

**Definitions of Subtypes and Instincts**

	<b>John Luckovich NewYorkEnneagram.com – Instincts - my essence is actualized via:</b>	<b>Enneagrammer.com – Three Instincts</b>	<b>Hudson – Instinctual Variants - in &amp; out of balance</b>	<b>Susan Rhodes - subtypes</b>	<b>Mario Sikora – subtypes</b>	<b>Andy Hahn – energetic subtypes</b>
SP	attention, energy, and identity organized around creating, enhancing and maintaining the well-being of the body (c); through holding, safety and support, and that support thriving of self and others; via grounding, sensing, pragmatism (a). Comfortable with containment; needs to express and flow (b) •fear of scarcity & harm; responding from our Type (FB) We react with excessive eating, worrying about safety and resources (cr)	•Firm, strongest boundaries •Physical self-protection •Not the same as body awareness •Not the same as E Body Center (they focus on how to exist in space with their body as the locus)	•Take care of your overall health and wellbeing •Rigidity or procrastination around needs related to body, home, or finances •Overly attached to routines, or lacking structure in life	independence, self-reliant, individuality, dependable, disciplined, long-term, home, family, selfhood, practical realities of life; risk-adverse; enjoy solitude	•Preserving •Nest and nurture	•Moves back; take in what others need •To matter •Anxiety about insecurity •Shoulder to shoulder
SX	Glow of their attraction; sexual passion (c); identity, energy, and attention organized around pursuing attractions and being attractive; complementary energies; via pursuing, magnetism, intensification (a). Comfortable with expression and outward flow; needs channeling & containment (b) •fear of being undesirable or sexually overlooked; responding from Type (FB) We react with vanity, excess sex, obsessiveness (cr)	•Fluid and pushing thru boundaries allowing one to be filled & changed •Overidentification with attraction and seduction •Turned on •Arousal versus repulsion •Self-revealing, psychological nudity •Androgynist •Loss of self: feminine, receptive, creative, soft, open boundaries •Aggression: masculine, are we one? Am I leaving my mark, penetrating?	•Aware, vital, alive, open •Immerse deeply •Energetic •Lose self in relationships •Addicted to excitement •Obsessive or deadness •Narcissistic and/or shame	intimacy, creativity, passion, intensity, in-the-moment, easily bored, shadow work, restlessness, spirituality, mystical devotion; highest aspirations and darkest secrets	•Transmitting •Attracting, bonding •Intense appearance	•Moves forward; union •To connect, be known •Anxiety about invisible •Eye to eye and heart to heart •Exclusive conversations
SO	Deeper self is seen, accepted and loved by others ©; identity, energy, and attention organized around creating and maintaining relationships; connect, engage, contribute to others; via availability, signaling, navigating (a). Variable and adaptable depending on other personal and situation (b) •fear of being abandoned and ostracized; responding from our Type (FB) We react with excess reactions, talking, adapting to others (cr)	•Bonding •Connection •Aware of who they don't connect with •Our sense of communal us •Harmony •Both extroverts and introverts	•Create and maintain connections •Read people and situations •Participate and contribute •Overly concerned with opinions of others – fear of social mistakes and loss of support •Excessive or no focus on others •Over-committing, or avoiding commitments •Social insecurity, avoid or dominate communication	cordial yet formal, structured, social relations, community, politics, prestige, belonging	•Navigating •Exchange of info •Guarded and judgmental •Group's perception of me •Understanding hierarchy and group dynamics	•Moves up; expansive •To belong •Anxiety about being left out •Hand to hand

- ▶ Subtypes versus instincts
- ▶ Specific, similar and different definitions and meanings
- ▶ Subtypes/instincts as prior to type, or independent of type, or as dependent (subcategory) of type
- ▶ Unconscious, conscious, behavioral
- ▶ Blindspots, shadows, stacking
- ▶ Wings with subtypes
- ▶ 2 major camps: Naranjo lineage includes Palmer/Daniels, O'Hanrahan, Chestnut, Integrative9: how motivations produce behaviors secondary to types. Riso/Hudson includes Luckovich, Enneagrammer; unconscious instincts are foundational to the types. ~S.Davis