

INSTINCTUAL VARIANTS

Riso & Hudson, *The Wisdom of the Enneagram*

SP	<ul style="list-style-type: none"> • Getting, creating and maintaining physical safety and comfort; food, shelter, finances, health • <i>Entering a room</i>, they notice the comforts of the environment • Does environment support their sense of well-being? • Earthy and practical • <i>Unhealthy</i> – when overwhelmed, they are deliberately self-destructive and turn against self • <i>Blindspot/least developed</i> – can't attend to basics of sleep, food, money; poor time and resource management
SO	<ul style="list-style-type: none"> • Desire to be liked, approved of, and to feel safe with others • Preoccupied with being accepted and necessary in the world, and maintaining a sense of value they receive from participating in activities with others • Like to feel involved and enjoy interacting with others for common purposes • <i>Entering a room</i>, they notice power structures and subtle politics between people • Subconsciously focus on others' reactions to them; particularly if they are being accepted or not • Attuned to hierarchal social structure; security of being part of something larger • Like to know what is going on in the world • Touch base with others to feel safe, alive and energized • Contextual intelligence • Enjoy interacting with people but avoid intimacy • Interact with others in ways that build their personal values, their sense of accomplishment and their security of place and position with others • <i>Unhealthy</i> – antisocial, resent society, poor social skills, fear & distrust of others, unable to socially engage with others • <i>Blindspot/least developed</i> – difficulty seeing the point of social connections; disregard others' opinions; minimal community involvement; feel that they don't need others, and others don't need them
SX	<ul style="list-style-type: none"> • Constant search for connection and attraction to intense experiences, sexual and otherwise • Exploratory approach to life • Difficulty focusing on their own real needs and priorities • <i>Entering a room</i>, they follow their attractions and who magnetizes them (SO notices power and prestige; SP notices resources; SX notices energy and intensity) • Always looking outward for someone or something to complete them • Difficulty pursuing their own projects and taking care of themselves • <i>Unhealthy</i> – profound lack of focus; act out sexually <i>or</i> become trapped in fearful, dysfunctional attitude toward sex and intimacy resulting in equal intensity about their avoidances • <i>Blindspot/least developed</i> – difficulty with intimacy and mental & emotional stimulation; difficulty getting deeply excited about anything so they avoid; they fall into routines, feeling uncomfortable if there is too much unfamiliarity