

ENNEAGRAM TYPE SIX

FUN MEMES:

- **Bingo:** “Do you think I should?”, worst case scenarios, “do you mean that?”, great in a crisis, doesn’t know what to order for lunch, loyal AF, follows through with commitments
- **How Sixes Travel by Plane:** Oh my God, okay, we’re going to be late. Oh my God, okay, we’re early. It’s good, it’s good, we’re all good. I hate flying so much. Like, so many things could go wrong with planes, you know? Like, I’m careening through space on a CHAIR in the SKY. How is that safe?

Names: The Loyalist, The Oracle, The Skeptic, The Guardian

- The committed, security-oriented type, reliable, hard-working, responsible, & trustworthy
- “Sixes have never met a thing they couldn’t overthink”

Characteristics

- Excellent troubleshooters, but they can also become defensive, evasive, & anxious -- running on stress while complaining about it
- Cautious & indecisive, but also reactive, defiant & rebellious; have problems with self-doubt & suspicion; at their best, internally stable & self-reliant
- “Sixes are gathering information to stave off the fucking apocalypse

Basic Fear: of being without support & guidance

Basic Desire: to have security & support

- **Unconscious Childhood Message:** it’s not okay to trust yourself

Key Motivations: Want to have security, to feel supported by others, to have certitude and reassurance, to test the attitudes of others toward them, to fight against anxiety and insecurity.

Overview:

- Most loyal to their friends & beliefs - often dying on hills & hanging onto relationships of all kinds far longer than most other types
- Also loyal to ideas, systems, and beliefs -- they do not want to be abandoned & left without support. Rely on structures, allies, beliefs, & supports outside themselves for guidance to survive
- Primary type in the Thinking Center, they have the most trouble contacting their own inner guidance, so they don’t have confidence in their own minds & judgments
- Big worriers & tend to fear making important decisions, want to avoid being controlled but also afraid of taking responsibility
- Always aware of their anxieties & are always looking for a social security blanket
- Until they get in touch with their own inner guidance, Sixes are like a ping-pong ball that is constantly going back & forth between whatever influence is hitting the hardest at any given moment. **For Sixes, no matter what we say, the opposite is also true.**

Thinking Triad: (with 5 & 7) are concerned with **anxiety**. They want **security**.

- Sixes project their concern re: **anxiety** both outward and inward
 - Fives project it inward & Sevens direct it outward

Social Style / Hornebian Group

- **1, 2, 6 → Compliant (earn)**
 - Share a need to be of service to other people
 - All try to obey internalized rules and principles learned from childhood
 - Respond to stress by consulting with their superego about how best to meet the demands of what others expect / how to be a responsible person
 - Sixes **warm security**, Fives **withdraws** for it, and Sevens **demand** it
- **3, 7, 8 → Assertive (demand)**
- **4, 5, 9 → Withdrawn (withdraw)**

Coping Style / Harmonic Group

- **1, 3, 5 → Competency**
- **2, 7, 9 → Positive Outlook**
- **4, 6, 8 → Reactive**
 - React emotionally to conflicts & problems and have difficulties knowing how much to trust people
 - Fours deal with others by keeping them interested by limiting access, playing hard to get, & holding on to supporters

Wings

- **6w5: The Defender**
 - Excel at various kinds of technical expertise, outstanding problemsolvers
 - Greater powers of concentration than the other type, as well as more serious & independent than the other type
 - Reactive, aggressive, tending to blame/scapegoat perceived threats to security
 - "Calm preparedness that's like chicken noodle soup for the hot-mess soul"
 - Examples: Malcolm X, Bruce Springsteen, Mel Gibson, Nixon
- **6w7: The Buddy**
 - Tend to avoid heavy topics and restrict their focus to their security needs
 - Eager to be liked and accepted, but more hesitant to speak out
 - Visibly insecure and depend on loved ones for reassurance and advice before coming to an important decision
 - Not particularly political, but can be opinionated about their likes/dislikes
 - Examples: Princess Diana, Tom Hanks, Meg Ryan, Jay Leno, Julia Roberts

Instinctual Variants

- **Self-Preservation: Responsibility / Six Sixes / The Oxymoron**
 - If hypervigilance were a person
 - Convinced they are always teetering on the edge of disaster
 - Don't venture out of their immediate circle often
 - Tend to fret about small things, leading to catastrophic thinking / worst case scenario; worry a lot about financial matters

- Don't disguise their anxiety & neediness; can look like a Two
- **Social: Generating Support**
 - Manifest as being too sure about life; most concerned about fitting in
 - Like choosing who the **best** authority is
 - Deeply concerned about getting trouble with the powers that be
 - Can develop passive aggressive issues with authorities and friends
 - Can look like a One or a Three
- **One-on-One (Sexual): Symbols of Power & Connection**
 - "The best defense is a good offense"; charge toward the things that scare them
 - Develop physical strength, power, and/or physical attractiveness
 - Want to attract a powerful and capable mate so they frequently test the other
 - They quietly mutter "do your worst" to the world; can look like an Eight

Levels of Development

- **Healthy (1-3)** → "high functioning" aspects of the type
 - 1: self-reliant, courageous
 - 2: engaging, reliable
 - 3: committed, cooperative
- **Average (4-6)** → "normal" behaviors of the type
 - 4: dutiful, loyal
 - 5: ambivalent, defensive
 - 6: authoritarian, blaming
- **Unhealthy (7-9)** → deeply dysfunctional manifestation of the type
 - 7: panicky, unreliable
 - 8: paranoid, lashing out
 - 9: self-abusing, self-destructive

In Stress (disintegration)

- When moving in their Direction of Disintegration (stress), dutiful **Sixes** suddenly become competitive and arrogant at **Three**.
- Sixes can become competitive, boastful, self-promoting, adopt condescending attitudes, dismissing others, & hyping up their own superiority
- We see endlessly syrupy Instagram posts about how GrEaT everything definitely is, how happy they are, and how calm and content they definitely feel on the inside

In Health (integration)

- When moving in their Direction of Integration (growth), fearful, pessimistic **Sixes** become more relaxed and optimistic, like healthy **Nines**.
- They become balanced in their instincts and grounded in their bodies
- Can approach tremendous challenges and even tragedies or threats with inner balance

Examples of Type Sixes in History: Mark Twain, Freud, Prince Harry, Mike Tyson, Eminem, Spike Lee, Marilyn Monroe, Mark Wahlberg, Jennifer Aniston, Sarah Jessica Parker, David Letterman, Chris Rock, Larry David