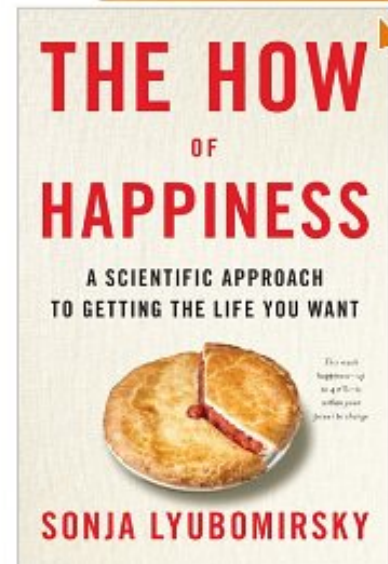


CMS-035 and 036

Review:

How Man Attempts to Understand Mankind:
The Enneagram Wings and Instincts

Sonja Lyubomirsky:
"All of us want to be happy, even if we don't admit it openly or choose to cloak our desire in different words. Whether our dreams are about professional success [A,P,M], spiritual fulfillment [R], a sense of connection [C,S,A], a purpose in life [R], or love [A] and sex [S], we covet those things because ultimately we believe that they will make us happier."



Enneagram Types

1. Reformers. (Perfectionist) The underlying motivation of the 1 is to be RIGHT, and to avoid being WRONG. The Achiever

2. Helpers. Helpers focus their lives on giving and receiving love. The Giver.

3. Motivators (The Performer) admire success, and want others to admire their successes. Threes are often impressive people with impressive credentials, accomplishments. The Succeeder.

4. Romantics - Fours combine emotional intensity, sensitivity, and intuition all in one person. Romantics don't settle for the ordinary. The Individualist

5. Thinkers. Type five is the most mentally intense, making maximum use of their intellectual capacities. They think before they act, thinkers are excellent investigators, sharp observers. The Observer

6. The Skeptic. The Devil's Advocate - Sixes are both affectionate and skeptical. They like people, they value trust, and when they trust someone they are extremely loyal to that individual. The Guardian.

7. Adventurers. (The Epicure) Sevens hate boredom and love stimulating activity.

Hence they are adventurous, and accumulate wider and wider experiences, as they get older. The Dreamer.

8. Leaders. (The Boss) assertive, blunt and fearless; they speak their minds, independent. The Confronter

9. Mediator. (Peacemaker) The underlying motivation of type 9 is achieving peace of mind. They are problem-solvers and impartial judges. Essentially a peace-maker. The Preservationist

The Enneagram - Wings

The “Wings” for each Enneagram Type, are the two adjoining Types on the Diagram.

The “wings” for a One, then, are the Nine and the Two. The Wings for the Two are the One and the Three, and so on.

The Enneagram states that you will often have a tendency to incorporate aspects of one of your wings into your thinking.

The Enneagram - Instincts

The Enneagram breaks the HAM's, the Happiness Attainment Motivators, into three "instinctual variants", which they call Self-Preservation, Social, and Intimate (also known as Sexual or One-to-One).

They reflect the three basic desires in our human nature; the desire to protect the self, the desire to interact with others, and the desire for intimacy or sexuality.

A person's instinctual variant is determined by which common issues constellate around a particular variant. For example, a Social person's prime issues have to deal with how they relate to others, get along with them, be seen by them, etc.

The instinctual variants are fairly new and not much information and research is available on them, so they are an optional way of viewing the Enneagram.

It is important to remember that the instinct which influences the fixation and therefore our behavior is the one that is our challenge.

We are either obsessed with it; or uncomfortable and repelled by it - usually some of both.

The instinct that is your challenge is one of your sell out points. In other words you may be going along smoothly focused on Awakening until an issue arises that ***seems either to threaten*** your security, your place in the group, or an intimate relationship. ***Seems to threaten***, are the operant words here. The threat is usually not literally real, it is just real from your perspective. Even when one of these instincts is truly threatened there is actually no real reason to act reactively.

Ones - 9 Wing

One With a 9 Wing

Ones with this wing can have an aura of 9-like calm although eruptions of temper are possible.

Often have a detached quality and can be mistaken for Fives.

Tendency to formulate and embrace principles that have little human content, but this is also their strength. When awakened, may be objective and balanced, cool and moderate in their evaluations.

Might have perfectionist expectations that are not humanly possible to meet.

May hold social or political opinions that are supremely logical but ultimately heartless and draconian.

The rules come first no matter what. Can be merciless or unwittingly cruel.

Many Ones with this wing are plain dressers, preferring functional clothing that is appropriate to context but not flashy.

The emphasis on function may extend to their general lifestyle.

Practicality is highly valued.

Ones - 2 Wing

One With a 2 Wing

This wing generally brings more interpersonal warmth. High standards are tempered by humanism. May understand and partly forgive humanity for not doing its best.

Work hard to improve the conditions of others, sacrificing time and energy to do good works.

When more entranced, can be volatile and self-righteous.

Authoritarian inflation and moral vanity on the low side.

Hypocrisy likely because the person is so convinced they have moral good intentions.
Overlook inconsistencies in their own behavior.
Dependency in relationships.
Far more likely to be a jealous intimate subtype than Ones with a 9 wing.

Ones - Self Preservation Instinct

Self-Preservation

Characterized by a tendency towards worry and negative anticipation, especially as it relates to material well-being.

Can seem a little like Sixes.

They fret about how to avoid making mistakes that could jeopardize survival.

Petty, finicky quality; could seem "penny-wise and pound-foolish."

Sense of being undeserving or inadequate - try to compensate with worry.

As a parent or friend, they might be critical and nurturing by turns, wanting to protect you from the same negative consequences they worry about.

Ones - Sexual Instinct

Intimate

May be preoccupied with their romantic partner. Have high expectations based on having idealized their beloved. Their partner is supposed to be perfect man or woman. One's reaction is jealous judgment if their beloved acts in less-than-ideal ways. Jealous Ones may drive partners away with endless criticism. Can have a dependent tendency related to the low side of 2. Most intimate Ones have a 2 wing. Also there's a melancholy yearning and fear of abandonment fueling the One's criticism. Connection to the low side of 4.

Ones - Social Instinct

Social subtype Ones are everywhere in the movies, probably because they create dramatic friction.

Characterized by a preoccupation with rules and how they should apply to (other) people's behavior. Tend to moralize and apply old standards inflexibly to each new situation. Believe they are representatives of a larger social order or tradition. They're not, of course - acting as if they represent the rules is their psychological defense.

Usually had great uncertainty in childhood, at least one undependable parent. Made themselves rigid to feel strong, aligned with the rules to contain their anxiety. Tend to depersonalize their own feelings, hope to be above criticism. Social Ones can have either wing, though a 9 wing brings rules that are more abstract and inhuman-sounding.

Twos with One Wing

Two With a 1 Wing

This wing brings conscience and emotional containment to the basic Two style.

When healthy, they act from general principles about the value of serving others.

Ethics come before pride. May hold themselves to high standards.

More discreet and respectful of other people's boundaries.

When upset, tend to go quiet and experience strong emotions internally.

More melancholy than Twos with a 3 wing.

Twos with One Wing

When less healthy and entranced, tend to confuse their sense of mission with self-centered needs.

Go blind to their own motives; invade and dominate others.

Believe their actions are perfectly justified by their ethic of helping.

May repress their personal desires and focus on others as a way to avoid guilty dilemma between the rules and their inner needs.

If really blind they will warp their ethics crazily to justify personal selfishness and prideful hostility.

Twos with Three Wing

This wing brings Twos an extra measure of sociability and the capacity to make things happen.

When healthy, can be charming, good-natured and heartfelt.

Really get things done, serve effectively on projects that involve the well-being of others.

Thrive on group process and are generally good communicators.

Enjoy keeping several threads or projects going at once.

Twos with Three Wing

Entranced Twos with a 3 wing can be quite emotionally competitive and controlling.

3 wing brings a double dose of vanity.

Strong tendency to live in one's images.

May grow brazenly deluded, preferring their glamorous, self-important scenarios to reality.

Tendencies to deceit and emotional calculation.

Highly manipulative.

This wing is also more extroverted; dramatization of feeling in the form of hysterical snit-fits is far more possible.

Twos - Self Preservation Instinct

Self-preservation Twos often harbor a striking sense of entitlement.

May act superior to others and expect preferential treatment that reinforces their pride.

Can seem shameless in their expectation of pampering.

Behind this attitude is a logic that says, "I give and do so much for others, I deserve to be treated as someone special."

Twos - Self Preservation Instinct

It is like an unconscious collection of fees for sacrifices made.

Others who encounter this attitude are often amazed at a self-preservation Two's self-importance and diva-like behavior.

Real-life people with this subtype often have a 3 wing.
Dip easily to the low side of 8 when angry.

Twos - *Intimate* Instinct

Tend to act seductive and aggressive by turns.
Basic interest is in finding romantic union. Generally confuse sexual desirability with being loved and valued. Act receptively interested in others, use inviting touches.

May ooze some combination of charm and sexuality. When they encounter resistance will begin to push and challenge.

Try to find a way around the other's objection.

May go militant and angrily blame (connection to 8).

Behind these flare-ups is a melancholy desire for total enmeshed connectedness to another.

Yearning is related to the low side of 4.

Twos - *Social*
Instinct

Twos with this subtype are notable for their ambition, particularly to be publicly recognized as someone special. Seek attention either directly from their own efforts or via affiliation with powerful people. In the former scenario, a Two works to draw an audience through socially useful works or some kind of performing. Confuse being noticed with being loved.

Twos - *Social* Instinct

Can sometimes act provocative or obnoxious as this is better than being ignored. Might also marry someone influential and concentrate their energies on the spouse's ambitions. Can groom their children to become achievers. Stage mothers and political spouses are possible roles. Often have a 3 wing but a 1 wing is possible.

Threes with Two Wing

Threes with this wing are often highly gregarious. They have a tendency towards persona - playing a role of themselves in real life.

Social perception, prestige and recognition important. Healthy side brings personal warmth, leadership qualities.

Sincere desire to do well by others; may be genuinely nice people.

If they have achieved some measure of success they are generous in their mentorship of others.

Threes with Two Wing

When more entranced, they are preoccupied with seeming ideal to others.

This can extend to friendships, family, as well as at work.

Want to seem a perfect spouse, friend, parent, employee, good son or daughter.

Strong social focus because they need so much validation from others.

Preening and boastful behavior possible.

Bursts of egotism.

Wanting to be on top, better than others.

Slip into impersonation easily, may falsify feeling and not know it themselves.

Deep emotional recognition is Malicious intentional deceit possible.

Behavior of con-artists and sociopaths.

Threes with Four Wing

May be slightly less image-conscious or project an image that is more implicit and subtle.

4 wing brings a degree of introversion.

May measure themselves more by their creations, artistic or social.

Tend to compete with themselves first more than with other people.

High side brings the motivation and ability to work on oneself.

May accomplish everything they set out to do materially, then embark on a path of self-analysis.

Threes with Four Wing

Artistic explorations or teaching possible.

Will still like a challenge, but thoughtful, intuitive or humanistic concerns of prime interest.

The low side of this wing can bring a haunted, self-tormented quality or a haughty, competitive pretentiousness.

Might be snobs or accuse critics of being too plebian to appreciate them.

Cool, hard shell.

In private, can lapse into Fourish self-questioning and melodrama.

Instability and moodiness can be factors.

Unrealistic grandiosity.

Threes - Self Preservation

Have a preoccupation with acquiring material security as a way to calm core anxieties about survival.

Some grow up poor and focus on amassing wealth.

Concentrate on doing well, having enough, especially of the right things.

Irony is that the strategy doesn't really work - a Three could amass millions and still, say, harbor a morbid fear of dying broke.

Insecurity fuels a sense that enough money is never enough.

Threes - Intimate

Intimate Threes mask themselves with an image of what a sexually appealing man or woman is.

They play roles in romantic relationships hoping to get love or admiration.

Image is based on community or cultural standards of desirability or a given partner's expectations.

If not committed to a specific partner then they will project an image generally and seek sexual conquests.

Intimate Threes can be sexual imposters or suave, attractive ideals of masculinity or femininity.

Females tend to be beautiful out-of-reach Sirens.

Threes - *Social*

Social Threes are often extremely status-conscious. Most confuse their inner self with the world's badges, honors and totems.

Measure themselves by money, position, awards or results.

Strive to match group standards and have the right credentials.

How they rank in the eyes of others is most important.

Threes - *Social*

May be materialistic but with an eye towards the best brand names so as to be identified with the product's status.

The excesses of this subtype make for fine morality plays about the hollowness of fame and status.

Four With a 3 Wing

Fours with a 3 wing can sometimes seem like Sevens. May be outgoing, have a sense of humor and style. Prize being both creative and effective in the world. Both intuitive and ambitious; may have good imaginations, often talented. Some are colorful, fancy dressers, make a distinct impression. Self-knowledge combines well with social and organizational skills.

Four With a 3 Wing

When more entranced, often have a public/private split. Could conceal feelings in public then go home to loneliness.

Or they could enjoy their work and be dissatisfied in love.

Tendency towards melodrama and flamboyance; true feelings can often be hidden.

Competitive, sneaky, aware of how they look.

Some have bad taste.

May be fickle in love, drawn to romantic images that they have projected onto others.

Could have a dull spouse, then fantasize about glamorous strangers.

Achievements can be tainted by jealousy, revenge, or a desire to prove the crowd wrong.

Four With a 5 Wing

Healthy side of this wing brings a withdrawn, complex creativity.

May be somewhat intellectual but have exceptional depth of feeling and insight.

Very much their own person; original and idiosyncratic.

Have a spiritual and aesthetic openness.

Will find multiple levels of meaning to most events.

May have a strong need and ability to pour themselves into artistic creations.

Loners; can seem enigmatic and hard to read.

Four With a 5 Wing

Externally reserved and internally resonant.

When they open up it can be sudden and total.

When entranced or defensive, Fours with a 5 wing can easily feel alienated and depressed.

Many have a sense of not belonging, of being from another planet.

Can get lost in their own process, drown in their own ocean.

Whiny - tend to ruminate and relive past experience.

Prone to the emotion of shame.

Air of sullen, withdrawn disappointment.

May live within a private mythology of pain and loss.

Can get deeply morbid and fall in love with death.

Fours - *Self-Preservation*

People with this theme are often advocates of risk. Can be reckless, court disaster or just flirt lightly with loss.

Take chances to stir up emotional intensity, play out melodrama or to get attention.

Can have a desire to punish other through hurting themselves.

The logic is, "If I die then they'll be sorry and finally appreciate me."

Can seem like counterphobic Sixes in their behavior.

With a 3 wing this subtype is more flamboyant and makes a show of their daring.

With a 5 wing they grow more sullen and self-punishing.

Fours - *Intimate*

Fours with this theme tend to be highly competitive in close relationships but also more generally.

With a mate they are prone to jealousy.

Want to be the most important person in mate's life.

Could be jealous of a partner's past relationships, maybe want to be the only person the partner has ever loved.

Related to the dependent side of 2.

More broadly can be consumed by professional envy.

Long to best others in their work.

Can jealously measure their contributions.

Petty about keeping score.

Want recognition for their uniqueness.

Take away from successes of others when threatened.

Fours - *Social*

Prone to shame because they compare themselves with the "normal" world around them.

Can be highly self-critical and feel ashamed for their deviance from imagined group norms.

Sensitive to criticism.

May romanticize their defects but feel bad about themselves anyway.

If they have a 3 wing, may cover their shame with charm.

Can also seek status or be driven to achieve to get revenge against those who once laughed at them (Danny DeVito, Batman Returns).

With a 5 wing, can grow antisocial and depressed, bearing their shame in solitude.

Five With a 4 Wing

The difference between the 4 wing and the 6 wing in Fives is like the difference between Art and Science. 4 wing brings an abstract, intuitive cast of thought, as though the Five were thinking in geometric shapes instead of words or realistic images.

May be talented artistically and inhabit moods like Fours do.

Combine intellectual and emotional imagination.

Enjoy the realm of philosophy and beautiful constructs of thought.

Five With a 4 Wing

The marriage of mental perspective and aesthetics is the best of life for them.

When more defensive may seem a little ghostly, have a whisper in their voice.

Fluctuate between impersonal withdrawal and bursts of friendly caring.

Can get floaty and abstract.

Act like they're inside a bubble, sometimes with an air of implicit superiority.

Cliché of the "absentminded professor" applies especially to Fives with this wing.

Environmentally sensitive and subject at times to total overwhelm.

Touchy about criticism.

Can be slow to recover from traumatic events.

Melancholy isolation and bleak existential depression are possible pitfalls.

Five With a 6 Wing

The 6 wing brings an orientation to detail and technical knowledge, along with the tendency to think in logical sequence.

Especially intellectual, far more analytical than Fives with a 4 wing.

Can be loyal friends, offering strong behind-the-scenes support.

Kind, patient teachers, skillful experts.

May have a sense of mission and work hard.

Sometimes project an aura of sensitive nerdiness and have clumsy social skills.

Five With a 6 Wing

When defensive, they can be unnerved by the expectations of others.

May like people more but avoid them more.

Especially sensitive to social indebtedness.

Could have trouble saying "thank you."

Fear of taking action, develop "information addiction" instead.

Ask lots of questions but don't get around to the decision at hand.

When more entranced, they develop a suspicious scrutiny of other people's motives but can also be blind followers.

Five With a 6 Wing

Misanthropic and Scrooge-like when defensive.
More able to keep their feelings cut off in a constant way.

Can be cold, skeptical, ironic, and disassociated.

A Five's 6 wing can be phobic or counterphobic.

Counterphobic 6 wing brings courage and antiauthoritarian attitudes.

When defensive they may mock authority, or angrily tell others off.

Tend to "push the envelope," experiment, find what the limits are.

Fives - *Self-Preservation*

Chief defensive tendency is to withdraw.

Sensitive to feeling saturated by the world, Fives with this subtype lose their sense of privacy easily.

Can feel knocked over by people's expectations.

In isolation they refind their lost sense of balance and build up to the next round of social stresses.

More alienated than the other subtypes.

May hide in books, live alone or need their own room where they can close themselves off.

Take little from others.

Likely to hoard time and space.

Have solitary hobbies and interests, seek comfort and solace alone.

Fives - *Intimate*

Intimate Fives trust only a few people but then do so totally.

Friendship is based on the sharing of confidences.

Intimacy is equivalent to exchanging secrets.

Can go from enigmatic, deliberate distance to intense, unguarded openness.

Seductive invitation to sharing secrets; seek a total merging.

When entranced can be a little kinky.

Fives - *Social*

Social Fives connect with groups of like-minded people. Enjoy living in the flow of a group interest, sharing knowledge and affiliations.

May prefer specialized or esoteric areas of knowledge that exclude all but the initiated.

Could live in high society, know the "right" people, belong to the best clubs.

Might enjoy speaking a professional language that few people understand.

Can be quite friendly but, at times, terrific snobs.

Romanticize secret elitist group membership; concerned with titles, degrees, credentials, etc.

Sixes with Five Wing

Sixes with a 5 wing are generally introverted and somewhat intellectual.

When healthy, they often have many realms of interest as well as surprising competencies and skills.

May have an original and idiosyncratic point of view.

Can be bookish; some are interested in history or feel rooted in the past or related to a long tradition.

Also good at predicting the future.

Sixes with Five Wing

May test potential friends for a long time but once you're in, you're in - a friend for life.

When more entranced, they may project a willed remoteness.

Have a "tip of the iceberg" quality - they show little but you sense hidden dimensions, intensity and activity.

Tension between needing to be seen and withdrawing for protection.

Might act arrogant or cryptic or cynical when afraid.

Sixes with Five Wing

When phobic, can be diplomatic and say things without saying them.

Entranced counterphobics are either cool and loners or argumentative, tending towards violence.

Can brood over injustices to them, entertain conspiracy theories, spend time alone building cases. Paranoia in private.

May like secretive behind-the-scenes group activity.

Sneaky vengeance, passive/aggressive toward others, self-attacking and self-destructive at home.

Sixes with Seven Wing

Sixes with a 7 wing are generally outgoing and may appear more overtly nervous.

More plainly want to be liked and will pursue others in contrast to 5 wing who pulls in.

Can be charming, sociable, ingratiating.

Have a faster tempo, stronger connection to 3.

Often self-preservation subtypes, characterized by a personal warmth.

Can have a cheerful, forward-looking drive and be disarmingly funny.

Sixes with Seven Wing

Self-effacing, gracious and curious.

When more entranced, may be self-contradicting and seem as if they want two things at once.

Sometimes test others overtly, drive you crazy with mixed messages.

It may be hard to follow what they're saying.

When threatened, one defense is to become impossible to please.

When counterphobic, they tend to be accusative.

Some get caught up in big plans that they hope will result in material security.

Sixes with Seven Wing

Also can be insecure, irritable, petty, irrational, chaotic. Subject to mood swings, inferiority complexes, runaway fears.

May have hair-trigger flare-ups of paranoia.

Falsely accuse others and then seem not to realize it.

Other times they plead to be taken care of.

Sometimes defensively conservative in their lifestyle.

Some struggle with appetite.

Sixes - *Self-Preservation*

Self-preservation Sixes often display a personal warmth that is meant to defang the potential hostility of others.

If they sense aggression or disapproval in the environment, they may counterphobically zero in on it. Use humor, charm, self-depreciation to make friends out of possible enemies.

Can flatter like Twos, play themselves down, work to maintain other people's affection.

Sixes - *Self-Preservation*

Act vulnerable, invite rescue.

Ingratiating, but more nervously dependent than other Six subtypes.

Also less in touch with their own hostility.

Their home environment is sometimes important.

May feel like their house is a fortress against the outside world's dangers.

Worry about their ability to survive; have scary "worst-that-can-happen" fantasies.

Sixes - *Intimate*

Sixes with this subtype tend to act strong or seductive when insecure.

They are much more likely to be counterphobic, especially the men.

May seem like Eights, take risks, talk tough.

Act powerful and in control at the times when they feel most frightened.

Worry about looking weak, having their fears show.

May act arrogant but aren't really.

Sixes - *Intimate*

Some study martial arts or seek a way of life that makes them strong.

Beauty is another focus; trying to seem attractive so as to contain fear, get approval, and distract others.

May consciously hide behind a seductive mask.

Unlike Threes, Sixes know they are hiding.

Can act cool and patrician or be flirty.

Some have a focus on aesthetics.

This subtype often has a stronger connection to the vanity of 3.

Sixes - *Social*

Social Sixes tend to be dutiful and especially dependent upon authority.

More often phobic than counterphobic.

Often dedicated to a cause.

When acting alone they will still refer to others in their mind for safety and agreement.

May want to see your opinion first before they will offer their own.

Could change their mind to agree with you.

Often align with a group or a cause and will follow the rules loyally, trying to please the boss.

Sixes - *Social*

"Company men."

Focus on a social or work context and try to be ideal within it.

Could persecute others in the name of their group's ideals.

May imagine they can't live without the group's support:
"If I don't play by the rules I'll be out on the street selling pencils."

Later there's inevitable disillusionment.

Then Six starts grumbling that they are not appreciated.
Could go passive/aggressive, resent a boss they had romanticized.

Connection to 9 is stronger with this subtype.

Seven With a 6 Wing

Healthy Sevens with a 6 wing are responsible, faithful, lovable, nervous and funny.

They are generally more oriented to relationship and want to be accepted by other people.

Can be steady, more willing to stick with commitments; the 6 wing brings a longer sense of time.

Usually funny or enjoy a good laugh - an amazing number of comedians are Sevens with a 6 wing.

More openly vulnerable, have an unguarded, tender sweetness.

Seven With a 6 Wing

Some have trouble expressing anger even when they are justified.

May evade or finesse authority but still aware of it like a 6.

Canny and practical, they look for the deals and the loopholes.

When more entranced, may have surprise episodes of sensitivity and insecurity.

Their feelings can be easily hurt sometimes.

Sensitive especially to comparisons.

May avoid putting themselves to the test.

Seven With a 6 Wing

Grow dependent and addicted to other people, afraid to be alone, suspicious and skittish.

Can feel guilt easily, may project their conscience onto others and then act irresponsibly.

Make themselves shallow, fall in and out of love easily.

Sometimes breezily betray others by running away.

Can be reckless, unstable, and self-destructive.

When Sevens have a counterphobic 6 wing their idealism can motivate a sincere desire for social reform.

Seven With a 6 Wing

May work hard for a cause.

Can be antiauthority, passive/aggressive, flippant, defiant.

Some report hating to be told what to do.

Clashes with Ones likely.

May call down trouble on themselves.

Complain about the status quo.

The realm of hippie rebellion.

Seven With an 8 Wing

When healthy, Sevens with an 8 wing are often generous, gregarious and expansive.

Tend to be exceptionally loyal to their friends, especially when social subtype.

Leap aggressively to the defense of those they care for.

Might seem loud or boisterous although some are urbane and witty.

Enjoy social celebrations, storytelling, jokes, food and travel.

Seven With an 8 Wing

Generally have a strong self-confidence for worldly matters and getting what they want.

Talent for making something out of nothing - entrepreneurial.

Usually share what they have when healthy, want everyone to enjoy their sense of bounty and wide range of interests.

When more entranced, they may be demanding, displaying a selfish impatience and a self-justifying narcissism.

Seven With an 8 Wing

May want what they want right now.

Aggressive, hasty drive to acquire money and material options and recognition.

Can demand that the people in their lives say only what the Seven wants to hear - sugarcoated truth.

Lash out angrily if reality doesn't meet their expectations; sometimes vengeful.

Often perfectionistic as parents (low side of 1).

Moralize to others and then are themselves irresponsible.

Amnesia for promises made in an expansive moment.
Particular difficulty with sexual fidelity.

Sevens - *Self-Preservation*

Self-preservation Sevens are a little confusing since they tend to be highly social.

Characterized by a drive towards family and shared group experiences.

Enjoy operating within their real or chosen family, checking in with a group of like-minded people.

Chronic sharing on a circuit.

People in the group are the source of interesting information and stimulation.

Don't feel burdened or trapped by duties like a social Seven.

Loyal to family, often have a 6 wing.

Defend their circle and castle. Barricade, find safety in numbers.

This subtype goes with the image of the "party animal."

Sevens - *Intimate*

Intimate Sevens tend to garnish and embellish reality with fantasy.

Intimate relationships are often thought of as shared experimental adventures, and the Seven perceives their partner through a veil of imagination.

May romanticize others as a way to avoid the limits and boredom of mundane life with the same old someone.

Can be more involved with their fantasy of the partner than with the real person.

Sevens - *Intimate*

Tentative, distractible, impersonal, may have a wandering eye.

Some have great difficulty with commitment and seem fickle as they move on to the next fantasy projected onto the next new person.

Don Juan scenario.

More generally, intimate Sevens have a tendency to be suggestible.

They may especially seek the new with the fascinated enthusiasm of a faddist, stepping into future fantasies to avoid the present.

Sevens - Social

Social Sevens often feel a tension between duty to others and the desire to escape.

Tend to feel responsible for the people around them and experience that as a confining burden.

They then react against the weight of obligation, seeking variety and craving change.

When entranced, can be highly irresponsible.

When awakened, they make peace with commitment and sacrifice and are often very stable and generous.

Often an idealism, sometimes a stronger connection to 1.

Serving something beyond themselves, dutiful.

Can be from a large family where they had lots of responsibility as eldest child.

With an 8 wing they tend to fight the sense of burden harder.

Eight With a 7 Wing

Awakened Eights with a 7 wing are often expansive, and powerful.

Gregarious and generous, they may display a cheerful bravado.

Can be forceful but with a light touch, funny.

Often have a sense of humor about themselves.

Generally more extroverted, ambitious and materialistic.

May talk loud and be sociable partygoers.

Sometimes driven to bring the new into being.

Can be visionary, idealistic, enterprising.

Eight With a 7 Wing

Willing to take risks.

May think more clearly than Eights with a 9 wing; 7 wing brings an intellectual capacity.

When more entranced, aggression combines with gluttony to form an almost virulent tendency to addiction.

Many entranced Eights with a 7 wing have had drug and alcohol problems or tensions around addiction.

Prone to temperamental ups and downs - can be moody, egocentric, quick to anger.

Tendency to court chaos, inflate themselves narcissistically.

Some are ruthlessly materialistic.

Can use people up, suck them dry.

Maybe be explosive or violent, prone to distorted overreaction.

Eight With a 9 Wing

Healthy Eights with a 9 wing often have an aura of preternatural calm, like they haven't had a self-doubt in decades.

Take their authority for granted - queen or king of all they survey.

May be gentle, kind-hearted, quieter.

Often nurturing, protective parents; steady, supportive friends. Informal and unpretentious, patient, laconic, generally somewhat introverted.

Sometimes a dry or ironic sense of humor.

Eight With a 9 Wing

May have an aura of implicit, simmering anger rather like a sleeping volcano.

Slow to erupt but when they do it's sudden and explosive.

When entranced, the 9 wing brings an Eight a kind of callous numbness.

They can be oblivious to the force of their anger until after they've hurt someone.

Calmly dominating, colder; may have an indifference to softer emotions.

Eight With a 9 Wing

If very unhealthy, they can be mean without remorse or aggressive in the service of stupid ends. Paranoid plotting, muddled thinking, moral laziness. Can be vengeful in ill-conceived ways, abuse those they love, don't know when to quit.

Eight - Self Preservation

Self-preservation Eights often grow up poor or struggling.

Food, home, money may be crucial.

Generally seek control over their immediate environment and may worry about survival.

Tend to value things over people.

Maintaining order and material security are important.

Eights with this subtype have a stronger connection to 5.

Eight - Self Preservation

Can be materialistic and feel deserving about it; more often have a 7 wing.

Could be collectors or have prized objects.

Sometimes domineering towards those within their sphere.

Might preach an ethic of selfishness - justify their bullying of intimates as necessary to "toughen them up" for the hard world outside.

Life is a jungle, only the strong survive.

Eight - Self Preservation Survivalist mentality, territorial imperatives, angry at family members because they threaten household objects. Hiding in and presiding over their castle; sometimes extra Fiveish.



Eight - *Intimate*

Want stability, loyalty and predictability in close relationships.

May feel easily betrayed, and are prone to suspicion.

Can love deeply, have a genuine close-up interest in and concern for spouse.

Since life is dangerous they want to choose close allies carefully.

Attached to the idea of being able to trust completely.

Lots of testing of their partner's motives.

Eight - *Intimate*

If they pass the tests then the Eight relaxes.

When entranced, this can lead to possessive obsession, and a need to dominate and control partner.

Intimate Eights can get codependent, jealous, hooked into the other.

Sometimes can't let go; their partner's every move is (over)reacted to.

When very unhealthy, spousal abuse scenarios are possible.

Stalking, vengeful vows to follow other to the ends of the earth, etc.

Connected to the low side of 2.

Intimate Eights sometimes play socially rebellious "bad kid" roles

Eight - *Social*

Social Eights are often loyal to a group and conceive of friendship as a pact of mutual protection.

Want everyone to benefit; group's cohesion and welfare is most important to them.

Often oriented to family, honest, hold themselves accountable to others.

May be the group's protector or provider.

Emphasis on cooperation.

Eight - *Social*

When healthy, they are aggressively blustery but will back down and apologize when they've been unfair. More able to say the Three Little Words -"I was wrong." Stronger connection to 2, can emotionally switch places with others in their chosen group. As friends they want to protect what's soft or young in you and appreciate the same in return. Hostility directed towards outside forces who threatens the group's welfare.

Nine With an 8 Wing

Awakened Nines with an 8 wing have a modest, steady, receptive core.

They are charged by the dynamism of 8 - when focused on goals they often have great force of will. Get things done, make good leaders.

May have an animal magnetism of which they are only partly aware.

Can seem highly centered, take what they do seriously but remain unimpressed with themselves.

Nine With an 8 Wing

8 wing can bring a strong internal sense of direction.
Relatively fearless and highly intuitive.

Generally not intellectual unless they have it in their background.

When more entranced, they manifest the contradictions of the two styles expressing them in sequence.

Could be passively amiable like a Nine and then turn horribly blunt like an 8.

Nine With an 8 Wing

One moment they are opinionated or nasty, next moment kindly and supportive.

Often don't hear their voices when angry.

Can have a sharp, grating edge. May be slow to anger and then explode.

Or angry but don't know it; may confuse being assertive with being rude.

Placidly callous - both styles support numbness.

Tactless and indiscriminate and indiscreet.

May be unwittingly disloyal, spilling everyone's secrets.

Sexual confusion, sometimes they are driven by lust.

Nine With a 1 Wing

Tend to have been "model children."

Instinctively worked to please their parents by being virtuous, orderly, and little trouble.

When awakened, they have great moral authority plus good-hearted peacemaking tendencies.

Often have a sense of mission, public or private, that involves working hard for the welfare of everyone they are committed to.

Principled expression of love.

Desire to contribute, do little harm.

Nine With a 1 Wing

May be well-liked, modest, endearing, gentle yet firm.
Some have great grace and composure with bursts of spontaneity and sweetness.

Elegant simplicity.

When entranced, they tend to be self-neglectful.

May go passively dead and operate from a dubious, fractured morality.

Dutiful to what they shouldn't be.

Nine With a 1 Wing

Play the good child, disappear into contexts, settle for being overlooked or just partly recognized.

Passive tolerance of absurd or damaging situations.

One-sided relationships where the Nine gives too much.

Rationalize, minimize, tell themselves they had a great childhood, everything's fine.

Placid numbness creeps over them.

Intolerance of their own emotions.

Gradually deaden their soul.

Nine - Self Preservation

Preoccupied with physical comfort, maintaining habits and satisfying appetites.

The image of the lazy couch potato goes with this subtype.

Strategy for getting along is to ask as little of life as possible.

Can have a love of the minimal and enjoy the repetition of known routines.

Distract themselves with pleasant domestic activities.

Live conservatively.

Consume food and drink for anaesthesia.

May have large appetites, drug addictions, be physically slow moving.

Nine - Intimate

Focused on an ideal of romantic union.

Get lost in one relationship or in the yearning to have one.

High expectations of partner.

Sometimes sound melancholy like a Four.

Prone to jealousy.

May settle on someone and then grow critical and have a wandering eye.

Can also deny their partner's flaws and idealize them to stay in union.

Another scenario involves multiple relationships, searching from one person to the next.

Sometimes the Nine can't decide between two people.

Paradoxically, this subtype can be fickle because they are so easily disappointed.

Nine - Social

Social Nines tend to gravitate toward groups and then have conflicts about joining or staying apart.

Can enjoy group energy and interests but may be also aware of the group's expectations.

These the Nine will both play along with and resist.

When immersed in a group, social Nines can lose themselves, trying to become all things to all people.

Gregarious but may start to resist being too heavily influenced, to compensate for their sense of lost identity.

Nine - Social

Can sometimes resent how the group doesn't really see them.

May fixate on what others think of them.

Or resent the group and make fun of it.

Some social Nines stay basically uninvolved but hang out at the group's edge.

Frequently there's lots of activity.

May get caught up in roles - a stronger connection to 3 goes with this subtype.

The Enneagram - Types
This information was taken from
Thomas Condon's website, The
Changeworks.