

6

ENNEAGRAM TYPE 6 · HEAD (THINKING) TRIAD

The Loyalist

Sixes scan for what could go wrong so the people they care about are covered when it does.

Core fear and desire

Fear: Being left without support or guidance when it counts.

Desire: To feel secure and to know who and what can be trusted.

Wings: 6w5 and 6w7

6w5, the Defender. The Five wing adds a need to understand the threat before trusting anyone with it.

6w7, the Buddy. The Seven wing adds warmth, humour and a pull toward people.

Subtypes

Self-preservation Six: warmth. The most openly fearful Six.

Social Six: duty. Fear managed through rules, reason and a clear frame of reference.

One-to-one (sexual) Six: strength and beauty (countertype). The countertype, the Six that looks least afraid.

What helps in love

- Consistency: doing what you said you would
- Being told plainly where they stand
- Hearing their worry out before you answer it
- Loyalty they can see in hard weeks

Avoid:

- Change plans without explaining why
- Call their worries paranoid
- Keep secrets, even small ones
- Go silent and leave them guessing

Three ways to grow

1. Write the worst case down, then the most likely case. Plan for the second one.
2. Make one small decision a day without asking anyone, and notice that it holds.
3. When suspicion rises, ask what evidence you would accept that the other person means well.

Passion and virtue

Fear: a background alarm that treats uncertainty as danger until proven otherwise.

Courage: acting on their own judgement while the doubt is still there.

Stress → 3 · Growth → 9

Under stress a Six moves toward the average side of Three: they throw themselves into work and image, become competitive and image-conscious, and try to prove their worth through output so nobody can call them weak or unreliable.

In growth a Six takes on the healthy side of Nine: relaxed, receptive and able to trust that things can turn out fine without constant monitoring.

Strengths

- Foresight
- Loyalty
- Courage under pressure
- Honest questions
- Building trust

What helps at work

- A manager whose word holds
- The reasoning behind decisions, explained
- Room to raise concerns early
- A team they can trust
- Clear roles and a stable plan

Commonly confused with

Type 1, Type 4, Type 9. The full profile has a check for each.