

Enneagram Triads according to The Enneagrammer, Rob

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Doc owned by Kit

Intelligence Triads (Centers)

Heart Triad (2, 3, 4)

The types in the Heart Centre have gifts and issues involving their emotions. When they are healthy and balanced, their use of emotion is constructive and especially beneficial to their relationships. When they are unhealthy, their emotions become imbalanced.

The essential qualities of this centre involve the deep connection with the intelligence of the heart. The heart is our source of feelings and emotional connection with others. It helps us recognize our love and value for ourselves and for others. Through feelings and value we understand our identity, who we (and others) really are.

At some point in their development, Twos, Threes, and Fours feel that they have lost these essential qualities -- that they have lost contact with their value and with their identity. They adopt a false belief that they are worthless, leading to an underlying feeling of shame. To compensate, the personality tries to create and maintain a personal identity that will overcome these feelings. This self-image is based on memories and interpretations from their past. By identifying with this self-image, they create a false sense of value. Twos, Threes, and Fours spend a great deal of energy seeking validation from others to affirm this self-image.

Unfortunately, others do not always recognize or pay enough attention to the self-image. As a result, Twos, Threes, and Fours may begin to experience their underlying feelings of shame. They may become hostile with others and express hatred of those who don't value them. Another problem is that by focusing exclusively on their created persona, they must reject some aspects of their true nature. For whatever reason, these aspects must remain hidden from others (and from themselves) because they are associated with qualities that render them worthless.

Head Triad (5, 6, 7)

The types in the Head Centre have gifts and issues involving their thinking. When they are healthy and balanced, they have incredible keen insights and ideas. When they are unhealthy, their thinking becomes imbalanced.

The essential qualities of this centre involve the deep connection with the intelligence of the mind. The gifts of the mind include the ability to observe, perceive, and effortlessly understand. The mind also provides us with confidence and inner guidance.

At some point in their development, Fives, Sixes, and Sevens feel that they have lost these essential qualities -- that they have lost contact with their inner guidance. They adopt a false belief that they have no inner support or confidence, leading to underlying feelings of fear and anxiety. They see the world as a threatening and uncertain place. To compensate, Fives, Sixes, and Sevens become very motivated to find sources of security and confidence. They try to anticipate and prepare for the future. They spend their time trying to find and maintain a sense of inner guidance and support. These types pursue mental strategies and/or belief systems to create a false sense of security against anxiety.

Unfortunately, they do not always feel they have the security they need to combat their fear. As a result, their insecurity and anxiety increase. They seek methods to decrease their anxiety. They tend to be wary of authority and are generally cautious with relationships. They dislike uncertainty and want to be prepared for it, but have difficulty with closure.

Gut Triad (8, 9, 1)

The types in the Body Centre have gifts and issues involving their instinct. When they are healthy and balanced, they have strong relational skills with others and their environment. When they are unhealthy, their relationship skills become imbalanced.

The essential qualities of this Centre involves the deep connection with the intelligence of the body, their instinct. Instinct is a type of knowledge that is not often recognized. Our instincts involve our sense of vitality and assertion. Instinct involves our inner wants and our ability to assert them in a way that is consistent and harmonious with the world around us.

At some point in their development, Eights, Nines, and Ones feel that they have lost these essential qualities -- that they have no sense of self and that they cannot assert their wants. Being unable to express themselves leads to an underlying feeling of rage. To compensate, the personality tries to create and maintain a sense of self, where they are free to influence the world, but not be influenced by it. Consequently, the types in the Body Centre are motivated to find ways to feel autonomous and independent. One way to feel a sense of self is to carry tension in our bodies. Another is to create boundaries around us.

Unfortunately, when Eights, Nines, and Ones do not get the autonomy that they seek, their underlying feelings of rage rise up. They may become aggressive (in a way, proving their independence). They may become resistant to change, again to bolster feelings of autonomy.

Harmonic Triads (Harmonic Approaches)

Competency Triad (1, 3, 5)

Focus on objectivity and rationality, doing things correctly and competently, neutrality

People whose dominant Harmonic approach is the Competency approach try solving

problems in an objective, unemotional manner. Unlike people of the reactive approach, they don't get worked up when problems happen, they remain cool and emotionally detached from them.

When confronted by a problem, these types have issues on working within a framework or structure.

Positive Outlook Triad (2, 7, 9)

See the positives, find ways to bring light and avoid negativity, “everything will be okay”

People whose dominant Harmonic approach is the Positive Outlook approach are generally optimistic and tend to avoid negative thoughts or situations. Under stress, they seek to avoid the problem, distract themselves with something else, or minimize the problem. These types want to feel good and want others around them feel good. They would rather have everyone happy (including themselves) than to deal with problems or negativity (especially in themselves). Unfortunately this approach can lead them to deny the existence of their problems and therefore delay addressing them.

These types also have issues with finding a balance between meeting their own needs and meeting the needs of others.

Reactive Triad (4, 6, 8)

Emotionally reactive under stress, hard time containing their feelings, need you to see the problem that they can see, pointing out the “bad” thing

People whose dominant Harmonic approach is the reactive approach are emotionally reactive under stress. They tend to work themselves up when a problem happens and have a hard time containing their feelings. This emotional intensity allows them to feel the “realness” of the problem, even if it is a relatively small one. Venting their frustration allows them to move on to dealing with the issue. Wanting others to see the realness of the problem, they expect others to react emotionally. Such a reaction would confirm that others agree that indeed this is a big deal. If others don't respond in the way the Reactive approach types want, they may become even more frustrated and emotional. The Reactive approach is not naturally trusting of others. They have strong opinions and tastes and want to know where others stand.

Their desire for a strong emotional response from others may be a test of trust.

Hornevian Triads (Social Styles)

originally rheta but corrected by naranjo

Compliant Triad (2, 7, 9)

Moving with others, focus on what others' need/want, society, “earn” needs

People whose dominant Social Style is the compliant style are responsible, dedicated and want to do what's expected of them. They will do what they believe is best, even if it means sacrificing their own wants. They are committed to their promises, working hard to finish what they said they would do. They have a hard time relaxing or playing, because there is always work to do (and they would feel guilty resting when there is work to do). They have a sense of being a little superior to others, although this characteristic is very subtle. Under stress, they seek advice from their conscience to determine the right thing to do.

These people work great in groups where the rules or procedures are agreed upon. Within that structure, they work tirelessly.

These people are out of touch with their inner guidance. The inner guidance is a mental quality which effortlessly observes and understands what to believe and what to do. To compensate for this imbalance, these people seek belief systems or rules to help them deal with ambiguity and uncertainty. They consult their rules and beliefs to define their position on issues.

These people try to obey internalized rules and principles to get what they want.

Assertive Triad (1, 3, 8)

Moving against others, focus on what the self needs/wants, “demand” needs

People whose dominant Social Style is the withdrawn style are quiet, introverted, and introspective. They enjoy spending lots of time by themselves and feel uncomfortable in large groups. They don't overtly seek attention and don't wish to assert themselves much. They feel uncomfortable taking charge or in competition. Instead, they feel excited by their own imagination.

They have a sense of being different from others and not being part of their environment. Under stress, they withdraw from the world and into their inner space and imagination.

These people are not immediately comfortable working in groups and often prefer to work alone. They contemplate and refine their ideas by themselves. They will not present their ideas or assert themselves until they are very confident in their position.

These people are out of touch with their instinctual drives. They have a hard time feeling their vitality and substance. To compensate for this imbalance, they identify more with their fantasies, thoughts, and dreams than with their own physical body.

These people move away from others (withdraw) to get their needs met.

Withdrawn Triad (4, 5, 6)

Moving away from others, focus either self or others without moving towards others, “withdraw” to get needs

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Harmony Triads (Object Relations)

Idealist Triad (1, 4, 7)

A strategy based on frustration at not getting needs met

Idealists hold a vision of the way the world could be in order for life and spirit to thrive. Don Riso and Russ Hudson call these types the “Frustration Triad,” as they tell us how life fails to reach the idealized views and utopian possibilities. The world just doesn’t match the ideal. Dr. Bill Schafer names these the “Heaven Triad,” as they speak to the possibilities of the ultimate integration of personality and spirit. Thus, Type 1s seek a perfect world, according to the internal standards of the way things ought to be and, they are frustrated that this doesn’t happen.

Fours (4s) seek the ultimate, ideal world in which nothing of importance or substance is missing, in ourselves and the world, — but both are often felt as less than expected and hoped for; 4s suffer over this, often feel frustrated and disappointed inside. And 7s seek an ideal, positive world that is free of suffering and pain and full of pleasant, free-flowing experiences.

Sevens (7s) alternatively seek something new and positive when frustration occurs. Ones (1s) have “lost” or gone away from appreciating the variations and differences — in life and in people, losing an appreciation for “differences” being other authentic expressions of the whole range of divine expression. “It’s got to be ‘this way’.”

Fours (4s) have “lost” or gone away from appreciating the already-perfect wholeness in all there is, by instead focusing on what is missing, lacking in themselves or others, and disappointing. And 7s have seemingly “lost” or gone away from embracing the all of life — good and bad, mundane and ecstatic, in each moment, and the accompanying wholeness of being that brings. The path for those of us leading with one of the Idealistic types is to see into the frustration — it’s a construct — as an inherent part of the gift that also seeks ideals. Instead, allow ourselves too not allow that frustration to take us out of the beauty and the gifts “already here.” Learn to more acceptingly embrace the less-than-perfected,

idealized spectrum of life, in each moment, as it really is. Living in a state of frustration “is not ideal,” and is not what our idealism was intended for.

Relationist Triad (2, 5, 8)

The amplification of one need to distract from the pain of not getting the other

Relationists are core exemplars of the three great ways to move energy in all relationships. Don Riso and Russ Hudson name these types the “Rejection Triad,” as they stave off rejection through providing necessary, important functions and by becoming “powerful” in their own right.

For instance, Type 2 moves toward others to meet needs and ensure care. Type 5s move away from others to deliver reason and perspective, and Type 8 gets declarative with others, speaking out and asserting what is required at any given moment. Type 2s offer care and support, Type 5s offer thoughtful analysis and rational viewpoints, and Type 8s bring strength and protection. They each respectively assert power in a specific way. Dr. Bill Schafer names these the “Human Triad,” as they speak from the heart and form the bonds of connection. These three types have also “lost” or gone away from the integration of their higher qualities and instead, have moved into relying on personality function in daily life. Twos (2s) have “lost” or gone away from manifesting altruistic love and care, and from being in the natural flow of giving and receiving. Fives (5s) have “lost” or gone away from manifesting higher wisdom and understanding, and being in the natural flow of life energy. And 8s have “lost” or gone away from coming to life with a fresh, innocent perspective and from being with natural, assertive action that do not include a personal agenda or need to control. The path for those of us leading with these types is to release the deeply held concern of being rejected and to open the heart to the natural flow of energy that is love and life itself.

Pragmatist Triad (3, 6, 9)

The struggle between individuation and adaptation

Pragmatists relate to how we blend into, align with, and thrive alongside others in the world. Don Riso and Russ Hudson call these types the “Attachment Triad” as they tell us how we connect on a down-to-earth, people-to-people basis in our daily lives. Dr. Bill Schafer names these the “Earth Triad,” as these types govern our society’s basic existence by forming hands-on attachments in the world.

Type 3s seek a practical and sustaining, ambitious and productive role in the world. Enneagram 6s seek to assure a safe and secure, predictable and certain existence in order to survive in the world. And 9s seek a comfortable (undisturbed) and harmonious, do no harm, get-along and go-along place in the world. Enneagram 3s have “lost” or gone away from the higher quality of hope, of knowing that just being in the world is enough manifest and succeed in the material day-to-day world. Sixes (6s) have “lost” or gone away from the higher quality of faith, of knowing that the quality of pure being can manifest enough security and safety in the practical, often

hazardous, day-to-day world.

And 9s have “lost” or gone away from the higher quality of unconditional love, from the “I matter too” love of self, which is equal to the love 9s readily offer others. The path for those of us with one of these three types is to release from the other-referencing and clinging to reassuring worldly attachments as the way of being in the world. Allow in emotional discomfort (that challenges our relied-upon routines), locate one’s own self-directed agency, and ultimately, learn to allow and then integrate our higher qualities of being into our day-to-day material-world focuses of attention.