



THE
27
SUBTYPES
WORKBOOK



ENNEAGRAM
+ MARRIAGE

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PART 1: A Brief Intro to the Enneagram

The Enneagram is a system of personality that focuses on one's core emotional motivations and fears. The system focuses on "typing" people as one of nine numbers, each with its own unique internal dynamics.

Each of the 9 types explains people in terms of emotional (heart), bodily (gut), and thought (head) experience. These categories represent the main triads in which the nine types are classified. If someone is in the emotional/heart/feelings triad, they experience strong emotions. Types located within the other triads may aim to avoid emotions in one form or another. The same acceptance and aversion can be true of one's bodily and cognitive experience. The Enneagram and Marriage Podcast has great introductory episodes on each of these topics ([head](#), [heart](#), and [body](#)) if you're interested in learning more. Another great resource for further study into this component of the Enneagram system is the Enneagram + Marriage Workbook.

While this resource will certainly draw upon the depth of knowledge triads contribute to the Enneagram as a whole, the focus will be on the nine types and how these combine with a person's instinctual methods that influence how they navigate life and relationships. The combination of these two components of the Enneagram yields the 27 Subtypes.

Knowing one's subtype (sometimes called an instinctual sequence) helps you to see even deeper tendencies in your life and relationship. There will be a time at the end of this resource for reflection and application since as always, we want to use the Enneagram not only as a descriptive tool but one that helps us to perpetuate self-growth!

Part 2: The Nine Types

Here's a summary of the nine main Enneagram types! If you're new to the Enneagram, find the one that's closest to you before moving on to consider the specific subtypes. It's important to make sure you know your main personality type first as the instincts add an additional layer of complexity.

The 9 Enneagram Types	
Type	Key Attributes
Type 1: The Reformer	<p>The rational and idealistic type.</p> <p>They are principled, purposeful, self-controlled, perfectionistic, and see errors. They love order, detail, and moderation.</p>
Type 2: The Helper	<p>The caring and interpersonal type.</p> <p>They are demonstrative, generous, people-pleasing, possessive, and manipulative.</p>
Type 3: The Achiever	<p>The success-oriented, pragmatic type.</p> <p>They are adaptive, excelling, driven, and image-conscious, good at performing tasks, and chameleon-like.</p>
Type 4: The Individualist	<p>The sensitive, withdrawn type.</p> <p>They are expressive, dramatic, self-absorbed, temperamental, idealist, romantic, and compassionate to others in pain.</p>
Type 5: The Investigator	<p>The intense, cerebral type.</p> <p>They are good at taking different perspectives, innovative, secretive, isolated, prefer to conserve resources and energy, and they emphasize thinking over feeling.</p>
Type 6: The Loyalist	<p>The committed, security-oriented type.</p> <p>They are engaged, responsible, anxious, suspicious, and committed to authority. The counter-six is rebellious/ challenges authority.¹ (See also sx 6 for more information.)</p>
Type 7: The Enthusiast	<p>The busy, fun-loving type.</p>

¹ A counter-type 6 is often cited as the most extreme subtype/instinctual variant of the type and often uses strength and fear as momentum to challenge others when they feel afraid versus merely asking authority figures for help (though they often still align with groups they feel safe in).

	They are spontaneous, versatile, distractible, scattered, systemic, and big-picture visionaries.
Type 8: The Challenger	The powerful, dominating type. They are self-confident, decisive, willful, and confrontational. They are not afraid to show anger and are not easily vulnerable.
Type 9: The Peacemaker	The easygoing, self-effacing type. They are receptive, reassuring, agreeable, and complacent. They dislike conflict and merge with others.

PART 3: Overview of the Three Subtypes

In addition to the nine basic personality types, the next lens we will consider divides each of the nine types into three distinct sub-personalities, or “subtypes,” based on the relative emphasis of three basic instincts. Instinctual drives are part of our human experience. These are felt as bodily, primal forces. Instincts powerfully direct our fundamental way of being, and this mode of being sometimes occurs outside of our awareness.

These three instincts are:

1. Self-preservation (*sp*)
2. Social interaction (*so*)
3. Sexual, often called one-to-one intimate or bonding (*sx*)

Each of the nine types can have either an *sp*, *so*, or *sx* instinct. When you add the instinct to the type the result is 27 unique personality subtypes that are based on how each of the nine types is shaped by their most central instinctual drives.

Self-Preservation (*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. *Sp* 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. This is particularly true if they are not satisfied in these areas or have a feeling of deficiency due to their childhoods.

Self-preservation 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 (sx) or One-to-One

Many people originally identify themselves as this type because they have learned that the sexual types are interested in one-on-one relationships. However, all three instinctual types are interested in one-on-one relationships for different reasons, so this in itself does not distinguish them. The key element differentiating 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, which is why it’s also called one-to-one.

They are the most “energized” of the three instinctual types and tend to be more aggressive, competitive, charged, and emotionally intense than the *sp* or *so* types. Sexual types need to have an intense energetic charge in their primary relationships or else they remain unsatisfied. They enjoy being intensely involved—even merged—with others. They can become disenchanted with partners who are unable to meet their need for an intense, energetic union. Losing oneself in a “fusion” of being is the ideal here, and *sx* types are always looking for this state with others and to have power with them and over them.

Social (so)

Just as many people tend to misidentify themselves as *sx* types because they yearn for 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 *sp* types are interested in adjusting the environment to make themselves more secure and comfortable, *so* types adapt themselves to serve the needs of the social situation they find themselves in. Thus, *so* types are highly aware of other people, whether in intimate situations or groups.

They are also aware of how their actions and attitudes are affecting those around them. Moreover, *sx* types seek intimacy, *so* types seek personal connection. They love to stay in close, supportive contact with people and to be involved in their world. *So* types are the most concerned with doing things that will have some impact on their community and sometimes 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 to get involved in projects and events with them. Social types lose their sense of identity and meaning when they are not engaging with others in activities that transcend their individual interests.²

Reflection Question: After carefully reading the above content, which one of these subtypes resonates most with you. Which resonates the least? Explain your rationale.

Reflection Question: Think about your partner. Which subtype does s/he appear to be? Explain your rationale.

² Adapted from The Enneagram Institute website & “The Complete Enneagram” by Beatrice Chestnut.

PART 4: The 27 Subtypes

Over the next few pages, first, find the page with your type. From there, find your subtype out of the three offerings. For example, if you're an Enneagram 1, read this page to further identify your subtype. If you're another type, skip this page and go to your type's subtype descriptions. If you know your spouse's type, also read through the section containing the breakdown of subtypes for their type. Keep in mind what you already learned about the subtypes more generally in Part 3.

Type 1 Subtypes

Self-Preservation

Self-preservation 1s focus on making everything they do more perfect. They are the true perfectionists of the Enneagram and are harder on themselves than others but also have high expectations for others, especially their spouse and are very sensitive to the 5 senses and hope their spouse will put in the time to learn how to soothe them. 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 1s, but also the most friendly and warm and resemble the type 6 as well.

Social

Social 1s 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 1s have a teacher mentality and will share their ideals pragmatically and with zeal. They see their role as helping others see what they already think they know – how to be perfect and as they get older they often realize not to be so demanding or forceful on their spouse or family (rigidity in attitude performs poorly in both long term studies in marriage and family function) but to let others find their way in their own time as well. They also learn they have a lot to learn and their anger retreats a bit.

Sexual

One-to-one 1s (also called sexual 1s) focus on making other people and society as a whole more perfect. More reformers than perfectionists, they tend to display more desire for connection, enjoy sexual connection a lot, and often freely show more anger and zeal than the other 1s, resembling the type 8. These 1s focus less attention on perfecting their behavior and more on whether or not others are doing things right, sometimes finding the “trap door” behaviors of the 1 feel allowable when their spouse or partner is less than

perfect. Later in relationships they will realize it's important to become less demanding of others and to accept people as they are, offering more grace.

Type 2 Subtypes

Self-Preservation

Self-preservation 2s seek approval through being charming and youthful and although they love helping, they also love being helped quite a bit more. They are less oriented to giving and more burdened or resentful of helping. They charm others into liking them in an unconscious effort to get people to take care of them. They are more self-indulgent, playful, and irresponsible than the other two 2s. They are also more fearful and ambivalent about connecting with others and have a sweetness and giving spirit even in their playful indulgence and may resemble a 7.

Social

Social 2s seek to gain approval from others through being powerful, competent, and influential and can be quite bossy at times, and less thought-inhibited than other 2s. It's important they learn how to relax a bit over time with their spouses and to let them find their own way some of the time versus making demands. More of a powerful, leader-type person, they take charge of things and play to a larger audience as a way of proving their value but they are indeed excellent leaders and spouses will benefit from their wisdom.

Sexual

One-to-one 2s (also called sexual 2s) gain approval through being generous and attractive. They emphasize their personal appeal and make promises of support to get others to like them and do things for them. This is a more emotional, passionate 2 who seduces specific individuals and in a relationship may not be easily satisfied with only one conquest. It will be important for them to learn about moderation in relationships and to find satiation in things other than relationships as they walk the journey out of codependency and possibly addiction.

Type 3 Subtypes

Self-Preservation

Self-preservation 3s work hard to assure material security for themselves and the people around them. They are oriented to being (and looking) good, in accord with the social

consensus. They want to appear successful but do not want to overtly brag or self-promote (because that wouldn't be seen as good). Sp 3s are self-sufficient, extremely hard-working, results-oriented, and modest. However, like all 3s, they still struggle with being overachievers and in a relationship may miss important opportunities to just connect *with* others versus to work *for* others.

Social

Social 3s work hard to look flawless in the eyes of others. They are oriented toward competition and they strive to attain the material status symbols of success but may sacrifice personal relationships to climb up higher and higher, only to find it is quite lonely and ultimately unfulfilling relationally at the top since humans need nurture and closeness more than newness, fun, or money with a group. This 3 focuses on getting things done and always having the right image for every social context which can be helpful if taken in stride as aforementioned. They are the most aggressive, competitive, and well-known of the three 3s. So 3s enjoy being onstage and know how to climb the social ladder but will do well to honor their partner as they rise up, proving they are not just good at achieving in new or fun relationships but being *in* them long term as well.

Sexual

One-to-one 3s (also called sexual 3s) focus on creating an image that is appealing to others and they seek to support and please the people around them. This is especially true as it pertains to partners, co-workers, and family members but especially partners, and the newer the partner, the more they will likely do this and even become a chameleon of them if they're not very careful. This 3 has a relationship or team mentality and works very hard (perhaps harder than any type) to support the success of others (rather than their own) but it's important they hang on to family balance and to friends as well as their own interests versus merging with the new partner (it will ultimately make the partner respect them more and create less codependency).

Type 4 Subtypes

Self-Preservation

Self-preservation 4s are stoic, strong, and long-suffering. They are emotionally sensitive on the inside, but they often don't communicate their darker feelings to others, sometimes resembling a 7 in this way. While they feel things deeply and may feel sad inside, they often have a sunny, upbeat exterior. This is often the result of receiving 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. Watch out for these 4s sabotaging a relationship or their own work because of their own

self-doubt. Make sure this 4 works on self-image and bodywork so they can show up for themselves more fully and presently versus hiding in fantasy and private interludes of sadness.

Social

Social 4s 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, having an Eeyore-like exterior with sadness displayed on a daily basis. At first this may evoke a spouse or partner's care but it will become tiring long term so it's important this 4 do their own gratitude work regularly so they don't depend on someone codependently or miss their life purpose. They are more emotionally sensitive than most other 4s, they wear their feelings on their sleeve, and connect to themselves through the authenticity of their emotional truth.

Sexual

One-to-one 4s (also called sexual 4s) are more assertive and competitive than other 4s and can come across as quite angry at others. These 4s are not afraid to ask for what they need or to complain when they don't get it. They can appear aggressive to others and they strive to be the best, often placing their sadness or shame onto others, relying on others to do their work and withdrawing inwardly instead of trying to recover or to stand up on their own two feet. Spouses of these 4s can either be idealized and placed on a pedestal, ranked above others, or they can be treated harshly, the object of the 4s shame. It's important this 4 work on healing trauma and working on conceit. However, this 4 is also deeply caring when they know their partner or another family member is going through something difficult and is often loyal through hard times more than others.

Type 5 Subtypes

Self-Preservation

Self-preservation 5s focus mainly on maintaining good boundaries with others, putting up big walls in hopes that their precious resources and energy will not dissipate. Friendly and warm, sp 5s like to have a private space they can withdraw to if they want to be alone but as kind as they are in their retreat, many spouses are left bewildered so it is important to work together to find parameters around this time. It is also important for the 5 to realize that there is a synergy and energy that comes from reconnection and that sometimes research and phones can be actually draining versus recharging. This 5 focuses mostly on minimizing needs, finding refuge, and having all they need within their place of safety, and in many ways, this can be helpful for a couple needing to save money, buy quality items, and provide for emergency care but balancing with life and fun is key.

Social

Social 5s 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 bond with through a social cause or share an area of expertise with the people in close proximity to them in everyday life, which is hard for their spouse if they do not share this interest. It is recommended that their spouse join them in at least one or two of these pursuits and also that the 5 come back out of the groups sometimes to develop marriage and family interests. It may be necessary to treat their anxiety otherwise if that is the cause.

Sexual

One-to-one 5s (also called sexual 5s) have more of a stronger need to connect with other individuals, but only under the right conditions. These 5s are more in touch with their internal emotions, though they may not show this externally. They have a romantic streak that they may express through artistic expression and have a 4 wing. Either way, it is important for this 5 to remember that there is no perfect spouse or partner and once the research fascination wears off, everyone can get “boring” so finding one’s own interests outside of romantic pursuits and lowering expectations a bit can be healing and important for long term relationships.

Type 6 Subtypes

Self-Preservation

Self-preservation 6s are the more actively fearful 6. Of the “fight” or “flight” reactions to fear, they embody “flight.” They doubt and question things in an effort to find a sense of certainty and safety (that often eludes them). They attempt to be warm and friendly to attract allies, whom they consider to be a form of external support or protection in a dangerous world and they hope their spouse will help to make tough decisions, protect them, and listen to their ideas, plans, and worries with interest and support. It is important this 6 find ways to self-soothe, to learn to trust themselves, and to find activity not just worry and retreat as activity will help dissipate some of the anxiety.

Social

Social 6s are a more intellectual type. They find a sense of safety in following the guidelines of a system or way of thinking. This enables them to feel protected by a kind of impersonal outside authority such as government or favorite church leaders. They tend to be logical,

rational, and concerned with reference points and benchmarks. They are more sure of things than the *sp 6* who expresses more doubt and ambiguity. So 6s can be difficult on a spouse who doesn't believe in their favorite leaders so it's important for them to remember checks and balances help to create a more well rounded environment and not everyone wants to rely on authority this way. It is also important for this 6 to find their own inner system of trusting themselves.

Sexual

One-to-One 6s (also called sexual 6s or counterphobic 6s) cope with their 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.” They tend to be risk-takers, contrarians, and/or rebels. They have an inner programming that tells them that the best defense is a good offense, and sometimes they may wound a spouse with their aggressive behaviors or suspicions or even project their own issues onto their spouse. Working through anger and trust of their partner will be important, therapy is often indicated with this subtype.

Type 7 Subtypes

Self-Preservation

Self-preservation 7s are very practical. They are good at getting what they want and connecting with a community who can help them to survive, since they worry they may not get the support they need from their spouse, often because they did not get the support in the past from others. As such, they may selfishly look out for themselves and they readily recognize opportunities and know how to make things happen through pragmatic planning and/or networking. They tend to have a talkative, likeable, fun style and are always ingesting more of everything in hopes they will get what they feel they need. Their spouse will need to help them with moderation and soothing behaviors and to set boundaries so this 7 will have to grow on their own also.

Social

Social 7s want to avoid being seen as excessively opportunistic and self-interested, so they focus on sacrificing their immediate desires to pursue their ideal of being of service to others. They take responsibility for the group or family and want to be seen as good by easing the suffering of others but they, like all 7's, are running fast and in their 2-like helping, they are often found tiring themselves out and may be severe on themselves or burn out if they are not careful. Their spouse does well to encourage them to set boundaries and to rest, and this 7 must themselves realize that they are worthy of rest and slowing down.

Sexual

One-to-one 7s (also called sexual 7s) are idealistic dreamers who have a need to imagine something better than their everyday reality and they are perhaps the most visionary of all the types, excellent at getting others to partner with them in their whimsey and love. They need to make sure they don't fall in love with others by watching for their own charming appeal and by setting sexual boundaries. Extremely enthusiastic and optimistic, they have a passion for seeing things as they could be as opposed to how they really are and they can lead well if they can balance their ideals, focus on them, and invite their spouse to take part as a leader with them, versus leaving them behind or taking advantage of them by asking too much.

Type 8 Subtypes

Self-Preservation

Self-preservation 8s focus on getting what they need to survive in a direct, no-nonsense way similar to a 5 but typically presenting with a bit more power as a body type. They have a low tolerance for frustration and a strong desire for the timely satisfaction of their material needs, often focusing on physical fitness or protecting their family, perhaps to the extreme. They know how to do business and get things done and don't need to discuss it but showing their spouse some healthy vulnerability is quite helpful so their spouse knows they are caring and capable of depths and not just stoic and fair-minded.

Social

Social 8s focus on protecting and mentoring those they are connected to and anyone they view as needing their support and are often similar to a 2. While they can be rebellious and assertive, overall they are less aggressive and they have a softer side when it comes to taking care of others and are very protective and the most nurturing of the 8s though they can still be bossy and need the reminder to share power and to show vulnerability in marriage.

Sexual

One-to-one 8s (also called sexual 8s) have a strong rebellious tendency and like to be the center of attention. More provocative and passionate than the other 8s, they like to have power over people and situations and in marriage and family so they can protect them and also because they think their way is best. However they need to learn to share power with others and to show up a little less intensely, not so they aren't themselves but so as to make

room for others in conversation, remembering God is above all and their ideas are not the only ones that matter or that may be valid as to how they do things.

Type 9 Subtypes

Self-Preservation

Self-preservation 9s focus on finding comfort in familiar routines and the satisfaction of their physical needs and often love spending time alone in privacy retreating, often having a 1 wing. Whether through eating, sleeping, reading, or doing crossword puzzles, sp 9s tend to lose themselves in whatever activities help them feel grounded and comfortable and their spouse may feel bewildered as to their lack of participation and need for connecting, however this 9 does well to address any underlying anxiety and to step into their place. Their spouse does well to make more room for the voice of this 9 so this 9 has more of a desire to show up.

Social

Social 9s focus on working hard to support the people and groups they are a part of and are very self-sacrificing, which may seem wonderful early on but can be depressing for them long term as their own individual needs dissipate. They also don't like to speak their real needs in a group because being thoughtful to others in the family or marriage is a true joy for them and they realize they may break peace in the group if they say anything, so their true feelings get hidden below the surface. They are hard workers and do well to speak up, to lean hard on their powerful 8 wing, and to do fitness each day, making priorities, and letting their needs, not just the needs of the group, take precedence. The great news is, once they do this, they will be magnetic and irresistible in the group, although a few will certainly draw back at least momentarily as they are not used to it. Do not lose the bravery here as a true partner or friend will want to see the real you.

Sexual

One-to-one 9s (also called sexual 9s) tend to merge with the agenda and attitudes of important people in their lives. Sweet, gentle, and less assertive than the other subtypes, this relationship-oriented 9 may take on the feelings and opinions of the people they are close to without realizing it. This is also a way for them to seek a sense of comfort through belonging without ruffling feathers, which they think will cost them relationships. Sx 9s are people who like to feel like they are a part of things. They tend to be light-hearted and fun, and they expend a lot of effort doing what it takes to be safe in marriage but they may leave their spouse wanting in terms of conversation and they need to speak up and to lean on their 1 and 8 wings more so their spouse can see their true self. Their spouse will have to

get used to not leading all the time and make room for the emerging voice of the 9 but it will be worth it for a truly dynamic relationship.

PART 5: Application and Reflection

Reflection Questions: Your Subtype

1. Now that you are likely more sure of your subtype, how do you think this positively impacts your relationship?

2. How does it negatively impact your relationship?

3. What is your secondary subtype (the one you seem to be most like after your primary type)? How does it play out in your relationship?

4. Which one of these subtypes do you not relate at all to, in your type (sx, so, or sp?)
How does your repressed or shadow side potentially hurt your relationship?

5. What is one action step you personally will take to work on balancing your instincts?

Reflection Questions: Your Spouse's Subtype

6. Think about your spouse's instinctual sequencing. Ask them their order of preference if they are willing to engage. Write their sequence in the space below.

- 1. Dominant:

- 2. Secondary:

3. Least Dominant or Repressed:

7. As a result of reflecting on the sequencing of their subtype, what new understanding do you have about what makes them feel safe in the world?

8. How can you help them achieve this sense of safety?

Application

Safety Exercise for Couples

Essential
Question

What can you do to make each other feel safer as a couple?

Objective	Become more attuned to what contributes to you and your spouse's sense of safety. Transfer this awareness into a plan to create a greater sense of safety for you and your spouse, both individually and relationally.
Task	<p>Plan a time to discuss the above question with your spouse.</p> <p>Set aside additional time to make an action plan. Put it on the calendar or it won't happen.</p> <p>Strive to balance each of your personal preferences to optimize your mutual perceptions regarding safety. Write your action plan out step-by-step.</p> <p>Remember, change takes time. It takes at least 21 - 60 days to build a new habit, so try to be patient with yourself and your spouse.</p>