

TYPE SIX

Commonly Called: The loyalist, skeptic, loyal skeptic, questioner

Type Summary: Loyal skeptics who seek inner security by being responsible, trustworthy, and creating close relationships. Due to wariness, they develop keen intuition and make cautious judgements. However, they overly orient to possible dangers, and are fearful of what could go wrong. This leads them to doubt and distrust themselves and others.

Intelligence Center	Energy Center	Conflict Style
Head	Reconciling - Containing	Emotional Honesty

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

Childhood wound: Often struggled to trust or feel secure leading both to a sense that the world is unsafe and to an impulse to doubt things and people.

Basic fear: Having no support and guidance, not able to survive alone

Basic need: Security, safety, support

Focus of attention: Danger, scanning threats, external expectations

Areas of avoidance: Deviance, danger, alienation

Passion: Fear – mixed with a lot of doubt

Fixation: Wariness – stemming from cowardice & obedience

Defense mechanism: Projection – Inner fears that get broadcasted on to people and situations

Common struggles:

- Can be a reluctant authority
- Paranoia, waiting for the “shoe to drop”
- Projecting fears onto others
- Analysis paralysis
- Making quick decisions (or any decisions)

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Pathways to Awakening: The Six's Ascent into Presence

What needs surrendering: The anxious, over-active mind

Growth challenge: Trusting self and others, and acting boldly out of this trust

Path to Presence: Grounding self in the faith and peace that all is okay

Virtue: Courage – inner trust & strength override fear

Divine quality: Faith

Gifts & Strengths:

- Makes deep connections after they trust
- Intuition
- Supports others well
- Honorable and reliable
- Thoughtful
- Warm

Enneagram Lines: How we stay stuck & become free

