

Harmonic Groups in the Enneagram

Harmonic Groups indicate how people cope **when they do not get what they want**. The groups also reveal the fundamental way that our personalities defend against loss and disappointment (as indicated by the Group they are in).

Positive Outlook Group: Deny that they have any problems.	
<p>Twos, Sevens, and Nines respond to conflict and difficulty by adopting a “positive attitude,” reframing disappointment in some positive way. They want to emphasize the uplifting aspects of life and to look at the bright side of things. They are morale-builders who enjoy helping other people feel good because they want to stay feeling good themselves (“I don’t have a problem”). They have difficulty facing the dark side of life; they do not want to look at anything painful in themselves or others. Also, they have trouble balancing their own needs with the needs of others. Twos focus primarily on the needs of others, Sevens focus primarily on their own needs, and Nines try to focus on both, although often with the result that they have trouble adequately fulfilling either.</p>	
SEVEN	“There may be a problem, but I’m fine...”
NINE	“What problem? I don’t think there is a problem...”
TWO	“You have the problem. I am here to help you...”

Competency Group: Cut off feelings and solve problems logically.	
<p>Ones, Threes, and Fives deal with difficulty by putting aside their personal feelings and striving to be objective, effective, and competent. They put their subjective needs and feelings on the back burner; they try to solve problems logically and expect others to do the same. They also have issues related to working within the confines of a structure which evolved from their relationship with their families. (“How do I function within a system? Can I use it to my advantage? Will it hamper me from doing what I want to do?”) They are not sure how much they want to give themselves over to the values of the system, and how much they want to withhold themselves from it. Ones operate inside the rules, following them so well that no one would dare question their integrity. By contrast, Fives tend to operate outside of the rules. Threes want to play it both ways, having the benefit of the rules and structures while not having the restrictions.</p>	
ONE	“I am sure that we can solve this like sensible, mature adults.”
THREE	“There’s an efficient solution to this—we just need to get to work.”
FIVE	“There are a number of hidden issues here: let me think about this...”

Emotional Realness (Intensity) Group: React strongly and need response from others.	
<p>Fours, Sixs, and Eights react emotionally to conflicts and have difficulties knowing how much to trust other people. “I need you to know how I feel about this.” When problems arise, they look for an emotional response from others that matches their concern. “This is really bothering me! It should bother you, too!” They have strong likes and dislikes, and others are going to hear about them. In conflicts, they need to deal with their feelings first, and usually once they are able to do so, things can blow over fairly quickly and permanently. If they are not able to ventilate their feelings, however, they can become increasingly resentful and vindictive. They have difficulty balancing their need for independence with their need to be nurtured and supported by others. To trust and accept affection of others is their deep desire, but to do so feels like losing control. They fear being betrayed and need feedback from people in order to “know where others stand” toward them. They are either looking for advice and direction (“parenting”) or defying it. Subconsciously, Fours want to be parented, whereas Eights want to play the role of parent and provider, and Sixs want it both ways, sometimes being the parent, sometimes being parented by someone else.</p>	
FOUR	“I feel really hurt, and I need to express myself...”
SIX	“I feel really pressured, and I’ve got to let off some steam!”
EIGHT	“I’m angry about this and you’re going to hear about it!”