

# 5

ENNEAGRAM TYPE 5 · HEAD (THINKING) TRIAD

## The Investigator

Fives want to understand the world before they step into it, and they guard their time and energy like a finite supply.

### Core fear and desire

**Fear:** Being useless, helpless or overwhelmed by demands.

**Desire:** To be capable and competent, and to understand how things work.

### Wings: 5w4 and 5w6

**5w4, the Iconoclast.** The Four wing adds imagination and emotional depth.

**5w6, the Problem Solver.** The Six wing adds structure, caution and loyalty.

### Subtypes

**Self-preservation Five: castle.** The most private Five.

**Social Five: totem.** The Five who connects through knowledge.

**One-to-one (sexual) Five: confidence (countertype).** The countertype, the Five with the most visible feelings.

### What helps in love

- Notice before plans and visits
- Time alone, with no guilt attached
- Talk about ideas and what they are learning
- Clear requests they can say yes or no to

#### Avoid:

- Drop by or call without warning
- Push them to share feelings on the spot
- Take their need for space as rejection
- Fill every free evening with plans

### Three ways to grow

1. Start before you feel ready. Pick a small project and act on what you know today.
2. Notice when you hold back time or energy, and test giving a little more than feels comfortable.
3. Move your body every day. Exercise brings you out of your head and back into the room.

### Passion and virtue

**Avarice:** holding on to time, energy, privacy and knowledge for fear there will not be enough.

**Non-attachment:** taking part in life without hoarding, trusting that resources will return.

### Stress → 7 · Growth → 8

Under stress a Five moves toward the average side of Seven.

In growth a Five takes on the healthy side of Eight: grounded, decisive and willing to act on what they know.

### Strengths

- Depth of knowledge
- Objectivity
- Independence
- Calm in a crisis
- Original thinking

### What helps at work

- Long blocks of uninterrupted time
- Context and agendas before meetings
- Autonomy over how the work is done
- A quiet place to think
- Respect for their expertise

### Commonly confused with

Type 9, Type 4, Type 6. The full profile has a check for each.