

# TYPE FIVE

**Commonly Called:** The thinker, observer, investigator, wise person

**Type Summary:** Observers who are lovers of knowledge. They are analytical, self-sufficient, and often introverted. They find security through understanding and learning. However, they can become fixated on thoughts and ideas, and fear being overwhelmed by outer demands and people. This leads them to withdraw and safeguard their energy.

Intelligence Center	Energy Center	Conflict Style
Head	Absorbing - Receptive	Competency

## Operating Under the Surface: The Five's Descent into Deeper Knowing

**Childhood wound:** Often turned inward due to a sense of abandonment or intrusion and withdrew into the mind as a place of security and safety.

**Basic fear:** Being helpless, useless, incapable (overwhelmed)

**Basic need:** To be wise, competent, and have clarity

**Focus of attention:** Both outward (observing) and inward (thinking)

**Areas of avoidance:** Emptiness, feelings, loss of control

**Passion:** Greed – withholding self

**Fixation:** Stinginess – longing for privacy

**Defense mechanism:** Isolation – seeking out calm, quiet environments where it's easy to study and ponder

### Common struggles:

- Superficiality
- Dealing with Intrusion
- Naming feelings
- Unstructured and fast-paced settings
- Emotionally intense or needy people

© Scott McRae 2019 – Enneagram Teacher & Coach

## Pathways to Awakening: The Five's Ascent into Presence

**What needs surrendering:** The self-sufficient mind & self

**Growth challenge:** Disclosing self and doing with others

**Path to Presence:** Accessing the deeper knowing of self through emotions and body awareness

**Virtue:** Non-attachment – able to give and take

**Divine quality:** Wisdom

### Gifts & Strengths:

- Introspective
- Ability to analyze and synthesize
- Perceptive
- Thoughtful and insightful
- Objective
- Calm and steady (especially in crises)

## Enneagram Lines: How we stay stuck & become free

