

# Sexuality: Beyond Enneatype Patterns

This summary of **typical sexuality patterns by enneatype** is drawn from three sources (listed at the end). The patterns described here are **tendencies that people of various types can grow beyond** via self-awareness and presence – and a range of **practices** for cultivating these qualities.

Certain practices will be more or less helpful for the various types: meditation, yoga, dance, being in nature, dream work, psychedelic journeys, and orgasm itself – solo or with a partner; other practices are recommended below, specifically for types. Whatever the practice, its **effectiveness will depend largely upon our willingness to sustain it** until it becomes clear to us that our ego defenses and type patterns are not who we are in essence.

When we move **beyond the constraints of our type patterns** – that is, as we loosen our ego defenses and move closer to essence, what Sam E. Greenberg describes as our **ecstatic potential** becomes more available.

The nine enneatypes – as they typically orient to sexuality – are described below, followed by recommendations for moving closer to presence, essence, and ecstatic potential.

## Type One

When caught in their pattern, ones are driven by a desire for perfection and rightness. They extend their rigid outlook to their sexuality, following **sexual routines** and operating within **ethical boundaries**. Ones may believe they need to earn sex by being good enough, such as by completing enough work or chores. They are uncomfortable with the chaotic aspects of their sexual natures and try to reign these in by engaging in sex in a controlled manner, in what seems to them to be the right way, or at the right times. Ones sometimes feel conflicted about what is sexually acceptable or not, and they may devolve into viewing sex as a marital or relationship duty absent of pleasure.

To become more sexually present and move toward their ecstatic potential, it is recommended that ones express whatever anger they may have more directly, release judgment, and **allow physical arousal rather than rules** to determine when and how they have sex.

The path of development for ones is to **become sexually receptive, nonjudgmental, and accepting of all outcomes**; that is, to embrace failure and open up to try new things where mistakes are a possibility, allowing chaos, risk, creativity, fun, play, and imperfection, no matter how messy the process.

## Type Two

When caught in their pattern, twos are other-focused and suppress or forget their own needs. In their sexual lives, they are dedicated to pleasing their partners while hoping, but not requesting, that their partners will please them in kind. Thus their sexual experience is diminished through **over-focus on pleasing the partner and desire to be needed sexually**. Nurturing and seductive, twos may believe they must earn sex by showering partners with affection and gifts. They can be excessively gratifying, taking on a partner's preferences and fantasies and losing touch with their own. Eventually, twos may become resentful that their sexual generosity is not returned and may become demanding and needy.

To become more sexually present and move toward their ecstatic potential, twos can **practice receptivity**, acknowledge and **state their needs and desires**, and observe areas where they may be codependent.

The path of development for twos involves humility, tuning in to their own needs, and a belief that they are deserving of pleasure and indulgence. On a practical level, twos can learn to directly state their wants, needs, and desires and to **focus intentionally on allowing themselves to receive pleasure**.

## Type Three

When caught in their pattern, threes perform a sexual role, are focused on achievement, and put work above sex. They are achievement-oriented lovers who want to be the best. They are **preoccupied with their performance** and may be more **focused on appearing as a good lover** than on enjoying their experience. Threes' hyper focus on achieving sexual goals and receiving associated praise, along with their **fear of rejection**, can distract them to the extent that they may avoid sexual activity entirely out of a fear of underperforming. In the long run, this behavior can leave threes feeling sexually unfulfilled or with partners who notice their disingenuousness.

To become more sexually present and move toward their ecstatic potential, threes can **let go of their fear of failure, allow themselves to rest, and connect with their genuine feelings.**

The path of development for a three is presence, vulnerability, and facing fears of inadequacy. Specifically, they can benefit by **cultivating authenticity, emotionality, softness, acceptance, private meaning** (as opposed to performance), and greater **access to their internal world.**

## Type Four

When caught in their pattern, fours long for ideal and unique sexual encounters and **focus on what is missing** in whatever experience they may be having. They long for a sexual partner with whom they can connect deeply and authentically. Fours may spend more time longing for a type of sex they envision as fulfilling than actually having this sex. They are **driven by fantasies and emotions**, sometimes **getting lost in their idea of sexuality and what it means** rather than being present to their sexual experience. Fours' focus on what is missing from their sexual and

romantic relationships and their desire for unique and special experiences can impede experiencing what is actually happening in the moment and may ultimately drive their partner away.

To become more sexually present and move toward their ecstatic potential, fours can **embrace reality over fantasy, let go of envy and shame, and begin to see themselves as whole, strong, and confident.**

Their path of development is to focus on what exists in the moment with gratitude, being present to what's happening. A specific practice for fours is to **recognize and accept the universal aspect of sexuality** – i.e, that most humans are sexual beings, as they themselves are – and **letting go of the tendency to compare** their experience to that of others.

## Type Five

When caught in their pattern, fives retreat to the mind and can often remain isolated. They may have a **detached, cerebral approach** to sex, sometimes preferring to study sexual technique rather than to actually engage in sex. Fives can be plagued by detachment and a certain stuckness in the head, which diminish their quality of presence. As lovers, fives may feel inadequate, which causes them to disengage, a pattern that may frustrate or drive away partners. However, they can also be **adventurous and uninhibited** in exploring their and their partners' desires.

To become more sexually present and move toward their ecstatic potential, fives can **engage in relationships courageously**, noticing when they intellectualize about and during sex, and **connecting with their bodies and emotions.**

The path of development for fives is to **experience sex from the heart and body, surrendering to intimacy, true connection**, and perhaps even to unity consciousness, merging with their partner and with All That Is.

## Type Six

When caught in their pattern, sixes are ruled by fear and anxiety. They tend to be loyal and loving partners but may have a conflicted relationship to commitment and sex; they experience **anxiety, doubt, and fear during sexual contact**, especially fear of betrayal. Sixes may view sex as an expression of loyalty, pleasing their partner selflessly, but expecting loyalty in return. They are prone to **overthinking and doubts arising during lovemaking**, with anxieties intervening in their ability to be present. They are often **reluctant to share sexual fantasies and desires** with a partner due to fear of rejection. Sixes can be generous lovers, but they may feel the need to test a partner's commitment to them.

To become more sexually present and move toward their ecstatic potential, sixes can **let go of fear, challenge themselves to trust their partner**, and **focus on being present** in their intimate moments.

For sixes, growth looks like courage – noticing and facing their fears, trusting themselves and others, and leaning into leadership – as well as **originality, experimenting, taking charge, and sharing their fantasies and preferences** with their partner.

## Type Seven

When caught in their pattern, sevens dislike experiences that feel limiting. They are **adventurous and sensation-seeking** in their sexual lives; they may engage in sex for fun or for distraction. They are enthusiastic and confident lovers who are not dissuaded by mishaps or performance issues in the bedroom. Driven by pleasure, they may **lose interest in intimate relationships when they lack zest or novelty** and seek more interesting experiences; thus they may have many partners. They avoid serious or negative emotions in a sexual experience and may **distance themselves from partners when negative emotions or problems arise**, causing relationships to collapse.

To become more sexually present and move toward their ecstatic potential, sevens can **face their negative emotions, cultivate stillness, and learn to listen deeply to themselves and their partners.**

Their growth path entails **acceptance of all emotions**, including their suppressed feelings, as well as finding **steadiness and presence in their own bodies**, allowing for softness and receptivity. A specific practice that could benefit sevens is to **wait for their partner to initiate sex.**

## Type Eight

When caught in their pattern, eights are intense, focused, and physical, but they avoid vulnerability and softness; that is, their **focus on the physical intensity and passion of sex can distract from emotional vulnerability.** They can be lustful and overtly sexual, having passionate and plenteous sex, often on demand – their intensity supports them to confidently pursue any partner they desire. While the forcefulness of eights' approach to sex can attract partners, it can just as easily deter them. Eights have a hard time regulating their lust, which urges them to engage in sex whenever and with whomever they please. This can result in an **overlooking of partners' needs and of the gentle and slow side of sex.**

To become more sexually present and move toward their ecstatic potential, eights can **relinquish control**, learn to **view themselves as equal rather than superior to their partners**, allow themselves to **experience their vulnerabilities and emotions**, and **trust that they'll be cared for.**

Their growth path also involves experiencing a partner's needs, letting go of excess, embracing their innocence, and surrendering to softness, gentleness, and receptivity. A specific practice that could benefit eights is to **wait for their partner to initiate sex.**

# Type Nine

When caught in their pattern, nines tend to merge with partners and forget their own needs. They are calm and agreeable lovers, happy to go along with the desires of their partner – merging such that the partner becomes more important than themselves. Nines' physicality makes them sensual and straightforward in the bedroom. Nines may easily fall into a sexual routine in which they **lack agency to express their desires**, if they know them; indeed, their tendency to merge with others may result in an **inability to know or acknowledge their own desires and needs**. Further, nines may use sex as a way to **retreat into physicality** to avoid confronting emotional issues in the relationship.

To become more sexually present and move toward their ecstatic potential, nines need to **maintain their own identity, see their needs as equal, and focus on discovering, acknowledging, and expressing their desires**.

The path of growth for a nine is to establish a consolidated and differentiated self, to see themselves as equal to others, and to pursue their own pleasures and desires.

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Sources:

David Daniels and Suzanne Dion, *The Enneagram, Relationships, and Intimacy*, 2018

Anne Gadd, *Sex and the Enneagram: A Guide to Passionate Relationships for the 9 Personality Types*, 2019

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<https://podcasts.apple.com/us/podcast/nine-lives-with-jeff-king-live-your-best-one/id1489623242?i=1000516232818>