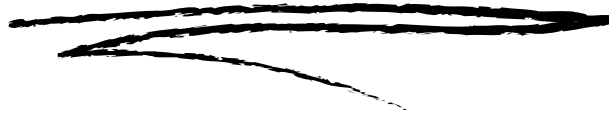
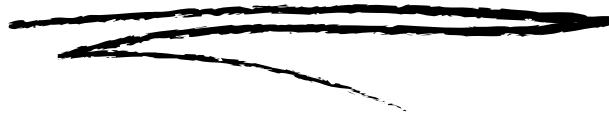


# THE 27



## *Subtypes Workbook*

# THE 27



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# FIRST, THE 9

Here's a summary of the main 9 Enneagram types! Find the one that's closest to you before moving onto the subtypes, so you can make sure you know your main personality type!

1 THE REFORMER: The Rational, Idealistic Type: Principled, Purposeful, Self-Controlled, and Perfectionistic, Sees Errors. Loves Order, Detail, Moderation.

2 THE HELPER: The Caring, Interpersonal Type: Demonstrative, Generous, People-Pleasing, and Possessive, Manipulative, Giver.

3 THE ACHIEVER: The Success-Oriented, Pragmatic Type: Adaptive, Excelling, Driven, and Image-Conscious, Performs Tasks, Chameleon.

4 The INDIVIDUALIST: The Sensitive, Withdrawn Type: Expressive, Dramatic, Self-Absorbed, and Temperamental, Idealist, Romantic, Compassionate to Others in Pain.

5 THE INVESTIGATOR: The Intense, Cerebral Type: Perceptive, Innovative, Secretive, and Isolated, Conserves Resources and Energy, Thinking Over Feeling.

6 THE LOYALIST: The Committed, Security-Oriented Type: Engaging, Responsible, Anxious, and Suspicious, Committed to Authority or Countersix, Rebellious/Challenges It.

7 THE ENTHUSIAST: The Busy, Fun-Loving Type: Spontaneous, Versatile, Distractible, and Scattered, Systemic, Big-Picture Visionary.

8 THE CHALLENGER: The Powerful, Dominating Type: Self-Confident, Decisive, Willful, and Confrontational, Not Afraid to Show Anger, Not Easily Vulnerable.

9 THE PEACEMAKER: The Easygoing, Self-Effacing Type: Receptive, Reassuring, Agreeable, and Complacent, Dislikes Conflict, Merges with Others.

@Adapted from Enneagram Institute, 2020

# GENERAL SUBTYPES

Which one of these subtypes do you resonate most with. What about least? Read each one carefully.

**Self preserving (Sp)** People who have this as their dominant instinct are preoccupied with the safety, comfort, health, energy, and well-being of the physical body. In a word, they are concerned with having enough resources to meet life's demands. Self-Preservation types tend to be concerned with food, money, housing, medical matters, and physical comfort. Their focus of attention naturally goes towards things related to these areas such as clothes, temperature, shopping, decorating, and the like, particularly if they are not satisfied in these areas or have a feeling of deficiency due to their childhoods. Self-Pres types tend to be more grounded, practical, serious, and introverted than the other two instinctual types. In their primary relationships, these people are “nesters”—they seek domestic tranquility and security with a stable, reliable partner.

**Sexual or One to One (Sx)** Many people originally identify themselves as this type because they have learned that the Sexual types are interested in “one-on-one relationships.” But all three instinctual types are interested in one-on-one relationships for different reasons, so this does not distinguish them. The key element in Sexual types is an intense drive for stimulation and a constant awareness of the “chemistry” between themselves and others. Sexual types are immediately aware of the attraction, or lack thereof, between themselves and other people. Further, while the basis of this instinct is related to sexuality, it is not necessarily about people engaging in the sexual act. They are the most “energized” of the three instinctual types, and tend to be more aggressive, competitive, charged, and emotionally intense than the Self-Pres or Social types. Sexual types need to have intense energetic charge in their primary relationships or else they remain unsatisfied. They enjoy being intensely involved—even merged—with others, and can become disenchanted with partners who are unable to meet their need for intense energetic union. Losing yourself in a “fusion” of being is the ideal here, and Sexual types are always looking for this state with others and with stimulating objects in their world.

**Social (So)** Just as many people tend to misidentify themselves as Sexual types because they want one-on-one relationships, many people fail to recognize themselves as Social types because they get the (false) idea that this means always being involved in groups, meetings, and parties. If Self-Preservation types are interested in adjusting the environment to make themselves more secure and comfortable, Social types adapt themselves to serve the needs of the social situation they find themselves in. Thus, Social types are highly aware of other people, whether they are in intimate situations or in groups. They are also aware of how their actions and attitudes are affecting those around them. Moreover, Sexual types seek intimacy, Social types seek personal connection: they want to stay in long-term contact with people and to be involved in their world. Social types are the most concerned with doing things that will have some impact on their community, or even broader domains. They tend to be warmer, more open, engaging, and socially responsible than the other two types. In their primary relationships, they seek partners with whom they can share social activities, wanting their intimates to get involved in projects and events with them. Social types lose their sense of identity and meaning when they are not involved with others in activities that transcend their individual interests.

**On the next pages you will find even more detailed subtypes. What does your subtype seem to be so far?**

**What about your spouse?**

@ AAdapted from Enneagram Institute & Beatrice Chesnut

# THE 27 TYPES

Over the next few pages, first find the page with your type and from there, find your subtype out of the three offerings. For example, if you're an Enneagram One, read this page to further identify your subtype. If you're another type, you'll skip this page until you find yours. Find your spouse's also. Keep in mind what you already learned about subtype on the previous page also.

Self-Preservation Ones (Sp) focus on making everything they do more perfect. They are the true perfectionists of the Enneagram. They see themselves as highly flawed and try to improve themselves and make every detail of what they do right. These people are the most anxious and worried Ones, but also the most friendly and warm.

Social Ones (So) focus on doing things perfectly in a larger sense—knowing the right way to do things—and modeling how to do things right for others. An intellectual type, these Ones have a teacher mentality; they see their role as helping others see what they already know—how to be perfect.

One-to-One Ones (Sx) focus on making other people—and society as a whole—more perfect. More reformers than perfectionists, they tend to display more anger and zeal than the other Ones. These Ones focus less attention on perfecting their own behavior and pay more attention to whether or not others are doing things right.

Self-Preservation Twos (Sp) seek to gain approval through being charming and youthful. Less oriented to giving and more burdened by helping, they charm others into liking them as an unconscious effort to get people to take care of them. More self-indulgent, playful, and irresponsible than the other two Twos, they are more fearful and ambivalent about connecting with others.

# THE 27 TYPES

Social Twos (So) seek to gain approval from others through being powerful, competent, and influential. More a powerful, leader type of person, they take charge of things and play to a larger audience as a way of proving their value.

One-to-One Twos (Sx) gain approval through being generous and attractive. They emphasize their personal appeal and promises of support to make others like them and do things for them—this is a more emotional, passionate Two who seduces specific individuals.

Self-Preservation Threes (Sp) work hard to assure material security for themselves and the people around them. Oriented to being good (as well as looking good) according to social consensus, they want to appear successful, but they don't want to brag or self-promote in an obvious way (because that wouldn't be good). SP Threes are self-sufficient, extremely hard-working, results-oriented, and modest.

Social Threes (So) work hard to look flawless in the eyes of others. Oriented to competing to win and attaining the material and status symbols of success, they focus on getting things done and always having the right image for every social context. The most aggressive, competitive, well-known Three, Social Threes enjoy being onstage and know how to climb the social ladder.

One-to-One Threes (Sx) focus on creating an image that is appealing to others and supporting and pleasing the people around them—especially partners, co-workers, and family members. They have a relationship or team mentality and work very hard to support the success of others (rather than their own).

# THE 27 TYPES

Self Preservation Fours (Sp) are stoic, strong, and long-suffering—emotionally sensitive on the inside, they often don't communicate their darker feelings to others. While they feel things deeply, and may feel sad inside, they often have a sunny, upbeat exterior, as they often received the message early on that their caretakers couldn't handle their pain or darker emotions. They may feel anxious inside, but they tough things out and have a high tolerance for frustration.

Social Fours (So) focus on their own emotions and the underlying emotional tone of whatever situation they are in. They compare themselves to others and tend to see themselves as less worthy or lacking in some way. They are more emotionally sensitive than most other types, they wear their feelings on their sleeve, and connect to themselves through the authenticity of their emotional truth.

One-to-One Fours (Sx) are more assertive and competitive. These Fours are not afraid to ask for what they need or complain when they don't get it. They can appear aggressive to others, and they strive to be the best.

Self-Preservation Fives (Sp) focus mainly on maintaining good boundaries with others. Friendly and warm, SP Fives like to have a private space they can withdraw to if they want to be alone. They focus on minimizing needs, finding refuge, and having all they need within their place of safety.

# THE 27 TYPES

Social Fives (So) enjoy becoming experts in the specific subject areas that interest them. They like acquiring knowledge and connecting with others with common intellectual interests and causes. They may be more connected to people they connect with through a social cause or are of expertise than the people in close proximity in everyday life.

One-to-One Fives (Sx) have more of a stronger need to connect with other individuals—under the right conditions. These Fives are more in touch with their emotions inside, though they may not show it on the outside. They have a romantic streak that they may express through artistic expression.

Self-Preservation Sixes (Sp) are the more actively fearful (the phobic or “flight”) Six. They doubt and question things in an effort to find a sense of certainty and safety (that often eludes them). They seek to be warm and friendly to attract allies as a form of outside support or protection in a dangerous world.

Social Sixes (So) are more intellectual types who find a sense of safety in following the guidelines of a system or way of thinking to feel protected by a kind of impersonal outside authority. They tend to be logical, rational, and concerned with reference points and benchmarks. They are more sure of things than the SP Six, who expresses more doubt and ambiguity, and can even become “true believers.”



# THE 27 TYPES

One-to-One Sixes (Sx) cope with underlying fear (that they may not be aware of) by appearing strong and intimidating to others. Of the “fight” or “flight” reactions to fear, they choose “fight,” and tend to be risk-takers, contrarians, or rebels. They have an inner program that tells them that the best defense is a good offense.

Self-Preservation Sevens (Sp) are very practical. Good at getting what they want, they readily recognize opportunities and know how to make things happen, whether through pragmatic planning or a network. They tend to have a talkative, amiable, hedonistic style.

Social Sevens (So) want to avoid being seen as excessively opportunistic and self-interested, so they focus on sacrificing their immediate desires to pursue an ideal of being of service to others. They take responsibility for the group or family and want to be seen as good by easing others’ suffering.

One-to-One Sevens (Sx) are idealistic dreamers, who have a need to imagine something better than what might be true in their everyday reality. Extremely enthusiastic and optimistic, they have a passion for seeing things as they could be or as they imagine them to be (as opposed to how they really are).

Self-Preservation Eights (Sp) focus on getting what they need to survive in a direct, no-nonsense way. They have a low tolerance for frustration and a strong desire for the timely satisfaction of their material needs. They know how to do business and get things done and don’t need to talk about it very much.

# THE 27 TYPES

Social Eights (So) focus on protecting and mentoring others they are connected to or anyone they view as needing their support. While they can be rebellious and assertive, they appear less aggressive as they have a softer side when it comes to taking care of others.

One-to-One Eights (Sx) have a strong rebellious tendency and like to be the center of things. More provocative and passionate than the other Eights, they like to have power over people and situations.

Self-Preservation Nines (Sp) focus on finding comfort in familiar routines and the satisfaction of their physical needs. Whether through eating, sleeping, reading, or doing crossword puzzles, SP Nines tend to lose themselves in whatever activities help them feel grounded and comfortable. Social Nines focus on working hard to support the groups they are a part of as a way of seeking a sense of comfort in belonging.

Social Nines (So) are people who like to feel a part of things and tend to be light-hearted and fun, and expend a lot of effort in doing what it takes to be admitted to and supportive of the group or community.

One-to-One Nines (Sx) tend to merge with the agenda and attitudes of important others in their lives. Sweet, gentle, and less assertive than other types, this relationship-oriented Nine may take on the feelings and opinions of the people they are close to without realizing it.

# YOUR SUBTYPE

Now that you are likely more sure of your subtype, how do you think this affects your relationship for good?

How does it perhaps affect your relationship negatively?

What is your second subtype? How does it play out in your relationship?

How does your shadow side potentially hurt your relationship?

What is one action step you will take to work on balancing all three subtypes as an individual?

# YOUR SPOUSE

Think about your spouse's subtype and ask them their order of preference if they are willing to engage.

Their order from favorite to least favorite (sp, so, sx):

- 1.
- 2.
- 3.

What have you learned about the things that make them feel safe in the world?

How can you help them?

# FINDING BALANCE

Talk/think it over: What can you do to make each other feel safer as a couple?

Talk with your spouse about this and make an action plan. Put it on the calendar or it won't happen. Remember to balance each of your desires for optimal mutual perceptions of safety as it takes from 21-60 days to build a habit.

Remember, change takes time, one step at a time! For the Enneagram and Marriage Typing Workbook, stay tuned!

[www.EnneagramandMarriage.com](http://www.EnneagramandMarriage.com)