

THREE INSTINCTS

- SP is about the body and **firm boundaries**; health, stability, protection.
- SX is about change, **fluid boundaries** and intense self-revealing; creative, open, receptive, soft. It is not about SOC connection or reciprocity or "one-on-one."
- SOC is about connection and creating bonds (it is not about "groups"). SOC's have an innate sense of others and **bonding** communication skills.

Humans all have three main survival instincts: Self-Preservation, Sexual, and Social. Our enneagram type is a strategy used to meet the needs of these three instinctual drives. Our personality tends to have an imbalance with the three rather than use them equally. Which one do you think you most identify with? Before understanding how our particular type interacts with our particular instinct, it's important to have a thorough understanding of what each instinct is in its natural state.

Below you'll find information on each instinct, common misconceptions that follow, and very brief iterations on subtype. The instinct information at Enneagrammer differs somewhat from more traditional information about the instincts due to new research.

SELF-PRESERVATION

What is it?

The self-preservation survival instinct is the instinct of physical self-protection. As living species, our bodies are the catalyst for our lives. This is the most basic ubiquitous survival instinct. If our bodies fail, we cannot live. This instinct is concerned primarily with one's own physical body and its health, stability, protection, and ultimately that it continues to live.

How does it manifest?

1. Physical Well-Being

The self-preservation instinct is primarily focused on the body itself, and its well-being. This includes health, strength, diet, fitness, and endurance. This facet of self-preservation is like a management system for your body. It seeks to find a root cause for problems in the body, and it can seek to test the body's endurance to harm or stress.

Possible examples of thoughts:

Is this food healthy? Why do I feel so tired today? When can I get back to the gym so I can feel more energetic? Could I climb to the top of this mountain? Could I survive in the forest for one month?

Concrete examples: Buying only organic because it's better for you, high focus on working out or fitness, health and medicine, diets, fasting, boundaries

2. Self-Regulation and Skills

The basic tasks and errands that are required by life to keep one in a healthy routine are a facet of preserving the self. This also includes the skills necessary to take care of oneself such as maintenance, repairs, and the ability to adapt to new circumstances should they arise. These are the most basic and fundamental survival skills according to whatever circumstances a person is in. A person will not necessarily find pleasure in focusing on these things, but they will be a focus nonetheless. The sense of building something also goes along with these skills, whether it be making furniture or building a business. The lack of this skill can make a person see goals without having any patience or knowledge of how to reach them, such as in low SP people. In general, there is sense of practicality in these skills.

Possible examples of thoughts: Can I take this apart/fix it? How does this work? What work needs to be done to get what I want? How can I autonomously create my own life? Did we do the laundry? Are my affairs in order? Will I be able to settle in a new place? How do I make this more convenient?

Concrete examples: Business savvy, investment skills, home improvement, errands, administration, mechanics, sports, transportation, logistics, craftsmanship, surgery, survivalist skills

3. Foundations and Resources

This facet of self-preservation focuses on the tangible aspects of life such as a home, earth, food, shelter, etc. Much of this manifest into a focus on money, since we live in a world where in order to gain resources, we need money. There is also a focus on making things permanent and secure. In general, SP people may not like massive changes to their lives or uprooting something that was once a stable anchor. However, people can also test the endurance of their own ability to survive by jumping out of stable situations. Either that, or they will seek "adventure" in terms of lifestyle (ex. travel). What separates this behaviour from SP-blinds is the inner motivation to build endurance and skills, rather than the SP-blind tendency to not register foundations and resources as being something that needs to be worked for specifically. The lifestyles sought after by SP people can vary wildly between frugal and simple to opulent depending on enneagram type and individual scenarios. The idea of foundations also brings the drive to preserve things foundational in general, which can spurn an interest in things that are concrete and old or historical.

Possible examples of thoughts: Is owning property better than renting? How much money do I have this month? Where's the closest grocery store? Why am I stuck here when I really want to travel and see the rest of the world? Why isn't there enough nature in this city? Do I have any savings?

Concrete examples: Finance, eco-friendly initiatives, saving money, mutual funds, property, land, the earth, animal care, monuments, history.

SEXUAL

What is it?

The sexual survival instinct is the instinct of attraction and seduction. Beyond the physical drive to actually have sex, this instinct is the drive to attract sex. As a species, mating is a means of keeping the human race alive. However it is often not easy to ensure a mating partner. We have choice in who we mate with, and humans have developed attraction strategies to ensure that they are consistently able to seduce the interest of a mate. Sexual selection has ensured that our most attractive qualities be genetically passed on through the ages. For example, the female peacock is attracted to large, colourful plumage, and so it evolved to grow larger and more elaborate. In people, this instinct is an over-identification with the attraction strategies and elements of mating (beyond the act of copulation itself).

How does it manifest?

1. Arousal vs. Repulsion

The sexual instinct seeks to be aroused and also illicit that response in others. It wishes to be energetically “turned-on” by people/things. SX-doms tend to be a slave to the things that arouse them, moving intensely toward these things in the manner of a drug addiction. When humans are sexually aroused, studies have shown that they are less likely to be disgusted by the smells of their partner’s body or even feel as sensitive to physical pain. It’s nature’s way of ensuring that the intense and boundary-destroying act of sex be a deep need in us, and that we are not deterred from mating by other instinctual boundaries. However, when one is not sexually aroused, the idea of sex with the unwanted mate is repulsive and can produce a disgust response. This is also nature’s way of ensuring we mate with the right person and be turned off by the wrong person according to the sexual instinct’s innate intelligence. We are either “turned on” or “turned off.” While a SX-dom does not necessarily wish instinctively to repulse or be repulsed, in a way, repulsing another can be confirmation that they are having an effect. If there’s no response, then they are not adequately sending attraction signals, since people’s response to sex is either turned on or off.

Possible examples of thoughts: Is this arousing me? Do I crave it? Do they crave me? How deep can I penetrate this? Why aren’t they hooked on me? Will they be turned off if I do this?

Concrete examples: Pushing a person’s boundaries, trying to get a rise out of someone, invading their comfort zone, locking someone into you

2. Transformation via Seduction & Display

The sexual instinct aims to fuse chemically with another, this fusion transforming both parties. In a sense, this need for fusion on in both parties can be objectifying. It is not a caring social fusion, but rather a chemical need to infect and be infected, to have the other person grow inside you and alter you, thus each person transforming into something else.

Achieving this fusion via seduction and display manifests in two ways:

a. Loss of Self - The Orifice - Feminine

There are certain creatures (such as cicadas and male preying mantises) who work vigorously to mate only so they can die immediately after. There is a sense of giving oneself completely over to fusing with another being that you completely lose yourself in the process. Metaphorically, this is the feminine aspect of this instinct (we all have both feminine and masculine regardless of gender). It is the open hole, the receptive socket for self-transformation. “Make me one with you.” Often, the depictions of the sexual instinct in subtype literature focus only on the aggressive/masculine tendency of this instinct. But both the feminine and masculine are present in all of us, and SX-doms in particular can tend to wear more androgyny. This is the aspect of sexual that is creative, open, receptive, soft, and is a complete opening of all boundaries. This can soften certain enneagram types such as 8 or 5 who normally have physical/emotional/mental walls up. This brings the walls down in a way that SX-blinds would be opposed to.

b. Aggression/Display - The Phallus - Masculine

In most animals species, it is the male species who displays themselves to attract a suitable female partner. The peacock has its feathers, other birds have their intricate nests and special dances, etc. Humans have their creativity, or the thing that makes them stand out beyond others for display. These displays can be pointless from a survival standpoint, but they aim to attract a mate. For example, the peacock’s feathers slow him down and make it more difficult to escape predators. Point being, this instrument of sexual display actually threatens its self-preservation. However, the pointless display is important for its attraction strategy because it’s the hook that gets him mates. Humans can advertise their special scars, talents, exposing the underbelly of what’s beneath them, metaphorically the exposed phallus.

Note: In humans, both the masculine and feminine strategies are present in all of us regardless of gender or sexual orientation. One may be more of a focus than others. However in both these strategies, there is an intense psychological nudity stemming from making oneself vulnerable.

Possible examples of thoughts: Are we one? Am I penetrating? Am I leaving my scent or my mark on this person? Do they want me? Will they find someone else to be hooked on? Why aren’t they addicted to me? What can I become? What can I transform into?

Concrete examples: Letting yourself be taken, emotional/psychological nudity and openness, displaying something that’s an emotional or physical scar, deliberate androgyny as an attraction strategy, allowing yourself to be changed or transformed by another, having a particular attraction strategy, fluid boundaries

3. Chemistry

The sexual instinct needs to feel the chemistry of being hooked into someone/something and have it returned. SX-doms can feel like a hunter waiting for their prey, or prey waiting for their hunter. They are sending out pheromones wherever they go, aiming to leave their “scent” on others. Their biggest fear is being undesirable or losing that chemistry. Not being captivating or interesting enough to attract a mate is devastating. To use the peacock example again, the male peacock can put a great deal of mental and physical energy into their display, and still the female might just not think it’s arousing enough to mate. The synergy that is craved in SX is a sense of simultaneous giving and taking (although the giving isn’t altruistic). It can be paralleled abstractly in vampire literature where the vampire bites and drains blood but the victim gains pleasure from it, or at the very least, this is usually eroticized. During intercourse or other kinds of mutual sexual activity, both people involved crave the other as an object to “take” but also enjoy “being taken” by the other. Both people are objectifying each other but getting what they crave in the process. This chemical synergy of objectification on both sides locks both people into a chemical flow.

Note: This kind of chemistry is not the same as love or connection, however, humans of course have the ability to mix love with sex. However the Sexual instinctual drive is a separate domain. Connection and bonding is more in the Social instinct domain. And love and intimacy are not instincts.

Possible examples of thoughts: Is there a building energy between us? Are we magnetically drawn to each other? Can we sustain this? If it’s gone, what else is out there?
Concrete examples: A heat between you and another that registers as sexual, a sense of addiction or obsession, possession, turning off most people to attract the one that likes your scent.

SOCIAL

What is it?

The social survival instinct is the instinct of connection. Connection is a gigantic domain and so this instinct is multi-faceted and adaptable, which is part of its innate skill. The prehistoric human brain became larger and larger very quickly, which resulted in offspring being born out of the womb less developed in growth than other species. Many species’ offspring are born almost fully formed, and the period of infancy is much shorter. However, because the human brain is so large, offspring were born early with a long period of helplessness before adulthood. This meant that young sapiens needed a strong bond with a caregiver that could protect them for several years, including the parents and other tribe members. The red-alert response we get when we hear a baby crying is the social protection drive in all of us.

This drive to form connections with another human being developed deeply in humans to point where we are able to live

in extremely large societies cohesively. Few other species are able to do this. Bees and ants are examples of other very socially cohesive creatures. In humans now, this instinct is an over-identification with relationships with other humans in various ways whether they be deep or cursory. How does it manifest?

1. Connection and Care

Our brains have built-in mechanisms that register threats to our connections as pain (the dorsal anterior cingulate cortex and anterior insula). This facet of Social has a two-way street that begins in childhood and stays with us as an archetypal duality: the parent and the child. Even as adults, we not only long to be cared for, but we instinctively long to care for others. This is the instinct of closeness and “common ground.” All bonds whether they are friendships, relationships, or familial have a common ground space. It is a collection of common-denominator activities, interests, feelings, etc. that two people (or a person and a group) share. The two social stackings will find common ground in different ways, depending on their blind spot. This sense of connection and care leads humans to get a positive feeling reward when they are altruistic without any personal motivations behind it.

The darker side to this is registering the people one should not or cannot connect with. SO-doms can be particular about who they do or don’t connect with, and they can have a negative reaction to a person or group that they see as a threat or someone to stay away from. This is nature’s way of protecting us against the “diseased” dangerous person/tribe. Examples of this are: racism, prejudice, exclusion, seeing the other as unclean (ex. hygiene, home cleanliness), seeing differences as a threat, etc. Part of protecting “us” is being a unit that unites against the dangerous “other.” This skill is useful when used against a person who is actually a threat and becomes problematic when turned into prejudices.

Possible examples of thoughts: Who are we? What do we have in common? What connects us? Are we an item? How close are we? Are we close enough that I can call them after 9 pm? Will anyone be there for me? Does that person have germs? Why isn’t she responding to my text? Why can’t I find anyone to hang out with? Did my boss get me a birthday card? Why can’t we spend quality time? Do I have these people under control?

Concrete examples: Asking a person how they are, active listening, friendships and close bonds, family, power seeking, group leading, group control, teaching, lecturing, imparting, social media, providing, making a difference, making an impact

2. Mindreading

Humans, unlike other species, are able to interpret the actions of other humans as having not just consequence but also motivation. We can even personify inanimate objects as having their own “minds” or “souls.” For example, “That willow tree looks so sad and the wind seems angry.” Our

brains also have built-in mechanisms (the dorsomedial prefrontal cortex and the temporoparietal junction) to essentially make assumptions about not only the feelings of others, but their goals and aims. Seeing other humans as individual minds that have separate thoughts and motivations from us is instrumental in our success in connecting with others, knowing what they need, and reducing the pain of social rejection. This process of mind-reading is called mentalizing, and studies have shown that this region of the brain is active even when we aren't doing anything. We mentalize in the background all the time. In order to do this well, humans and animals have all kinds of unspoken rules and contracts for behavioural expectations, and it can be devastating/disorienting when these are broken. These vary depending on location and time period of life.

Possible examples of thoughts: Does the cab driver want me to get into the car? Is this person waiting for me to pay? Is that person going to cross the street? Is my mother mad at me? Am I the only one with my windshield wipers on? Is what I'm saying too harsh? Is this polite? If that person is standing up, does that mean I should too? Should we bring a gift?

Concrete examples: Knowing how to respond in any human interaction from paying at the grocery store to a job interview in order to create either a positive (or deliberately negative) bond/response

3. Harmony & Social Role (You vs. Me)

This aspect of the social instinct also has two facets: the self and the other—the “me and you” instinct. We all have a sense of self (the medial prefrontal cortex in the brain) that includes our thoughts, feelings, likes, dislikes, etc. However, this entire sense of self has been heavily shaped by society and our surroundings our entire lives. Many of the things we think or our viewpoints or ideas are shaped heavily by our external circumstances and the influence of others. When we transport ourselves to another social ecosystem elsewhere in the world or into history, we see that a sense of “normalcy” always exists, but it may be completely different than what it currently is for us. Our private sense of self in a sense is also a communal “us.”

Self-control (ventrolateral prefrontal cortex) allows us to harmonize with others, the reward being acceptance by others. This means that our ability to shape the way we are to fit what is required of us externally requires a sense of self-control and mediation of what's inside vs. what's outside. Our attempt to harmonize our internal “us” with the external “them” is part of where our social “role” comes from. It allows us to put our individual selves forward in a way that will still allow us to be valuable to the group. Included in social role is also pecking order, hierarchy, and social status. These are all ways to measure who we are in comparison to others.

Possible examples of thoughts: Who am I? Is this person problematic? Are they using appropriate terminology when describing identities? Am I offending anyone? Should I post this photo? Is this the right thing to wear? How should I say

this? How do our political views differ? What makes me me? How do people see me right now? Who's in charge here?

Concrete examples: Getting along with others, forming alliances, living harmoniously with other humans, forming lines, having a sense of self that you consciously present to others, knowing how you come across, knowing how to behave, protesting, unionizing, understanding social protocol (one can reject social protocol, but Social would be aware of this deliberate rebellion, rather than Social blinds not registering the situation), consciously accepting or rejecting what others expect you to be, feeling social humiliation.

COMMON MISCONCEPTIONS

Below are some distinctions between instincts and other human elements that will assist in understanding these concepts:

1. Self-Preservation Instinct vs. Sensation and Body Awareness

Self-preservation is the instinctual drive that is focused on the physical self and its well-being. However, this is not the same as simply enjoying or having sensitivity to sensory pleasures or comforts. There are many people who have a high sensitivity to sensory input, but may or may not be SP. Enjoying food or insisting on a comfortable chair purely for comfort is not the self-preservation drive, unless the motivation behind these wishes is self-preservation.

Self-preservation is also not the same as body awareness or being in the body centre of the enneagram. Gut types have a focus on how to “exist” in physical space with the body as the locus of their being. There is overlap here in terms of a general body focus, but SP is an instinctual survival drive with specific needs.

2. Sexual Instinct vs. Sex Drive, “One to One,” and Intensity

The Sexual instinct as far as we identify with it in the enneagram is an over-identification with attraction. This is not the same as the human body's sex drive. The drive to want to “do it” or just physical arousal in itself is something that is present regardless of instinct. One can be aroused and have sex without this over-identification with it. Seeing how the Sexual instinct in itself always poses a threat in the sense of being boundary-destroying, most people can have insecurities about sex regardless of instinct.

The Sexual instinct is also not the same as “one to one” connecting or bonds. Any kind of human connection where two people share a bond is in the domain of Social. Both Sexual and Social interactions can be either one-to-one or group-focused. New research dispels the myth that prehistoric humans were sexually monogamous. Group sex or having more than one partner has existed for a long time, so there is no reason to view the Sexual instinct as being strictly one-to-one connections. However, when SX people hone in on a specific target, the level of self revealing and psychological

nudity offered to the other person can feel like a more “intense” one-to-one bond than most people are used to. SX has a way of pushing through the boundaries around acceptable social interaction.

The Sexual instinct is also not the most “intense” of the three, although as stated in the last paragraph, it can feel intense or “invasive” to people. All three instincts can become extremely intense when their needs are threatened. Different enneagram types and combinations can carry different levels of intensity, and that word is very vague to begin with anyway. It is also not necessarily the most aggressive instinct, seeing as how it has very open fluid boundaries, allowing the subject to be filled and changed. SP is the instinct with the strongest boundary up, and SO has a preoccupation with the self and its relation to others.

3. Social Instinct vs. Love, Extraversion, Positivity, and Enjoying Groups

The Social instinct aims to create bonds of all kinds with fellow humans. Some of those bonds will have love and others will not. For example, friendships, romantic partners, business partners, parent, child, crossing guard, etc.

Not all people with heavy social instinct are necessarily socially extraverted, meaning that many SO people still enjoy spending much time alone to recharge. And there are SO-blind people who are happy to be amongst lots of people all day. Introverted Socials might focus on a smaller number of connections, or find less active ways to keep those connections alive such as texting, long distance friends, less time spent together, etc. Social can also manifest in smaller ways like trying on a new outfit that puts you in a new “genre,” or considering your relations from a detached viewpoint.

Being a SO type does not necessarily mean that one has a positive attitude toward people or humanity. Many socials can be more on the positive side of how they view life. However, any social type can be completely antagonistic towards people, humanity, social norms; they can protest, rebel, break rules, be a tyrant, etc. It’s the preoccupation with these issues and reactivity to them that speaks volumes. Social can go pro-social or anti-social. In either case, there’s still a focus on how to properly do social.

To continue with the distinction between SX and “one-to-one,” it should be stated that social instinct is not the instinct of “groups.” In a sense, yes, the instinct in humans at large has allowed us to form gigantic cohesive groups which is one of the main reasons humans rule the earth. However at a more granular level, SO-doms will not necessarily want to spend time in groups rather than one-to-one interactions. If anything, Socials will be more particular about who they spend time with and in what contexts whether it be group or duo. Socials can end up curating specific people that they care about the most.

SUBTYPES

When instinct interacts with type, a subtype is created. It’s important to study the type descriptions and the instinct descriptions FIRST before coming here. The following are very brief, abstract iterations on subtype and are by no means meant to be a complete description of the full complexity of type and instinct mixing. They are listed here to counteract the descriptions of the subtypes which circulate online (originally conceptualized by Claudio Naranjo) which the Enneagrammer team respectfully believes to be inaccurate in light of new instinct research.

SP 9: Merging with SP, stuck inside tasks, asleep to important SP needs, needing specific comforts but not always having the drive to get them, the toughest 9, can look very different depending on tritype, the most common subtype
ex. Ryan Gosling, Beyonce, Janet Jackson, Scarlett Johansson, Melania Trump, Norah Jones, The Weekend

SO 9: Merging with people, oscillating between completely available/open to absent, social role is open, fluid boundary, there are different versions of “me” that are all “me”
ex. Barack Obama, Mark Zuckerberg, Nelson Mandela, Albert Einstein

SX 9: Merging with attraction, triangulation with people, not fully present to attractions, won’t be firm on what they want, attracting and withdrawing, Dracula’s mist
ex. Carl Jung, Mariah Carey, Björk, Sade, Jimi Hendrix, Jaden Smith

SP 1: Rigidity in SP, the right way to do things, “anger with the stroke of a pen,” strongly-worded letters, being prepared for anything, firm boundary
ex. Bernie Sanders, Noam Chomsky, Yoko Ono, Martha Stewart, Emma Watson

SO 1: Double super ego, focus on good behaviour, ideals, morals, lofty, rigid
ex. Jordan Peterson, Ghandi, Ayn Rand, Hilary Clinton, Judge Judy

SX 1: Rigidity in attractions, moral purity spilling over into the snake pit of SX, some of the 1 boundary comes down with SX
ex. Jane Fonda, Rose McGowan, Meryl Streep, Cate Blanchett

SP 2: Taking care of others in a SP way, aggressive providing, morality of care
ex. Michele Obama, Mr. Rogers, Beatrice Chestnut

SO 2: Being the go-to person, the likeable connection, the helpful expert
ex. Dr. Phil, Liberace, Arsenio Hall, Sarah Palin

SX 2: Being the most pleasing seducer, being “needed and craved,” “The charming predator”
ex. Dolly Parton, Stevie Wonder

SP 3: Can't stop moving, taking care of things, body is a machine, must "do"
ex. Taylor Swift, Kanye West, Rachel McAdams, Paul McCartney, Tom Cruise, Anderson Cooper

SO 3: Image of success, publish a book, own an art gallery, "shine," being great at all the elements of social
ex. Drake, Justin Bieber, Justin Trudeau, Justin Timberlake, Will Smith

SX 3: Being successful at SX, the best at hooking people
ex. Madonna, Billy Idol, Whitney Houston, Elvis Presley, Britney Spears, Angelina Jolie

SP 4: Self-sabotage your own lifestyle, hopelessness with SP, something is always wrong with my body/my life
ex. Anna Wintour, Anne Rice, Nicole Kidman, Joni Mitchell

SO 4: Public artist, picky about connections, anti-social, broadcasting the aesthetic of a broken person
ex. Marilyn Manson, Oscar Wilde, Jean-Michele Basquiat, Michael Jackson, Adrien Brody

SX 4: Double nudity, open hole, bruised and exposed
ex. Prince, Rufus Wainwright, Bob Dylan

SP 5: Double detached, minimalist, "scientist," work hard for their special interest
ex. Bill Gates, Thom Yorke, Alfred Hitchcock

SO 5: Considering humanity from a detached perspective, social role of intellect, "connection with autism"
ex. Jacqueline Kennedy, Mary Roach, Tim Burton, Russ Hudson, Tim Burton, Claudio Naranjo

SX 5: Hooking people in with strange ideas/displays, still emotionally detached
ex. John Lennon, Trent Reznor, Lars von Trier, Marina Abramovic

SP 6: Over-concern with an element of SP and double-checking, tightening the screw so tightly that it breaks the wood
ex. Jerry Seinfeld, George Clooney, Adam Sandler, Tina Fey, Ellen Degeneres, Jennifer Aniston

SO 6: Friendly, gossip, "...but don't tell anyone, no one needs to know," morality of humility, SJW, outspoken but friendly
ex. Kendrick Lamar, Oprah, Eminem, Bill Nye, John Stewart, Rachel Maddow, Anne Hathaway

SX 6: Attraction with uncertainty, fear of making a mistake, overdoing toughness/vulnerability
ex. Mike Tyson, Marilyn Monroe, Al Pacino, Ozzy Osborne, Mel Gibson, Julianne Moore, Woody Allen

SP 7: Life is like a big piece of cake to eat, inventive, epicurean
ex. Steve Jobs, Gordon Ramsey, Elon Musk, Anthony Bourdain, Charlie Sheen

SO 7: Positive social role, fun, sparkly, not too serious
ex. Brad Pitt, Betty White, Mike Myers, Liza Minnelli, M.I.A., Amy Schumer, JFK

SX 7: Maniac, attraction with goofiness/royalness
ex. Robin Williams, Cher, Fiona Apple, Pete Davidson, Freddy Mercury, Adele

SP 8: Conqueror, intensity and control about SP
ex. Camille Paglia, Donald Trump, Gene Simmons, Vladimir Putin, Marlon Brando, Picasso

SO 8: Double control, being the big-energy person who has power and clout
ex. Frank Sinatra, Adolf Hitler, Steve Bannon, Alec Baldwin

SX 8: The 8 boundary comes down to open to another being for fusion, attraction displays are "loud"
ex. Chris Hemsworth, Beethoven, Bruce Lee, Gurdjieff, Bono

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STACKING

Now that the three instinctual drives have been introduced, it is time to look at how all three of them interact within us. We have and require all three drives, but we become over/less identified with specific ones. The "stacking" is referring to which instincts we focus on vs. ignore. All three are in the stacking in levels.

DOMINANT INSTINCT

The first instinct in our stacking is the dominant one, or the one that we are most focused on. This instinct is so powerful in us that we almost can't see it. This is similar to the way we need oxygen desperately without being conscious of it or knowing how it works. People can sometimes think that their dominant instinct is their blind spot, because it can be difficult to observe our intrinsic behaviour as being separate from who we are. Also, it just seems so obvious that this stuff is the most important, that it is difficult to imagine NOT focusing on it. This instinct can either be SP, SX, or SO. The large majority of the population dominates with SP, as it is the most basic of survival needs.

SECONDARY INSTINCT

The second instinct in our stacking is one that we focus on, but the stakes feel lower when we react to those issues. In can work to either support or antagonize the dominant instinct, where most of our energy is spent. This area is a place we might feel comfortable dipping our feet in without plunging into the deep end, as the dominant instinct pulls focus. This is the instinct that causes us the least problems. The dominant and secondary instinct dually form the general focus of our lives. Nevertheless, this area can be reactive and problematic as well, as it is still an instinctual focus.

THE BLIND SPOT

The third instinct can be as problematic as the first but for a different reason. It is the area that we ignore due to the polar pull of the dominant. This is the area that we feel isn't crucial or important, and we generally try to meet the aims of this instinct using the strategies of the dominant and secondary instincts. Integrating this instinct can be as challenging as attempting to tame the dominant. It is clumsy and underused. If the more dominant instincts are experiencing some level of satiation momentarily, the blind spot is easier to integrate. When labelling our stacking, we do not include the blind spot. For example, "SP/SO stacking" refers to dominant SP, secondary SO, and SX blind spot.

There are six instinctual stackings. In order of approximate frequency in the population, they are as follows: SP/SO, SO/SP, SP/SX, SO/SX, SX/SP, and SX/SO. The instinctual focuses are expressed differently depending on the stacking.

NICKNAMES

The following are some nicknames for the stackings that are meant to be broad, abstract archetypes describing the energy focus of each stacking. There are MANY iterations of each stacking and no one person would ever relate to all the nicknames for their stacking. They are highly relative to one's type/tritype. However, each stacking creates a certain energy in the world, and these nicknames are meant to illustrate how some common themes hold their origin in instinctual stackings.

SP/SO

The Craftsman, The Innovator, The Inventor, The Curator, The Futurist, The Startup, The Heritage, The Interior Decorator, The Technology, The Preserver, The Adventurer, The Land Explorer, The Traveller, The Lifestyle, The Season

SP/SX

The Cat, The Spider, The Grime, The Lightening in a Bottle, The Witch, The Haunted House

SX/SP

The Vampire, The Transformer, The Fire, The Phoenix, The Electricity, The Veins

SX/SO

The Pop Star, The Soft Diamond, The Sex Therapist, The Provocateur, The Peacock, The God/Goddess, The Immortal, The Solipsistic Sex, The Tango

SO/SP

The Leader, The Human Resource, The Activist, The Megaphone, The Cultural Designer, The "Somebody," The Priest, The Teacher, The Birthday, The Pillar, The Monument

SO/SX

The Posse, The Nickname, The Sparkler, The Butterfly, The Prince, The Martini, The Fashion, The Icon, The Chit Chat, The BFF

SECONDARY INSTINCT

The area of the 2nd instinct acts as a "playground" of sorts in support of the first instinct. We are reactive to the issues of the 2nd instinct, but much less is "at stake" than with the dominant instinct. I'm calling it a playground or play area because we can be more flippant and exhibitionistic in this area. This is because it is neither an ignored blind spot nor an extremely important dominating focus in our lives as is the dominant.

SP playground in SO/SP and SX/SP

- The body and its wellness as something to toy/experiment with
 - Cutting and distorting the body for the purpose of a social message or sexual display
 - Focus on "group" identities that are concrete such as gender/race/nationality
 - SO/SP turning themselves into a protest instrument"
 - SX/SP doing SX "vulnerability" by physically transforming their bodies
- Money and fitness as instruments of the first instinct
 - SO/SP using money or fitness as a point of "status pride"
 - SX/SP using fitness for the purposes of being a sexual object

SO playground in SP/SO and SX/SO

- Interactions and connections are easy but not particular
 - Adept at communicating and interacting, but not being hyper-particular about who/what/where/when/how
- Travel and "culture"
 - A focus on travelling and discovering other cultures, less of a concern about establishing a firm identity in one place
 - Culture in general as something that can be discovered in a new place, you can immerse yourself in it, and then leave
- "People" as an instrument to assist with primary instinct
 - SP/SO making friends and partnered connections for shared resources
 - SX/SO playing with cultural ideas as part of sexual display

SX playground in SP/SX and SO/SX

- Loud/Accidental sexual display
 - SO/SX particularly flippantly using explicit sexuality as something to toy around with and act as an inviting aspect of their social identity
 - SP/SX accidentally allowing their sexuality to ooze out without much particular control over how
- The chase without the obsession
 - Being drawn to opening yourself up in a vulnerable way to allow the complete takeover of another being, but then being able to move on to another object without becoming completely immersed like SX-first
- Injecting "sex" into the primary instinct
 - SP/SX charging the atmosphere/physical environment with an allure

- SO/SX pushing the glamour and spice of sex into status hierarchies, manifesting as royal themes/crews/nicknames

BLIND SPOT

✦ Sexual Blind Spot - SP/SO and SO/SP

The areas ignored by these two stackings are the three elements of the Sexual instinct:

1. Arousal/Repulsion, 2. Fusion, and 3. Chemistry.
 1. Arousal/Repulsion: Sexual-blinds are often not as in-tune with what turns them on energetically. They can have strong passions and interests, but the level of whole-self immersion in someone/something is less. The SX-blind stackings are perfectly capable of having enjoyable sex, but this area might be less of a “sacred” place for them. Some SX-blinds will not want to have sex unless they’re in “love” (or feel a social bond), and others are comfortable satisfying their sexual urges as simply a bodily function that’s enjoyable (especially SP/SO). This is contrary to the mating dance that SX-doms play into, the attraction strategy is the things they’re over-identified with, rather than the physical “doing it” part. However, all people are capable of enjoying sex (unless asexual). Sometimes SX-blinds are less immediately aware of who’s into them, who’s attracted; it might take them a bit longer to know if they’re completely interested or drawn in. Some SX-blinds can feel basic arousal immediately when attracting a new mate, and some need a bit of time. They often aren’t always aware of what makes them attractive or engaging in a way that hooks people.
 2. Fusion: SX-blinds will attempt to “merge” with people using Social strategies, being more interested in meeting a person where they’re at. There is a stronger sense of reciprocity in the connection, vs. the Sexual connection being somewhat objectifying the other for an energy fix. They will also lack the psychological androgyny of SX-doms in the sense of having a boundary up that blocks their “opening” or “penetrating.” The idea of tossing Social rules aside and allowing yourself to yield to another can feel like “too much.” SX-blinds can feel strongly about another sexually or romantically, but they are not identified with completely losing themselves as a slave to attraction. SX-blinds might focus their attraction strategy on their dominant instinct instead, with SP/SO often assuming that the “body” being fit or thin is the key to attraction, and SO/SP assuming that their social display/affiliations/successes/friendliness is the key to attraction.
 3. Chemistry: SX-blinds will be less aware of energetic chemistry between two people of being magnetically drawn to each other like a moth to a flame. This is something that might be subverted or seen as “intense” or “dangerous” in the psyche. In a way, SX-blinds like to believe that they have some cognitive human power over who they’re attracted to and what they’re drawn to, rather than being a slave to our own animal instincts. The idea

that we actually have no choice in the matter of strong attractions is something that is ignored or overridden with Social choice. SX-blinds may try to create chemistry by using “activities” on dates, watching intense movies, drinking alcohol, etc.

The main focus of SP/SO and SO/SP:

- A focus on survival and society, cooperation as a whole, ideas and systems about how we are all together and how we live, group affiliations, politics, contribution.
- Lack of awareness of the body’s own primal urges, the things that make society fall apart, the things that can remove/transform the self, the narcotic within
- can lead to a fear of one-on-one or overly personalized interactions, groups are safer because there’s less onus on you to be interesting
- state of the earth, climate, objects, things that are concrete and manmade, social monuments
- Innovation for humanity, building structures for the people, focused on things that will last, monuments
- Outsource SX to movies, art, substances, vicarious SX

✦ Social blind spot - SP/SX and SX/SP

The area that is ignored by these three stackings are the three elements of the Social instinct: 1. Connection/Care, 2. Mindreading, 3. Harmony/Role.

1. Connection/Care: The connections made by the sexual instinct do not involve bonding or reciprocity. This is not to say that they can’t feel love, but the instinctual drive itself is more concerned with connecting chemically as if getting a drug fix, and maintaining that locked-in high. They can make friendship bonds or other types of relationships with people, but they are often less “close” than it seems. Once the energy of attraction wears off, they might forget to maintain that bond as they search for a new energy fix. They also have less of a “screening process” for the people they interact with. SO has a sense of “good and bad people” built in, or an innate sense of knowing who has the same moral values or psychological understanding of the world. These similarities will bond them together. SO-blinds often ignore this, and the people in their life are less of a “big deal” or of something that needs to be focused on.
2. Mindreading: SO-blinds are often unaware of certain social cues, or they might ignore them without even intending to rebel against them. The big societal lattice-work of mental mindreading is muted in favour of SP and SX. They may create beautiful art or have great ideas, but they often lack the superb communication skills of a SO-dom who is highly aware of how everything they do is received by others, and is able to respond to their social cues. Lacking this arena of social has behavioural similarities to autism, but is not the same thing.

3. **Harmony/Role:** SO-blinds forget to present a sense of “me” and identity beyond being an attraction object for themselves or others. They are less concerned with how others see them and how they fit into the greater context of society or even their own small circle. In a sense, they lack a “genre,” the SO-doms having the clearest sense of this. They will take little pride in being part of any team, being from a particular city/place, having a “crew” or group, etc.

The main facets of SP/SX and SX/SP:

- A focus on the self and its needs, the objectifying of others for sex/arousal or instinctual resources
- Lack of focus how to present themselves in a way that properly communicates their own message of who they are
- Lack of awareness of what makes them bonded to others, who they are in relation to others, how they are relating to others reciprocally
- Not being “met,” no communication just for the sake of talking, not looking to connect on something shared, may connect on something but do not identify with the space between two people that the connection brings, they are not bonded by communication
- Lacking a sense of social order (Socials can rebel against order but it’s deliberate), and a sense of being “civilized” or “human”
- Outsource social to others, have other people keep them in the loop

✦ **Self-Preservation Blind Spot - SO/SX and SX/SO**

The area that is ignored by these stackings are the three elements of Self-Preservation: 1. Well-Being, 2. Self-Regulation, and 3. Resources/Foundations.

1. **Physical Well-Being:** SP-blinds will have a deep belief that they will survive no matter what. They may cognitively know that they are mortal and susceptible to harm, but there’s an immaturity around accepting that their body is a physical vessel and not “them.” SP-doms know that the body is completely fragile and that their living consciousness depends on protecting it at all costs. SP-blinds find crafty ways of ignoring that basic survival fact. They might have no problem pleasuring their body with food/sex, etc. But there’s a difference between focusing on the body’s pleasure and actually taking care of it. Some SP-doms take care of their body by testing its limits, and strengthening it. SP-blinds are out of touch with this need to preserve their own health. They are less fazed by illness or injuries; either that or are completely shocked and stressed that their bodies would fail them and suddenly stressed by the idea of having to consider it. Nobody is particularly excited about illness, but there’s a sense of inevitability around the idea of illness that is lost with SP-blinds.

2. **Self-Regulation and Skills:** SP-blinds view all this stuff as “boring and unimportant.” Many SP-doms enjoy cultivating particular hands-on skills, and others see these responsibilities as boring as well. However, with SP-blinds, they often lack the ability to build things piece-by-piece long-term and the hard work it takes to get results is blind to them.
3. **Resources and Foundations:** SP-blinds can often not make the connection between work and money. Some SP-blinds like 3’s for example will work very hard and in turn make a lot of money. But there’s still a blind spot between toil and monetary reward. The idea of securing oneself is ignored. They are the opposite of a business person. This is not to say they can’t be rich or successful in business, but building foundations for themselves long-term is something that doesn’t seem important. SP-blinds are the least likely to be hoarders, or just accumulate “stuff” in general. There’s a blindness around physicality of objects and bodies.

The main facets of SO/SX and SX/SO:

- A focus on people, lots of display from both SX and SO, showing their colours, who they are, what they’re into, open, overly personal, one intense connection at a time
- Lack of awareness of what people actually need to survive, irresponsible, “It’ll all work out, who cares.”
- Want influence, Social realm is toyed with playfully
- Not good at regulating themselves, may have strong sensation, but unable to regulate, Considering health on a daily basis is exhausting, ex. Healthy eating, working out, making money; may feel a strong impulse to just ignore this or want is all done for them
- There’s a sense of care-free attitude, since SP-blinds don’t worry about all that “important stuff,” and in a way it may seem like they just get whatever they want in life without trying or considering the hard work it takes to get it
- SP-blinds might delegate SP to others, knowing in the back of their minds that someone will take care of their well-being, acquire the practical skills they need, and perhaps be their financial safety net

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