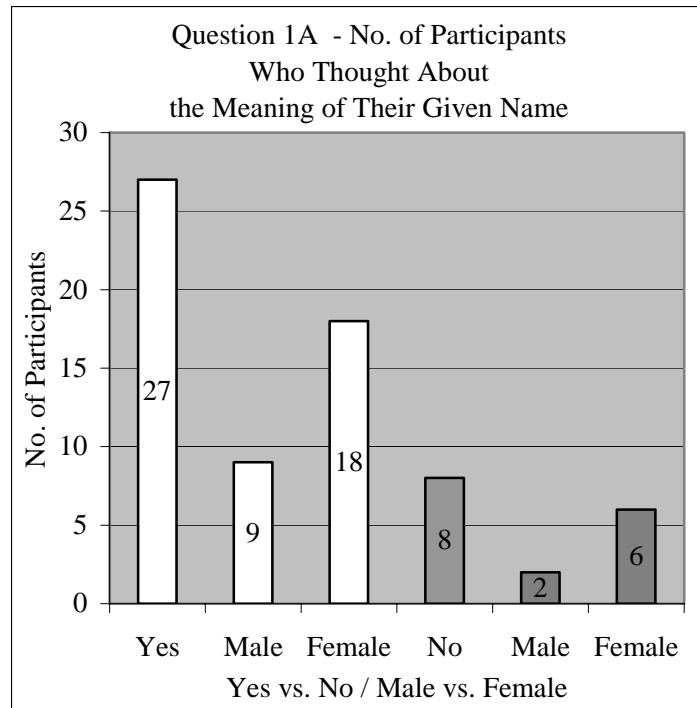
Questions 1A - 1D: Open-ended Questions Regarding the Given Name

The first four questions of the Name Research Questionnaire show that the majority of participants thought about their name at some point in their lives. More than twenty-four participants thought about the meaning of their name (Question 1A) and knew their naming story (Question 1D). Some had looked up the meaning of their given name at important moments in their lives such as when they were considering a name for their own child. Others out of curiosity asked their parents and/or family members and friends. Still others were told by their parents why they choose a particular name. Regardless of how the participant became aware of the meaning and significance of their given name, one thing was certain - it was chosen for them and would become their constant companion unless they specifically choose to change it (Question 1C).

Of the thirty-five participants it is interesting to note that eight had never thought about the meaning of their name or their naming story until participating in this project. However, upon the completion of the Name Research Questionnaire, interview, and on-line tests, these same

participants walked away seeded with more awareness and perhaps a deeper appreciation of their names.

According to the questionnaire data, twenty-seven of the thirty-five participants had thought about their given name and eight had not (Question 1A). Most of the participants who had thought about their name liked it. For some participants, it gives them a strong sense of family roots. For others, it gives them a strong sense of confidence and self-worth.



One participant, Viviane Marie, states that she loves her name because it reminds her of French and Italian heritage and family relationships. According to Viviane Marie's Enneagram test results she is a Loyalist type. One of the key characteristics of the Loyalist type is a strong sense of loyalty to their family, friends, and beliefs systems. Another participant, Kathleen Helen who has strong Irish roots states that her name gave her a great deal of pride. Others just like the aesthetics of their name: the way it sounds or the personal qualities that it brings to mind.

Almost all of the participants except for one were able to provide a list of qualities they associated with their given name (Question 1B). Twenty-six of the participants (76%) associated positive qualities regarding their given name. Qualities such as strength and leadership (Leona

Ann), trust, loyalty, dependability (Thomas Laurence), youthful, upbeat, approachable (Lisa Ann), kindness, energy, patience (Linda Marie), serious, deep, adventurous (Terrence) were just a few of the positive qualities named. However, seven of the participants (21%) have very strong, negative feelings about their name and could not come up with positive qualities.

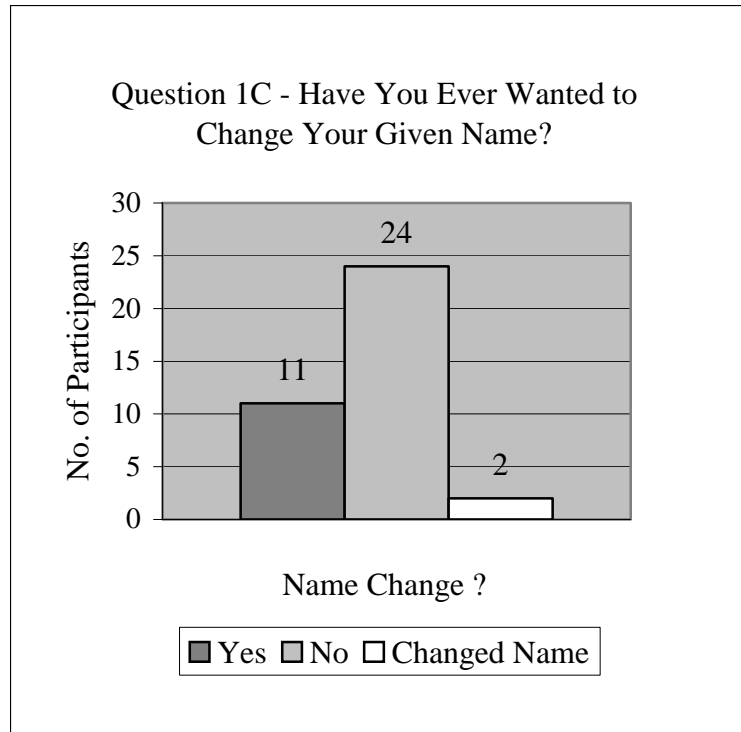
Herman as a child growing up in the forties never liked his name. His name was often associated with Hitler's Germany and he was often called, "Herman the German". Nan feels her name is too short and hard sounding (staccato); she often has to explain it (Where did it come from? Was it short for something else?). Lillian Lucy thinks her name sounds too old-fashion and formal.

Sheryll Ann associates her name with drudgery, unhappiness, and dark rough edges. She disliked her name so much that she had it legally changed to Sherry, a name that fills her with light-heartedness, fun, and beauty. Agnes Zsuzsanna is reminded of an old lady or a serious and obedient Catholic Saint. Although she did not legally change her given name as Sheryll Ann did, she does go by the name of Susan, a name that she feels is popular, feminine, pretty, self-assured, and friendly. Jane Audrey feels her name was just too laid back and plain like "plain Jane". And lastly, Donato Charles thinks his name is backwards and too different. He wanted to change his name to one that was easier to spell and that was a family name but he never did.

In fact, at some point in their lives, eleven of the participants wanted to change their give name. However, only two did: Sheryll Ann as mentioned above and Lise Kure-Jensen who like her name but felt it was too long.

Unfortunately, the Name Research Questionnaire does not ask why the participant may not have changed his or her name even if s/he wanted to.

It would have been interesting to find out what may have prevented the participant from changing his or her name. Perhaps,



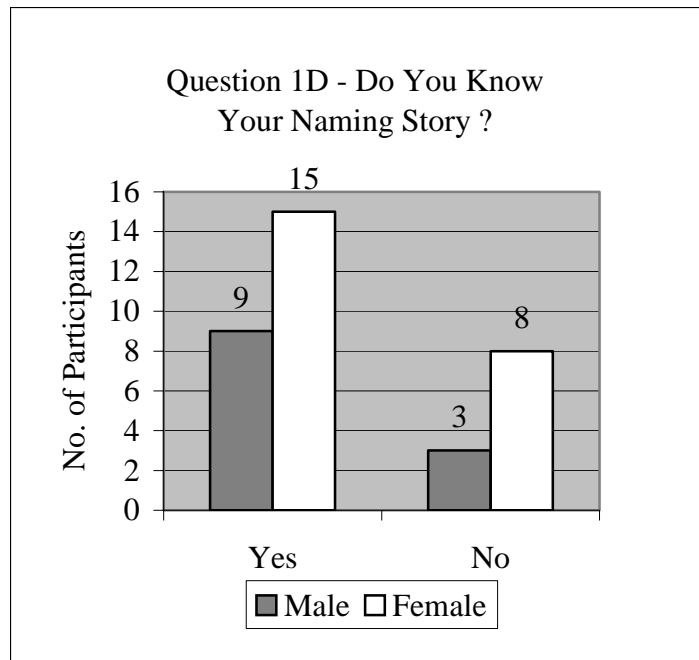
the fear of hurting one’s family members especially a parent or breaking naming traditions or the difficulty of changing one’s name legally may have prevented many of these participants from legally changing their names.

In addition to a high percentage of participants (77%) who thought about their name, over 65% know their naming story. Many of those who did not know wished that they had thought to ask how their name came to be. One participant, Linda Marie, did just that after filling out the questionnaire. Since both her parents were deceased, she asked her aunt. Linda Marie was so excited to find out from her aunt that she was named after her mom’s favorite childhood doll.

Terrence’s mother on the other hand told him his naming story. Terrence was named after his mother’s favorite comic book character “Terry and the Pirates”. In the Enneagram

Terrence typed as an Enthusiast type, Type 7. One of the key characteristics of the Enthusiast is a strong curiosity and sense of adventure. True to Terrence's personality type and to his namesake, Terry, the comic book character, Terrence was adventurous having traveled to different lands while in the Air Force.

A few participants state that their name was chosen before they were born. This is the case with Lauren Marie. Her parents thought a lot about her name before she was born. In fact, her middle name was intentionally chosen so that her initials would read in an alphabetic row - LMN. Lisa Ann states that her mom wanted her to have a modern, upbeat name, not an old-fashion one like her own, Carmela, or the one her father had chosen, Anastasia.



Several participants state that they were named after famous people: Jacqueline Rose (Jacqueline Kennedy), Derrick John (after a Philadelphia Flyer hockey player). Patricia Carol's middle name was chosen because her mother liked to listen to Christmas Carols; oddly enough Patricia Carol has a wonderful voice, sang in high school and won several singing competitions.

Some participant's were named under stressful circumstances, usually on the day they were born. Agnes Zsuzsanna's (Susan's) mother and father were at odds when she was born. In

the hospital her mother told the nurse to name her Agnes, her own name. When her father found out, he told the nurse to take it off of the birth certificate. So it was changed to Zsuzsanna, the name of an old girlfriend whose last name means “angel”.

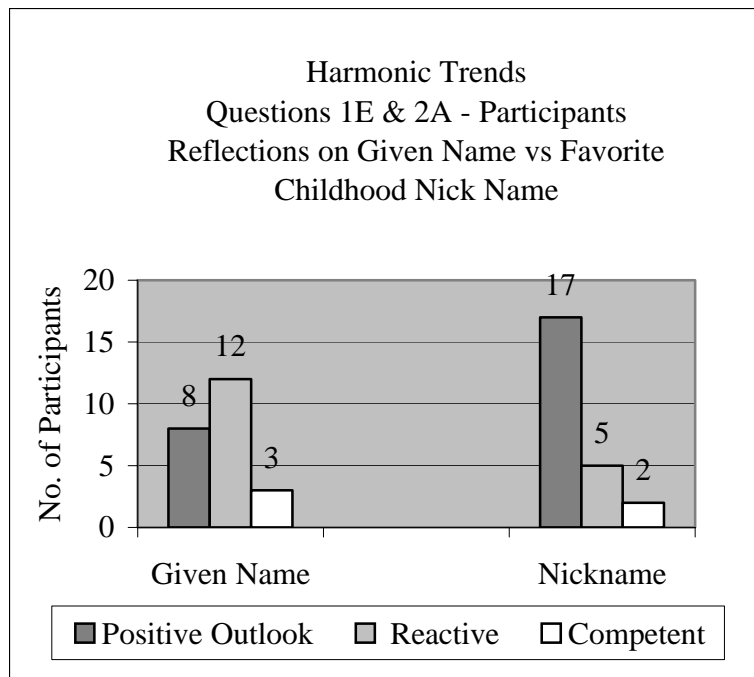
Like Agnes Zsuzsanna, Lisa Jo’s name was chosen for her in the hospital. Her father was desperate for a son and was determined to name his son David Scott. Her father was very disappointed that she was a girl. Not only was she not the son he had dreamed of but she was also born handicapped with a broken shoulder and bowed legs. So her father named her after the song, Mona Lisa.

During the interview, Lisa Jo stated that she was quite sure that she disappointed her father. Lisa’s Enneagram personality type, The Helper, is indicative of the circumstances of her naming. The Helper type main desire in life is to feel loved. Even since Lisa was a child her goal was to reclaim her sense of self worth and love by going to see the painting of the Mona Lisa. This in fact was her quest. When she was in her late teens, she went to see this mysterious painting that validated her being.

Questions 1E - 1H and 2A - 2C – Multiple Choice Questions Rooted in the Enneagram

Unlike Questions 1A - 1D, Questions 1E - 1H and 2A - 2C are multiple choice questions related to the participant’s given name (Questions 1E - 1H) and favorite childhood nicknames if they had one (Questions 2A- 2C). The reason for this was to see if a different aspect of the

personality revealed itself when the participant thought about their given name, a name chosen for them, versus their favorite childhood nickname, a name they loved to be identified. In addition to giving some indication of the participant’s probable personality type, the results of these questions also showed us some



interesting overall trends regarding the participant’s coping style (Harmonic type) and social style (Hornevian type).

Question 1E vs Question 2A – Reflections

Questions 1E and 2A asks the participant to pick a group of words that best reflects his or her given name and favorite childhood name, respectively. Of the thirty-five participants twenty-four participants (68%) had a favorite childhood nickname. Those who did not either had short names that in and of itself were treated as nicknames (such as Nan or Lise) or had one that they did not like such as Rozanne whose nickname was Zan.

When participants reflected on their given name (Question 1E), more than half of the participants fell into the reactive coping style or Harmonic group, a group that resembles the Loyalist, the Individualist, and the Challenger types of the Enneagram. However, when participants reflected on their favorite childhood nickname, seventeen or 71% fell into the positive outlook coping style or Harmonic group, a group that resembles the Peacemaker, Enthusiast, and Helper types of the Enneagram.

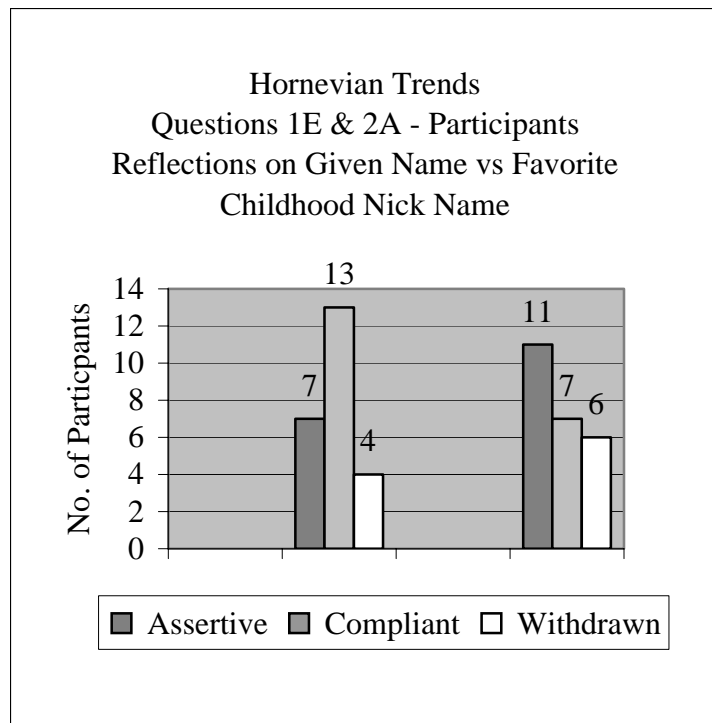
It seems that our favorite childhood name brings the positive outlook personality that we see in the Peacemaker, Helper, and Enthusiast types. Like their favorite childhood nickname, those participants with a positive outlook Harmonic want to see the bright side of life. Nicknames like Lee (Leona Ann), DD (Donato Charles), and Suzy-Q (Susan Louise) uplift us and make us smile.

When we look at the social style or Hornebian type of this same group of participants, more than half when they reflected on their given name fell into the compliant Hornebian group, a group that generally “moves toward people”. This aspect of their personality is one that meets

the demands of other people and is very responsible; the participants that fell within this Hornebian group are the Reformer, the Helper, and the Loyalist types of the Enneagram.

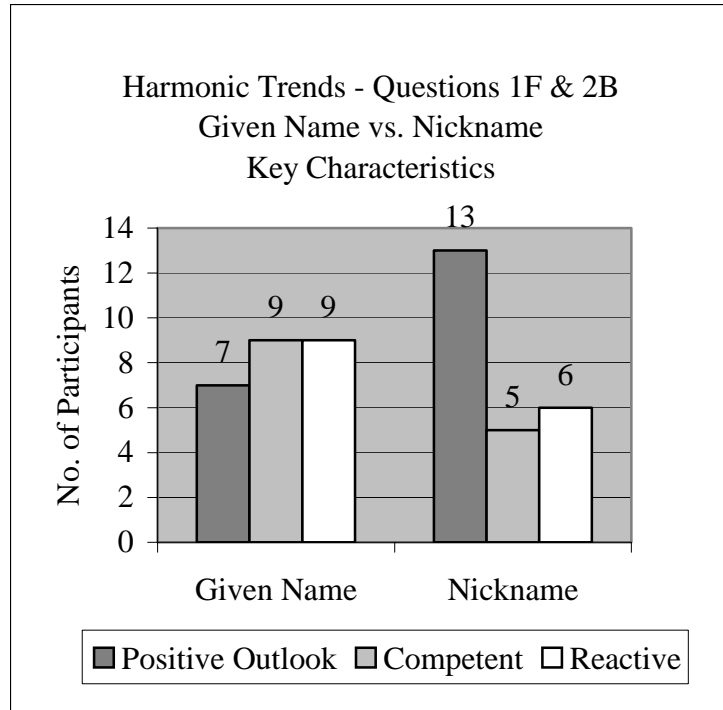
However, when this same group thought about their favorite childhood nickname, the Compliant group number went way down by half (thirteen to seven participants) and

the Assertive group (moving against people) went up by four participants or 57%, resembling the Enthusiast, Challenger, or Achiever types who feel that everything that is meaningful is happening to them.



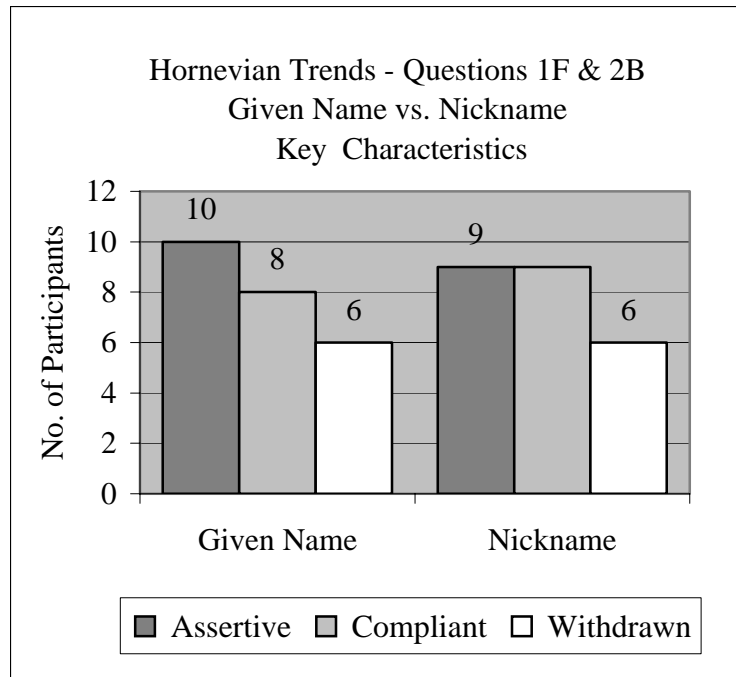
Question 1F vs Question 2B – Key Characteristics

Question 1F and 2B asks the participant to think of his or her given name (Question 1F) or favorite childhood nickname (Question 2B) as if it were a character in a play and then to identify this character’s key characteristics. When participants reflected on the key characteristics of their given name as a character in a play, nearly an equal distribution within the Harmonic groups (coping groups) resulted.



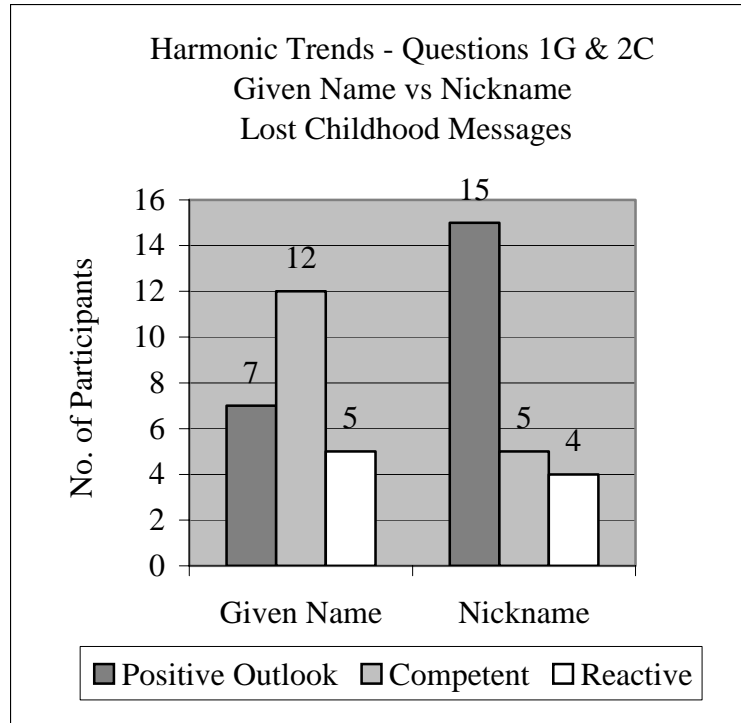
However, as we uncovered in the Question 2A, when these same participants thought about their favorite childhood nickname, both the competent and reactive group numbers fell and the positive outlook group increased, nearly doubling in this case.

When we look at this same groups' social style regarding the key characteristics of their given name versus their favorite childhood nickname, we see a slight decrease in the Assertive group, a slight increase in the compliant group, and no movement in the withdrawn group when participants thought about their favorite nickname's characteristics.



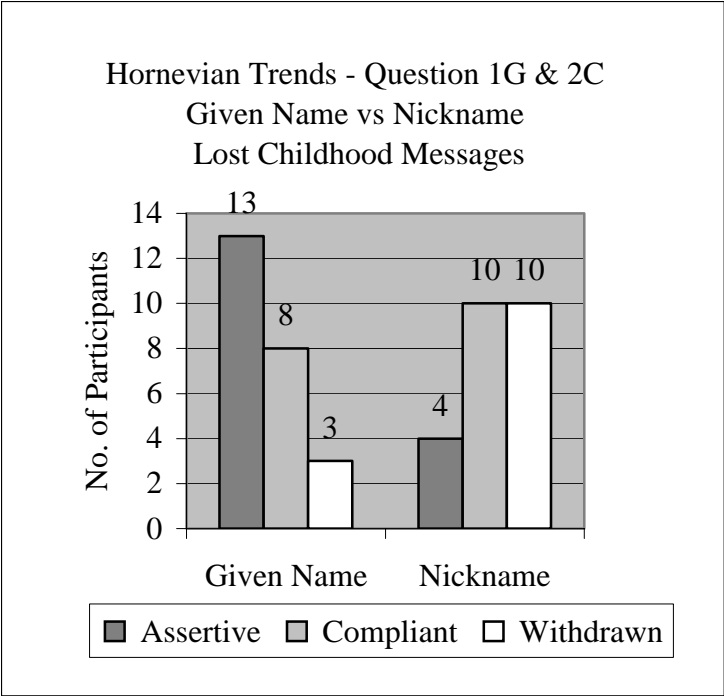
Question 1G vs Question 2C – Lost Childhood Messages

Question 1G and 2C ask the participant to substitute a childhood message that s/he would love to have heard from his or her parents and/or guardians as a child. As in the Questions 2A and 2B regarding one’s favorite childhood nickname, we see an increase in the positive outlook group number. In this case from seven to fifteen, or more than



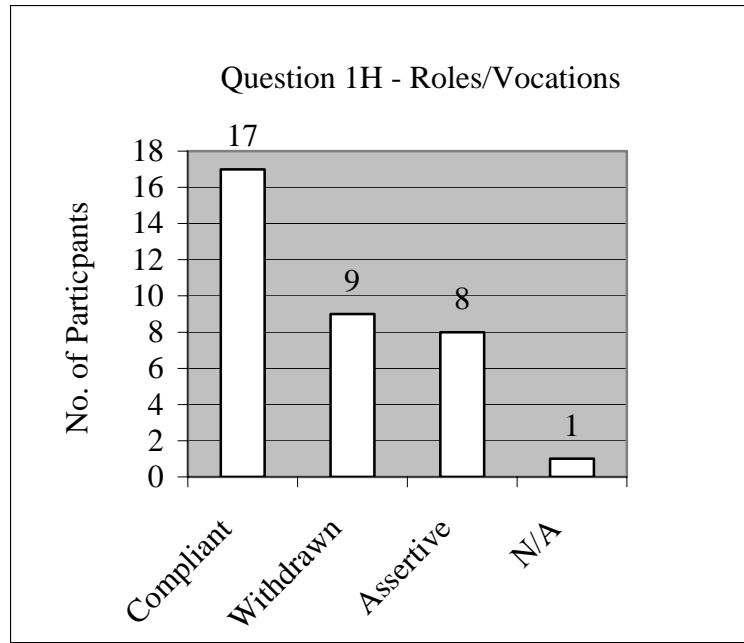
half of the overall participants. The messages that this group would liked to have received as a child when they thought about their favorite childhood nickname are the messages of the positive outlook Harmonic group: “You are wanted.”, You will be taken care of.”, and “Your presence matters.”

When we look at results of the social style for this same set of questions, we see a significant decrease in the assertive group (moving against people) and an increase in both the compliant group (moving toward people) and the withdrawn group (moving away from) aspect of personality.



Question 1H – Roles and/or Vocations

Question 1H asks the participant to pick out a group of roles that his or her given name might identify with if it were a living, breathing person. Of the 34 participants, one did not respond to this question, seventeen (50%) choose roles or vocations that are compliant (moving toward people).



Included in this group are the following Enneagram types:

- The Reformer whose roles might include the teacher, the activist, the crusader, the moralist, the organizer, the perfectionist,
- The Helper whose roles might include the lover, the caretaker, the pleaser, the special friend, the enabler, and
- The Loyalist whose roles might include the guardian, the true believer, the troubleshooter, the traditionalist.

Eight of the thirty-four participants chose roles that fall within the withdrawn group (moving against people). Included in this group are

- The Investigator whose roles include the thinker, the innovator, the observer, the specialist, the radical, the expert,

- The Individualist whose roles include the artist, the romantic, the special one, the aesthetic, and
- The Peacemaker whose roles include the healer, the optimist, reconciler, and the comforter.

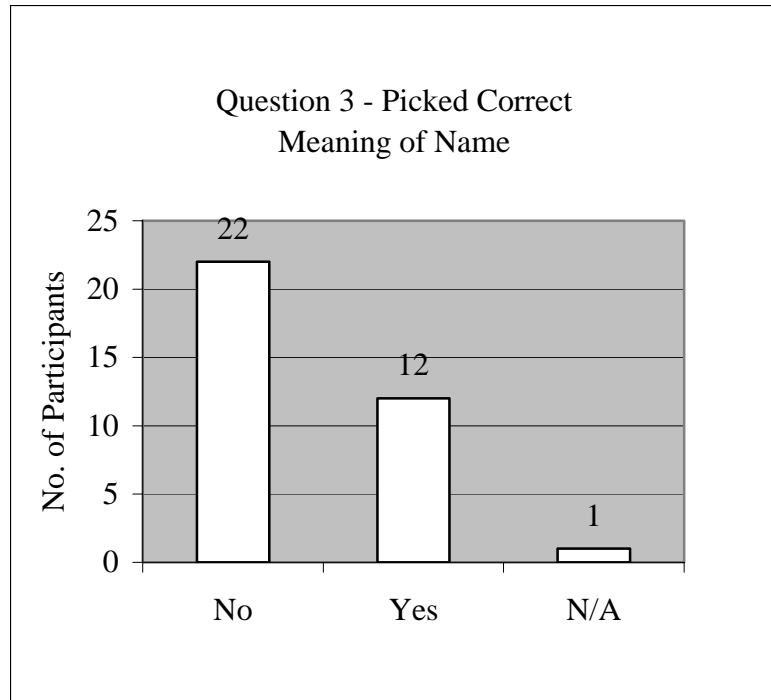
And lastly, eight participants (23%) were in the assertive group (moving against people).

This includes the following types:

- The Achiever whose roles include the motivator, the role model, the communicator, the status seeker,
- The Enthusiast whose roles include the wonderkid, the dilettante, the connoisseur, the energizer, the multi-tasker, and
- The Challenger whose roles include the leader, the protector, the provider, the maverick, the rock, the entrepreneur.

Question 3. Meaning of the Given Name

Question 3 asks the participant to check off the group of words that best represents the meaning of their first name. This question was updated for each participant because one choice had to include the meaning of his or her name. The meaning of each participant's name was researched on www.behindthename.com



website. Of the thirty-four participants who responded, twenty-two (65%) did not know the meaning of their name; twelve, however, did. Those who did know the meaning of their first name have names that pretty much reflect their meaning such as Gloria (glory), Viviane (lively or vivacious), Patricia (noble, patriarch), and Lauren (laurel).

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Appendix - Name Research Documents

Name Research Participant Consent Form

Name Research Participant Consent Form

I agree to participate in the Name Research Project led by Donna Marie Nutile as a part of the Master's Degree Program of the Atlantic University.

I agree to fill out the Name Research Questionnaire (taking about 20 minutes to complete) as well as two on-line personality typing tests (taking about 30 minutes to complete).

I understand that any information I provide on the Questionnaire regarding my name and the results of the two on-line tests (QUEST and RHETI) will be analyzed and used to validate a hypothesis on the name and possible match to personality type.

I agree that the information I provide on the Name Research Questionnaire as well as the results of the on-line tests may be shared with other people. I understand that only the above information will be shared and that my identity (last name, address) will be kept confidential and will not be shared unless I give my permission to share it.

By signing below you agree to the conditions of this research project.

Signature _____

Date _____

Name Research Questionnaire

Name Research Questionnaire

Date _____

1. Please write your given name below. Your given name is the name you were given at birth. This includes your first and middle name, if any.

A. Have you ever thought about the meaning of your given name? _____ Yes _____ No
If yes, please elaborate on what you thought and why. If not, why not? Please write below.

B. When you think about your given name, what are some of the qualities you associate with your name? Please list at least three of these qualities below.

C. Have you ever wanted to change your given name? _____ Yes _____ No

If yes, did you change your given name? _____ Yes _____ No

If yes, what did you want to change your name to and why, or what did you change to and why?

Please write this name below with an explanation of why you wanted to change it or why you did change it.

D. Your Naming Story

Your naming story tells the story of how you got your given name, who helped to pick it out and why, and at what moment (before, during or after your birth).

Do you know your naming story? _____ Yes _____ No

If yes, please write below a few words and thoughts about your naming story. If you do not know, you may want to ask and see what you can uncover about the history of your given name.

E. Of the group of words below which best reflects your given name.
Please check-off only one line of words.

- reasonable, sensible, objective, moderate, prudent, moral, “good”
- loving, selfless, thoughtful, warm-hearted, concerned, kind, compassionate
- admirable, desirable, well-adjusted, effective, having “unlimited potential”
- sensitive, different, unique, self-aware, gentle, quiet, deep, honest with self
- perceptive, “smart” curious”, self-contained, insightful, unusual, alert, objective
- reliable, dependable, trustworthy, likable, careful, having foresight, questioning
- enthusiastic, free-spirited, spontaneous, cheerful, eager, outgoing, energetic, positive
- strong, assertive, direct, resourceful, action-oriented, tenacious, robust, independent
- peaceful, relaxed, steady, stable, gentle, natural, easygoing, friendly

F. If your given name were a character in a play, which group of words below would best represent your given name’s key character traits?
Please check-off one line of traits only.

- rational, principled, self-controlled
- caring, generous, possessive
- adaptable, image-conscious, ambitious
- intuitive, aesthetic, self-absorbed
- perceptive, innovative, detached
- engaging, responsible, defensive
- upbeat, accomplished, impulsive
- self-confident, decisive, domineering
- receptive, reassuring, complacent

E. If you could substitute your given name for a message that you would love to have heard from your parents and/or guardians as a child, what message would that be.
Please check-off only one message below.

- “ You are good.”
- “ You are wanted.”
- ” You are loved for yourself.”
- ” You are seen for who you are.”
- ” Your needs are not a problem.”
- ” You are safe.”
- ” You will be taken care of.”
- ”You will not be betrayed.”
- ”Your presence matters.”

F. If your given name became a living, breathing person which group of words might your name identify with. Please check-off only one group of words.

- the teacher, the activist, the crusader, the moralist, the organizer, the perfectionist
- the lover, the caretaker, the pleaser, the special friend, the enabler
- the motivator, the role model, the communicator, the status seeker
- the artist, the romantic, the special one, the aesthetic
- the thinker, the innovator, the observer, the specialist, the radical, the expert
- the guardian, the true believer, the troubleshooter, the traditionalist
- the wunderkid, the dilettante, the connoisseur, the energizer, the multi-tasker
- the leader, the protector, the provider, the maverick, the rock, the entrepreneur
- the healer, the optimist, reconciler, the comforter

2. Please list below your favorite childhood nickname. If you did not have a childhood nickname, please go to question 3.

A. Of the group of words below which best reflects your favorite childhood nickname. Please check-off only one line of words.

- reasonable, sensible, objective, moderate, prudent, moral, "good"
- loving, selfless, thoughtful, warm-hearted, concerned, kind, compassionate
- admirable, desirable, well-adjusted, effective, having "unlimited potential"
- sensitive, different, unique, self-aware, gentle, intuitive, quiet, deep, honest with self
- perceptive, "smart" curious", self-contained, insightful, unusual, alert, objective
- reliable, dependable, trustworthy, likable, careful, having foresight, questioning
- enthusiastic, free-spirited, spontaneous, cheerful, eager, outgoing, energetic, positive
- strong, assertive, direct, resourceful, action-oriented, tenacious, robust, independent
- peaceful, relaxed, steady, stable, gentle, natural, easygoing, friendly

B. If your childhood nickname were a character in a play, which group of words below would best represent your childhood nickname's key character traits? Please check-off one line of traits only.

- rational, principled, self-controlled
- caring, generous, possessive
- adaptable, image-conscious, ambitious
- intuitive, aesthetic, self-absorbed
- perceptive, innovative, detached
- engaging, responsible, defensive
- upbeat, accomplished, impulsive
- self-confident, decisive, domineering
- receptive, reassuring, complacent

C. If you could substitute your childhood nickname for one and only one message every time someone called you by your nickname when you were a child, what would that message be? Please check-off only one message below.

- "You are good."
- "You are wanted."
- "You are loved for yourself."
- "You are seen for who you are."
- "Your needs are not a problem."
- "You are safe."
- "You will be taken care of."
- "You will not be betrayed."
- "Your presence matters."

3. Which of the following words most represents your given name?

If you are female, please check-off only one group of words from Option A.

If you are male, please check-off only one group of words below from Option B

Check only one box below	Option A/Female	Check only one box below	Option B/Male
	Famous		Protective
	Intriguing		Powerful
	Tender		Peaceful
	Victorious		Scholarly

Thank you for your participation!
Please go on to the on-line RHETI and QUEST tests
@ www.enneagraminstitute.com.