



## Hornevian Groups

The second triad of the enneagram deals with the way we approach the world or how we act. Also known as stances, the triads were originally identified by Karen Horney as she classed them by the direction we move in relation to other people. We can move with people, against people or away from people. Whilst I agree with the general idea of these names, I've read other articles relating these types to using the three basic actions, thinking, feeling and doing, in different orders. I've also seen correlation to the Freudian ideas of ego, superego and id but unfortunately, as much as I love Freud and his radical theories of psychology, only weakly match the triad descriptions. Nevertheless, considering all three in conjunction with each other provide a much richer description of the Hornevian groups.

### The Assertive Stance - Types 3, 7, 8

This triad is seen as the 'moving against' stance. The types are very much focused on acting in a manner to gain what they desire. They are the types that think about what they want and then act do gain this. It's this focus on the self that matches the Freudian association of the ego. To assert oneself is second nature.

This is very obvious with type 8 as they assert themselves very often, sometimes to the point of aggression. For Type 7, the assertion is seen when they pursue new things, asserting their right to fun. Type 3 asserts itself in a more subtle sense, focusing more on their own goals. However, if one was to stand between them and these goals, they would stand up for themselves.

The general advice for the Assertive Stance types is to be aware of the other people. The types can often act without thinking about how their actions are affecting people, sometimes with very negative consequences. It the simple notion of thinking before acting but also thinking about others before doing. It's also interesting

to note these types can sometimes have difficulty forming deep, meaningful relationships with people.

### The Compliant Stance - Types 1, 2, 6

When we talk of the types being compliant, it is a compliance to the superego. The focus is more on society and the people around them rather than themselves as seen with the assertive types. These people 'move with' others, focusing on feeling what is happening around them and then acting accordingly.

For Type 2 this action is focused on people. The desire to help others and attend to their needs outweighs focusing on their own needs. Type 1 directs their focus to social standards. They act to maintain justice and preserve social law within their groups. Type 6 will act more towards their situation they are present within, constantly assessing its safety and working towards building a secure environment.

For the Compliant Stance, sometimes its good to look inward at their own desires. Each type can be self-sacrificing in some way and so to be aware of how your own desires may not be in line with your society's desires is important in acting in a way that can attend to both. Often, the Complaint Types can be very unaware of how their personal reasoning is heavily influenced by the communities they are involved in.

### The Withdrawn Stance - Types 4, 5, 9

The Withdrawn Stance as the name suggests are those types that 'move away' from people. Here we find the types that focus on thinking and feeling, making them highly imaginative. It is hard to see how their Freudian association, the Id, can be linked with these distant types however Freud himself remarked that it was 'thinkers and poets' who were most in connection with their subconscious.

Type 5 often withdraws the most physically, strongly asserting their need for privacy and withdrawing from the world. Type 4 withdraws socially, taking time to construct their own individuality separate from others. While Type 9 doesn't necessarily physically withdraw from the world, they are guilty of zoning out with people, a mental withdrawal into an inner sanctum of being.

Types of the Withdrawn Stance can all benefit from moving themselves into the world and really being present within it. Often the types can develop great skills and talents in their time by themselves but do not ever present these to the world, focusing rather on

keeping it all to themselves. It is good to learn that using these skills and showing them to the world can be as rewarding as developing. The Withdrawn Stance also has a unique quirk in that they can feel a disconnect to their humanness, often feeling detached from their body and more present within their imagination and fantasy.

The Hornebian Groups are much easier to identify than the Primary Centres. It is also much easier to determine a persons type by first identifying their stance. In addition, all the triads make clear something that we can overlook in typing; personalities are complex. It's not only our Primary Centre that we have to work on but also how our stance affects us and the way we react to others. Just learning about some of the basic aspects of ourselves gives us a starting point for looking further into each of our rich complexity of being.

<http://enneagramphilosophy.tumblr.com/post/51391934837/enneagram-triads-2-hornebian-groups>  
2/17/16

## **Hornebian Groups and the Imbalance of the Centers**

When you learned about the nine types, you learned that each type is in one center (or corner) of the enneagram. These corners are the Head (thinking) Center, the Heart (feeling) Center, and the Instinctive or Body (doing) Center. In each enneagram type, these centers become unbalanced in particular ways. Psychologist Karen Horney was the first to describe the imbalance of the centers, and so they are called the Hornebian Groups.

Each enneagram type is balanced to favor one of the centers over the other two. A second center will support the primary center, and the third center tends to be underused. There are three Hornebian groups: Withdrawn, Aggressive, and Compliant.

Along with descriptions of the three Hornebian Groups, I've provided activities to help you develop your underused center. There is exciting research that shows that we can actually strengthen the neural pathways for these underused functions. This can be done directly, though practice, or by making use of our mirror neurons, which strengthen our own pathways when we watch others engaging in feelings or activities.

**The Withdrawn Types** are balanced to prefer the thinking or feeling centers, and to be out of touch with

the body, or doing center. They tend to underuse their bodies and avoid acting meaningfully in the world.

For example a **Type 5** is overidentified with the thinking center, and uses their feeling center to support their thinking processes. Type 5s withdraw to protect themselves from the demands of people, and from the chaos in the external world.

**Type 4**, on the other hand, prefers the feeling center, and uses the thinking center and imagination to ramp up the intensity of feelings. Type 4s withdraw to protect their feelings and to live in their imaginary worlds.

**Type 9** is in the center of the Instinctive Corner, and is therefore the most out of touch with the Doing Center. They may seem plenty busy, but since they have difficulty figuring out what is important for them to do, they spend a lot of time in time-wasting activities. Type 9s withdraw from conflict to protect their own sense of inner peace.

### **Exercises for the Withdrawn Types – Getting in touch with the body and the world**

- Practice looking around you and doing what needs to be done. Pick up the pop can, throw it in the recycling. Clean your room. Fix the car. You CAN make a difference to those around you.
- Move your body. Feel your body. Dance, walk, do Tai Chi, learn Martial Arts, do Dance Dance Revolution on the Play Station. Swim and feel the water on your skin. Breathe.
- Get out and be with people once in a while. People probably like being around you.
- Learn to take pride in your accomplishments.
- Speak up for yourself. If this is impossible, take an assertiveness training class.
- If you meditate, make it an active form, such as walking meditation. Keep your eyes slightly open, so you don't completely tune out the world.
- Express your rich inner lives in the form of music, art, writing, or poetry and show it to people.

**The Aggressive Types** are balanced to prefer the thinking or doing centers, and to be out of touch with the feeling center. There is a tendency to act without regard for emotions – their own and those of others.

**Type 7**, in the thinking center, prefers to live in the world of plans and activity, to avoid becoming trapped in their own pain. Type 7s are aggressive about meeting their own needs for stimulating activities.

**Type 8**, in the doing center, prefers action, and uses thinking as a support function. Type 8s like to make a big impact in the world through their actions.

**Type 3**, in the heart center, are the most out of touch with their feelings. Threes can set their feelings aside to aggressively pursue their goals.

### **Exercises for the Aggressive Types – Getting in touch with the heart**

- Practice active listening with someone – listen without interjecting your own stuff. Really hear the person and try to understand. (Advanced work: do this with someone you don't really like or agree with.) As an alternative, watch movies that have a deeply emotional plot and try to empathise with the characters.
- Be gentle with yourself and love yourself. Write a biography of yourself from a neutral perspective. You will realize how hard you are on yourself.
- Work on sitting still and relaxing, without wanting to be somewhere else or doing something else. Take deep breaths to calm yourself. Notice how and where you tense your body when you have to sit still. Pay attention and relax.
- Do something you don't want to do, just because it will make someone else happy. Do it without expecting anything in return.
- Slow down your pace and really experience you life. Take time to smell the roses, walk barefoot in the sand, or enjoy your family. Have some playtime.
- Learn to put your feelings into words. Write them down or talk with someone about them.

**The Compliant Types** are balanced to prefer the feeling and doing centers. They are compliant to the demands of the superego, and the most out of touch with their own quiet minds.

**Type 1s**, in the Instinctual Center, is extremely in touch with the superego messages of parents and sources of wisdom. They have taken on these messages as their

own, and are on a mission to reform the world to the way it “should” be.

**Type 2s**, in the Heart Center, are driven by the superego message to be loving and helpful to others. Type 2s tend to “do their feelings.” Instead of feeling their feelings they immediately put them into action.

**Type 6s**, in the Thinking Center, are the most out of touch with their own thinking processes. Type 6s internalize all kinds of beliefs and messages from various sources, in order to protect their own security. Sixes have a variety of superego messages, and sometimes talk about having an “inner committee.”

### **The Compliant Types: Things to do to get in touch with the quiet mind**

- Mindfulness meditation – pay attention to what is going on around you right now. Focus on breathing. Watch where your thoughts go. Keep bringing them back to the present.
- Learn to turn off the mind. As Eckhardt Tolle said, for many of us, our minds use us, rather than us using our minds. Find the off switch. Learn to quiet it down. If we truly use our minds, rather than the other way around, we can turn it off.
- Question your thoughts. The Dalai Llama says to ask “Are you sure?” Byron Katie does an exercise where you ask yourself “Is it true?” and “What would I be like without that thought?”
- Observe yourself when you're with other people – Notice the judgments you make about them. Also notice how you accommodate yourself to others and lose your own point of view.
- Notice how often you use conditional words like maybe, sort of, probably, likely, it depends. Can you make up your own mind?
- Learn to listen for your own inner guidance, and speak your own truth. Test your opinions against your experiences.

<http://enneagram-spirituality.blogspot.com/p/hornevian-groups-and-imbalance-of.html>  
2/17/16

*Karen Horney*

In addition to the Triads, the Enneagram of personality can be divided into another three groups of three based

on the work of Karen Horney (1885–1952). Karen Horney was a Neo-Freudian psychoanalyst who is best known for founding feminist psychology, kicking off the self-help movement by empowering the average person to employ self-awareness in their own treatment and for her theories on the relationship between parental indifference and neurosis. She is also responsible for changing the view of neurosis as less of a permanent, pathological state and more of a dysfunctional coping strategy that can be brought back into balance.

She theorized that children develop three coping strategies: the expansive (Aggressive) solution, the self-effacement or submission (Compliant) solution, and the resignation or detachment (Withdrawn) solution. Those falling into the Aggressive category exhibit needs for power, recognition, achievement, admiration and to exert their will over others. The Compliant category includes the needs to be liked by others, to be people-pleasing and for a partner to take care of them. The Withdrawn category includes the needs for self-sufficiency, to minimize one's needs so as to be less dependent on others and to avoid attention.

#### *The Enneagram and Horney's Typology*

Riso and Hudson have further developed this typology and correlated it with the types on the Enneagram. There are some differences between their work and Horney's original definitions, however it is more the symmetry of the Enneagram lending refinement and organization to the original ideas rather than the ideas having to be modified to fit the Enneagram. It's worth noting that Karen Horney was likely a type Four which will necessarily affect the way she saw others. Being a member of the Heart Triad, she may have interpreted others' motives through her own lens of concern for value, recognition and mirroring. This is an example of how the organizational characteristics inherent to

<http://www.enneagramokc.com/the-basics/the-hornevian-groups/>

2/17/16