

Stephanie Davis post on FB Enneagram Openings
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INSTINCTS.

When you hear "Instincts", "Instinctual Variants "or "Subtypes" in Enneagram discussion, it's about how the natural human instincts of Self Preservation (called "preserving" by Sikora), Social (called "navigating" by Sikora) and Sexual (called "one-to-one" by some and "transmitting" by Sikora) distort our motivations and behaviors - and specifically how they interact with our Enneagram Type(s).

There are **two major thought "camps" on the instincts** - One comes from **Naranjo** lineage and includes **Palmer/Daniels, O'Hanrahan, Bea Chestnut** and the ieQ9 test. The other camp comes from **Riso/Hudson** and includes **Luckovich** and the eclectic energies test. Other posts in this group have covered the distinctions put forth by these two camps in lively detail. (you can search for these discussions with the bar on the left)

In a nutshell (in my opinion- please feel free to counter) the difference in what these thought camps are saying comes from **HOW** you do the combining of the instinct with the type.

The **Naranjo** approach does a rather pure "blending" of the motivations of the instinct (i.e. self-preservation) and the type (i.e. wanting to be excited) and describes how that blended motivation produces behaviors, preferences etc. This approach gives rise to the idea of "**countertypes**" - when the motivation of the instinct is in opposition to the motivation of the Enneagram type.

The **Riso/Hudson** approach goes about the blending differently. It starts with the premise that the instinct motivations are more fundamental (or "**before**") the type and that the Type motivation acts kind of "in service to" getting the instinctual needs met. The "instinctual variant" types, therefore, don't have the same character descriptions as the "subtypes" from Naranjo do even though they have the same names in the Enneagram world (both use SP7 for someone whose self-preservation instinct is dominant and is a core type 7 on the Enneagram, but the description of what that looks like is different)

Katherine Chernick **Fauvre's** work [Tritypes] is based on both camps

So, today, I'm posting another view - that of Mario **Sikora**. In my opinion (feel free to correct me Mario Sikora), his way of looking at the instincts is more akin to Riso/Hudson in the sense that he describes the instincts separately and "before" type and talks about things in a way that shows the instincts as "biases" and describes how the Enneagram type essentially assisting the goals of the instinct. The difference is in how he views the instincts themselves a bit differently (navigating and transmitting have somewhat different definitions than social and sexual). He also believes that the "stacking" (the order of dominance of the 3 instincts) necessarily goes in a particular order.

Here is Mario's description of the Instinctual Biases and the Enneagram.

http://mariosikora.com/?p=1860&fbclid=IwAR0VD SL6ddw_q3Aa6iToedspbOy_xb23aJiQL0ELVqwO BxL0yid_Nd0mrCE