

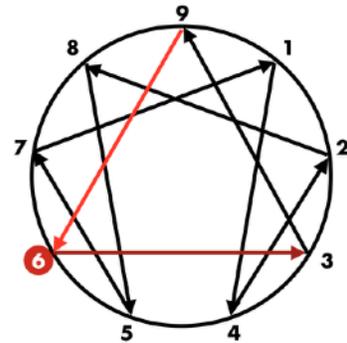
TYPE SIX: The Loyalist

Overview:

Type Sixes are very steadfast and loyal. Of all the Enneagram numbers, they are the most **dependable**, and most concerned about the **common good**. They are loyal to people whom they respect, and to the institutions to which they attach themselves. Sixes can be courageous people when they are moving toward a mission for the greater good, and they have the determination to see it through. Sixes are **planners**, and are always working ahead to be prepared for whatever may be approaching

Average Sixes have **fear** lurking under the surface. They may not trust themselves, but neither do they easily trust other people. They can overcommit themselves and get thinned out. They may start testing the people and organizations to which they are connected, and question whether they can **trust** them. Unhealthy Sixes become increasingly anxious, and may attach themselves to an unhealthy authority figure as a way of dealing with their fear of others. Growth for Sixes usually involves learning to look internally and to trust inner guidance rather than planning for every possible contingency or relying too much on others.

Sixes are unique in that they can be divided into two types. **Phobic Sixes** respond to their fear by being extremely cautious. They will focus more on how people are the same than on how they are different, wanting to downplay anything that makes them stand out. They like all that is familiar, especially rules that are instituted by someone else which have been proven to be tried and true. Phobic sixes *allow* community. **Counterphobic Sixes** respond to their fear by tackling it head-on. They actively make plans to create spaces where people can gather safely. They focus more on how we are different than on how we are the same, and in response they *create* community.



Color: **Beige Brown**

National Code: **Germany**



Mascots

Cautious Deer



Contraphobic Mascot

Loyal German Shepherd



Phobic Mascot

Running Hare



Susan Stabile shares the different perspectives of two types of Sixes.¹

A Phobic Six:

I have struggled with fear and anxiety my whole life, even since I was a little kid. I remember lying in bed worried about my pee-wee soccer game the next morning. Pee-wee soccer! I knew other kids didn't feel the same way—they just rolled out of bed and ran around the field. The funny thing is that I always played well. In fact, I was able to play so well over the years that I earned an athletic scholarship, so all that worry was just a bunch of wasted energy. As time went by, I got better at managing my fears, but they're always with me.

A Counterphobic Six:

I like to speak in public and teach, and I know other Sixes who are the same way. Though we have fear, it's not usually of social situations but of what-ifs. The scenarios in our minds develop are about what could go wrong in novel situations. For example, if I know I have to teach or speak, I prepare thoroughly and don't worry much about it. I know I can do it. If I don't have time to prepare and I have to perform on the spot, I do it, but I have some anxiety about it.

Phobic Sixes give in to their anxiety and get lost in imagining all the ways the worst could happen, while counterphobic Sixes expect the worst and expend the same energy making a plan for it.

Am I A Six?

- When you've formed a bond with someone, do you do whatever it takes to preserve that bond for years to come?
- Do you often feel anxious about the future, more than other people?
- Does it take you a while to trust people? Are you averse to change?
- Do you feel better knowing you have a plan for worst case scenarios?
- Do you make decisions by committee, preferring to consult several different people on their opinions beforehand?
- When things are going well, are you the Chicken Little who imagines that at any minute, the sky could be falling?
- Do you have issues with authority figures, either trusting them too much or too little?

Scriptural Type Sixes:

Phobic: Paul's disciple Timothy who needed reassurance.

I Timothy 4:11-13

11 Command and teach these things. **12** Don't let anyone look down on you because you are young, but set an example for the believers in speech, in conduct, in love, in faith and in

¹ Susan Stabile, *The Path Between Us: An Enneagram Journey to Healthy Relationships* (2018).

purity. **13** Until I come, devote yourself to the public reading of Scripture, to preaching and to teaching.

Counterphobic: Apostle Peter who was ready to get out of the boat, and ready to die if needed.

Sixes in Pop Culture



Dwight Schrute is an interesting blend of steadfast loyalty, dependability and trust, but also suspicion and anxiety about the future. He is fiercely loyal both to Dunder Mifflin paper company, and to his boss, Michael Scott.

Richard Branson is a British entrepreneur who launched Virgin Records in the 1970s and built his business into the multinational Virgin Group. He is known for being adventurous, skydiving, and more recently, developing companies that branch into space-tourism. Counterphobic Sixes tend to be very adventurous, actively challenging what otherwise might make them fearful.



The "**Story with the Hammer**" by Watzlawick is a great example of how a counterphobic Six might operate. A man wants to hang a picture, but doesn't have a hammer. He wants to ask his neighbor if he can borrow one. Then he begins to wonder if maybe his neighbor wouldn't let him borrow one. Just yesterday, he remembers, his neighbor had given him only a hasty greeting. "He probably has something against me, but I didn't do anything against him, did I?" The man gradually works himself into a rage over his repulsive neighbor. Finally, the man runs over to his neighbor's house, rings the doorbell and shouts, "**You can just keep your stupid hammer!**"



From *The Visual Enneagram* © 2013 by Áine Ní Cheallaigh & Kelly Kingman
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Growth for Sixes:

For Sixes, their pitfalls are either cowardice (phobic) or taking foolish risks (counterphobic). Growth for Sixes should involve an increase in **Faith**. Faith is not always something that can be verified before it can be practiced. Most especially, Sixes need to increase their faith in themselves. They tend to be heavy self-doubters who probably have better skills and intuition than they would want to give themselves credit for. Sixes can value authority figures, but they must also be able to break free from them without having gone too far in either loving or hating them. Sixes would do well to develop **trusted friends** who can help them evaluate their often exaggerated fears. The things I'm worried about, are they real or only perceived? Am I being unbalanced in how I'm thinking about this? Sixes also do well to deliberately make decisions without consulting **authority figures** for permission. They tend to fixate on their fears, so they can counter-balance this by cultivating a practice of **remembering and celebrating their successes**.

Sixes Need To Learn:

- You can learn to trust yourself more, but it's something you'll have to practice. This is something only learned by experience.
- You can learn to trust your intuition and inner ways of knowing.
- Learn to listen to your body. Your head and heart may deceive you, but your body will not.
- You cannot expect others to be as loyal and faithful as you are to the groups you belong to.
- You cannot be noticed without taking some risk. Sometimes you may wish to remain anonymous and hidden, but if you do want to be known and appreciated, this can only come with the risk of making yourself vulnerable.
- You cannot always feel safe, but you can recognize when fear is becoming self-indulgent.
- Some things will work out, and if they don't, you will still have what you need to address what hard things arise in your life.
- Fear has played a role in your life, but you can diminish your fear through awareness and by working on positive, productive thinking.

How To Care For The Sixes In Your Life:

- Trust is a big thing for Sixes. They ask a lot of questions to get more information, and when they get the right kind of information it will lead to more trust.
- Be both genuine and authentic. Sixes don't trust appearances, but will watch you to make sure you are who you say you are.
- Sixes find it comforting to plan for worst-case scenarios. It will feel patronizing to them if you tell them to stop worrying and that everything will be fine. You can help them by encouraging them to focus more on the best possible outcomes, rather than only on the worst.
- Encourage them to trust themselves more and to take more (measured) risks.
- To help them trust themselves, point out to them the times when their ideas were good and their own abilities carried them through without their needing to depend on anyone else.
- Sixes need emotional attentiveness and conversation. You'll need to be a partner to them in the everyday details of life.
- They tend to keep their anxieties to themselves. They are trying to manage everything alone so they aren't drawing attention or making a big deal for anyone else.
- Be observable and verbal in your commitment to Sixes. Reassure them often.
- When a Six is in a cycle of over-thinking, encourage them to act. They may confuse *thinking about* something with *doing something* about it.
- Point out all the good things they contribute to your relationship.
- Be kind and thoughtful when answering their questions.