

Subtypes & Fears

***Countertypes:** For each of the nine Types, there is a “countertype” subtype. In each Type, there are two subtypes that go *with* the flow of the Type’s (passion’s) energy, and there is one subtype that goes *against* the energy of the Type.

Type 1: the Perfectionist

Fear of being defective, corrupt, evil

Self-preservation: Anxiety – The Pioneer

Either very anxious or self-controlled, this subtype channels concerns about survival and security into material achievements as a way to be a good person and do the right thing. It seems important to subdue nature and to impose order on the natural world. Family, home, food preparation, etc. take precedence over other needs. However, too much self-sacrifice can fuel physical tension and resentment.

Social: Inadaptability – The Social Reformer

Comfortable with a secure social role and a clear set of rules, this subtype is usually quite friendly and gregarious on one’s own turf. But an emphasis on doing things the right way can make it hard to adapt to new situations, and also can generate resentment or criticism toward others who may be acting “incorrectly.”

***One-to-One: Jealousy/Zealousness – The Evangelist**

With clear rules and standards for correct behavior, this subtype keeps a highly charged instinctual center under strict self-control, leading at times to over zealousness in everything. Keeping a partner’s attention is vital to avoid self-recrimination. Jealousy toward a partner is common, and also may be experienced toward others who seem to have more room for self-expression.

Type 2: the Giver

Fear of being unwanted, unworthy of love

***Self-preservation: Privilege – The Nurturer**

Excelling in creating warm, personable relationships with many kinds of people, this subtype spends much attention on supporting and nurturing others, which can lead to a feeling of entitlement when it comes to getting one’s own needs met. This can contribute to a prideful attitude, or an insistence on going last that supports another kind of specialness, as in false modesty.

Social: Ambition – The Ambassador

Gaining self-esteem through both social approval and visible accomplishments, this subtype empathizes and attunes to other’s needs to create an important, even indispensable role within an organization or cause. Being allied with the right people is usually more important than taking center stage.

One-to-One: Seduction/Aggression – The Lover

This subtype uses all of the Two’s capacity for interpersonal attunement to make a connection and win the approval of selected people in a one-to-one relationship, even a brief one. The use of body language and feeling tones can be experienced as seductive, although not necessarily in a sexual sense. The same capacity also can show up in a more aggressive style that demands personal attention and recognition.

Type 3: The Performer

Fear of being worthless

***Self-preservation: Security – The Company Man/Woman**

With this subtype, the Three’s ability to work hard, perform well and maintain the right image are placed in the service of material success. With considerable drive and energy, this subtype can accomplish goals of financial security, a nice home, etc. The danger is losing contact with one’s real self in this effort, and becoming overly identified with one’s role at work.

Social: Prestige – The Politician

The drive for success is directed toward winning social approval, knowing the right people, and achieving power in social institutions, whether in government, business or community groups. There can be genuine social leadership or simply self-aggrandizement through propaganda and image-making.

One-to-One: Femininity/Masculinity – The Movie Star

The ability to create a successful image is focused on gender identity and issues. Personal power or charisma rests on being attractive as a woman or man. Yet underneath, there may be confusion about one’s real sexuality. This subtype tends to stay in the performer role, whether on stage or in personal relationships.

Type 4: The Romantic

Fear of having no identity or personal

***Self-preservation: Dauntlessness – The Creative Individualist**

This subtype is willing to jump into new situations, to pack up and move, to get going or take risks when the preservation instinct is triggered, or when an authentic life seems elsewhere. To others, these actions may seem reckless, like throwing caution to the wind, but it can work well with an unorthodox, creative or artistic style. The tension here is between wanting to acquire material security and feeling detached from it all.

Social: Shame/Honor – The Critical Commentator

Feelings of deficiency can be provoked by social situations, with envy directed toward other people’s status or appearance of belonging. This subtype seeks to establish an acceptable social role, possibly as the emotional truth-teller for the group, and often feels a need to resolve the tension between the quest for individual authenticity and social expectations.

One-to-One: Competitiveness – The Dramatic Person

Competition with others helps to overcome feelings of inner deficiency and create motivation for a personal agenda. This subtype takes the power or strength of others as a personal challenge, and one’s own value tends to rise and fall in comparison.

Type 5: The Observer

Fear of being useless, unhelpful, incapable

Self-preservation: Home – The Castle Defender

Home is one’s castle and a place to retreat from the world and feel safe. This subtype is concerned about having enough supplies, which can lead to hoarding. Or the opposite may be a

true, with a lack in allegiance to any geographical location, forever traveling or moving from place to place.

Social: Totem/Symbols – The Professor

This subtype has a hunger for knowledge and mastery of the sacred symbols and language of the group or society (totems). Yet at the same time, this subtype can become trapped in the role of observer or learned teacher by over-emphasizing analysis and interpretation, which can get in the way of participating with others.

***One-to-One: Confidentiality – The Secret Agent**

This subtype will share confidences from the inner, private world in one-to-one relationships. A secretive quality or profound reserve can reflect some of the tension between the need to make contact and the need to preserve autonomy.

Type 6: The Loyal Skeptic

Fear of being without support, guidance

Self-preservation: Warmth – The Family Loyalist

Overcoming fear by making connections and agreements with others through personal warmth, this subtype doesn't want to be left out in the cold. Experiencing a lack of warmth or a threat to their security early in life can create a fear of taking risks and a need to stay within well-known boundaries.

Social: Duty – The Social Guardian

Being clear about one's role in the group or society is an overriding concern. To overcome fear and avoid rejection, this subtype needs to know the rules and create clear agreements with friends and colleagues. Yet there may be ambivalence about belonging. Doing one's duty can be both a calling and a burden.

***One-to-One: Strength or Beauty – The Warrior**

The first style is based on overcoming or avoiding fear through willpower and feats of physical strength and bravery, or through the strength of one's intellect and fierce ideological positions. In the second style, fear and self-doubt are handled by channeling one's idealism and keen perceptiveness into creating beauty in the environment. This helps create some stability and control.

Type 7: The Epicure

Fear of being deprived, in pain

Self-preservation: Family – The Gourmand

This subtype likes to enjoy an abundant lifestyle within family and a circle of friends. The emphasis is on sharing good ideas and conversation, preparing elaborate meals or dining out, and planning fun projects. This subtype can have problems with over-talking, over-eating, and over-stimulation.

***Social: Limitation/Sacrifice – The Utopian Visionary**

A paradox exists for the social Seven who needs friends and group projects to express both social idealism and love of life. Harnessing oneself to the greater good of the group or community creates a sense of sacrifice, as participation with others requires limitations to personal expansiveness and planning for future outcomes.

One-to-One: Suggestibility/Fascination – The Adventurer

Suggestibility works both ways. This subtype can be influenced

easily by the attraction of new ideas, adventures and people, falling into a state of fascination or entrainment. The one-to-one Seven also has great powers of suggestion, and can use personal charm to lead people into a new paradigm, a new purchase or a new relationship.

Type 8: The Protector

Fear of being harmed, controlled by others

Self-preservation: Satisfactory Survival – The Survivalist

In this subtype, the Eight's aggressiveness and excess are channeled into physical survival and material security. In a hostile world, the self-preservation Eight will either win or go down fighting. Fiercely protective of friends and family, this subtype can establish more territory and stockpile more supplies than anyone, but in a friendly world, may miss the boat altogether.

***Social: Friendship/Social Causes – The Group Leader/Gang Leader**

A sense of powerlessness or injustice is overcome by being part of an aligned group, usually in a leadership role. This subtype's anger and aggression are mediated by the group's needs, and harnessed for a common agenda. Loyalty to friends and social causes take precedence over personal feelings and needs.

One-to-One: Possession/Surrender – The Commander

A one-to-one Eight uses forcefulness and self-assertion to possess (or control) a partner or significant others. At times unable to adapt or let go, a strong enough yearning to be met fully can help this subtype let go of control and turn it over to a partner.

Type 9: The Mediator

Fear of loss, separation

Self-preservation: Appetite – The Collector

This subtype excels at creating the practical infrastructure and the daily rhythms that support instinctual life. But there is a tendency to fall asleep to personal needs or narcotize oneself with food and other kinds of material consumption. (They are often collectors.) A life of material abundance and comfort can preclude efforts toward personal or spiritual growth.

***Social: Participation – The Community Benefactor**

Blending well with the style and agenda of their friends and different social groups, this subtype can show great leadership and selfless contribution for the common good (on the high side) but tends to fall asleep to personal priorities in a comfortable social role or through indiscriminate activities (on the low side).

One-to-One: Union – The Seeker

This subtype has a longing to merge, either with a partner, nature or Spirit. This can be indiscriminate or heedless at times, but also can be a doorway into a transcendent state. In daily life, this can become problematic with keeping personal boundaries and focus, since it's so easy to be pulled outside of oneself.

<https://www.enneagramworldwide.com/instinctual-subtypes/>

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