

Enneagram Typing Method by Cooki



Hello guys.

Here this doc will be spent to explain the method of analyzing the neurosis in someone's mind through acknowledging the process that shows how the experience that individual experiences in reality is transformed through the glimpses of the mind → subjective, devoid of objectiveness in the instinct that the other animals have.

I'll try to touch the topic of typing based on the behaviors that people are seeing in the characters/people → how correctly it should be interpreted (analysis of the behaviors itself)

→ the questions or the order in which certain dichotomies can be beneficial to use just to use the method I'm going to explain → some examples where it applies and how easier/more accurate it is typing (characters, historical figures).

Let's go then!

I think people who are studying Enneagram have a hard time trying to put this system into practice in real life. It's coming from the fact how much the belief that judging the behavior of the person without knowing them deeply cannot bring the understanding of the neurosis which is only partially true because there is a high percentage that by enough info by being the friend or person being close with can see what kind of behaviors REPEAT which is good in recognizing what would hide behind repeating such irrational things which we, the humans are built off by being the artists. Walking contradiction.

Behavior in itself that person describes one time shouldn't be exactly the hint that person clings onto and determines what drives person beneath the consciousness, the mask where the process of reality in front makes them mask repressed memories and feelings.

Like for example the E8 which is known for its aggressive stance against the outer reality and need to repress the weakness doesn't make one behavior of helping somebody. That's the thing which happens spontaneously and first of all doesn't harm the skinned part of their body that this case would put salt on. This doesn't ruin their unconscious repetitiveness of their fixation.

We have certain irrational behaviors which only aware people address eloquently such as me can spot and write about.

Good example is noticing that your friend which you're close to has the specific taste in the partners that are overly responsible, neat and OCPD type people in the comparison towards them which the friend is the person who doesn't like this type of partners → but you think that they are consistently in every relationship with partners like that devaluing their work and aims to make them the people express themselves much „freely”, breaking that stinginess and orderly way of living.

It is the pattern that is CONSISTENT and when you are pointing this out to your friend, it could make them say that it was something that happened without quite the reason → let's say the „misery” that every partner they are meeting makes them regret the decisions altogether. But that's not true, it's the certain neurosis → the need to satisfy the craving which you know doesn't make rational sense when someone acknowledges it cause you never faced something beneath it, something that provoked this taste or need.

That's why making the list of the patterns which a certain person/character repeats in their life and relationship to outer reality is a very satisfying method to bring out the full conclusion which you WANT to reach by explaining the deeper connection to neurosis.

But I must warn you → specifying those loops/patterns makes you responsible for using the dichotomies that give those patterns more given direction, the subtype which differs from the general presentation of the loop other people do have.

For example, the adultification (putting yourself in the adult position and being for others) can happen in every type, but the way it shows up is unique for each type, which I'm going to include. A certain loop shows up → a person constantly repeats it → if this relates to their fixation and belonging to the triad (Gut and even Reactive type), then the E8's adultification looks differently than E2's, for example.

The parent who holds responsibility makes the children the possessions that they are desensitizing to in order to protect, to not let surroundings harm the kids—which we can notice in the real people who allow themselves to react firmly, very direct, without delaying, to feel satisfaction from performing the role of being someone who keeps the dangers at bay.

Meanwhile, E2's adultification depends on repressing emotional needs to support the children, to focus on how they are affected by their presence, and offer fun, help, etc., to make life better. (Positive Triad → their adultification is aimed to restore happiness and positivity in the lives)

We can specify this neurotic loop through the glimpse of Superego type Gut type (E1) and Id type (E8).

Here, the responsibility of E1 (let's take SO1) is specifically aiming to change their children into good human beings and letting themselves hold the principles which they, in the gut way, feel internally responsible for. The adultification depends here on embodying a morally righteous stance and working for the expectations while giving off superiority for the special case → to express their repressed feelings in the way that it supports others, through holding rigid responsibility without allowing others to break them here.

SO8's adultification depends on being the strong authority for the children, where they want to teach them how to fight for their primitive impulses, showing the way of living by fighting against society very actively. Their love is more erotic, aimed to get the gratification and satisfy the repression of weakness in allowing themselves to enjoy the impulses that arise—which is why it's Id type.

Here are mistypes coming from how neurotic loops aren't defined through the glimpses of made dichotomies, but accepted too literally.

It happens with the people who type someone overly envious of the success as the E4 or very anxious people as E6 coming from how much the definitions about the passion are too loose and not explained through the glimpse that makes that type have special kind of neurosis in their closet.

Like I did with examples of E2 and E8 → E2's and E4's constant envyness towards people's success will happen slightly differently coming from the already made concepts of dichotomies that they are belonging to which grounds the neurotic loop to certain subtypes.

E2's envy is outwardly focused where their identity, the „self” gets described through the glimpse of what image they're going to create by adapting to what others need around them which the attention taken away from them is possible to create the enviness which doesn't lead to self reflection (All of it leads to show that E2's envy is Hypo Intrceptive where their attention to not face pain is turned outward to restore the privileged position among others that they envied from others) that eventually could lead to present image of person who lacks the externality that others possess, the individuality itself.

No, the constant envy is transformed to restore the image built on the outside which allows them to not face the real emotional mess and need for recognition behind their special image for others.

This case HAPPENS which makes me really determined to show the method that others should eventually use in order to have good basis on understanding being (character, person, animal who the fuck you are typing lol).

The dichotomies I'm proposing are → Passional Triad (Gut, Head, Heart), Harmonic Triads (Reactive, Competency, Positive), Y axis (X axis debatably but Y is quite perfect).

Well going further → to get more answers for neurotic loops, we can observe certain spheres of someone's life to see something that could lead to seeing the neurosis.

Good categories are;

→ Preferences in the partners and the dynamics that are repeating

→ Internal reflections or the diary which is written in the automatic way (we can understand the being's unconscious way to describe the reality and how their distortion keeps them going)

→ The beliefs or the automatic actions which they do in the certain moment (it's very good to address in the characters such as Dexter that has the life revolving around the compulsive need to follow the routines and perform normalcy in front of others, same can happen for others if they list out.)

→ Something that makes the individual defensive often when you bring that up towards them

→ Common tactics during the arguments/conflicts and what their most problem is about, the point itself

When you gather repetitive patterns towards those categories, the journey begins.

You'll have to analyze how to sort this out onto the boxes in order to get the final result which is the neurosis itself since we are gaining the answers from all the spheres a person can have in life.

By writing about behaviors objectively and in the way they are aligning with the way how events go, by repetition, it gives you satisfying look and fundamentals to build the arguments about any take regarding Enneatype cause the core emotion of the passionate triad has huge impact onto how person will react to surroundings, having its connection to unconsciousness Jung spoke about.

I'll use how to debunk the SP8/SX6 person in the easy way possible by understanding the loop → for good reason, let's take Joseph Stalin.

„His life was filled with constant need to present the strict binary thinking that puts everyone into boxes which we know from history led him built the empire based on the stability which reassured his constant growing fear that he needed to put down through usage of power. The need to keep the authority and be someone everyone keeps respect to grew the symbol of his unapologetic resilience”

This is how Stalin was constantly attacking the environment from internal feeling of being threatened which his fear needed to be projected onto the external surroundings (Reactive Type, read description on my Enneagram Summarized doc) that can yet apply to the subtype of E8 who fears being weak that they are going against by engaging with their bodily impulse that protects their material independence, the security in the volition.

It feels wrong for him to be E8 considering the fact how much his experience led him to create the propaganda and control the lives of the people by manipulating the world only to not feel bad in the conquest of the power. As Macbeth, his ruling was constantly judged by something internal like the judge who spoke about the deaths which made him need to purify the existence by becoming someone essential to Soviet Union's prosperity and growth into power. Never allowed himself to be direct with the fight and go against the whole world → just hid with the weapon that was hidden behind the schemes that provided him with mental security that combat the threats like the traitors.

He's the Superego Type that feels internally judged by the standards that he imposes on others to become his own authority yet adapts the mental ideology that allows him to gain power beforehand. The power never can't be allowed to be touched freely but only normalized through the glimpse of what's supposed to do so when someone tells Stalin he's the selfish, cruel tyrant, his illusion of „righteous power” fades that he reenacts by purge.

Summary for the guide into analyzing the Enneatype →

Answer those questions by using the technique of analyzing the mental loops person/character has regarding those areas

→ Preferences in the partners and the dynamics that are repeating

→ Internal reflections or the diary which is written in the automatic way (we can understand the being's unconscious way to describe the reality and how their distortion keeps them going)

→ The beliefs or the automatic actions which they do in the certain moment (it's very good to address in the characters such as Dexter that has the life revolving around the compulsive need to follow the routines and perform normalcy in front of others, same can happen for others if they list out.)

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If you answer, bring out the dichotomies which I've listed to push away any useless possibilities that could block from achieving the result. When you have types that you can't count on the half of your hand if you cut one finger (2), use the core emotion from the Passional Triads that the person is reassuring through repetitiveness, it will give the aim towards conclusion.

