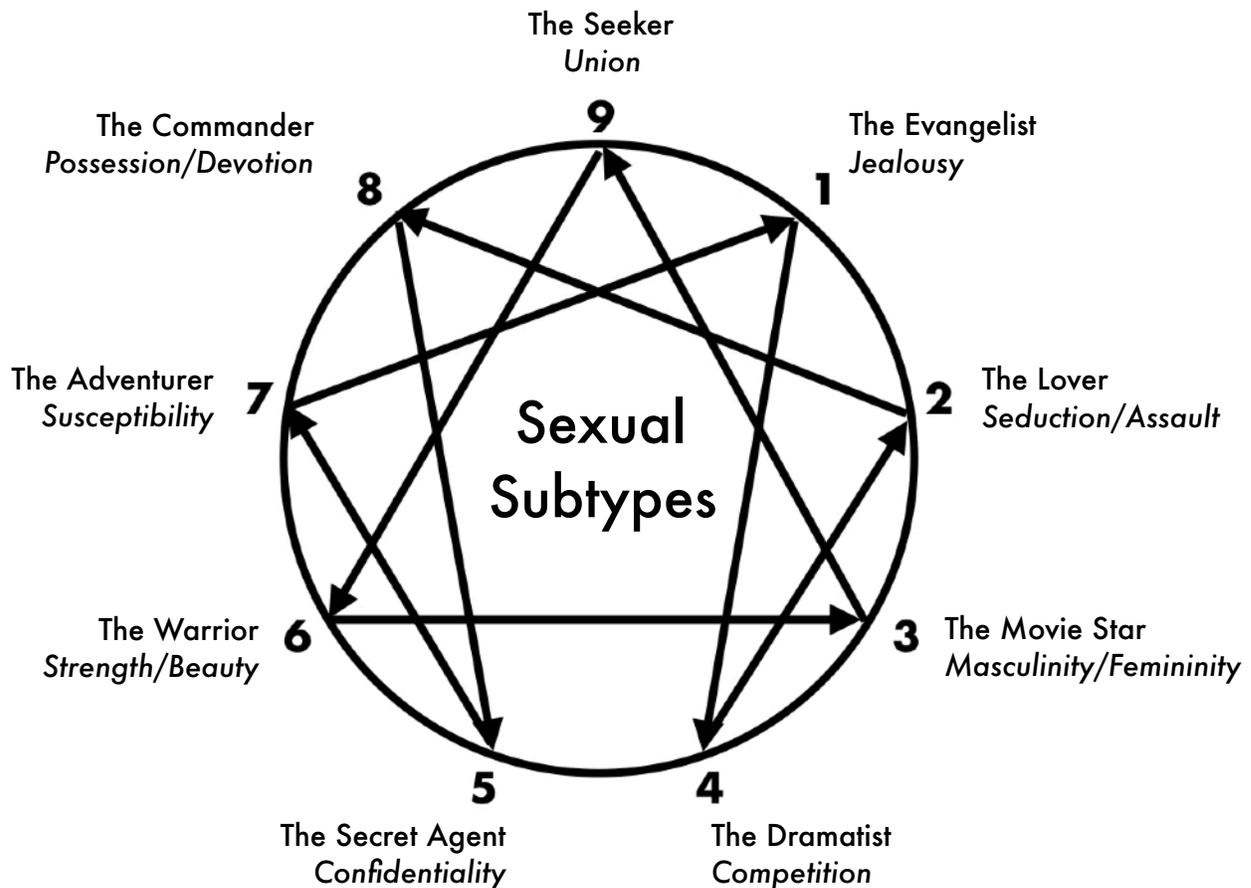


# FREE • TO • BE • ME

Using the Enneagram for Personal Growth



## The Three Subtypes

There are three subtypes: **Sexual**, **Social**, and **Self-Preserving**. Our situation in life determines which of these is the stronger drive for us at a given time. In speaking of containing desires, it is frequent for people to use language about **slaying a dragon**.



Our urges and impulses can be strong and difficult to ignore. While there is the possibility of slaying dragons, Richard Rohr encourages that we should also remember legends that involve the **taming of dragons**. Martha has a legend about her that involved her taming a dragon so that it followed her willingly. Francis of Assisi is rumored to have made friends with the Wolf of Gubbio, whom all the world feared. Our impulses are always with us, but with self-awareness, and growth in the area of selflessness, we do not have to live in subjection to them.

The descriptions about **Sexual Subtypes** would hold true in romantic relationships, but will also have some degree of truth in any **one-to-one relationships** involving the type. These are good principles for all types to be aware of in any situations that involve partnership.



**TYPE ONE: Jealousy**

Sexual Ones try to control their partners. They have highly charged instinctual centers which they try to keep under strict control. This can lead them to forms of overzealousness in many areas. They may watch every step their partner takes and boil with a fear of loss and jealousy inside at the thought that their partner will find someone more attractive and “perfect” than they are. Of course, because these are feelings of their own *imperfection* they will seldom if ever express them because they hate for anyone to see they aren’t perfect. They may show jealousy especially toward people who are better at self-expression than they are. Ones may also extend this same zeal to their “cause” and become hotheaded. Richard Rohr mentions Saul of Tarsus who was breathing out “murderous threats” against the church before his conversion to it.

**TYPE TWO: Seduction/Assault**

Sexual Twos constantly try to produce signs of affection and closeness. There will be texts, notes, reminders, and small rituals that they highly value. Twos are charming, and they will use body language and tones in a way that can appear seductive, even when they are not intended in a specifically sexual way. If they are feeling ignored, the same impulses for connection may appear in a more aggressive style that demands personal attention or recognition. The love of Twos generally consists of overcoming obstacles. With all their might they try to overcome or ignore objective obstacles that would make a relationship difficult or impossible. Motto: “Love conquers all.” They will stop at nothing to win the approval of selected people in a one-to-one relationship, even if it is to be only a brief one. Twos as helpers are dominant, take others by the hand, and know what is best for the people they are with.

**TYPE THREE: Masculinity/Femininity**

A Three’s tendency to project a successful image is as much in play in their one-to-one relationships as it is on their public personas. They attach a sense of personal power to being attractive. They want to represent the ideal image of their gender, time, and group. They will play the male or female role flawlessly, as it is required in their community or society. In their relationships, their sexuality is important to their self-esteem as a symbol of success.

**TYPE FOUR: Competition**

Sexual Fours establish their self-esteem by comparing themselves to others. Fours see power or strength in another person as a personal challenge, and will rise or fall in comparison to them. They want to beat on their own turf those whose favor they want to win, in order to impress them. This can feel to others as a hostile competition. A destructive Four might tend to charm another person, only to drop them later. A successful charming of another person serves as proof to the Four they are of equal or superior value to the person they desire.

**TYPE FIVE: Confidentiality**

Fives trust only a few other people, and share their secrets only in important relationships. You are highly trusted if a Five invites you into his or her “fortress.” For Fives, sexuality is a nonverbal form of communication that relieves them the difficulty of putting their feelings into words. Sexual Fives may give off the impression of being “cool” or “self-assured.” When a Five is confident of his or her knowledge and capabilities, they can gain influence and respect.

**TYPE SIX: Strength/Beauty**

Sixes are prone to mistrust, and the vulnerability of an intense relationship will mobilize this tendency. Male Sexual Sixes tend to be contraphobic. Through feats of strength, bravery, and strong ideological positions they will impress their partner. Through forms of coldness or projected strength, he can show control. The female Sexual Six may enjoy playing the role of one who is shy or unapproachable as a way both to repel and attract her partner. Phobic

Sexual Sixes may channel their idealism and perceptiveness into creating beauty in their environment which helps to create stability and a better sense of control.

#### **TYPE SEVEN: Susceptibility**

Sevens are part of the Head Triad, and their imaginative thinking plays into their one-on-one relationships. They are attracted by new ideas, adventures, and people which they find fascinating and entertaining. Sexual Sevens can enhance a relationship through their imagined possibilities and fantasies, which they value more than facts or reality. Though Sevens always avoid pain and strenuous demands, Sevens are open to their partner's impulses and ideas. Sevens themselves have strong powers of suggestion and can lead people into new possibilities and experiences.

#### **TYPE EIGHT: Striving for Possession/Devotion**

Eights are the most rebellious of all types. In a relationship, Sexual Eights want control and possession of everything, including their partners. They expect devotion of body, soul, and spirit, and for a person they believe to be their equal, they will extend the very same to them. Interestingly, there are some Eights who are very strong in the outside world but are very "henpecked" at home. Sexual Eights tend to like fast cars, abundant stashes of liquor, and attractive people. In short, they have a lust for intensity. But in relationships, when they find someone they believe to be their equal, they can function happily as a partner.

#### **TYPE NINE: Union**

The Sexual type Nine, like all Nines, tends to merge with others. Nines want to live in and through other people, be it a person or God. There are risks when the Nine is willing to merge without also being discriminate about with whom they are merging. In daily life, this might result in a lack of boundaries and focus, since they are easily distracted. But the positive side is that their lack of reserve in connection can lead to deep and meaningful relationships. Sexual Nines are in tune with their partner and long to make them happy, finding happiness themselves through the joy of their partner. Then again, Nines value their inner peace, so an over-demanding partner may wear them out.

#### **I Corinthians 13 - The "Love" Chapter**

Love requires more of us than what our instinctual tendency might be. Love invites us to see others a God sees them, not merely in terms of what we want from them, or how we will define ourselves in relation to them. Paul lays out the high standards of love in I Corinthians 13. This is an invitation to every type for growth:

- 4** Love is patient, love is kind. It does not envy, it does not boast, it is not proud. **5** It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. **6** Love does not delight in evil but rejoices with the truth. **7** It always protects, always trusts, always hopes, always perseveres.
- 8** Love never fails.