

FIXES, STEMS & TRITYPES

Note on the origins of the following content: The concept of fixes was originally conceived by Oscar Ichazo. Tritype was originated and is trademarked by Katherine and David Favre of Enneagram Explorations. Stems is a concept created by David Gray of Enneagrammer. To learn more about each tritype, you can purchase the original tritype booklet [here](#).

FIXES

What are Fixes and Tritype?

The enneagram types can be split into three Centres with three types in each centre: The Gut Centre (8, 9, 1), The Heart Centre (2, 3, 4) and the Head Centre (5, 6, 7).

We all have one core type, but we also have a secondary and tertiary type within each of the other two centres that are each called a fix. Those two fixes combined with our core type produce our Tritype (trademarked by Enneagram Explorations).

How do the Fixes manifest?

The **2nd** and **3rd** fix are strategies that work within the all-encompassing influence of the core type.

2nd fix: The 2nd fix in your tritype is a strong influence. The core fears and strategies of the 2nd fix are used to support the core type. The 2nd fix can come out quite strongly especially in artistic expression. It can be called a "playground area," similar to the 2nd instinct in your instinct stacking. This is an area that is less sensitive than the core type, hence the "play." One well-known example of this can be seen in Donald Trump as 836. Trump does the success drive and image consciousness of 3 without caring too much about the repercussions of it. He uses marketability for the aims of power without properly adjusting himself to external values like a core 3.

3rd fix: The 3rd fix is mostly present in its synergy with the other two.

STEMS

Any combination of two fixes is called a Stem.

To help understand the chemistry of different fixes when combined together, we can conceptualize them in pairs. When certain fixes are present together, common elements of each become amplified, and other characteristics become less amplified. When trying to discover your fixes, it's best to think about them in terms of a Venn diagram. When two elements are combined, which aspects of each are amplified or dulled? For example, when you combine 6 with 9, the more phobic qualities of 6 are amplified due to the 9 fix. When you combine 6 with 8, you now have two Reactive types and will likely have more counter-phobic 6 energy.

TRITYPES

Below you'll find the stems from above organized into each Tritype combination. This is not meant to be a complete description of Tritype, but general root or "stem" of the combination.

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1-2: Being good, moral, kind, helpful, proper, right, judgemental, superego, maternal, critical, what's right for all
1-5: Doing things right, accuracy, repressing emotions, surgical, autistic, unaesthetic, logic, not malleable
2-5: Control via knowing what's best, hiding own needs, giving from a distance, self-erasing

**Triads: Superego/compliant, Competency, Rejection*

135

1-3: Efficiency, getting the job done, repressing emotions, correct, accurate, responsible, competent, structured
1-5: Doing things right, accuracy, repressing emotions, surgical, autistic, unaesthetic, logic, not malleable
3-5: Accuracy, efficiency, repressing emotions, surgical
Triads: Triple Competency

145

1-4: Judgemental, idealistic, search for perfect circumstances, critical, negative, frustration, unyielding, particular, persnickety, exclusions ex. "I don't do x"
1-5: Doing things right, accuracy, repressing emotions, surgical, autistic, unaesthetic, logic, not malleable
4-5: Existential, withdrawn, removed from reality, schizoid, an insect among humans, out of touch with the masses, a problem
Triads: Frustration, Competency, Withdrawn

126

1-2: Being good, moral, kind, helpful, proper, right, judgemental, superego, maternal, critical, what's right for all
1-6: Needing to be certain, inflexibility, criticality, friendly, morality, anxious anger, frustrated reactivity, outraged at others' behaviour, attention goes to what's right and should/shouldn't be happening, accusing, rules, procedure, structure, "real life," comedy of reality, funny hard truths, Seinfeld
2-6: Friendly, helpful, kind, worried about others, "of course I'll help," people-oriented, amiable
Triads: Triple Superego/Compliant

136

1-3: Efficiency, getting the job done, repressing emotions, correct, accurate, responsible, competent, structured
1-6: Needing to be certain, inflexibility, criticality, friendly, morality, anxious anger, frustrated reactivity, outraged at others' behaviour, attention goes to what's right and should/shouldn't be happening, accusing, rules, procedure, structure, "real life," comedy of reality, funny hard truths, Seinfeld

3-6: Tracking others, external orientation, worldly, tribalism, hard worker, adaptable, likeable

Triads: Competency, Superego/Compliant, Attachment/Adaptation

146

1-4: Judgemental, idealistic, search for perfect circumstances, critical, negative, frustration, unyielding, particular, persnickety, exclusions ex. "I don't do x"

1-6: Needing to be certain, inflexibility, criticality, friendly, morality, anxious anger, frustrated reactivity, outraged at others' behaviour, attention goes to what's right and should/shouldn't be happening, accusing, rules, procedure, structure, "real life," comedy of reality, funny hard truths, Seinfeld

4-6: Reactive, emotional, over-analyzing, destroying, projection and introjection, they've been "wronged/hurt," Jekyll/Hyde, victim mentality, spiralling

Triads: Frustration, Superego/Compliant, Reactive

127

1-2: Being good, moral, kind, helpful, proper, right, judgemental, superego, maternal, critical, what's right for all
1-7: Standards and vision, exploration with structure, idealism, firm but fun, kite with a tether, playful teacher, future planning of structures, architectural

2-7: Avoiding negativity, positive, playful, shallow, smile, radiant

Triads: Superego/Compliant, Frustration, Positive

137

1-3: Efficiency, getting the job done, repressing emotions, correct, accurate, responsible, competent, structured

1-7: Standards and vision, exploration with structure, idealism, firm but fun, kite with a tether, playful teacher, future planning of structures, architectural

3-7: Aggressive with what they want, fun, exploring, narcissistic, exhibitionistic, extraverted, shallow waters

Triads: Competency, Frustration, Assertive

147

1-4: Judgemental, idealistic, search for perfect circumstances, critical, negative, frustration, unyielding, particular, persnickety, exclusions ex. "I don't do x"

1-7: Standards and vision, exploration with structure, idealism, firm but fun, kite with a tether, playful teacher, future planning of structures, architectural

4-7: Idealistic, epicurean, flamboyant, novelty, dramatizing both ups and down, war between rawness and sparkle, black vs. rainbow, "brat," overly individualistic, unsettled, critical, restless, frustration, amoral

Triads: Triple Frustration

258

2-5: Control via knowing what's best, hiding own needs, giving from a distance, self-erasing

2-8: Control, intrusive, taking charge of others' well being, big mama, overbearing, rejecting own vulnerable needs

5-8: Control, emotionally dry, hard, internal and external detachment from softness and vulnerability

Triads: Triple Rejection

268

2-6: Friendly, helpful, kind, worried about others, "of course I'll help," people-oriented, amiable

2-8: Control, intrusive, taking charge of others' well being, big mama, overbearing, rejecting own vulnerable needs

6-8: Reactive, counterphobic, pushing, fighting for "truth," honour, skeptical, accusing, outspoken

Triads: Superego/Compliant, Rejection, Reactive

278

2-7: Avoiding negativity, positive, playful, shallow, smile, radiant

2-8: Control, intrusive, taking charge of others' well being, big mama, overbearing, rejecting own vulnerable needs

7-8: Aggressive, epicurean, "I want, I take," childish, no impulse control, royalty, narcissistic, colourful beast

Triads: Positive, Rejection, Assertive

259

2-5: Control via knowing what's best, hiding own needs, giving from a distance, self-erasing

2-9: Receptive, helpful, kind, caring, focused on needs of other, forgets self, "nice," good samaritan, people-focused

5-9: Withdrawn, invisible, making space for others, conceptual, passive

Triads: Rejection, Positive, Withdrawn

269

2-6: Friendly, helpful, kind, worried about others, "of course I'll help," people-oriented, amiable

2-9: Receptive, helpful, kind, caring, focused on needs of other, forgets self, "nice," good samaritan, people-focused

6-9: Tracking others/socially aware, "folk", doubt, uncertainty, not pushing buttons but will fight back if necessary, humility, rabbit, glorifying "uniqueness" as something to celebrate, underdog, friendly, adaptable, "real life," humanity, defying labels and categories, seeing pieces of themselves in many types, "it depends on the situation"

Triads: Superego/Compliant, Positive, Attachment

279

2-7: Avoiding negativity, positive, playful, shallow, smile, radiant

2-9: Receptive, helpful, kind, caring, focused on needs of other, forgets self, "nice," good samaritan, people-focused

7-9: Positive, light, fluid, changing, an amorphous rainbow, fairy-like, surrealism, mixtures and variety, jazz, free-flowing, playful language, distorted imagery, swirls
Triads: Triple Positive

358

3-5: Accuracy, efficiency, repressing emotions, surgical
3-8: Aggressive with what they want, pushing through, not backing down, dominating, narcissistic, emotional wall
5-8: Control, emotionally dry, hard, internal and external detachment from softness and vulnerability
Triads: Competency, Assertive, Rejection

368

3-6: Tracking others, external orientation, worldly, tribalism, hard worker, adaptable, likeable
3-8: Aggressive with what they want, pushing through, not backing down, dominating, narcissistic, emotional wall
6-8: Reactive, counterphobic, pushing, fighting for "truth," honour, skeptical, accusing, outspoken
Triads: Attachment, Assertive, Reactive

378

3-7: Aggressive with what they want, fun, exploring, narcissistic, exhibitionistic, extraverted, shallow waters
3-8: Aggressive with what they want, pushing through, not backing down, dominating, narcissistic, emotional wall
7-8: Aggressive, epicurean, "I want, I take," childish, no impulse control, royalty, narcissistic, colourful beast
Triads: Triple Assertive

359

3-5: Accuracy, efficiency, repressing emotions, surgical
3-9: Adapting to ideals, shiny, glossy, smooth, mirroring, a star, tabula rasa
5-9: Withdrawn, invisible, making space for others, conceptual, passive
Triads: Competency, Attachment, Withdrawn

369

3-6: Tracking others, external orientation, worldly, tribalism, hard worker, adaptable, likeable
3-9: Adapting to ideals, shiny, glossy, smooth, mirroring, a star, tabula rasa
6-9: Tracking others/socially aware, "folk", doubt, uncertainty, not pushing buttons but will fight back if necessary, humility, rabbit, glorifying "uniqueness" as something to celebrate, underdog, friendly, adaptable, "real life," humanity, defying labels and categories, seeing pieces of themselves in many types, "it depends on the situation"
Triads: Triple Attachment

379

3-7: Aggressive with what they want, fun, exploring, narcissistic, exhibitionistic, extraverted, shallow waters
3-9: Adapting to ideals, shiny, glossy, smooth, mirroring, a star, tabula rasa
7-9: Positive, light, fluid, changing, an amorphous rainbow, fairy-like, surrealism, mixtures and variety, jazz, free-flowing, playful language, distorted imagery, swirls
Triads: Assertive, Attachment, Positive

458

4-5: Existential, withdrawn, removed from reality, schizoid, an insect among humans, out of touch with the masses, a problem
4-8: Reactive, authentic, novelty, destroying, "real," amplifies emotions externally, no bullshit, angry, bratty
5-8: Control, emotionally dry, hard, internal and external detachment from softness and vulnerability
Triads: Withdrawn, Reactive, Rejection

468

4-6: Reactive, emotional, over-analyzing, destroying, projection and introjection, they've been "wronged/hurt," Jekyll/Hyde, victim mentality, spiralling
4-8: Reactive, authentic, novelty, destroying, "real," amplifies emotions externally, no bullshit, angry, bratty
6-8: Reactive, counterphobic, pushing, fighting for "truth," honour, skeptical, accusing, outspoken
Triads: Triple Reactive

478

4-7: Idealistic, epicurean, flamboyant, novelty, dramatizing both ups and down, war between rawness and sparkle, black vs. rainbow, "brat," overly individualistic, unsettled, critical, restless, frustration, amoral
4-8: Reactive, authentic, novelty, destroying, "real," amplifies emotions externally, no bullshit, angry, bratty, colourful beast
7-8: Aggressive, epicurean, "I want, I take," childish, no impulse control, royalty, narcissistic
Triads: Frustration, Reactive, Assertive

459

4-5: Existential, withdrawn, removed from reality, schizoid, an insect among humans, out of touch with the masses, a problem
4-9: Withdrawn, compassionate, feeling invisible or insignificant, "I'm nothing"
5-9: Withdrawn, invisible, making space for others, conceptual, passive
Triads: Triple Withdrawn

469

4-6: Reactive, emotional, over-analyzing, destroying, projection and introjection, they've been "wronged/hurt," Jekyll/Hyde, victim mentality, spiralling
4-9: Withdrawn, compassionate, feeling invisible or

insignificant, "I'm nothing"

6-9: Tracking others/socially aware, "folk", doubt, uncertainty, not pushing buttons but will fight back if necessary, humility, rabbit, glorifying "uniqueness" as something to celebrate, underdog, friendly, adaptable, "real life," humanity, defying labels and categories, seeing pieces of themselves in many types, "it depends on the situation"

Triads: Reactive, Withdrawn, Attachment

479

4-7: Idealistic, epicurean, flamboyant, novelty, dramatizing both ups and down, war between rawness and sparkle, black vs. rainbow, "brat," overly individualistic, unsettled, critical, restless, frustration, amoral

4-9: Withdrawn, compassionate, feeling invisible or insignificant, "I'm nothing"

7-9: Positive, light, fluid, changing, an amorphous rainbow, fairy-like, surrealism, mixtures and variety, jazz, free-flowing, playful language, distorted imagery, swirls

Triads: Frustration, Withdrawn, Positive

<https://www enneagrammer.com/fixes-stems>

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***Triads:**

Object Relations

Emotional state that sustains each type's sense of self

Rejection: rejected by others & self

Frustration: always disillusioned

Attachment: adapt so they can attach

Horneyan Social Styles

How each type tries to get what it wants

Assertive initiators: moving against; energetic; process out loud

Compliant cooperators: moving with; bounce things off others

Withdrawn soloists: moving away; reflective; process internally

Harmonics

What each type does when it does not get what it wants

Reaction: needs reaction from others

Competency: puts aside personal feelings

Positive: puts aside disappointment