

EXPLORING *The Enneagram*

TYPE NINE: THE PEACEMAKER

(AKA The Diplomat)

People with a Nine personality tend to be accepting, optimistic, and adaptive in their behavior. They like peace and tend to avoid conflict. They tend to enjoy time alone or with smaller groups of people.

Basic Desire

The most basic desire of the Enneagram Type 9 is to have internal peace. Nines strive to be in harmony with themselves and the world around them.

Peacekeepers defend themselves by ignoring pain or numbing their internal conflicts through food, television, and other repetitive patterns. They have the tendency to avoid discomfort to the point of apathy.

Basic Fear

The basic fear of the Type 9 is that they may lose or be separated from others. They may attempt to prevent this by remaining peaceful and avoiding conflict, potentially adapting to others preferences, rather than stating their own.

In summary, Enneagram Nines tend to...

- Avoid conflict with the world around them
- Seek peace and harmony with themselves and others
- Fear loss and separation
- Be accepting and agreeable
- Try to ignore or numb themselves to their problems

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 Nines include...

- Ability to see multiple perspectives
- Remaining calm and adaptable
- Supporting and reassuring those around them
- Mediating conflict between others
- Being open minded and suspending judgement

Weaknesses typically associated with Nines include...

- Difficulty facing personal conflict with others
- Tendency to minimize problems
- Avoiding difficult or upsetting situations
- Being passive aggressive rather than addressing conflict

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.

Nines tend to be motivated and energized by...

- Stability and consistency in their personal life
- Helping to bring two groups together
- Resolving others' personal tensions
- Feeling safe, accepted, and heard

Nines tend to be stressed and drained by...

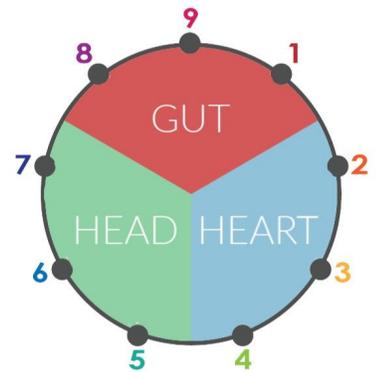
- Disappointing those they love
- Needing to make difficult decisions
- Being interrupted or ignored
- Pent-up and unexpressed emotion

NINE'S CORE EXPERIENCE: ANGER

The Gut Center experiences things first in the body, for example:

- “That made my blood boil.”
- “I have butterflies in my stomach.”
- “My skin is crawling.”
- “I had a gut feeling about that.”

The most common emotion for the body center is anger, and those who have primary access to this center tend to react before thinking. Types Eight, Nine, and One are all within this center, but have different ways of coping with this emotion.



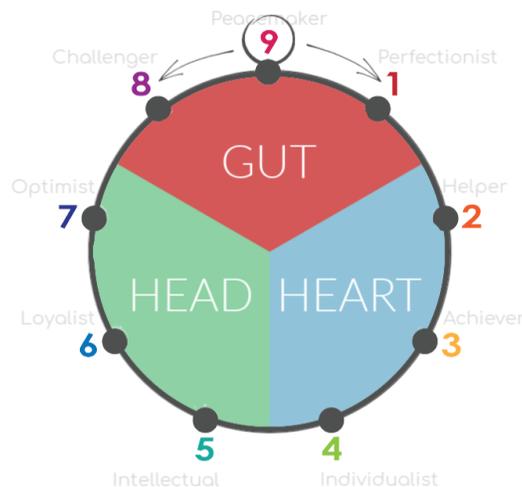
A Type Nine is out of touch with their anger. They disconnect with the emotion in order to maintain harmony. They would rather deny this emotion than let it disrupt their peace. Feeling threatened, they may numb darker feelings by focusing on an idealized, utopian world.

OKAY, I'M A NINE. NOW WHAT?

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

Wing

The wings for Nine are Eight and One.



Nine with an Eight wing (9w8)

People with a 9w8 personality tend to identify more with Nine (The Peacemaker), but share several traits with Eight (The Challenger) as well. They are social, independent, and routine in their behavior. They are generally more assertive and adventurous than 9w1s.

Nine with a One wing (9w1)

People with a 9w1 personality tend to identify more with Nine (The Peacemaker), but also share several traits with One (The Perfectionist). They are hardworking, creative, and friendly in their behavior. They are generally more idealistic and serious than 9w8s.

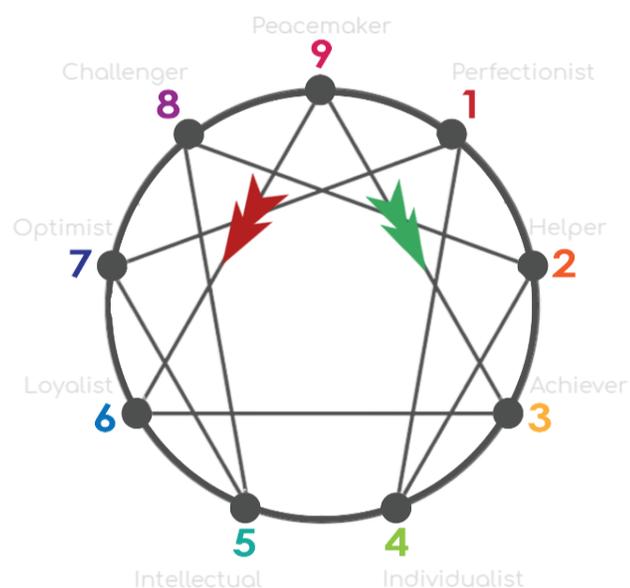
Growth & Stress Points

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

Six is the Stress Point. Under stress, Nines shed their typical calm and grow nervous, worrying and scanning the environment for potential threats.

Three is the Growth Point. In safe situations, Nines' desire for attention comes through and they adopt more assertive or even show-offy behavior. Growth toward Three helps Nines show up in the world in a way that's authentic and valuable.



Living & Working With Nine

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

Communication | Encourage them to be open about their personal needs and ideas; create an environment in which they feel safe to communicate honestly.

Meetings | Avoid creating pressure and encourage them to share their opinions or feelings.

Texts & Emails | Communicate the purpose clearly, while allowing room for small-talk and personal connection.

Giving Critical Feedback | Avoid being overly negative or critical; express growth areas as opportunities rather than flaws.

Conflict | Ask them what they need, remain calm and patient, and express yourself gently.

For Your Health...

- It is worth examining your type's tendency to go along with others, doing what they want to keep the peace and be nice. Will constantly acquiescing to the wishes of others provide the kind of relationships that will really satisfy you? Remember, **it is impossible to love others if you are not truly present to them.** This means that you have to be yourself, that you (paradoxically) have to be independent so that you can really be there for others when they need you.
- Exert yourself. **Force yourself to pay attention to what is going on.** Do not drift off or tune out people, or daydream. Work on focusing your attention to become an active participant in the world around you. Try to become more mentally and emotionally engaged.
- **Recognize that you also have aggressions, anxieties, and other feelings that you must deal with.** Negative feelings and impulses are a part of you and they affect you

When you dip out of a party to find your own space, but you also take a moment to enjoy how much fun everyone is having



emotionally and physically whether or not you acknowledge them. Furthermore, your negative emotions are often expressed inadvertently and get in the way of the peace and harmony you want in your relationships. It is best to get things out in the open first, at least by allowing yourself to become aware of your feelings.

- Examining troubled relationships will be extremely difficult because the people involved have been close to your heart. The feelings you have for others endow you with much of your identity and self-esteem. **But if you really love others, you can do no less than examine the role you have played in whatever conflicts that have arisen.** In the last analysis, the choice is simple: you must sacrifice your peace of mind (in the short run) for the satisfaction of genuine relationships (in the long run.)
- **Exercise frequently to become more aware of your body and emotions.** (Some Nines run around doing errands and think that they are getting enough exercise.) Regular exercise is a healthy form of self-discipline and will increase your awareness of your feelings and other sensations. Developing body-awareness will help teach you to concentrate and focus your attention in other areas of your life as well. Exercise is also a good way to get in touch with and express some aggressions.