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ENNEAGRAM TYPE 9 · GUT (INSTINCTIVE) TRIAD

The Peacemaker

Nines keep the peace around them, and often pay for it by losing track of what they want.

Core fear and desire

Fear: Loss of connection, and the conflict that might cause it.

Desire: To have inner stability and peace of mind.

Wings: 9w8 and 9w1

9w8, the Referee. The Eight wing adds grounded strength and a readier temper.

9w1, the Dreamer. The One wing adds ideals and a quiet sense of how things should be.

Subtypes

Self-preservation Nine: appetite. Self-forgetting through physical comfort and routine.

Social Nine: participation (countertype). The countertype, the Nine that looks least like a Nine.

One-to-one (sexual) Nine: fusion. Self-forgetting through merging with a partner or a few close people.

What helps in love

- Being asked what they want, then waited for
- A calm home with little drama
- Shared routines and easy time together
- Acceptance without pressure to change

Avoid:

- Rush them into a decision
- Pick fights to get a reaction
- Take their silence as agreement
- Plan everything without asking them

Three ways to grow

1. Each morning, name the one task that matters most and do it before anything comfortable.
2. When you say "I don't mind", follow it with one preference, however small.
3. Notice where you feel irritation in your body. It is often the first sign of a want you have not said.

Passion and virtue

Sloth, meaning self-forgetting: going numb to their own priorities to keep things calm.

Action: showing up for their own life with energy and a stated position.

Stress → 6 • Growth → 3

Under stress a Nine moves toward the average side of Six: they become anxious, worried and reactive, second-guess themselves and look to others for reassurance about decisions they have avoided.

In growth a Nine takes on the healthy side of Three: energised, focused and willing to invest in their own goals.

Strengths

- Mediation
- Calm presence
- Patience
- Steadiness
- Inclusion

What helps at work

- Clear priorities and deadlines
- A manager who asks their view
- A harmonious team
- Time to think before answering
- Check-ins without pressure

Commonly confused with

Type 2, Type 5, Type 4. The full profile has a check for each.