

CMS-041 and 042
The Enneagram Four
and Five
and the
Happiness Motivators

Review of the Approbation Types

Two - Pleaser: Seeks love by being pleasing, self sacrificing. Becomes prideful and resentful, angry.

Three - Over achiever: Seeks approval by being productive, over achieving. Avoids emotions.

Four - Dramatic Individualist: Seeks acceptance with their unique expression and dramatic stories. Holds onto tragedy.

Review of the Power Types

Five - Observer: Seeks peace by avoiding life. Isolates and lives in their fantasies.

Six - Doubting loyalist: Seeks security by being hyper-vigilant. Always wonders "What if". Avoids change.

Seven - Experience Seeker: Seeks the sense of inner guidance and support through outside experience. They avoid introspection.

Review of the Religious Types

Eight - Aggressive challenger: Seeks power by bullying others. Avoids feeling weak, denies being wrong.

Nine - Comfortable indolence: Seeks comfort by avoiding conflict and dynamic situations. Pleasant to be around, but passive aggressive.

One - Perfectionist: Seeks perfection internally and externally. Sees imperfections and tries to right them. Holds in anger, becoming tense.

The 3 Arenas

Lust of the flesh:

The IGHNA Happiness Attainment Motivators:

Sexual Lust

Chemical Lust

Lust of the eyes:

The IGHNA Happiness Attainment Motivators:

Materialism

Pride of Life:

The IGHNA Happiness Attainment Motivators:

Power

Approbation

Religion

IGHNA = Inherited Genetic Human Nature from Adam,
ie., The "Old Sin Nature"

The Instinctive Subtypes

There are three instinctual drives or Subtypes in the Enneagram system -

the Self-Preserving (The Materialism HAM),
the Social (The Approbation HAM) and
the Sexual (The Sexual HAM).

Enneagram adherents state that, “like the nine passions of the Enneagram points, the instinctual drives act as a force underlying our life strategies - often unconscious yet all-pervasive - and represent our most fundamental way of being.” (Katherine Chernick Fauvre)

The 2-3-4 Strategies

These three strategies rate themselves according to how others see them (Approbation).

Their identity is in the hands of others.

They repress their assertive, vindictive power grabbing.

And when they do assert themselves or grab for power, they do it indirectly, obliquely and without noticing that they are doing it.

They are nice.

They don't display their aggression openly, so they use manipulation, guilt, self-pity - more passive and "proper" ways of asserting themselves.

These people have trouble saying no, standing their ground and doing what they really want.

They do what society wants, or mother wanted, or what will bring recognition.

They don't do what they want.

Instead they play roles, they live through others or they lament their helpless lot in life.

The 2-3-4 Strategies

Their dependency on the esteem and response of others does give them a secondary gain: they are extremely sensitive to the needs and wants of others - their emotional life depends on them, and we all get good at what we need for survival.

In healthy Human Good people this becomes altruism and nurturing friendship.

In Emotional Revolt (neurotic) people it can become devouring invasiveness or complete co-dependency, not to mention flattery or seduction.

Review 2

People of Enneatype Two are essentially related to other people, and they relate to them from a standpoint of helpfulness.

Twos have a built in radar for what the other might need, and they see themselves as the correct person for satisfying that need.

This places Twos, even though they are serving others, in a sort of “one up” position with respect to those they are serving.

Twos see themselves as being not only strong enough to care for themselves, but able to care for others as well.

Review 2

They want to occupy a central position in the lives of others, and they accomplish this by being “indispensable.”

From the standpoint of the Two, it is always others who are needy and dependent, not the Two.

In reality, the Twos also have needs.

They need to be appreciated; they need to be needed; they need to receive a considerable amount of attention and gratitude.

Example of a 3 with a 2 Wing in Politics:
Christian Science Monitor:
Until this week, the Democratic attorney general of Connecticut was favored to succeed Christopher Dodd (D) in the Senate. But when The New York Times published evidence – video included – that Mr. Blumenthal had erroneously claimed military service in Vietnam, the calculus changed.

Since the initial New York Times story was published, more examples of Blumenthal “misstatements” have come to light, in which he talks about his service “in Vietnam,” instead of service “during the Vietnam War.” The difference is important: Blumenthal in fact never did serve in Vietnam, but was in the Marine Corps Reserves stateside, after receiving at least five deferments, according to the Times.

Christopher Shays of Connecticut found it puzzling: over time, his friend Attorney General Richard Blumenthal kept revising how he talked about his military service during the Vietnam War. At first, in the 1980s, he was humble. He played it down, Mr. Shays recalled, characterizing it as humdrum desk work. Over the last few years, however, more sweeping claims crept into Mr. Blumenthal's descriptions, he said: that Mr. Blumenthal had served in Vietnam and had felt the sting of an ungrateful nation as he returned. "He just kept adding to the story, the more he told it," Mr. Shays said.

Mr. Shays said he became alarmed enough by the discrepancies that he at times considered mentioning the issue to Mr. Blumenthal, who on Tuesday said he took “full responsibility” for the occasions when he “misspoke” about his military history.

As it turned out, Mr. Blumenthal never served in Vietnam, but over time, his identification with veterans of war became so strong that some of those around him, like Mr. Shays, just assumed he had. He made it a point to attend the funeral of every active soldier from Connecticut killed in the line of duty, and he rearranges his schedule so he can speak at the ceremony for soldiers about to deploy to Iraq and Afghanistan.

A few weeks ago, Mr. Shays attended a ceremony with Mr. Blumenthal in Bridgeport, to honor workers killed during an accident. When it was his turn to speak, Mr. Blumenthal at one point brought up the subject of his military service and lamented that when “we returned from Vietnam” Americans had spit on soldiers, Mr. Shays recalled.

“He is the kind of person I cared enough about that I wish I had nipped this in the bud when it was fomenting,” Mr. Shays said.

Mr. Blumenthal discussed his past statements about his military service after The New York Times [reported Monday night](#) on its Web site that he had falsely said in March 2008 that he had served in Vietnam, and had repeatedly failed to correct media reports that perpetuated the claim.

At a news conference on Tuesday in West Hartford, where he was surrounded by veterans, Mr. Blumenthal, 64, a Democratic candidate for Senate, said he had never intended to mislead the public.

But in interviews, several military historians and social scientists said the Blumenthal story reflected the strained and unsettled relationship some men of his generation have with the Vietnam War. Some of them, driven by guilt or pride, begin to embellish their role, even if they did not serve in the war or played no heroic role, they said.

“There is a lot of anecdotal evidence of this phenomenon of exaggerating military service by people who feel nostalgic because they missed their war,” said Brian McAllister Linn, a professor at Texas A&M University who specializes in military history.

Mr. Shays, a conscientious objector who avoided the Vietnam War, has his own theory about Mr. Blumenthal's evolving descriptions of his service: "I think that it was a way that he quickly bonded with people I am sure he admired and respected."
"It's very seductive," he added, recalling his own visits with American service members in Iraq before he left Congress after losing re-election in 2008 as a Republican.

When Paul Kingman, a Navy veteran who lost feeling in his feet after chemotherapy, called Mr. Blumenthal's office in 2007, he was trying to get a hearing for disability payments from the Social Security Administration. So it came as a surprise when Mr. Blumenthal himself got on the line.

"He's a nice guy; he was cordial," Mr. Kingman, 50, said from his home in Naugatuck. "Busy people like him, with all the rest going on in the state, I was surprised he'd have time for little old me."

A week after his conversation with Mr. Blumenthal, Mr. Kingman learned that his hearing, which he had been trying to get for nearly four years, had been scheduled. "I don't know who he talked to, but next thing you know, I had a hearing," said Mr. Kingman, who at the time was living on \$200 a month and food stamps. "He stood up for me."

The Democratic reaction has been central to his survival thus far. The party is rallying around Blumenthal, blaming The New York Times for playing “gotcha” and for showing only part of the videotape in which Blumenthal claims Vietnam service.



Table of Contents

June 2010

Success Poll **Reinvention**

How have you reinvented yourself?

- I lost weight and got in shape
- I started my own business
- I took control of my finances to build my wealth
- I now devote more time to my family
- I manage stress better and focus on living in the present

The 4

People of Enneatype Four construct their identities around their perception of themselves as being somehow unique and fundamentally different from others.

This deep felt sense of being “different from” or “other than” pervades the Four’s sense of self, and functions as the basis for the Four’s attempt to create a persona that properly reflects who they feel they really are.

The 4

Fours are not content (or even able) to live out the role assigned them by their societies or their families; they self-consciously search for an expression they feel will be truly authentic.

Of all the types, Fours are the most acutely aware that the persona is a construct – something which has been created and can thus be re-created.

This is indeed the fundamental respect in which Fours are artists; they may or may not be artists in the conventional sense of the term, but all Fours are, in some respect, their own creation.

Fours generally construct a persona and project an image which has flair or “style.”

The 4

This style may be, for instance, one of casual elegance (“shabby chic” perhaps), or it may be more flagrantly counter culture, but whichever image is chosen, it will tend to bear the Four’s own original stamp and will be an expression of the Four’s current sense of self.

There is a paradoxical quality to this whole endeavor. Fours strive for authenticity, for an expression of themselves which is “true,” but the image they portray fails to convey what they see as their “true depths and complexity”.

It, therefore, falls short of the Four’s own personal ideal.

The 4

This sense of perpetually “falling short” contributes to the Four’s sense of inadequacy, as Fours feel that they are not only unable to live up to society’s ideal but to their own individual ideals as well.

This dynamic of striving and falling short is at the core of the Four’s sense of shame, frustration and heightened feelings of self-consciousness.

To be sure, Fours fight their feelings of inferiority with an equally strong sense of superiority.

Fours tend to feel a sense of disdain for whatever is ordinary and for the “common” sorts of lives with which most people seem to content themselves.

They tend to feel that their outsider status, their sense of style and their heightened sense of self-consciousness, confer on them a stamp of genuineness and “class.”

The 4

When in Emotional Revolt, the Four's envy can take a nasty turn.

At such times, the previously sensitive Four can become spiteful and vindictive, feeling justified in being so because they have been misunderstood, and because they have suffered so terribly.

Fours with a Three wing are generally more outgoing, practical and competitive than Fours with a Five wing. They often have a dramatic flair and tend to be emotionally expressive.

The 4

Fours with a Five wing are more withdrawn and, while still predominantly emotional, more likely to be intellectuals who infuse their feelings with ideas.

They tend to be introspective, often to the point of self-absorption.

The Focus of attention: the 'completeness' of what others have that I don't; other people's happiness and relationships; beauty; other people's drama and intensity; what is missing; despair and loss at never finding the perfect relationship, demanding attention by withdrawing; love; romance.

The 4

Language: dramatic use of language, high standards, elite performance, extraordinary, not the same, not the ordinary, the ideal, lost, abandoned, alone; love; connection; ideal; special; passionate.

Somatic characteristics: dramatic presentation in walking, talking and dressing to attract and become the center of attention.

The Four Self-Preservation/Social **Self-Preservation/Social**

This subtype is the least volatile and fiery of the type Four stackings.

They can resemble type One in terms of their efficiency and practicality.

Although their focus will be more on the emotional aesthetic, these Fours do have a considerable practical side.

Less flashy than some of the subtypes of Four, they nevertheless have a quiet charm and developed sense of style.

The Four Self-Preservation/Social

They are likely to value their possessions, to perhaps collect items of personal emotional significance.

They may, for instance, have shelves and shelves of books and have a place for each book.

This subtype can also resemble type Six in terms of having a great deal of anxiety.

This anxiety often revolves around self-preserving concerns such as those surrounding health issues and mortality.

Their strong self-preserving instinct also lends a degree of independence to this subtype.

As the sexual instinct is least pronounced, this subtype of Four is prone to romanticize intimacy without actually pursuing real relationships.

The Four Self-Preservation/Social

When healthy, these Fours can be very productive; when less healthy they might suffer from bouts of melancholy or self pity.

The strong self-pres instinct however often helps these individuals to recognize how their state of mind is impacting their health and well being.

This enables them to become action oriented.

The Four - Self Pres/Sexual

This subtype also cares very much about their surroundings and their possessions.

They feel as if these things help to express who they are.

There is more of a passionate sense about them as compared to the self/soc.

They have more of a sensual relationship with their environment.

These Fours are much more tortured by their difficulty with respect to maintaining close relationships.

The self-preservation instinct tends to be in conflict with the sexual instinct, causing this subtype to habitually analyze their relationships to the point where they find it difficult to relate.

The Four - Self Pres/Sexual

When unhealthy, these Fours can become very disdainful of the social environment.

They also start to envy the ease with which others seem to form relationships and maintain friendships. When Fours of this subtype are healthy, they find that they can form relationships without feeling as though they are sacrificing authenticity.

They no longer feel that they have to automatically define themselves as "different from others," as outside the group.

They are able to see the ways in which their emotionality might cloud their better judgment and to use that insight to establish equilibrium.

The Four - Social/Self-pres

This subtype can mimic type One when it comes to social values.

They can be harsh critics of the current mores.

They have romantic ideals of what the world should be like; reality always falls short.

Ironically, this type can be the most withdrawn of the Fours.

Social anxiety combines with the Four's shame issues to make this type feel that the pressure associated with "fitting in" is just not worth it.

They are also the most likely of the Fours to intellectualize their emotions and in this way resemble type Five.

The Four - Social/Self-pres

The social instinct tends to give the personality a focus on being included, fitting in, or finding a way to make a valued contribution.

This agenda conflicts with the Four's sense of being "different from" or "other than."

The Four's need to establish a separate identity conflicts with the social instinct's drive towards inclusion.

The social Four often deals with this dilemma by defining themselves as being outside the social system. By defining themselves always in terms of the system, even if it is to establish distance, this Four stays essentially tied to it.

Fours with the social/self-pres stacking tend to acutely feel a sense of social shame at not quite belonging.

The Four - Social/Self-pres

When this subtype is reasonably healthy, they are often gifted critics of the prevailing culture.

They develop true insight into social dynamics and have an eye for the nuances and subtleties of social interactions.

Many Four writers are soc/self.

The Four - Social/Sexual

This is overall the "lightest" type Four when it comes to social interaction.

They are likely to utilize charm and humor.

This type is more scattered and can be down right disorganized.

They can drift through life always feeling like an outsider, yet they usually have friends.

They can alternate from being the life of the party to withdrawing.

Intimates will know of their insecurities and dark moody side while acquaintances will see a softer, friendlier side.

This subtype's energy is geared towards people, but they never feel as though they really fit in.

The Four - Social/Sexual

They are often quite creative, talented people who have many interests, but they frequently lack the energy to actually accomplish what they would like.

They can drift and withdraw very easily.

When healthy and with the right support from friends (and perhaps a little push) they tap into their instinctual energy.

When they do this, they begin to see how much they can accomplish. A positive connection to others helps them stay focused.

The Four - Sexual/Self-pres

This is a very volatile type.

They are driven to form connections but have very high demands of their partners.

When their powerful fantasies don't match reality, they become very restless.

They take the fire and passion of the sexual instinct and turn it inward.

This can cause both brooding and fiery outbursts.

Dramatic mood swings are very likely with this type.

This subtype of Four could be considered the most classic Four, because of the way they seem to embody the archetype of the tortured artist, although not all Fours of this subtype are artists.

The Four - Sexual/Self-pres

Stereotype aside, this subtype does tend to bring their emotions into focus more readily than the other subtypes of Four.

What is under the surface with the Self-Preservation/sexual is now bubbling to the surface.

This subtype can resemble type Seven because of their drama, passion for experience and tendency to suffer from frustration when life seems dull.

Like type Seven, they can seem to throw themselves into experience.

The Four - Sexual/Social

This subtype is able to connect with others and with life itself, but always with an undertone of volatility and a tendency to dramatize.

They are the most involved and connected of the subtypes of Four.

They can go from relationship to relationship, seemingly tortured by each one.

They are the most driven of the subtypes of Four to express themselves publicly and type Four celebrities are commonly found with this stacking.

This subtype has a real difficulty remaining grounded, partly due to the undeveloped self-pres instinct.

The Four - Sexual/Social

Although they can appear almost Eight-like at times with their lust for life and desire for passionate experience, they lack the focus of the Eight and the instinctual energy that would keep them grounded. Sometimes alcohol or substance abuse can be a problem.

These Fours become more healthy when they learn to control their impulsiveness and focus their energies.

The Sexual Four

The Sexual subtype of the Four is competitive about relationships.

Competition is rooted in comparison and Fours and Ones both have the perceptual habit of comparing reality to what should be.

This makes the One very critical, it makes the Sexual (Intimate) subtype Four competitive about emotional status, especially their status with the significant person in their life. Fours in general believe that love is by far the most important thing in their lives and the Sexual subtype in particular believes that when, and only when, they find the perfect love will they be happy.

This is often coupled with the belief that once they had a perfect love.

Either their mother or some significant person loved them unconditionally and this was the happiest -- and perhaps the only happy -- time of their life.

The Sexual Four

This was their Garden of Eden before they were discovered to be defective and rejected.

But the competition goes a little further. Intimate Fours compare their state in life with that of others - and suffer by comparison.

While they are prone to jealousy with a mate, they are prone to emotional evaluation and comparison with everyone they deem to be their equal.

("I have four years of college like she does but I don't have a managerial position. She's so much further ahead than I am.")

(Then... "I wonder what's wrong with me.")

The Sexual Four

The romantic tendency of the Fours comes out when the Intimate subtype not only wants to be the person the mate loves the most, but what would make it perfect would be if they were the only person the mate ever loved.

When the Four tries to obtain emotional status, that probably relates to the dependency of the style Two to which they have a strong connection.

Twos get identity from being loved, Intimate Fours get importance and self-worth as a gift from the one who loves them.

Their self-worth is not rooted in the self, it has its origin in the estimation of the mate and of society.

The Sexual Four

Their envy can easily become professional envy. The professional envy is rooted in a desire for revenge (because I know they don't really respect me) and is rooted in a positive characteristic of the Four, an appreciation of quality.

Whereas the Three plays to the crowd in a democratic way, the relational or Intimate Four labors to gain the respect of their peers.

And not only their peers, but those other professionals who really know quality when they see it.

Threes play for the crowd, Intimate Fours play for the other musicians, especially the visitors from the symphony...

The Sexual Four

This requires ways and means of keeping score.

This is intricate because simple counting won't give you a qualitative analysis.

So prestige is coveted, victories over one's peers is sweet indeed and one must take every effort to be recognized by the best people, especially the best people that are acknowledged experts.

(Sometimes this is reversed in social Fours, they want recognition only from those rejected by society but like all mirror images the importance remains constant).

The nature of competition is that if you win, I lose.

In America competition is always an emotional threat.

A special cross for Intimate Fours to bear is that they are drawn to precisely what they can't have.

This is romantic tragedy.

The Sexual Four

We are perfect for each other, but she lives in San Francisco and I live in St. Louis.

So we commute every third month.

We have a wonderful week or weekend and then return to our respective hells.

Or, he is a carpenter and she is an opera star.

Or, she is wealthy and he sells siding.

Any obstacle will do as long as the Intimate Four doesn't have to endure the real relationship.

It is so much sweeter in the mind than in reality.

But when the obstacle is taken away, then the habit of comparing reality to the ideal (which worked fine when I idealized her as she lived in San Francisco) sets in, and I begin to notice that she has shoddy taste in Impressionism, actually listens to Metallica and has voted for George Bush. How can I possibly live with such a creature?

The Sexual Four

The comparative thinking leads to fault finding as it compares a real person to an ideal.

This can set up a push/pull relationship. I love you while you are absent, but up close I notice you have a lot of faults.

But as soon as you go, I begin to idealize you and get in touch with the really deep feelings I have for you.

Please come back and torture me again.

Let's review the Approbation Motivated Types:

The Two wants Approbation in the form of **Appreciation**.

The Three wants Approbation in the form of **Admiration**.

The Four wants Approbation in the form of **Respect**.

The Enneagram and The HAM's:
Power HAM Strategies;
The 5, 6 and 7

Review of the Approbation Types

Two - Pleaser: Seeks Approbation by making you indebted by giving and helping you. Becomes prideful and resentful, angry.

Three - Over achiever: Seeks Approbation by being the epitome of the ideal person. Avoids emotions.

Four - Dramatic Individualist: Seeks Approbation by being unique and not being the epitome of ideal. Holds onto tragedy.

Review of the Power Types

Five - Observer: Avoids Power issues by avoiding interaction. Isolates and lives in their mind, where they have the Power to control.

Six - Doubting loyalist: Fear of having insufficient Power over the circumstances of life. Seeks security by being hyper- vigilant. Always wonders "What if". Avoids change.

Seven - Experience Seeker: Seeks the sense of Power or the avoidance of the lack of power through endless outside experience. They avoid thinking about it.

Review of the Religious Types

Eight - Aggressive challenger: His "Religion" seeks to correct wrongs (as he sees them) with power by bullying others. Avoids feeling weak, denies being wrong. (J, Os, Opo, S)

Nine - Comfortable indolence: His "Religion" seeks peace by avoiding conflict and dynamic situations. Pleasant to be around, but passive aggressive. (L)

One - Perfectionist: His "religion" seeks perfection internally and externally. Sees imperfections and tries to right them. Holds in anger, becoming tense. (R, I, V)

The 5-6-7 Strategies

Fives, Sixes and Sevens are usually called "fear-based" types, fear is their basic preoccupation, due to their concern with Power.

These 3 diverse types of fear make for quite different experiences of life, but all three live in varying degrees of a fear of the inability to control their environment.

They think a lot and frighten themselves.

These two characteristics, fear and thinking, come together via anticipation.

The types in this center tend to approach life by figuring it out (5), predicting all future dangers (6) and by acting now to avoid facing what could happen in the future (7).

The 5-6-7 Strategies

Fives try to be in control by gathering information, thinking everything through, understanding everything. Sixes expect the worst to happen so they spend a lot of time making sure they have thought of every eventuality.

Sevens don't expect things to work out very well, so they keep busy, deliberately not looking at whatever may be negative.

The 5

John Donne said that "No man is an island," but fives have the best shot at it of all the enneagram types. They are most explicitly antisocial of all the types. They are that way because they are so sensitive. Fives are polarized about boundary issues because they are emotionally sensitive, often hypersensitive. So to protect this sensitivity, they develop unusually strong boundaries.

The 5

These boundaries include detachment.

Noninvolvement, being just an observer, is one way of insuring that one is not invaded.

Fives fear invasion.

Fives, sixes and sevens are all fear-based as we study this Power center, but the specific fear of the five is of their AOC (their mind and emotions) being invaded, of being overwhelmed.

They build their island to be protected by distance, not by hostility or placation.

Fives are also the most intellectual.

They are frequently highly intelligent (any number can be intelligent), but their intelligence is used as a means of handling the threats of the world.

"Knowledge is Power!" (Sir Francis Bacon *Religious Meditations, Of Heresies, 1597* English author, courtier, & philosopher (1561 - 1626))

The 5

Fives love to replay and rehearse.

If the baseball game is on Sunday, they mentally rehearse it on Friday and Saturday, play on Sunday and replay it in their minds on Monday and Tuesday.

It is said that a Five invented instant replay.

Only when they get it into their mind does it become real

There, they can exercise their gifts of analysis and synthesis and make sense of their experiences.

Many fives are excellent writers because they are keen observers, they can make minute analyses and relate what they saw to all the rest of the information they have.

And they have a lot.

And while they are distant, they are also objective.

They don't allow emotion to cloud their judgment -- it's easy for them, they're not involved!

The 5

Like fours who are in love with their own emotions, fives are in love with their own understandings.

This is the reality behind the metaphor of the Ivory Tower. Fives also have a long time-line.

When Robert McNamara confessed after 25 years that he knew full well the folly of Vietnam, that our government had lied systematically and we had no chance of winning etc., people asked "Why didn't you tell us this back then?"

Part of the answer is understandable; passions were so high he would have been prosecuted, and unhealthy Fives have a notion that people are going to prosecute them anyway if they get a chance.

But part of the reason he waited is that fives often require a long time to process material.

The 5

Fives are antisocial, but not in their manners or even behavior.

They just see people as draining them.

People are not an asset as much as a liability.

The attitude is that "I only have so many inner resources and when I interact with people, I am depleted.

Not that people are bad, it's just that they are draining.

Fives are drained by social interaction and recharged by solitude.

The 5 is known as the Observer - a noncommittal, deliberate, reflective loner.

The life of the style Five centers on their thinking.

Healthy Fives are both highly intellectual and involved in activity.

They can be, if not geniuses, then extraordinarily accomplished.

The 5

As the most intellectual of the nine types, they are often superb teachers and/or researchers.

Many healthy Fives are fine writers because of their acute observational skills and a developed idealism.

They are highly objective and able to see all sides of a question and understand them.

They seek a sense of security by avoiding life.

They will isolate themselves and live in their thoughts and fantasies.

The chief characteristic of the Five fixation is invisibility.

They like to sink into the background and not be noticed.

They have the ability to be so unobtrusive that people often don't even notice they are in the room.

The 5

People of enneatype Five defend themselves against a world they experience as intrusive by retreating into the safety of their minds.

Fives tend, therefore, to approach reality at a distance and to adopt a stance removed from the main action.

Fives always feel comfortable and at home in the realm of thought.

They have busy minds, are endlessly curious, observant, perceptive and frequently intellectually provocative.

Most Fives have at least a few intellectual interests, areas of expertise, which they cultivate with a true passion.

It is not uncommon therefore for Fives to be intellectuals in the common sense of the term, and many famous thinkers have naturally been Fives.

The 5

But not all Fives make a living directly utilizing their minds; some Fives prefer to keep their theorizing to their private lives, while making a living doing something that requires little intellectual energy.

Such Fives can be recognized by their need for privacy, their focus on competency, and their attitude of restrained indifference to authorities and to the rules and procedures of the workplace.

So, while it is true that not all Fives are "intellectuals," all of them share certain basic markers.

In particular, all Fives utilize or over-utilize their intellects as their chief means of negotiating life.

The general formula for understanding type Five individuals is to recognize that their intellects take the lead, emotion interfuses with thought, and the 3 instincts remain generally underdeveloped.

The 5

Fives are frequently uncomfortable in the social realm. Part of this stems from the Five's eccentricity, which in turn stems from the fact that Fives spend so much time in the realm of thought.

Fives trust their own minds and feel little need to adjust their beliefs to accommodate the opinions of the majority; opinions that Fives often feel are shallow or "stupid."

Fives often have little capacity for small talk and find most social interactions draining.

When required to socialize with those they find uninteresting (almost everyone), Fives frequently find a way to slip off to be alone or even leave when no one is looking.

The 5

Fives tend to be sensitive because they don't feel adequately defended (Powerful) against the world.

They often sense the unspoken thoughts and unexpressed feelings of those in their environments.

These tend to feel invasive to Fives, who characteristically withdraw in order to protect their boundaries.

To compensate for their sensitivity, Fives sometimes adopt an attitude of careless indifference or intellectual arrogance, which generally has the unfortunate consequence of creating further distance between themselves and others.

Trying to bridge the distance can be difficult for Fives, and others in the Five's life typically find themselves having to take the initiative in this regard.

The 5

When the distance is bridged however, Fives can turn out to be surprisingly supportive as friends and lovers. Those Fives who are interested in forming relationships want to relate to the person behind the mask, and generally find dealing with "mask people" to be quite tedious.

Fives typically have few relationships, but the ones they have, tend to have substance, as they are not based on superficial qualities.

Fives tend to be non-judgmental of those they love, and can accept others as they are, without glossing over their imperfections.

Fives tend to truly appreciate those few people with whom they feel a real connection.

The 5

Fives are usually somewhat restrained when it comes to emotional expression, but often have stronger feelings than they let on.

Few people know what is going on beneath the surface.

There are many reasons for the emotional restraint characteristic of Fives.

Partly, it is a function of the Five's tendency to "detach" to protect themselves.

Fives often experience a sort of separation between themselves and their emotions; it is their most primitive defense.

Fives often find themselves processing their emotions later, in the privacy of their rooms.

Partly, too, Fives are afraid of being emotionally vulnerable; they lack a certain resilience in this regard and have a pervasive sense of distrust when it comes to expressing themselves to others, who "just may not understand."

The 5

Words and overt expressions of emotion almost feel "too much."

Naturally, this dynamic often leads to misunderstandings, and the sphere of intimate relationships is not usually the most smooth running aspect of a Five's life.

Fives don't tend to think of themselves as being unemotional and are often surprised when they realize just what a difference there is between their own perception of themselves and the perceptions that others have of them.

This frequently exacerbates the Five's feelings of alienation and adds to their sense that human relationships are somehow essentially flawed.

The 5

Because of their sensitivity and because of their often exaggerated fears of inadequacy, Fives engage life from a stance of fear, although this fear is not always conscious. Fives essentially fear being overwhelmed, either by the demands of others or by the strength of their own emotions.

They sometimes deal with this by developing a simple lifestyle in which they make few demands on others in exchange for others making few demands on them.

Many Fives, however, make an uneasy peace with the messiness of life and engage it more fully, but they almost always retain a deeply embedded fear that life is somehow going to demand more of them than they can deliver.

The 5

Fives are also afraid of being intrusive.

Just as Five's fear being intruded upon themselves, they likewise fear intruding on others.

And, finally, as Fives can generally sense what is going on beneath the surface with others, they tend to expect the same in return.

Fives hate surprises and they love privacy.

The 5

When unhealthy, the tendency to filter experience through the lens of a favored theoretical framework (Attribution) is given free rein.

In an expression of extreme and unbalanced intellectual arrogance, Fives attempt to reduce reality, in all its infinite and truly irreducible complexity, to a mere system of thought.

Fives in the grip of this process become increasingly argumentative, provocative and cynical.