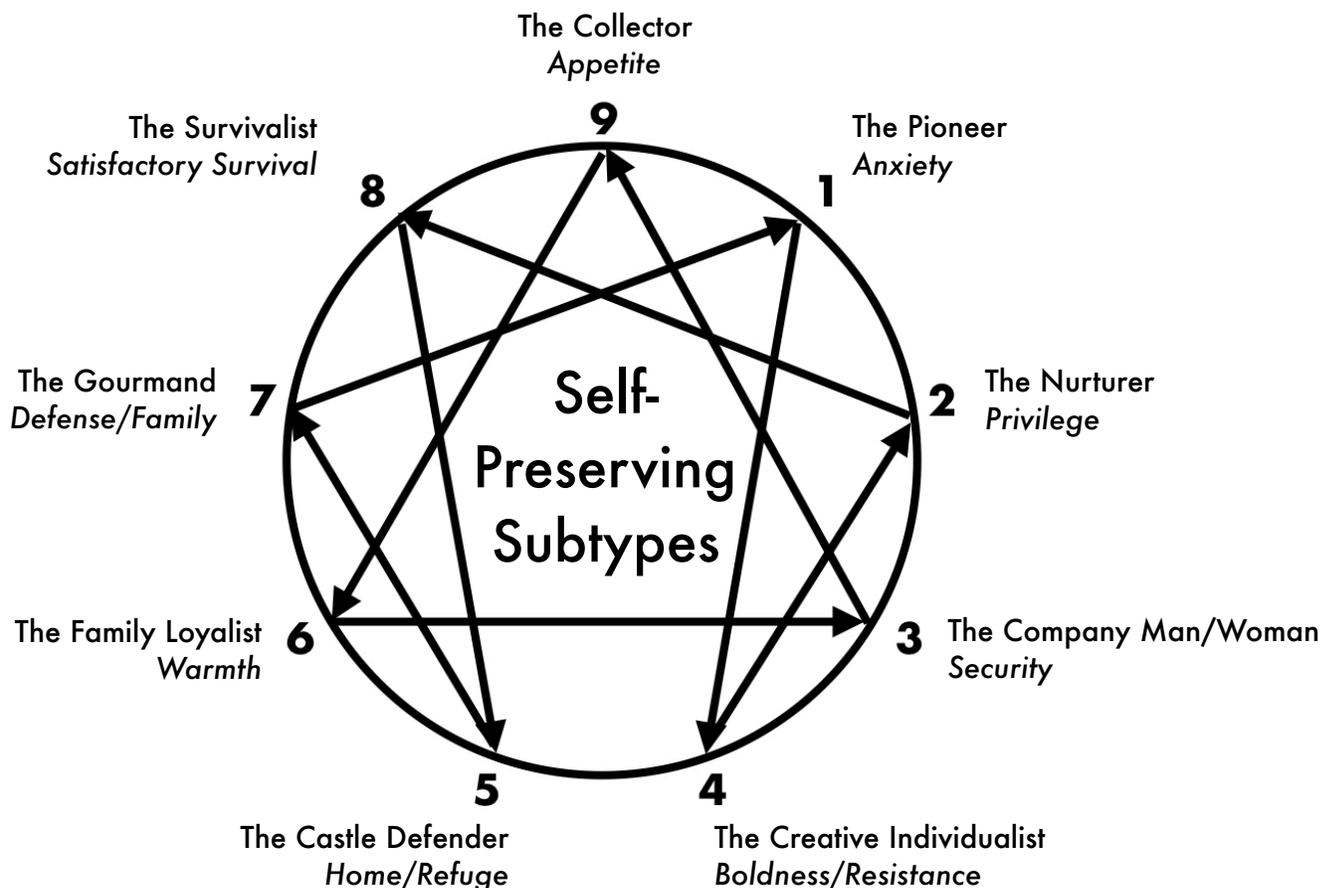


FREE • TO • BE • ME

Using the Enneagram for Personal Growth



Self-Preservation Subtypes: These govern our needs for material supplies and security for basic survival, including food, shelter, warmth, and family relations.

Matthew 6:25-34

25 “Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? **26** Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? **27** Can any one of you by worrying add a single hour to your life?”

28 “And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin. **29** Yet I tell you that not even Solomon in all his splendor was dressed like one of these. **30** If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you—you of little faith? **31** So do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ **32** For the pagans run after all these things, and your heavenly Father knows that you need them. **33** But seek first his kingdom and his righteousness, and all these things will be given to you as well. **34** Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.”

TYPE ONE: Anxiety

Self-Preserving Ones tend to channel their anxiety about survival and security into material achievements as a way to be a good person who does the right thing. They fear that a single error could ruin everything. In conversation they may interrupt and correct themselves constantly. They will want to have order in the world around them. Basic survival needs of family, home, food, etc. may take precedence over other needs, though too much self-sacrifice will fuel tension and resentment.

TYPE TWO: Privilege

Self-Preserving Twos believe their kindness and generosity has earned them special privileges. "I have the right to..." They love to give attention and devotion, but may assume others have to reward it. Self-Preserving Twos may fear they'll get less if they don't put themselves out in front. The exterior of a Two is selfless, but if they fear they will have to give something up, the "hidden egoism" of otherwise "altruistic" Twos may be on display.

TYPE THREE: Security

Self-Preserving Threes take their tendency to perform and achieve and apply it to material success for basic needs. They'll show considerable drive and energy to secure their status and success, because money and possessions guarantee the future. They will often have financial security, a nice home, etc., but in becoming overly identified with their work, they may lose contact with their true self. The possibility of professional or financial failure will conjure up great anxiety for them.

TYPE FOUR: Boldness/Resistance

If a preservation instinct is triggered or when an "authentic" life seems to be someplace else, Self-Preserving Fours are willing to pack up and jump into new situations. They refuse to give up their self-image of being something special. They'll resist anyone who gets in the way of this vision. To others, their actions may seem reckless, throwing caution to the wind. This can work well because of their unorthodox, creative style. There is tension between their desire to achieve material security and their feelings of detachment from it all. Self-Preserving Fours generally feel misunderstood, and may suffer in silent withdrawal.

TYPE FIVE: Refuge/Home

Self-Preserving Fives want their home to be like a castle where they retreat from the world and feel safe. They want a place to which they can withdraw and be undisturbed and undistracted by the presence or expectations of others. This subtype is concerned with having "enough" supplies, which can lead to hoarding. On the other extreme, their lack of allegiance to any particular geographical location may mean they forever travel from place to place. They enjoy exploring their unusual thoughts, and the time they get alone allows them to recharge their batteries, which aids them through the stress of meeting others.

TYPE SIX: Warmth

Self-Preserving Sixes radiate warmth and friendliness. This is to some degree a defense mechanism to help them disarm potential assailants. This is a behavior similar to Twos "If others like me, then they won't attack me." Their sense of humor helps them win others over. They don't want to be left out in the cold. Sometimes their early experiences of lacking warmth or security may cause them to fear taking risks and to desire staying within known boundaries.

TYPE SEVEN: Family/Defense

Self-Preserving Sevens enjoy an abundant lifestyle with family and a circle of friends. They want their own world to be cohesive and intact, so they tend to surround themselves with like-minded people who defend the same interests and goals that they have. The family is very important to Sevens. "Together, we are unbeatable!" They like sharing good ideas, conversations, elaborate meals, and fun projects. They may over-talk, over-eat, and over-stimulate. Whatever family, group, or club that they're part of will be having fun.

TYPE EIGHT: Satisfactory Survival

Self-Preserving Eights channel their aggressiveness into physical survival and material security. In a hostile situation, they will either win or go down fighting. They want people to get what they "deserve." They want details to be handled correctly, because if a vulnerability is left, the whole thing may fall down tomorrow. They are protectors of friends and family. If the world is hostile, they may establish more territory and supplies than anyone else. If things are calmer and friendlier, they may not even worry about it. They stand up to threats by trying to control their environment.

TYPE NINE: Appetite

Self-Preserving Nines like to create a practical infrastructure with daily rhythms that support their preferred life. There is a tendency to fall asleep to personal needs. They may also tend to self-medicate through narcotics, food, drink, or television. If they get caught up in something interesting, they may neglect the world around them entirely. They tend to store up things which they later use to calm themselves. In some cases, they collect things they'll never use. Self-Preserving Nines may be exhausted even after short spurts of activity or minor jobs. Too much comfort and abundance may inhibit their journey toward personal and spiritual growth.