

Enneagram Personality Types
Type 6 – The Loyalist

Strengths and Natural Essence: Awakened, awareness, connected with inner guidance, planning, logic, “I know that I exist to serve something greater than me”.

Catastrophe: “I feel lost”.

Basic Fears: Afraid of being lost, disconnected, unsupported, no guidance.

Common Traits: Hypervigilance (watching for signs of problems and negative data), doubt and ambivalence (in attempts to protect and find safety and security).

Achilles Heel: Wants to always know direction, outcomes, etc. which leads to overanalyzing, fear and anxiety.

“While Sixes are great critical thinkers, they can get stuck in doubt, endless questioning, and over analysis. They excel at planning and preparation, but can focus too much on worst-case scenarios and what might go wrong, so much so that they can fail to move forward and take action. They can trip themselves up too much by worrying too much, allowing anxiety to drive them, or by denying their fear through aggression and risky behavior.”

– Beatrice Chestnut (from *The Complete Enneagram*)

Wanted Image: Independent, awakened, serving.

Wake-Up Call: When you realize you’re overthinking and overanalyzing too much, creating the feelings of paralysis, which leads to feeling “I’m lost”.

“The focus of Type Sixes also centers on doubting and questioning themselves, other people and data in the outside world. Driven by an underlying need for safety in what they experience as a world full of potential dangers, Sixes focus on the negative data in their environment (or their own heads) that might signal the presence of threats to their security.”

– Beatrice Chestnut (from *The Complete Enneagram*)

Path of Transformation: Trust - not needing to plan and foresee everything. Staying in the present moment - not becoming caught up in stories of the past or paralyzed by overanalyzing and predicting the future.

“Ultimately as Sixes work on themselves and become more self-aware, they learn to escape the trap of intensifying their fear by doing the following: seeking to embody faith and courage, becoming aware of how they create self-fulfilling prophecies, learning to trust themselves (and others) more, and owning their power and authority instead of projecting it out onto others.”

– Beatrice Chestnut (from *The Complete Enneagram*)

Questions for Growth

1. How does continuously “scanning for danger”, looking for threats and hypervigilance show up in your life? How does it affect you and your actions?
2. Can you notice situations in which you project your fear and anxiety? (When you transfer your fear/anxiety as being caused by an outside source - do you make excuses for things or create fixated stories to disown and therefore not have to deal with your degree of fear and anxiety, do you say “I could be doing this but I’m not because this is this way or this person is this way”, etc.)
3. How do you act out fear in different ways instead of feeling it, owning it and working through it? Do you stay in “safe places” so you don’t have to feel and work through fear? How can you instead, allow yourself to feel, own and work through your fears and anxiety each day?
4. What do you think of the self-fulfilling prophecy of “if we think the world is a scary place, we create a scary world”? How is it showing up in your life?
5. How do you think your personality type (Six) affects you in negative or self-sabotaging ways?
6. What are the strengths and positives of your personality type? In what ways can you let go of the Six’s self-sabotaging thoughts and behaviours to better grow and bring out your natural essence and strengths?

Tips for Transformation

- **Recognize and accept that uncertainty and living with the 'unknown' is a part of life.** Instead of cycling in overanalysis and scanning for threat, recognize and remind yourself that these habits simply indicate that you are fearful and are trying to orient and control the situation. Stop, breathe and ask yourself what your gut feelings are telling you. What do you desire, what actions does it require, and how can you do this with trust and courage? Remind yourself that endless overanalysis and searching for certainty won't get you anywhere.
- **Remind yourself of self-fulfilling prophecies.** Remember that all of our thoughts are energy. When we take in energy and perceive it as threatening, we create the anxiety and fear within ourselves and then we transmit fearful or self-protecting reactions and behaviours outwards. This can end up re-creating in cycles, that the world is a dangerous place and that we cannot make moves without being certain. Become aware that this behavior will most likely continue to result in protective behaviours or feelings of paralysis. **Exchange your fearful perceptions and thoughts with feelings and thoughts of trust, strength, inner-wisdom and courage.** The more you practice this important exchange, the more your inner and outer energies will change.

Activities for Transformation

>> Connect to fear and anxiety

Practice becoming more in tune with fear and anxiety. Allow yourself to feel it and instead of projecting it onto others or creating excuses, be-friend the fear and anxiety. Know that it's there as a protective mechanism but that with the Six, it is often over-amplified and sabotaging your true potential. Accept the fear and anxiety but do not necessarily believe the stories about the world or yourself that come after it.

>> Connect with your gut desires

Practice when you feel fear and anxiety to ask yourself, "what do I really want?" Write down the immediate things that pop into your head. Let go of the overanalyzing and story creation and jot down what actions you need to take to reach your gut desires. Follow with trust and courage.

>> Affirmations

When you find yourself with doubt about yourself and/or your environment, connect and use grounding and trusting affirmations:

"My world is a safe place with opportunity for me and for everyone"

"I trust in the world around me and in the actions I choose to do"

"I am capable of reaching the things and places I would like to go"

"I do not need to feel 100% certain of choices and actions, I let go of needing 100% certainty and exchange it with trust"

"I choose to manifest and use my own power in my life"

>> Strengthening the Root Chakra

Type Sixes typically have underachieve root chakras meaning they are lacking grounded feelings of support and safety. Throughout the program, pay attention to the meditations and activities that support strengthening the root chakra. By

strengthening the root, you'll be able to subsequently strengthen and empower the chakras above. Start by doing the Grounding and Receiving Love meditation from Intro Week 1 daily.

>> Strengthening the Solar Plexus

With a deficient root chakra, often comes a deficient solar plexus and resulting low confidence in one's thoughts and actions. While strengthening the root chakra to feel grounded and safe, it's helpful to work on strengthening the solar plexus and increasing self-esteem and confidence so that a type 6 can begin to feel secure and assured in their choices and how they show up in the world.

>> Pushing Comfort Zone Gently: Exposure Therapy

In order to work with fears and to strengthen the root chakra, the type 6 can gently push themselves out of their comfort zone by trying things that are fearful to them. Choose things that make you feel mild to moderately uncomfortable. Challenge yourself to do something small daily or something a little larger weekly. Work on challenging the thoughts that come up (see below) and use EFT tapping to work with the feelings of discomfort. After completing, congratulate yourself for pushing your boundaries and working with discomfort

>> Challenging anxious/worry thoughts

In Intro week 2 we'll be working on challenging our distorted thought patterns. Type 6's can focus on anxious and worry related thoughts, questioning their validity and moving into thoughts and beliefs of trust and support.

>> Tapping on anxious, worry-some thoughts

Themes a type 6 can focus their tapping practice on include: feelings of anxious, worry and anxious thoughts, feelings of discomfort in different situations, feelings and thoughts of doubt and worst case scenarios, fear of putting self out into the world, feelings of not feeling safe putting self out into the world, feelings that the world is a scary place

>> Connecting with your wounded inner child

In module 6, we'll be looking at the different "personalities" of your wounded inner child. Type 6's often have experiences from their past that made them feel unsafe and untrustworthy in the world. The work for the type 6 is to meet these personalities, hear what they have to say and befriend and work with these fearful personalities.

To read more about the Enneagram and the Type Six (Loyalist), see '*The Complete Enneagram; 27 Paths to Greater Self-Knowledge*' by Beatrice Chestnut.