

**CMS-043 and 044  
Enneagram Review of the 5, 6  
and 7 Power HAM Strategies:  
The Enneagram Types 5 and 6**

1 Jn 2:15 Do not love the world or the things in the world. If anyone loves the world, the love of the Father is not in him. 16 For all that *is* in the world—the lust of the flesh, the lust of the eyes, and the pride of life—is not of the Father but is of the world. 17 And the world is passing away, and the lust of it; but he who does the will of God abides forever.

HAM is the acronym for Happiness Attainment Motivators.

These are the built-in desires for various types of human happiness:

Chemical, Religious, Approbation, Materialism, Power, and Sex.

These motivators are part of the Genetic Nature we inherit from our parents, their parents, and so on, all the way back to Adam, who started the process when he disobeyed God and ate the fruit of the Tree of the Knowledge of Good and Evil.

This fruit genetically contaminated Adam to create what is commonly, in Biblical nomenclature, known as the Sin Nature. However, this "Sin" Nature is really our "Human" Nature, and is the source of the 6 HAM's.

Note that what Adam ate was called the Fruit of the Tree of the Knowledge of Good and Evil.

The first thing we notice is that it was a fruit - a food, something he ingested.

This food, probably safe for all other creatures to eat, had some quality that affected the human cellular structure, producing the genetic mutation that became known as the Sin Nature, which immediately separated Man (Adam and Eve) from God, as seen in their act of hiding from God.

The second fact we see is that this mutation produced "knowledge", a set of information to be added to the prior information base.

We immediately learn that this information base caused a change in the way they viewed each other - "and they knew they were naked" - a sexual-related awareness that produced a "Conscience-violating" awareness -- a knowledge that they were unacceptable to God.

And finally, we note that this "knowledge" is both "Good" and "Evil", not just "Evil" - "sinful acts" - as many teach, but a "Goodness, as well, as evidenced by their attempt to clothe themselves to become acceptable.

This "Good" is known to us today as "Morality", and this "Evil" is known as "Immorality".

Our topic in this study is the Morality half of this Sin Nature, our Human Nature, and how each of the HAM's has its own set of Morals, which we can identify as coming from the Genetic Mutation that separates us from God; so we can 'reckon', or 'consider' ourselves dead to them.

After grasping the fact that Christ died for our sins on the Cross, the next most important doctrine we need to grasp, is that HE died to the Sin Nature and WE died to our Sin Nature with Him.

That is why we must be "born again from above", receiving a "Spiritual Nature" to live in, so that we may abstain from the Sinful Nature desires, wether Good or Evil.

One of the HAM's is Approbation, the desire for recognition, respect, honor, appreciation, etc.

There are 3 basic Enneagram Types that correspond to the Approbation HAM:

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

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

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

Another HAM is Power; this desire for security ranges from concerns of personal safety to domination.

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 and thrive on excitement to do so.



A third HAM is Religion; the desire to relate to Absolutes, such as God or Right and Wrong.

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

Nine - Peacemaker: His "Religion" seeks peace by avoiding conflict and dynamic situations. Pleasant to be around, but passive aggressive.

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

## **The 5-6-7 Strategies**

Fives, Sixes and Sevens are usually called "fear-based" types, because, as Power Based, their inadequacy results in fear as their basic preoccupation.

These diverse types of fear make quite different experiences of life, but all three live in varying degrees of terror, partially because they live from their "head" center.

## The 5-6-7 Strategies

They think a lot and frighten themselves.

Their knot is in their will, they have a variety of ways of not being able to take action in their world.

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

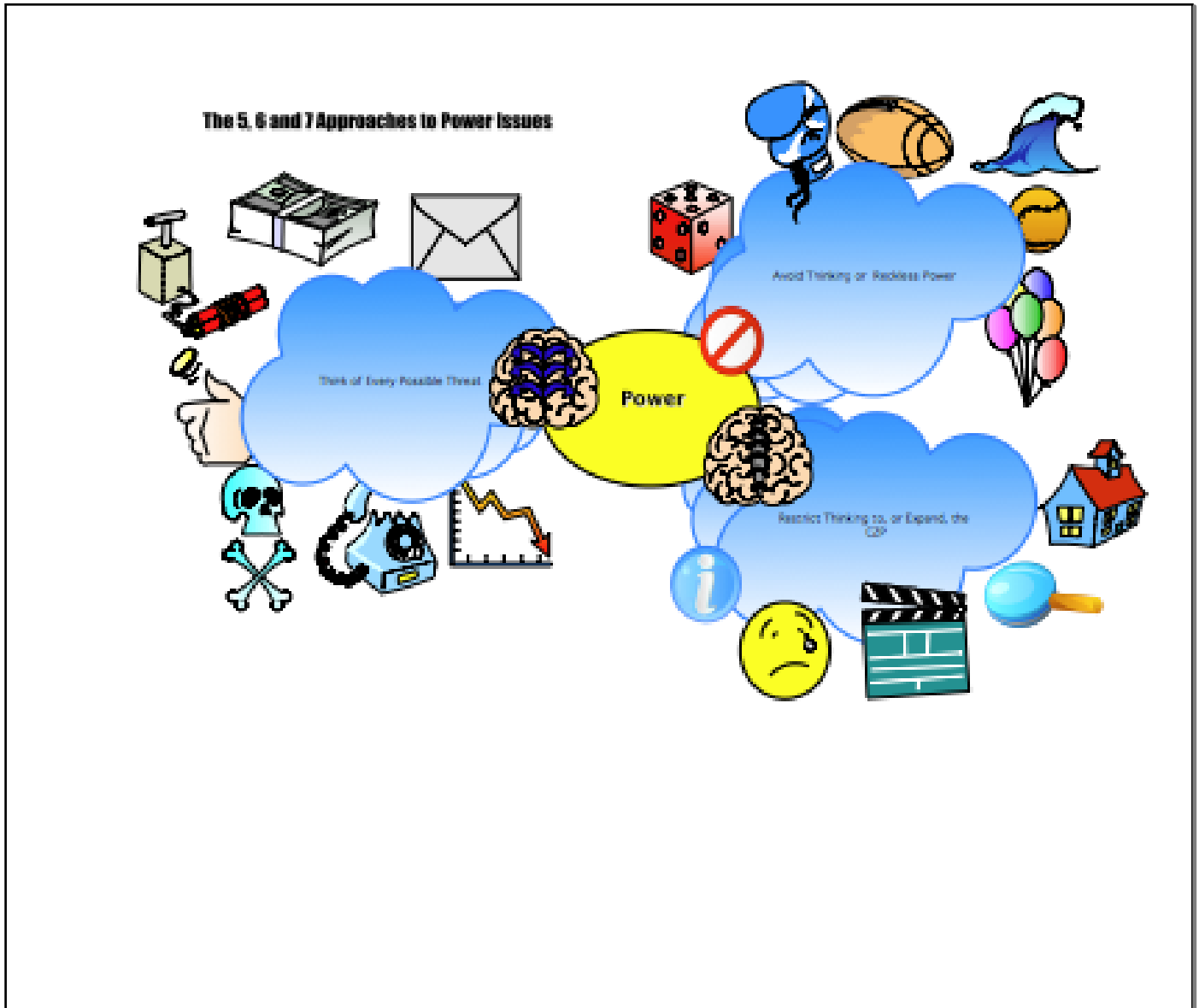
The types in this center tend to approach life by limiting their life to what they can figure out (5 Strategy); by preparing for any eventuality (6 Strategy); or by avoiding thinking about what may happen in the future (7 Strategy).

## **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

People of this personality type essentially fear that they don't have enough inner strength to face life, so they tend to withdraw, to retreat into the safety and security of the mind where they can mentally prepare for their emergence into the world.

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

They are generally intelligent, well read and thoughtful and they frequently become experts in their areas of interest or concern.

## **The 5**

While they are sometimes scientifically oriented, especially with the Six wing, just as many Fives are drawn to the humanities and it is not at all uncommon for Fives to have artistic inclinations. Fives are often a bit eccentric; they feel little need to alter their beliefs to accommodate majority opinion, and they refuse to compromise their freedom to think just as they please.

## **The 5**

The problem for Fives is that while they are comfortable in the realm of thought, they are frequently a good deal less comfortable when it comes to dealing with their emotions, the demands of a relationship, or the need to find a place for themselves in the world.

Fives tend to be shy, nonintrusive, independent and reluctant to ask for the help that others might well be happy to extend to them.



## The 5

Striving to be Detached:

The desire to be autonomous, independent, and able to find serenity with your own thoughts.

Appraisal Belief: The world demands too much from me and gives me too little.

“Ultimately, the only power to which man should aspire is that which he exercises over himself.” Elie Wiesel (1928 - )

The love of liberty is the love of others; the love of power is the love of ourselves. William Hazlitt(1778 - 1830)

## The 5

Developing My Self Concept: I learned to protect myself from intrusive demands and being drained of my resources by becoming private and self-sufficient. I do this by limiting my desires and wants and by accumulating a lot of knowledge.

Most powerful is he who has himself in his own power. Seneca (5 BC - 65 AD)

Let not thy will roar, when thy power can but whisper. Dr. Thomas Fuller (1654 - 1734), *Gnomologia*, 1732

## **The 5**

**My Positive Self Concept:** My world is limited to what I have the Power to handle (my “Comfort Zone of Power”, or, CZP) : Scholarliness. Being knowledgeable. Thoughtfulness. Calmness in crisis. Being respectful. Keeping confidences. Dependability. Appreciation of simplicity.

**Self Concept Vulnerabilities:** Strong feelings, especially fear (emotions can't be controlled, so I avoid them). Feeling that people or circumstances are intrusive or demanding; placing me outside my “Comfort Zone of Power” (CZP). Feelings of inadequacy and emptiness.

## **The 5**

Appraisal Attribution: I focus on the intellectual domain.

Facts. Analysis and compartmentalized thinking.

Intrusions or demands on me.

Appraisal Attitudes: Observing from a detached stance. Learning all there is to know about a subject.

Thinking and analyzing in advance. Dampening and reducing feelings. Self-containment, withdrawing, conserving. Maintaining sufficient privacy, boundaries, and limits.

### **The 5**

Negative Self Concept Triggers (Stress): Failing to maintain sufficient privacy, boundaries, and limits.

Becoming fatigued.

Having desires, needs, and wants that lead to dependency.

Trying to learn everything there is to know before taking action.

## **The 5**

Temptation to Emotional Revolt: Being considered factually incorrect. Demands, intrusions. An overload of emotional input. Not having the opportunity for enough private time to restore my energy.

My Emotional Revolt: Self-containment and withholding. Tension and disapproval. Short bursts of temper.

## The 5

***“I have a special relationship with my mind”***

### The Subtypes or Instincts

Subtypes are important because they often enable you to recognize yourself more easily, but even more so because they are a real source of "juice."

If you know your subtype, you'll soon see that when your subtype (often called instinctual by some of the major authors) is threatened in some way, you get a lot of energy.

Your subtype changes the preoccupations but not the major mechanisms of the type.

## **The 5**

### **The Subtypes or Instincts**

### **The 5 -Self-pres/social**

In the average health range, this instinctual stacking is warm, friendly, and loyal.

They need their down time and have no problem spending time alone.

They actually value it very much.

They feel an energy drain from people's demands on them.

This instinctual stacking is what is described in most Enneagram books.



## **The 5**

### **The Subtypes or Instincts**

## **The 5 -Self-pres/Social**

The most notable and potentially frustrating thing about people of this type is the difficulty involved in getting really close to them.

While they can usually handle themselves socially, they always hold back when it comes to intensity or intimacy in a relationship which can frustrate a sexual variant type.

## **The 5**

### **The Subtypes or Instincts**

## **The 5 -Self-pres/Social**

Others are aware that there is more going on beneath the surface, but it can't really be accessed.

These Fives are masters at minimizing their needs.

Even though they shy away from intense personal relationships they often have a lot of intuition about others.

Their detached level of personal involvement somehow brings objectivity to their insights.

They can be the most practical of the instinctual stackings.

## **The 5**

### **The Subtypes or Instincts**

### **The 5 -Self-pres/Social**

Their issues usually revolve around demands made on their time.

This can become problematic in personal relationships. This subtype has an ideal vision of what a close or romantic relationship should be, but given their concerns for protecting their space and time and lacking the instinctual drive of a strong sexual instinct, energy just doesn't flow in that direction.

Because this subtype is good at minimizing their needs they can get along fine with few relationships or without a romantic partner.

## **The 5**

### **The Subtypes or Instincts**

### **The 5 -Self-pres/Social**

With the social instinct second in the stacking, they generally do find friends or colleagues and they may even be married, but the need to maintain their own time to pursue their interests is always a point of contention.

## The 5 - Self-pres/Sexual

This subtype, like the self-pres/social, is more typical of the depictions of type Five.

The self-preservational instinct accentuates the self-contained, withdrawing tendencies of the Five.

Fives of this subtype love their time alone with a passion, and pursue it more actively even than the other subtype of self-pres Five, although with the sexual instinct second, they often want to find time for intimates as well.

## The 5 - Self-pres/Sexual

On the down side, they have more disdain for people and little use for the social aspects of life.

They want to be left alone or they want to share their inner world with their intimates.

The intensity of the sexual instinct is reserved for their intimates and even there it is sporadic.

The self-pres energy gives this subtype a solid foundation and some degree of practicality.

## The 5

# The 5 - Self-pres/Sexual

These Fives are conflicted when it comes to experiencing and expressing emotions.

They usually default to emotional repression and to detached intellectual analysis.

This is a dynamic common to all Fives, but with the self-pres/sexual instinctual stacking, the balance of these forces is pretty precarious and it seems as though the scales are being constantly adjusted one way or another.

As the social instinct is the least developed, the social arena gets the drier more intellectual approach almost by default.

## The 5 - Social/Self-pres

One might think that the energy of this subtype would be warmer and friendlier than that of the self-pres/social, but it doesn't usually present that way.

Because the social instinct is dominant, these Fives are much more aware of their role in the group.

They are therefore more careful of their involvements with others.



## The 5 - Social/Self-pres

The social arena is more important and is invested with more energy, so these Fives will pull up faster and harder into self-pres mode if they should feel at all threatened.

This will sometimes give others the impression of coldness.

This subtype will center a lot of their intellectual interest around the workings of society, humanity or spirituality.

This serves as their connection with people.

## The 5 - Social/Self-pres

By means of these abstract mental constructs, Fives of this subtype feel a sense of belonging socially, without having to be personally involved and invested.

The healthier people of this subtype are, the more they are able to integrate their mental constructs with their actual experiences.

They can really be content to adopt the role of “people watcher,” but they do it from a closer and closer perspective.

## The 5 - Social/Self-pres

Their blind spot revolves around the fact that they tend to convince themselves they can get along just fine in the observer role.

It does feel safer to them.

If they do have a few people relatively close to them, they can really strike a good balance between their need to withdraw and their need to connect to the larger social world.

## The 5 - Social/Self-pres

The most intellectual of type Five.

The combination of the basic desire for knowing with the social instinct's need to "fit in," makes people of this subtype want to find a niche as the expert.

Their interest in structure, especially social structure, accentuates their natural inclination for acquiring knowledge.

## The 5 - Social/Self-pres

With the sexual instinct least developed, this subtype is in the position of having a strong pull towards understanding the workings of the world around them, without the emotional intensity of the sexual instinct setting up any distraction. These Fives fit the role of the scientist or professor quite well in this respect.

## The 5 - Social/Sexual

When reasonably healthy, people of this subtype can be very engaging (for a Five).

They smile a lot and are often friendly.

Their energy is quite different from the social/self-pres subtype because both the social and sexual energies push outwards, and so partly balance out some of the withdrawing tendencies of the Five.

## The 5 - Social/Sexual

This doesn't mean that people of this subtype are necessarily any healthier however.

The outgoing energy is not the result of true integration to Eight but is the result of the compulsive pull of the instincts.

People of this subtype are usually warm and when feeling secure are likely to let people in and even to initiate contact.

When they feel insecure however, they can actually go to the other extreme and be very shy.

For this reason, people of this subtype could easily be mistyped; those Fives who withdraw from social contact because of feelings of insecurity, might not seem like social subtypes at all.

## The 5 - Social/Sexual

It might not be obvious that they actually very much desire contact.

For people of this subtype, the social instinct actually works as a release valve for the sexual component.

When relaxed and comfortable with others, the sexual instinct can easily be seen.



## The 5 - Social/Sexual

People of this subtype are very aware of how they “fit in,” and also experience the sexual drive of wanting to connect with intimates.

Like other social/sexual subtypes, they have the tendency to cultivate many relationships.

They want to be liked by everyone, but being Fives they also tend to hold a part of themselves back for fear of rejection or of being overwhelmed by the demands of the relationship.

## The 5 - Social/Sexual

This subtype of Five is more likely to fear rejection than the other subtypes of Five. Because both of the dominant instincts are focused on people, any failure in the realm of interpersonal relationships triggers a fear that there is no safety in the world.

Personality systems like the Enneagram function as a tool to help this subtype of Five to feel safe in the world; but reliance on the Spiritual Resources found in the Reservoir of Righteousness is the appropriate response for the Believer in Jesus Christ.

## The 5 - Social/Sexual

People of this subtype tend to think that the more they understand people, the less chance they have of being rejected.

This tends to be a blind spot for people of this subtype as they don't see that what will actually help them to become healthier is gaining more life experience.

This will help them to see that their world will not come to an end with a little rejection.

## The 5 - Sexual/Self-pres

This subtype has a lot in common the self-pres/sexual instinctual stacking.

They experience many of the same internal conflicts surrounding relationships, the need for independence and emotional expression.

The sexual/self-pres subtype differs however in being more intense, more counterphobic.

## The 5 - Sexual/Self-pres

They entertain more dark nihilistic ideas\*, ideas that most others don't want to consider.

With this subtype, a lot of energy revolves around the issue of boundaries.

\*A doctrine holding that all values are baseless and that nothing can be known or communicated.

Rejection of all distinctions in moral or religious value and a willingness to repudiate all previous theories of morality or religious belief.

The belief that destruction of existing political or social institutions is necessary for future improvement.

## The 5 - Sexual/Self-pres

Sexual/self-pres Fives tend to forge strong connections quickly and deeply, but if they feel betrayed, begin to feel overwhelmed, or if they feel that the connection doesn't serve their true needs, can seem to cut the connection precipitously and "go cold."

They have high standards for significant others.

They must feel that they can share their emotions with a significant other without being judged.

This is their private world that they share.

### The 5 - Sexual/Self-pres

Relationships can be difficult, because individuals of this subtype will still want their own space and alone time, while at other times will want intense connection. Because the social instinct is least developed, this subtype is not very concerned with how others perceive them (except their intimates).

This subtype is deceptive in that they may not seem to be especially intense - until they are engaged in a conversation they find interesting.

Then the intensity and emotion become apparent.

The internal struggle for this subtype is similar to that of the self-pres/sexual, but more energized and volatile, and getting to know this subtype means getting to know that.

## The 5 - Sexual/Self-pres

When unhealthy, the energy of the sexual instinct can combine with the dominant type Five fixation to create a very impulsive Eight-like anger. The strength of their convictions can then come out quite forcefully.

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## The 5 - Sexual/social

This subtype is the most dramatic of the instinctual stackings of type Five.

They are less concerned than the social/sexual subtype with social rejection, but take rejection from intimates very much to heart.

They have a strong desire to express themselves, and can be the most Four-like of all the instinctual subtypes of type Five.

## The 5 - Sexual/social

Not only do they have a strong desire to merge with a significant other, they also want to make their mark in the larger social sphere.

The intensity, aggression, counterphobic stance and desire to connect deeply, all combine with the social instinct to produce a highly charged personality.

## The 5 - Sexual/social

This subtype can become quite accomplished if they are able to form an intimate connection with someone who will help ground them and provide them with a feeling of security.

When Fives of this subtype feel a sense of safety due to healthy intimate relationships, they will want to share whatever knowledge, talent or insight they may have.

## The 5 - Sexual/social

When unhealthy, this subtype can be very dark, pessimistic and the most confrontational of all the subtypes of Five.

They can also become very arrogant.

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## The 6 The Loyalist

Conflicted between trust and distrust

People of this personality type essentially feel insecure, as though there is nothing quite steady enough to hold onto.

At the core of the type Six personality is a kind of fear or anxiety.

This anxiety has a very deep source and can manifest in a variety of different styles, making Sixes somewhat difficult to describe and to type.

## The 6

What all Sixes have in common however, is the fear rooted at the center of their personality, which manifests in worrying, and restless imaginings of everything that might go wrong. This tendency makes Sixes gifted at trouble shooting, but also robs the Six of much needed peace of mind and tends to deprive the personality of spontaneity.

## The 6

The essential anxiety at the core of the type Six fixation tends to permeate the personality with a sort of "defensive suspiciousness."

Sixes don't trust easily; they are often ambivalent about others, until the person has absolutely proven herself, at which point they are likely to respond with steadfast loyalty.

The loyalty of the Six is something of a two edged sword however, as Sixes are sometimes prone to stand by a friend, partner, job or cause even long after it is time to move on.

## The 6

Sixes are generally looking for something or someone to believe in.

This, combined with their general suspiciousness, gives rise to a complicated relationship to authority.

The side of the Six which is looking for something to believe in, is often very susceptible to the temptation to turn authority over to an external source, whether it be in the form of an individual or a creed.



## The 6

But the Six's tendency towards distrust and suspicion works against any sort of faith in authority.

Thus, two opposite pulls exist side by side in the personality of enneatype Six, and assume different proportions in different individuals, sometimes alternating within the same individual.

## The 6

The truly confounding element when it comes to typing Sixes is that there are two fundamentally different strategies that Sixes adopt for dealing with fear.

Some Sixes are basically phobic.

Phobic Sixes are generally compliant, affiliative and cooperative.

Other Sixes adopt the opposite strategy of dealing with fear, and become counter-phobic, essentially taking a defiant stand against whatever they find threatening.

## The 6

This is the Six who takes on authority or who adopts a dare devil attitude towards physical danger.

Counterphobic Sixes can be aggressive and, rather than looking for authorities, can adopt a rebellious or anti-authoritarian demeanor.

Counterphobic Sixes are often unaware of the fear that motivates their actions.

In fact, Sixes in general, tend to be blind to the extent of their own anxiety.

## The 6

Because it is the constant back drop to all of their emotions, Sixes are frequently unaware of its existence, as they have nothing with which to contrast it.

Because Sixes so frequently fail to appreciate the extent of their own fear, they often mistype themselves. It is common for instance, for female Sixes to mistype as Twos, especially if they are identified with a helper role, but Sixes have a much more ambivalent attitude towards relationships than do Twos, who generally know exactly what they want.

## The 6

Sixes, failing to recognize their anxiety, can mistype as Nines, but Nines have the ability to relax and to trust in others, neither of which come easily to Sixes.

Sixes can mistype as Fours, especially if they have artistic inclinations, but they lack the Four's self-absorption.

## The 6

They can mistype as Fives, especially if they are intellectual, as many Sixes are, but unlike Fives, Sixes tend to be more practical.

Finally, conterphobic Sixes can easily mistype as Eights, but they lack the Eight's self-certainty.

## The 6

### Negative Expectations

### The Counterphobic Six

Susan Sarandon often plays a six or seven and in *Safe Passage* she plays a marvelous counter phobic six.

Here are some clues that tell you that you're watching a counter-phobic six.

First, on the high side, there's this wonderful loyalty to her family.

## The 6

In spite of the fact that she has kicked her husband out, she keeps in constant contact, calls him at 5 am to share her fears (of course) and takes care of him even while scolding and ranting at him.

Towards the end of the movie she takes a civil service test (which, of course, she has a devil of time with because it means taking effective action in the outside world, something sixes often have trouble doing.

She passes but one of the questions is "Who are you."



## The 6

She can't get past the group: She writes that she is the mother of seven sons and then has nothing more to say.

That's how a six can identify with the group.

Her fears are obvious throughout, but with the counter phobic six, there is a lively ambivalence.

When they are afraid, they must do what they fear.

Fear is not only no reason to abstain from an action, it is the very reason they must take action. The fears are not about real things.

## The 6

Real crises sixes often handle quite well. As one counter phobic six friend of mind remarked. "When I was in the hospital with a serious injury, everyone remarked on how well I handled it. But they didn't know, I had been preparing for this all my life."

## The 6

Sarandon handles the news that her son may have been killed quite well.

She holds the family together, she continues to work, she doesn't collapse or go hysterical.

But the movie starts with her calling her estranged husband at 5 am about a premonition dream.

She gets the person who is going to be harmed wrong three or four times, but that really doesn't bother a six. There's danger out there, we have to be on the lookout because it is going to strike, we just don't know where.

## The 6

The negative expectations are integral to any six.  
Murphy's law is a cosmic pattern.  
Whatever can go wrong, will go wrong, and it's going to be worse than we can possibly imagine.  
But the six doesn't stop there.  
They go looking for what can go wrong.  
They interpret everything in the light of the danger they know is there.  
The counter phobic six goes into action and attacks that danger that they know is there.

## The 6

Sixes assume that when they take action, they will be punished.

"It's the tallest blades of grass that get mowed."

So they turn their doubt on themselves.

They decide, then attack their own decision.

They are polarized between taking action and not taking action.

They are often paralyzed with indecision.

## The 6

Actually they decide both ways and the equal pressure to do and not to do keeps them from action.

They will then often substitute worry for action.

The counterphobic solution to this inertia is to do what you fear.

They often say that fear is no reason not to do something, actually they feel they must do what they fear.

## The 6

Polarization is a technical term.

It means to actively oppose certain parts of our experience.

Certain parts of our experience are denied or at least discounted, and in the case of Sixes, then projected on to others.

The evil in themselves that Sixes don't acknowledge is not wasted - it is projected onto others.

## The 6

### Reframing Through Projection

Sixes live in an "evil" universe, in the sense that they see danger, malice and duplicity everywhere.

They adapt to this universe by becoming hypervigilant. Woody Allen is a classic phobic six (and plays his type in all of his movies).

Authorities are important, they can't just be blown off. But at the same time, these authorities are not to be trusted and have to be challenged.



## The 6

This is why sixes will often play "devil's advocate."  
They are insecure so they have to have all the information.

Once information is out on the table, then they don't have to guess at the malignant intentions behind the few actions they can actually see.

Their systematic doubt is then also unleashed on themselves.

## The 6

Worry is linked to projection.

It is a denial of their own power.

Many things happen when you deny your own power.

You claim the moral high ground (Sixes are often confused with Ones for this reason).

The other person did what was wrong and Six is innocent.

Sixes are different in their morality from Ones.

Whereas Ones derive their morality from their inner convictions, Sixes depend on the morality of the group.

Morality is for the sake of keeping together.

## The 6

Sixes see themselves as not having power so they can't achieve what they want.

So they worry a lot.

The underlying assumption is that if I actually do achieve, I will have my achievement used against me (criticized, belittled, found inadequate or become the object of jealousy) -- regardless of the mechanism, Six knows he will be punished for coming to the attention of the authorities.

## The 6

The Six will react with fear and practice hypervigilance in a fearful world, no matter what the subtype.

But what frightens them and how they react to the fear will be subtly different.

Let's look at the Social subtype of Six this time.

Each subtype has been given a key word by the tradition.

The word for the Social subtype of Six is "duty."

## The 6 - Social

Social subtypes in general have a preoccupation about where they stand in the group.

They want to know who belongs: who is in, who is out, who's on top, and in the case of the Six, what are the rules of the group.

Social Sixes sees the authority in the group as critical. They may easily play devil's advocate, but they will never ignore authority.

The group may be family, church, school or a tradition.

## The 6 - Social

An enneagram teacher who is a Six will always know what the teaching of the tradition is and will want to make sure you get the authentic tradition and not just their private interpretation. A Six researcher will find out what all the authorities say before making a judgment.

## The 6 - Social

They may attack those positions, but they will never ignore them (unlike Sevens, who may do perfunctory research but give you their position as definitive).

When a Social Six breaks rules (and they certainly might), they never break them accidentally.

They know the rules.

They do it on purpose.

This attitude toward group and authority can make them quite traditional.

## The 6 - Social

These folk are the keepers of the flame.

They're the ones that show the home movies of when their children were babies - often.

They never forget anniversaries, they know just how Thanksgiving dinner ought to be done and they insist on using their mother's favorite recipe.

In the workplace, these are the company men who work 35 years for the same company and wear the jacket with the company logo on it after they retire.



## The 6 - Social

They may not like their job, but they'd sooner stay and complain than leave.

It just isn't right to leave the group. Nor is it safe.

They can overidentify with the group and even shun or persecute others who do not share their group's ideals. Sometimes you'll find religious fundamentalists with this subtype.

They love to quote "I am the Way, the Truth and the Life," and then say that everyone else is going to hell.

## The 6 - Social

Community life is probably more attractive to Social Sixes than many other styles.

The downside of group loyalty is that communities don't appreciate the contribution of the Social Six unless there is a healthy Social Six at the head of it, giving concrete form to that appreciation.

The workforce is filled with complaints about how the company or community doesn't appreciate what they have done for 20 years.

Social Sixes love to work in a group but hate to be the leader.

## The 6 - Social

Their Attribution in the Appraisal Process is that all attention is bad attention so they prefer to be down the ladder of authority a ways.

Number two is fine, three is just as good, as long as they are important to the group and supported by the authority.

Sixes know that it is the tall strands of grass in the lawn that get mowed down.

## The 6 - Social

Sixes can work forever if they believe in the cause.

The cause hooks their idealism, they feel united to the group in some way or other and the cause usually has a lot of rules.

For example, if a Six is an environmentalist, they can do a million earth-friendly things and feel an important part of the group with every recycled bottle and can.

## The 6 - Social

Social Sixes can be overly conscious of boundaries in order to make sure they belong.

It's a small step from making sure "I belong" to being sure that "I don't belong."

They can tend to exaggerate their dependence on the group.

This makes them great team players because they can put the group's needs ahead of their private good.

One Enneagram author once did a survey of Nuns and found that 40% of them were Sixes.

## The 6 - Social

Because Sixes are simultaneously idealistic and skeptical, they often idealize an authority or a cause and then set themselves up for disillusionment.

One has to have illusions before one can be disillusioned.

Social Sixes have them.

But they also have an attention style that looks for danger, conspiracy, inconsistency and patterns behind the data.

So if the authority is doing anything wrong on any level, the Six will certainly catch them at it.

That can cause disillusion.