

## TYPE FIVE: The Investigator

### Overview:

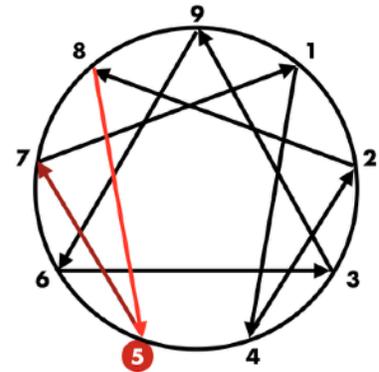
Type Fives are Investigators. They are measured, thoughtful, and self-sufficient. Fives are unique among the Enneagram numbers in that they are the only type capable of true neutrality. Fives can be wonderfully resourceful and make great sounding boards for people trying to sort through decisions and issues in their lives. They are seekers of clarity and masterful knowledge. Always perceptive, they can bring together ideas in surprisingly simple and refreshing ways.

Fives possess an objectivity that helps them to seek out what is true and real without getting overly attached to any ideas. They possess a wide scope of curiosity, and in most settings would prefer to watch rather than to fully participate.

Less healthy Fives can be driven by a fear of being unprepared. They will continue consuming ideas, but will themselves remain detached, perhaps never engaging the world for fear that they aren't quite ready to yet. Their isolation can cause them to lose touch with reality, making them irritable and paranoid, developing extreme views of the world that aren't well grounded in reality. In relationships, even though Fives can be objective, they do not always verbalize what they are thinking and feeling, leading others to feel like the relationship is a bit one sided.

### Am I A Five?

- Do you keep your thoughts and emotions to yourself, sharing them with only a very few people?
- Do you need time to process experiences and emotions to know how you actually feel?
- Would you rather stay home than go to a party?
- Do you feel drained from too much time around people?
- Do you make decisions with your head instead of your heart?
- Does it make you uncomfortable when other people don't take ownership of their feelings?



Color: **Blue**

National Code: **Great Britain**



### Healthy Mascot

Wise Owl



### Moderate Mascot

Fox



### Unhealthy Mascot

Hoarding Hamster



## Scriptural Type Fives:

**Mary, the mother of Jesus** encountered many wonderful things in the story of how Jesus came to the world through her. When she was visited by the shepherds who had seen the company of angels, she “Treasured up all these things and pondered them in her heart.” (Luke 2:19) Fives enjoy absorbing and pondering meaningful thoughts.

“Doubting” **Thomas**, a disciple of Jesus. Thomas was rational and not easily convinced that resurrection had occurred. He needed to observe Jesus for his own sake to believe it had happened. Even before this, when Jesus took his disciples to go see his recently deceased friend Lazarus, Thomas spoke up and said, “Let us also go, that we may die with him.” Fives’ objectivity can cause them to be a bit nihilistic and indifferent, which is a continual danger for them.

“The worst thing about my number is my disruptive reaction to unpredictable events or unexpected interruptions. I often react with angry outbursts to the most innocent intrusion. When I want to do something, I can ignore my physical body and I feel like I have unlimited energy. However, if someone asks me to do something, I become a time miser, counting every second of that interruption. - Dale R.

## Fives in Pop Culture



Fives are cerebral, insightful, and curious. They fear being useless, helpless, or incapable which drives them to accumulate vast amounts of

knowledge. **Severus Snape** from Harry Potter is an interesting Five character. He is incredibly wise and competent, though it is a constant struggle to learn what is going on in his internal thinking and intentions. He turns out to be one of the most noble characters of the story, but this is only revealed at a key moment. Fives can become like disembodied brains, out of touch with their emotions, and lacking in what they

communicate. On the inside, they are much more passionate and compassionate than many people realize. Many believe that **Albus Dumbledore** is a more positive example of a Five in the same story. Also wise and competent, the children are never quite sure what Dumbledore is up to, and he is content not to share what he’s thinking.



There is Chinese legend about a nine-tailed fox called the Huli Jing. In their mythology, foxes can become shape-shifters at age 100, and at the age of 1,000, they turn white and become omniscient. They are very sly and mysterious until a time of need, at which time they can become a helpful presence.



type five image from **the Visual Enneagram** available on **amazon**

### **Growth for Fives:**

Fives struggle with the sin of greed. Specifically, they are stingy with their time and their energy for people. They have a *strong* desire to be **independent**, not needing anyone else's help with anything. Likewise, they live so much in the inner world of their thoughts that they are sometimes unaware of all other aspects of their being, especially the physical and emotional aspects. In light of these things, here are some things that help Fives to grow:

- Fives need to get in touch with their physical bodies and physical action. **Exercise** is very important for Fives, because they aren't really aware of their bodies. Vigorous exercise helps to ground them in the moment, in the place where they are. It can open them up to better social connections as well, when they are really present. This also relates to **action**. Fives need to move past ideas to actual implementation. The world doesn't get better by our merely thinking about it. We need to do something.
- By default, Fives tend to hoard ideas and experiences, always trying to master the world by fully understanding it before they engage it. It is healthy for Fives to stretch themselves by **producing** rather than only *consuming and collecting*. This involves sharing their ideas and understandings, and being a participant in the world around them. In relationships, it means that you need to verbalize more of what's going on internally, and explaining your social limitations to people.
- **Meditation and prayer** are very important for Fives. Because they need their inner world to be at peace in order to engage the outer world, they need to allow God's love entrance, deep within the recesses of their hearts and minds. When the inner life is healthy, they'll have an easier time engaging.

### **Fives Need To Learn:**

- You can survive being seen and known before you are completely ready.
- You can have lasting friendships that are filled with soft and subtle experiences of familiarity.
- You can find measured ways of being in the world that don't deplete your store of energy.
- You can't live your life without needing help from others at times.
- You can't be competent in all areas of life all the time. Inexperience is not the same as incompetence.
- You cannot have healthy relationships without giving up some of your time, letting go of some of your privacy, and finding a way to offer and receive affect.
- You can't know everything.
- Relationships change with seasons of life. In the middle season of your life, you'll have to give more than in the early years or the later years.
- Most of the people in your life do not value thinking over seeing and doing. You will have to balance your thinking with emotion and action.
- Relationships cannot always be on your terms. Other people's needs are as real as yours.

## **How To Care For The Fives In Your Life:**

- Fives often don't know what to do, so their tendency is to hold back. Be aware of that, and give them notice when you can about what you need from them, and when they give something without being asked, thank them.
- Be clear with Fives about what you need and want, but don't be demanding. Allow them to manage their time.
- Fives do not pick up on innuendo or indirect suggestions. You have to tell them what you need and think.
- If you have a problem with a Five, agree on a time to discuss it. Give them time to think about your concern and place a limit on the length of the conversation. Say, "I'd like to tell you what I want and then you can tell me whether or not you can give it to me."
- Don't push Fives to socialize. This has to occur naturally, and they don't respond well to being pushed.
- Fives have trouble finding their place in what is already happening. You can help by saying, "Would you like to sit with us? We have an extra chair." Give them an introduction, "Hey everyone, this is Ralph. We work together."
- When you ask a Five what they *feel*, they will tell you what they *think*. You will have to persist in conversation to get down to the feeling level.
- Incompetence and inadequacy are central to a Five's greatest fear. Do not treat either of these matters lightly in dealing with a Five.
- Fives need to know what is expected of them. They want the details.
- Fives want to be independent and have a hard time accepting help, even if they need it. If you know a Five needs your care, offer it with as few words and as little fanfare as possible.