

Enneagram Type 6 Handout Essence Health

What is the Enneagram? The Enneagram is a dynamic psycho spiritual symbol that creates a map for personal and spiritual growth. It draws on many different systems of knowledge including psychology, cosmology, and symbology. It is a highly accurate typology that describes nine distinct personality styles. It helps us to “wake up” to ourselves by revealing the habitual patterns and blind spots that limit our growth and transformation.

It is based on 3 centers of intelligence and each type has one center that is dominant:

- The head center – thinking, analyzing, planning, imagination. Types 5,6,7
- The heart center – feeling, connecting, relating, emotional intelligence. Types 2,3,4
- The body center – their knowing comes from a gut sense and experience life through the senses. Types, 1, 8 and 9.

Each style or type exhibits traits that are on a continuum of being resourceful or less-resourceful. Most people have a mix of these traits or qualities and may lean towards resourceful one day and less-resourceful the next. Healing and transformation will over time lead to embodying more of the resourceful qualities consistently. This happens naturally and is not something to strive for.

Type Six

“Courage is resistance to fear, mastery of fear - not absence of fear.” - Mark Twain

“Don’t be afraid of your fears. They’re not there to scare you. They’re there to let you know that something is worth it.” - C. JoyBell C.

“Avoiding danger is no safer in the long run than outright exposure. The fearful are caught as often as the bold.” - Helen Keller

The Loyalist, Committed, Guardian, Troubleshooter

Strengths: Perceptive, sensitive, loyal, warm, witty, courageous and strategic.

Basic Fear: Of having no support and guidance, of being unable to survive on their own.

Basic Belief of personality: the world is full of threats. I can’t trust the world or others or myself to make the right decisions or do the right things.

Basic Desire or Motivation: To find security and support in other people, organizations or experiences where I feel supported and safe.

Superego or Childhood Message (ways to seek safety) “You are good or okay if you do what is expected of you.” “You can count on me.”

Focus of Attention: This is how we filter our reality and create a selective lens of perception in order to gain safety, security or love. The focus for a 2 is on:

- Figuring out the world, environment or others to gauge safety or threat.
- Guarding the safety of others through anticipation of problems and potential solutions
- Your own doubts and concerns
- External commitments

Healthy Sixes:

- Are awake and aware of that is happening around them, positive and negative.
- Are trustworthy and responsible and cooperative as equal contributors to a group.
- Are self-reliant and self-trusting, paying attention to their inner knowing, acknowledge positive track record and trust themselves to finish a job or make decisions.
- Can be decisive and courageous to take a stand on behalf of the greater good.

To read more on levels of development:

<https://www.enneagraminstitute.com/type-6/>

How to Find Balance: The Path from Fear to Courage

Begin the quest to regain your authentic self: Notice your patterns and create a little distance from it. We can find balance by moving towards our actual experience through cultivating presence, compassion and non-judgment. We can learn to face what we have repressed and question the mind. We can learn to get in touch with our authentic feelings with compassion and allow them to move on. Read on for more specific guidance.

Observe Stress Triggers including: having to make decisions without adequate information, feeling the need to create safety and security, too many commitments and not being able to rely on those around you or had put trust in.

Wake Up Call: Looking for a sure thing. Sixes tend to be worried frequently. Their lives are structured around people, structures, habits that they believe can deliver a “sure thing”, ie. Security. The wake up call is when anxiety creates the need to establish safety nets outside of themselves overrides their personal wishes or desires or objective reality. Sixes can be prone to trusting an authority figure or group and lose objective discernment turning into blind loyalty - to a job, person, religion, etc. Warning signs that mental health care is needed include: acute anxiety, depression, fear of losing support from others, attachment to unhealthy or abusive relationships, lashing out.

Notice the following patterns: The first stage is to observe yourself consciously and objectively; simply noticing or witnessing predictable patterns without judgment but with compassion.

1. Hyper-vigilance: Constant need to feel safe and worry about consequences if you don't stay vigilant. Observe your thoughts, behaviors, feelings and body sensations that are related to this pattern.
2. Risk management or troubleshooting: observe your need to plan for future worst case scenarios. How are you magnifying the situation? Observe you are trying to find peace by preparing.
3. Busy mind - how it is constantly looking for answers - observe that your lack of trust in your own inner guidance propels you to seek answers outside of yourself. Note that you tend to mistrust others until you've done the research or vetting.

4. The need for comfort of routine or known boundaries or guidelines.
5. The physical tension in the body that comes from anxiety.
6. Overcommitment to others or causes.
7. How do you project both positive and negative feelings onto others?

Inner Critic: This inner voice tries to identify what is expected of you and fulfill your commitments. This outward focus leads to forgetting what it is you want and disconnect from your own inner knowing/compass. The inner dialogue can be intense as responsibility and self-doubt create an endless cycle.

Ways to Balance:

Use your Wings:

Type 5 - Adopt healthy 5s ability to take a step back and observe objectively, doing a deeper dive into research to discover more information to help guide your actions. When you are caught up in beliefs or imagined worst case scenarios. Challenge the negative thinking directly. Ask - Is it true? Develop confidence in your ability to discern and see the big picture. Look out for the low side of 5 that can show up as withdrawing and resisting connection with others and endlessly ruminating about how things can go wrong or possible betrayal by others.

Type 7 - Integrate type 7s ability to be spontaneous and plan for having fun. Seek out diversity and variety - mix it up in a low risk way to help you out of your safe, comfort zone. Brainstorm positive potential for you and your life. What would excite you? What sparks your imagination? If fear was not a factor, what change would you make or what would you try? Move into action without having to prepare so much. Get curious when you feel fear - what's the opportunity that is here for growth, learning or adventure? Be aware of the low side of 7 which can show up when stressed and manifest as distraction or indulging in things that help to numb the anxiety - like alcohol, TV, sweets, etc.

Arrow Lines for Growth:

Type 3 – Integrate healthy 3 qualities by developing your own talents and being motivated by your own agenda. Create a to-do list charting a path to fulfill your own dreams or engaging in work that you enjoy and can feel satisfaction in. Let yourself be recognized for your positive qualities and accomplishments by first owning them yourself! The low side of 3 can drive you to become competitive, driven and focused on accomplishing your to-do list quickly without pausing to consider the bigger picture or how you feel.

Type 9 - Consciously adopt 9s ability to slow down and release tension. Connect with others through listening and seeing things from other's perspectives. Try to become the most relaxed person in the room! Cultivate quiet activities that allow you to just be, whether that is a hobby, meditation, nature, etc. Nature is very balancing and healing for a 6. While in nature, focus on becoming more present and grounded in your body. Notice how the elements of nature are just Being. How would that feel? Build confidence through mindful exercise and strength training. The focus on the body's sensations in the here and now allows your heart to feel more safe and secure and then able to go with the flow more. Be aware of the low side of 9 which can keep you stuck in inaction and indecisiveness wanting to please too many people or avoid conflict.

Find Balance Summary

Developing courage and faith in your own inner authority become great resources you can use to stay in balance. You can use your analytical abilities in support of your own judgments to take decisive action, rather than using them to expand on your worries about how things will turn out. Your efficiency can help you to complete projects despite misgivings. Developing the ability to allow events to unfold naturally gives you the freedom to commit yourself to a course of action even when you feel unsure about the outcome.

1. Build confidence by savoring times when you do achieve a goal, meet a challenge or act despite a fear. Own your competence to meet your challenges and support yourself and others.
2. Notice how you come to decisions - why do you feel you need to go outside of yourself. Own the times when you were right but maybe you didn't trust yourself and regretted it. Drop out of your head and into your heart and body to feel out your next move.
3. Get in touch with feelings that are moving you to end something and start anew. Get support for moving out of your safety zone and into uncharted territory - whether its a new job, creative pursuit or new relationship.
4. Carve out time for relaxation, meditation, nature, creative expression. This will help you find your Center and build trust in yourself. Get support if this is difficult or it brings up traumatic memories or anxiety.

Expressing the Virtue of 6: Courage arising from a feeling of inner solidity and connection with self and all living things.

- You act decisively and are persistent
- You still feel fear but don't let it hold you back from your priorities
- Your body is relaxed and you trust your instincts more
- You pay more attention to your inner reality and see your world more objectively.
- You've adopted daily practices that relax the nervous system and calm the busy mind.
- You speak up and act in ways that reflect your commitments and care for those in need.
- You've accepted that you can't control everything but can trust your inner guidance to meet challenges in the moment, living life as it comes. You know when you are relaxed, you have access to your higher levels of thinking and relating.

Prayer and Meditation Suggestions for Type 6:

"Do one thing everyday that scares you." Eleanor Roosevelt

With quiet listening, ask your higher self or heart when faced with a challenge:

What would your faithful courageous self do in this situation? Wait for the answer, it may not be what you expect - it could be doing nothing, setting a boundary, or having a difficult conversation. Learn to trust the voice of your inner wisdom.

Mudra for Type Six's virtue of Courage - virtues are clear positive emotions, pure energies of an open heart. You can connect with the energy of the virtue through the Mudra or hand position during meditation:

Both hands fist, arms crossed over your heart, right over left. Can use in meditation or to find your center.

Reflection on Courage

- Sit comfortably with a straight back, relaxed hands, arms, and shoulders. Keep your eyes closed or half open. Relax your mind. Take 3 deep and relaxed breaths. On the exhale you let all thoughts of where you just came from and where you are going to leave your mind. Be mindful of your breath. Pay full attention to the sensation of the air passing through your nostrils. Sit like this for 2 minutes.
- Think of a situation where you knew how you should act in order to stand by what you believe is true. An action that required courage because you knew it would have consequences. Recall the situation clearly and be aware that though it was difficult, you conquered your doubts and fears because you knew it was the right thing to do.
- Observe how it felt to act courageously. How did it feel before and after and in the actual moment?
- Realize that by standing firmly on what you believe you were true to yourself. And you acted as a role model by inspiring others to show courage. Rejoice in having benefited others in this way.
- Consider that courage does not come automatically. It has to be developed consciously. You have taken the time for that right now. Rejoice in that.
- Make a resolution that you in the future will develop courage and act courageously. Not only in order to stand on what you believe in, but also to help others and become a role model inspiring others to be courageous. That way you will contribute to the happiness of yourself and others.

Sacred Ground of my Being

You are within me and beyond me, forever present. Your love enfolds me as I go about my day. My suspicions fade when held in your unwavering assurance of me. Empty me now of my anxieties and imaginings. Assuage my fears. Create in me a refuge for trusting myself. Remind me of my inner resources and power. All I need is within me, to be called forth in trust so I may stand on my own solid foundation. Knowing your steady Ground is with me, I move forward in an uncertain world. Guide me as I travel the path of courage so I may lean into myself when the waters are troubled, having faith in my unfolding as I own my authority. Hold me in fearful times and fearless times. In your Holy Ground I rise to offer my full and powerful self in each moment.
-Sandra Smith, M.Div.

Our Deepest Fear- by Marianne Williamson quoted by Nelson Mandela in his inaugural Speech in 1994.

Our deepest fear
is not that we are inadequate.
Our deepest fear
is that we are powerful beyond measure.
It is our light
not our darkness
that most frightens us.
We ask ourselves
who am I to be brilliant,

gorgeous, talented, fabulous?
Actually, who are you not to be?
You are a child of God.
Your playing small doesn't serve the world.
There's nothing enlightened about shrinking
so that other people
won't feel insecure around you.
We were born to make manifest
the glory of
God that is within us.
It's not just in some of us;
it's in everyone.
And as we let our own light shine,
we unconsciously give other people
permission to do the same.
As we are liberated from our own fear,
our presence automatically liberates others.

References:

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Deep Coaching: Using the Enneagram as a Catalyst for Profound Change - Roxanne Howe-
Murphy EdD.
More growth ideas for 2: <https://drdaviddaniels.com/growth-for-type-2/>