

EXPLORING *The Enneagram*

TYPE SIX: THE LOYALIST

(AKA The Guardian or The Confidant)

People with an Enneagram Type 6 personality tend to be engaging, hard-working, and responsible in their behavior. They want to feel safe and tend to be concerned with outside threats. They are very loyal and want to build close relationships with others.

Basic Desire

The most basic desire of the Enneagram Type 6 is to feel secure, which they are likely to seek through loyalty to others. They work hard to build strong, stable relationships. Sixes want to feel that they can truly trust others to support them.

Though people who identify as a Type 6 value such strong loyalty, they may have difficulty trusting others and defend themselves by projecting their own feelings, positive or negative.

Basic Fear

The basic fear of the Type 6 is losing their personal support and stability. They usually crave predictable, safe environments. Sixes tend to have an “expect the worst, hope for the best,” mentality. They may express this fear by overthinking decision-making.

In summary, Enneagram Sixes tend to...

- Seek security and stability from others
- Fear losing their support systems
- Work hard and act responsibly
- Project their feelings in hard times
- Value loyalty and trust in relationships

STRENGTHS & WEAKNESSES

Every type has strengths and blind spots, and these are often amplified in professional settings where we often encounter a diverse group of people with vastly different backgrounds and value systems.

Strengths typically associated with Six include...

- Making responsible and practical choices
- Honoring commitments to people and plans
- Protecting and caring for others
- Recognizing and thinking about other perspectives
- Ability to consider both logic and emotion

Weaknesses typically associated with Six include...

- Difficulty controlling anxious thoughts
- Tendency to expect the worst outcome or be pessimistic
- Fearing important or major life decisions
- High levels of self-doubt and insecurity

MOTIVATIONS

When people experience pain, stress, or dissatisfaction, it can usually be attributed to energy-draining activities. Therefore, it's important to know what kinds of activities energize each personality type and which activities drain them.

Sixes tend to be motivated and energized by...

- Consistent and trustworthy relationships
- Offering help and assistance to others
- Advocating for personal beliefs and values
- Time spent with people they love

Sixes tend to be stressed and drained by...

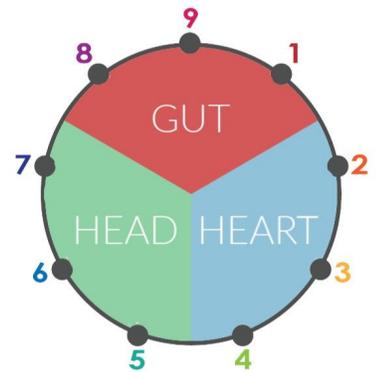
- Unreliable people and relationships
- Negativity in their work or personal environment
- Feeling as though they aren't needed
- Failing or making the wrong decision

SIX'S CORE EXPERIENCE: FEAR

Head types (types 5, 6, 7) like to have a good idea of what to expect before entering a new situation. They like to think but may be slow to act and plan but may not implement.

The most common emotion for the mind center is fear, and those who have primary access to this center tend to overanalyze. Types Five, Six, and Seven are all within this center, but have different ways of coping with their fear.

A Type Six reacts to their fear with anxiety and planning for the worst-case scenario. They are always thinking about what could go wrong and planning for a potential crisis. They look to organizations and authority figures for guidance, safety, and reassurance; however they rebel against this figure as soon as they feel too dependent as another form of self-protection.

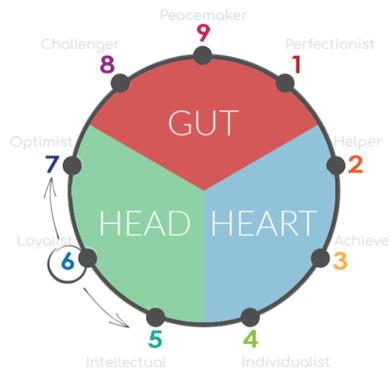


OKAY, I'M A SIX. NOW WHAT?

There are several factors that determine what *kind* of Six you are. The first is your...

Wing

The wings for Six are Five and Seven.



Six with a Five wing (6w5)

People with a 6w5 personality tend to identify most with the type Six (The Loyalist), but share traits with the Five (The Observer), as well. They tend to be intellectual, hard-working, and cautious in their behavior. They are independent, but are very loyal to those they support. They are usually more serious and focused than 6w7s.

Six with a Seven wing (6w7)

People with a 6w7 personality tend to identify most with the Six (The Loyalist), but share many attributes with Seven (The Enthusiast), as well. They tend to be engaging, hard-working, and personable in their behavior. They are much more sociable than 6w5s and love to make new friends.

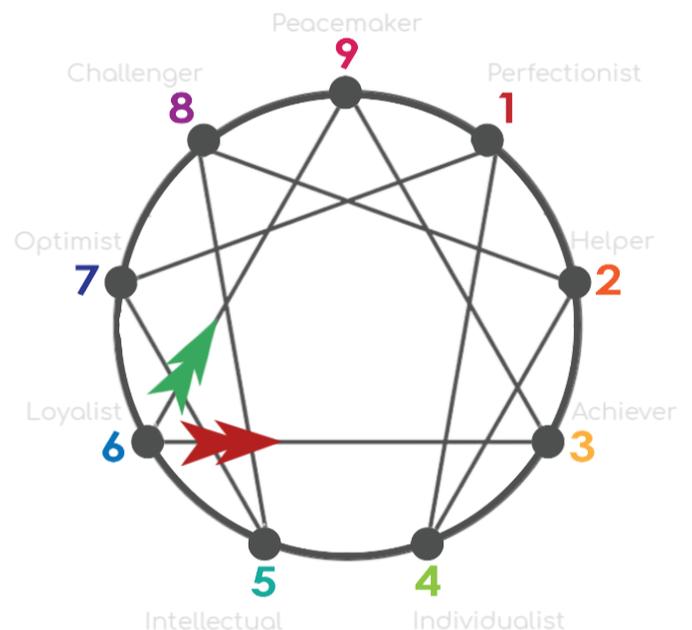
Growth & Stress Points

Growth and Stress points show us how each type behaves under different conditions -- this is why it's helpful to remember that your Enneagram type describes your motivations, not your behavior.

Type Six has a line with a red arrow connecting to Three and another line with a green arrow connecting it to Nine.

Three is the Stress Point. When they've had enough of taking one for the team, stressed Sixes become competitive and arrogant.

Nine is the Growth Point. In safe situations, Sixes trade working hard for daydreaming and lounging. Growth toward the Nine allows Sixes to genuinely relax their guard and trust that things will work out.



Living & Working With Six

If you're not a Six but work or live with somebody who is, here are some tips:

Communication | Help them to feel safe and comfortable sharing by listening and offering support.

Meetings | Abide by a scheduled meeting time and be supportive and encouraging.

Texts & Emails | Explain the purpose directly and practically, avoiding small-talk.

Giving Critical Feedback | Keep feedback on the gentler side; express encouragement and constructive criticism.

Conflict | Calmly and logically address the situation and your own point-of-view; help sixes to feel safe and secure when expressing themselves.

For Your Health...

- Remember that there is nothing unusual about being anxious since everyone is anxious and much more often than you might think. **Learn to be more present to your anxiety, to explore it, and to come to terms with it.** Work creatively with your tensions without turning to excessive amounts of alcohol (or other drugs) to allay them. In fact, if you are present and

breathing fully, anxiety can be energizing, a kind of tonic that can help make you more productive and aware of what you are doing.

- You tend to get edgy and testy when you are upset or angry, and can even turn on others and blame them for things you have done or brought on yourself. **Be aware of your pessimism:** it causes you dark moods and negative thought

If I got a penny for every
anxious thought



patterns that you tend to project on reality. When you succumb to this self-doubt, you can become your own worst enemy and may harm yourself more than anyone else does.

- Sixes tend to overreact when they are under stress and feeling anxious. **Learn to identify what makes you overreact.** Also realize that almost none of the things you have feared so much has actually come true. Even if things *are* as bad as you think, your fearful thoughts weaken you and your ability to change things for the better. You can't always manage external events, but you *can* manage your own thoughts.
- **Work on becoming more trusting.** There are doubtless several people in your life you can turn to who care about you and who are trustworthy. If not, go out of your way to find someone trustworthy, and allow yourself to get close to that person. This will mean risking rejection and stirring up some of your deepest fears, but the risk is worth taking. You have a gift for getting people to like you, but you are unsure of yourself and may be afraid of making a commitment to them. Therefore, come down clearly on one side or the other of the fence in your relationships. Let people know how you feel about them.
- Others probably think better of you than you realize, and few people are really out to get you. In fact, **your fears tell you more about your attitudes toward others than they indicate about others' attitudes toward you.**