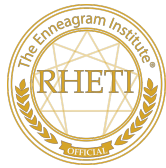


# The Enneagram Institute®

## Riso-Hudson Enneagram Type Indicator (RHETI v2.5)



Test Taker: Ethan Fernhaber  
Email Address: ethan@renewinginc.com  
Date of Test: 2022-11-17 UTC

Enneagram Type	Score
Type 4, The Individualist	18
Type 9, The Peacemaker	18
Type 3, The Achiever	17
Type 5, The Investigator	17
Type 8, The Challenger	16
Type 6, The Loyalist	15
Type 2, The Helper	15
Type 7, The Enthusiast	14
Type 1, The Reformer	14

## Results Overview

Thank you for taking the Riso-Hudson Enneagram Type Indicator (RHETI Version 2.5). Your scores for each of the nine Enneagram types are on the above chart, and Expanded Type Descriptions for your highest scores are included in your results.

Your highest score was a tie between:

- Type 4
- Type 9
- Type 3
- Type 5

Your primary Enneagram personality type is most likely the highest of these scores, and almost certainly among the highest two or three.

For additional information, you may want to read [How to Interpret your Results](#), and consult our [Misidentifications](#) section for help with comparing the types.

You may also find it helpful to go over your test results and the personality descriptions with someone who knows you well.

Ultimately, there is no substitute for self-reflection. Please carefully read the Expanded Type Descriptions of your top types and reflect on which one you identify with the most.

If you have not yet discovered your Instinctual Stack, we offer a test that can help you do so. The [Instinctual Variant Questionnaire \(IVQ v2.0\)](#) will help you understand the role that all three Instincts play in your life. Once you have discovered your Instinctual Stack, you can understand your Enneagram type with even more depth and clarity.

If you ever have any questions or need assistance, please contact [support@enneagraminstitute.com](mailto:support@enneagraminstitute.com).

Best Wishes,

[The Enneagram Institute®](#)

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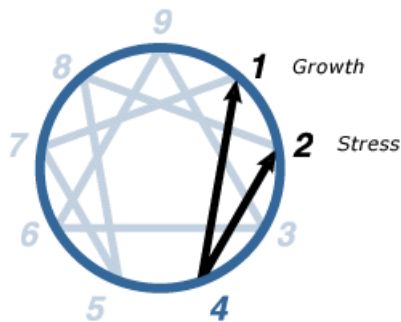
Limited email support at other times.

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# Personality Type FOUR: The Individualist

*The Sensitive, Introspective Type:*

*Expressive, Dramatic, Self-Absorbed, and Temperamental*



**Generally, Fours are** intuitive, sensitive, impressionable, quiet, introspective, passionate, romantic, elegant, witty, imaginative, and self-expressive.

**Fours get into conflicts by being** moody, emotionally demanding, self-absorbed, withholding, temperamental, dramatic, pretentious, and self-indulgent.

**At their best, Fours are** creative, inspired, honest with themselves, emotionally strong, humane, self-aware, discrete, and self-renewing.

## Recognizing Fours

Type Four exemplifies the desire to be ourselves, to be known for who we are, and to know the depths of our hearts. Of all the types, Fours are the most aware of their own emotional states. They notice when they feel upset, anxious, attracted to another person, or some other, more subtle combination of feelings. They pay attention to their different changing emotions and try to determine what their feelings are telling them about themselves, others, and their world. When Fours are more in balance, their exquisite attunement to their inner states enables them to discover deep truths about human nature, to bear compassionate witness to the suffering of others, or to be profoundly honest with themselves about their own motives. When they are less balanced, they can become lost in their feelings, preoccupied with emotional reactions, memories, and fantasies, both negative and positive.

Fours are nothing if not subtle and expressive, and they are able to put words to feelings and states that others may recognize but could not have expressed as eloquently. ("That poem exactly captures how I felt about leaving home.") By being emotionally honest, and by taking time to see what they really feel about things, they encourage others to look more deeply into themselves.

Fours are also people who care a great deal about beauty and taste. Many Fours, for instance, are involved in artistic pursuits. Even if they are not artistically creative themselves, Fours seek out art, poetry, music, and other expressions that they find beautiful, because they feel these things reveal something true about themselves and about human nature. Fours often dress in ways that accentuate their own sense of personal style but also in ways that symbolically let others know how they are feeling (dressing entirely in black or in shades of violet, for instance). Similarly, they typically decorate their homes with objects and colors that evoke a strong sense of image and mood and reflect personal feelings and associations.

Above all, Fours want to distinguish themselves from others—they want to feel that their taste, their self-expression, and their emotional depth are *unique*. Thus, they tend to emphasize all of the ways in which they are unlike other people—especially their own family. They deeply want to know who they are and that who they are is special in some way. Being complimented or told that they are loved is nice, of course, but what Fours really want is for others to recognize and appreciate the pattern of qualities that is *unique* to them—that they are not generic.

Because of their powerful need to see themselves as different from others, Fours often end up feeling alone and

misunderstood. They become creative "outsiders," and they are proud of it. If they are working in a regular nine-to-five job, they will find ways to put their unique stamp on their work. This can run the gamut from finding their own way of presenting reports to having a recognizable design style to decorating their office in a way that reflects their tastes and feelings. They may run their own company (as long as there's a creative component to their work and it's emotionally satisfying), or they may be in a profession that makes use of their personal touch, such as a clothing designer, or counselor, or a therapist of some kind. Fours are often professional artists, writers, or teachers. Above all, Fours *want their life to be a work of art*. They want to achieve something beautiful despite the loneliness, suffering, and self-doubt they have so often felt.

Unfortunately, the Four's need to be different can also lead to alienation and a tendency to become engrossed in feelings of loss, sadness, and melancholy. All nine types can feel sad, lonely, or depressed, but Fours feel this way frequently—even when there is nothing in their current lives to cause such feelings. They often become convinced that these painful feelings are more real and authentic when compared to more passing feelings of happiness or enthusiasm. Indeed, Fours begin to feel that they are being the most real, most honest people *because* they are focusing on disappointment and sadness. Ultimately, this can lead them to foster and prolong these painful feelings in themselves.

**In brief, Fours want** to express themselves and their individuality, to create and surround themselves with beauty, to maintain certain moods and feelings, to withdraw and protect their vulnerabilities, to take care of emotional needs before attending to anything else, and to attract a "rescuer" who will understand them. **Fours do not want** to restrain or lose touch with their emotions, to feel ordinary, to have their individuality unrecognized, to have their taste questioned, to be *required* at social settings, to follow impersonal rules and procedures, to spend time with people they perceive as lacking taste or emotional depth.

### **Their Hidden Side**

On the surface, Fours can seem to suffer from chronic self-doubt and extreme sensitivity to others' reactions to them. But part of the reason for this is that Fours often hold a secret, inner image of who they feel they *could* be. They have an idea of the sort of person they would like to become, the kind of person who would be fantastically talented, socially adept, and intensely desired. In short, Fours come to believe that if they were somehow different from who they are, they would be seen and loved. Unfortunately, they constantly compare themselves negatively to this idealized secret self—their "fantasy self." This makes it very difficult for Fours to appreciate many of their genuine positive qualities because they are never as wonderful as the fantasy. Much of the growth for type Four involves letting go of this idealized secret self so that they can see and appreciate who they actually are.

## Relationship Issues

As the romantics of the Enneagram, Fours focus a great deal of their time and attention on their relationships. High-functioning Fours are sensitive to others—especially to others' feelings—and enjoy any kind of authentic personal sharing. They are excellent listeners and give their full attention when someone they care about is trying to express herself. Unfortunately, Fours also tend to get caught up in their own emotional reactions and dramas. When this happens, they have difficulty seeing others or hearing them objectively. Their strong emotional reactions can make it difficult for them to sustain interpersonal connections. Fours tend to have the following issues in relationships:

- Becoming self-absorbed and uninterested in others' feelings or problems due to feeling overwhelmed by their own feelings.
- Idealizing potential partners, then feeling disappointed once they get to know them—often devaluing and rejecting them.
- Placing great expectations on the partner for nurturing and support.
- Being moody and temperamental—making others "walk on eggshells."
- Withholding attention and affection to punish the other.
- Imagining that others have worse opinions of them than they do—being touchy and hypersensitive to slights.

## Type Compatibility

To learn more about compatibility issues and relationships with other types, see the [Enneagram Type Combinations](#)

## The Passion: Envy

At some level, Fours believe that they are missing something that other people seem to have. They feel that something is wrong with them or with their relationships, and they start to be acutely aware of what is not working in their lives. Naturally, given this frame of mind, it is difficult for Fours to feel good about themselves or to appreciate the good things in their world.

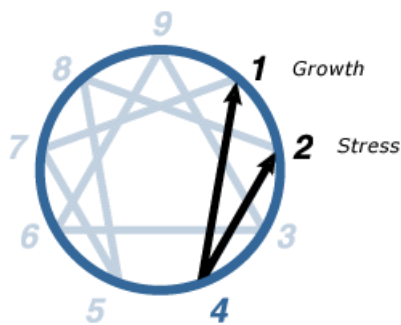
Fours rightly perceive that there is something inadequate or incomplete about the ego self, but *they incorrectly assume that they alone suffer from this problem*. Fours then get in the habit of comparing themselves to others, concluding that they have somehow gotten "the short end of the stick." Fours feel that they have been singled out by fate for bad treatment, bad luck, unsatisfying relationships, bad parenting, and broken dreams. It comes as something of a shock to many Fours to discover that other people have suffered as much as or even more than they have. This doesn't mean that Fours haven't suffered or that their painful pasts are inconsequential. But Fours need to see how they perpetuate their own suffering by continually focusing on old wounds rather than truly processing those hurts and letting go of them in a way that would allow them to heal.

## At Their Best

Healthy Fours strive to be true to themselves. They are emotionally honest and aren't afraid to reveal themselves to others, "warts and all." They combine self-awareness and introspection with great emotional strength and endurance. They bring a heightened sensitivity to their experiences and are able to share with others the subtleties of their inner world. This invites others to do the same. They are highly intuitive and creative and add a personal, human touch to whatever they are involved with. They treat others with gentleness, tact, and discretion. They can be wonderfully expressive with an ironic, witty view of life and themselves, often finding humor in their own foibles and contradictions. They bring a sense of beauty, refinement, and emotional richness into other people's lives.

Thus, high-functioning Fours are profoundly creative, expressing the personal and the universal, possibly through art but also in their daily lives. They are in touch with the ever-changing nature of reality and are inspired by it. High-functioning Fours are able to renew and regenerate themselves again and again, transforming even their most painful experiences into something beautiful and meaningful that others can benefit from as well. They have a deep sense of "allowing," and they are able to hold even the most painful feelings with compassion and sensitivity—whether their own or someone else's.

# Personality Dynamics & Variations



Learn more about the [Directions of Integration \(Security\) and Disintegration \(Stress\)](#).

## Under Stress (Four Goes to Average Two)

Fours attempt to defend their hurt feelings (and gain attention) by withdrawing from people and withholding their own affection and attention. They may recognize on some level, however, that their emotional storminess and withdrawals are driving away the people who are most supportive of them. Then Fours go out of their way to reestablish their connections and reassure themselves that their relationship is still on solid ground. But because they are reacting out of stress, Fours may overcompensate by trying to win others over, by doing favors, or, more darkly, by manipulation and creating dependencies, all in the manner of average-to-unhealthy Twos. To do this, they keep talking about the state of the relationship with the other person and try to make themselves more needed. Favors, help, and reminding others of their support are part of the picture. Troubled Fours also become more possessive of loved ones, not wanting to let them out of their sight for long, like lower-functioning Twos.

### **Security: (Four Goes to Average One)**

With trusted intimates, or in situations in which Fours feel sure of themselves, they may risk being more openly controlling and critical of others. Their frustration with others and feeling of disappointment in how others are behaving (especially toward them) finally erupts. Fours can become impatient and critical, demanding that people meet their exacting standards, constantly pointing out how others have made errors. Nothing about the other person (whom they may have idealized and regarded as their longed for "rescuer") now satisfies them or gives them much hope or pleasure. Everything about the person and their situation becomes irritating and annoying and they can't seem to get the other person's faults out of their mind. Fours in this state may also compensate for their ragged emotions by driving themselves excessively, feeling that they are lazy and unproductive if they are not constantly working and improving.

### **Integration (Four Goes to Healthy One)**

As Fours become more aware of their tendency to brood and to fantasize about their many hurts and disappointments, they also become aware of the cost to themselves of this way of being. As they relax and accept themselves more deeply, they gradually become free of their constant emotional turbulence and their need to maintain emotional crises or to indulge themselves as a consolation prize for not fulfilling their potential. Gradually and naturally, they become more objective, grounded, and practical, like healthy Ones. They also become more realistic and able to operate in the real world. Without imposing harsh disciplines or expectations on themselves, integrating Fours want to become involved in matters beyond themselves, such as in community work, politics, the environment, or in other worthwhile ways to engage their minds and hearts. On some level, they choose no longer to indulge themselves but to live within the constraints of reality. When they do so, they find the payoffs and the pleasures—and their creativity—are deeper and much more fulfilling.

## The Levels of Development

[\*Learn more about the nine Levels of Development.\*](#)

### **Healthy Levels**

**Level 1 (At Their Best):** Profoundly creative, expressing the personal and the universal, possibly in a work of art. Inspired, self-renewing and regenerating: able to transform all their experiences into something valuable: self-creative.

**Level 2:** Self-aware, introspective, on the "search for self," aware of feelings and inner impulses. Sensitive and intuitive both to self and others: gentle, tactful, compassionate.

**Level 3:** Highly personal, individualistic, "true to self." Self-revealing, emotionally honest, humane. Ironic view of self and life: can be serious and funny, vulnerable and emotionally strong.

### **Average Levels**

**Level 4:** Take an artistic, romantic orientation to life, creating a beautiful, aesthetic environment to cultivate and prolong personal feelings. Heighten reality through fantasy, passionate feelings, and the imagination.

**Level 5:** To stay in touch with feelings, they interiorize everything, taking everything personally, but become self-absorbed and introverted, moody and hypersensitive, shy and self-conscious, unable to be spontaneous or to "get out of themselves." Stay withdrawn to protect their self-image and to buy time to sort out feelings.

**Level 6:** Gradually think that they are different from others, and feel that they are exempt from living as everyone else does. They become melancholy dreamers, disdainful, decadent, and sensual, living in a fantasy world. Self-pity and envy of others leads to self-indulgence, and to becoming increasingly impractical, unproductive, effete, and precious.

### **Unhealthy Levels**

**Level 7:** When dreams fail, become self-inhibiting and angry at self, depressed and alienated from self and others, blocked and emotionally paralyzed. Ashamed of self, fatigued and unable to function.

**Level 8:** Tormented by delusional self-contempt, self-reproaches, self-hatred, and morbid thoughts: everything is a source of torment. Blaming others, they drive away anyone who tries to help them.

**Level 9:** Despairing, feel hopeless and become self-destructive, possibly abusing alcohol or drugs to escape. In the extreme: emotional breakdown or suicide is likely. Generally corresponds to the Avoidant, Depressive, and Narcissistic personality disorders.

## Personal Growth Recommendations for Type Fours

**Fours grow by recognizing** that while the hurts and losses of the past were real enough, there is no need to keep revisiting them in the imagination. On the contrary, doing so keeps drawing them out of the richness and depth of the present moment—the one time and place in which their real feelings and their true identity can be found. Fours need to see how working up their feelings actually moves them further away from their most authentic self and their truest self expression.

- Do not pay so much attention to your feelings; they are not a true source of support for you, as you probably already know. Remember this advice: "From our present perspective, we can also see that one of the most important mistakes Fours make is to equate themselves with their feelings. The fallacy is that to understand themselves they must understand their feelings, particularly their negative ones, before acting. Fours do not see that the self is not the same as its feelings or that the presence of negative feelings does not preclude the presence of good in themselves" (*Personality Types*, p. 172). Always remember that your feelings are telling you something about yourself as you are at this particular moment, not necessarily more than that.
- Avoid putting off things until you are "in the right mood." Commit yourself to productive, meaningful work that will contribute to your good and that of others, no matter how small the contribution may be. Working consistently in the real world will create a context in which you can discover yourself and your talents. (Actually, you are happiest when you are working—that is, activating your potentials and realizing yourself. You will not "find yourself" in a vacuum or while waiting for inspiration to strike, so connect—and stay connected—with the real world.
- Self-esteem and self-confidence will develop only from having positive experiences, whether or not you believe that you are ready to have them. Therefore, put yourself in the way of good. You may never feel that you are ready to take on a challenge of some sort, that you always need more time. (Fours typically never feel that they are sufficiently "together," but they must nevertheless have the courage to stop putting off their lives.) Even if you start small, commit yourself to doing something that will bring out the best in you.
- A wholesome self-discipline takes many forms, from sleeping regular hours to working regularly to exercising regularly, and has a cumulative, strengthening effect. Since it comes from yourself, a healthy self-discipline is not contrary to your freedom or individuality. On the other hand, sensuality, excessive sexual experiences, alcohol, drugs, sleep, or fantasizing have a debilitating effect on you, as you already know. Therefore, practice healthy self-discipline and stay with it.
- Avoid lengthy conversations in your imagination, particularly if they are negative, resentful, or even excessively romantic. These conversations are essentially unreal and at best only rehearsals for action—although, as you know, you almost never say or do what you imagine you will. Instead of spending time imagining your life and relationships, begin to live them.

From *Discovering Your Personality Type*, pp. 116-125. See also *Personality Types*, pp. 134-72, *Understanding the Enneagram*, pp. 46-49, 86-92, and 337-39, and *The Wisdom of the Enneagram*, pp. 177-205.

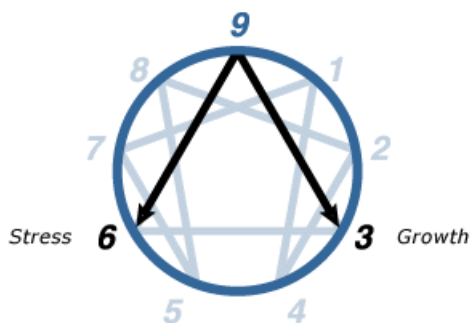
## Examples

Rumi, Frédéric Chopin, Pyotr I. Tchaikovsky, Gustav Mahler, Jackie Kennedy Onassis, Edgar Allen Poe, Yukio Mishima, Virginia Woolf, Anne Frank, Karen Blixen / Isak Dinesen, Anaïs Nin, Tennessee Williams, J.D. Salinger, Anne Rice, Frida Kahlo, Diane Arbus, Martha Graham, Rudolf Nureyev, Cindy Sherman, Hank Williams, Billie Holiday, Judy Garland, Maria Callas, Miles Davis, Keith Jarrett, Joni Mitchell, Bob Dylan, Paul Simon, Leonard Cohen, Yusuf Islam (Cat Stevens), Ferron, Cher, Stevie Nicks, Annie Lennox, Prince, Sarah McLachlan, Alanis Morissette, Feist, Florence (+ the Machine) Welch, Amy Winehouse, Ingmar Bergman, Lars von Trier, Marlon Brando, Jeremy Irons, Angelina Jolie, Winona Ryder, Kate Winslet, Nicolas Cage, Johnny Depp, Tattoo Artist Kat Von D., Magician Criss Angel, Streetcar Named Desire's "Blanche duBois"



# Personality Type NINE: The Peacemaker

*The Easygoing, Self-Effacing Type:  
Receptive, Reassuring, Agreeable, and Complacent*



**Generally, Nines are** patient, steady, easygoing, receptive, relaxed, unselfconscious, agreeable, uncomplicated, contented, comforting, sensual, and idealizing.

**Nines get into conflicts by being** emotionally unavailable, complacent, inattentive, unaware of their own anger, ineffectual, passive-aggressive, unrealistic, resigned, and stubborn.

**At their best, Nines are** self-aware, dynamic, inclusive, steadfast, healing, proactive, contemplative, natural, imaginative, serene, and exuberant, engaged and passionate.

## Recognizing Nines

Type Nine exemplifies the desire for wholeness, peace, and harmony in our world. Nines are easygoing, emotionally stable people. They are open and unself-consciously serene, trusting and patient with themselves and others. Their openness allows them to be at ease with life and with the natural world. As a result, others generally find it easy to be in their company. They are genuinely good-natured and refreshingly unpretentious. Because of their peaceful demeanor, Nines have a talent for comforting and reassuring others and are able to exert a calming, healing influence in difficult or tense situations. They make steady, supportive friends who can listen uncritically to others' problems as well as share their good times. In work settings, they can be excellent mediators, able to harmonize groups and bring people together by really healing conflicts.

Nines can also be quite imaginative and creative, and they enjoy expressing themselves in symbolic ways—through music, dance, images, or mythic stories, for instance. They tend to look at things holistically, focusing on the ways in which seemingly unrelated ideas or events are connected and part of a greater whole. Indeed, Nines are drawn to anything that affirms the fundamental oneness of the world. Whether they are working with concepts, diverse groups of people, art forms, or feuding family members, Nines want to bring everything and everyone back to a harmonious unity.

In short, Nines are the eternal optimists, always wanting to believe the best about other people, with hope for the best for themselves. They hope that every story will end with, "...and they all lived happily ever after." Healthy Nines will work hard to make things turn out that way. But average Nines will leave it to "luck and a prayer"—and they may be sorely disappointed.

Average Nines focus on keeping their lives pleasant and uncomplicated. They idealize others and live through a handful of primary identifications—usually with their family and close friends. Out of fear of creating conflicts with these people, average Nines hold back their own reactions and opinions and suppress themselves in many other ways. Oddly, Nines can be quite assertive on behalf of others and will work hard for others' benefit, but they can have great difficulty taking actions on their own behalf, or even voicing their own real feelings.



To "maintain the peace," Nines tend not to *show* their upsets very much, except indirectly— perhaps by eating, drinking, or watching television too much to escape into a more pleasant and comforting world. They also absorb a lot of tension and neglect—even outright abuse—before showing any kind of emotional response. But when their anger has been held back for too long, Nines can suddenly blow up, seemingly out of the blue. Once they have gotten something out of their system, Nines hope that the storm has blown over and that things will go back to the way they were before.

Fearing that change (and potential conflict) will threaten their comfort and peace of mind, average Nines become more complacent and disengaged. They entrench themselves in comforting habits and routines, puttering around and finding various kinds of busy work to lose themselves in. But the longer they do this, the more difficulty they have rousing themselves to take decisive action or to assert themselves in any meaningful way. They become passive, walking away from problems and brushing them under the rug. Their thinking becomes hazy and ruminative, mostly daydreaming about happy memories or passing time telling comforting stories. They begin to "tune out" reality to protect themselves from anxiety, often seeming "oblivious" and unresponsive as a result. Average Nines use passive-aggressive acts and stubbornness to resist attempts to engage them. But their peace of mind is little more than an avoidance of problems—a clinging to fantasies and unrealistic hopes.

Low functioning Nines can become fatalistic and resigned, trudging through life as if nothing can be done to improve their situation. Engaged in wishful thinking, looking for easy, magical solutions, Nines keep "waiting for their ship to come in," but without some constructive effort on their part, they may wait a long time, indeed.

**In brief, Nines want** to find unity and wholeness, to create harmony in their environment, to feel spacious and at ease, to emphasize the positive, to avoid conflicts and tension, to resist change and preserve things as they are, and to ignore whatever would upset or disturb them. **Nines do not want** to have conflicts with loved ones, to feel cut off or separated from others, to be angry, to be upset or disturbed, to have their habits or routines interrupted, to arouse themselves or to be emotionally uncomfortable, or to be forced to face unpleasant realities.

### **Their Hidden Side**

On the surface, Nines appear to be the most easy-going, pleasant people imaginable. They go along with others' wishes, apparently without any desire other than to make sure everyone is at ease and happy. But their hidden side is that they often suppress a huge well of anger that they conceal even from themselves. Nines want to get along with others, but they also want to hold on to their independence and autonomy—they do not want to be "messed with." To the extent that they feel they cannot do the latter without endangering their connections with the important people in their lives, they become resentful and enraged—although they also feel that they can never let this anger out without destroying their relationships. Thus, for Nines to develop themselves and their potentials they must come to grips with their suppressed rage and find constructive outlets for this energy.

## Relationship Issues

People are often drawn to Nines as potential life partners for many reasons. They are comforting and supportive, warm and sensual. They adapt well to domestic life and enjoy being with their partner. And they *seem* to be utterly without any significant needs of their own. They are uncomplicated and undemanding to the extent that others get the false notion that the Nine will meet their needs without needing anything much from them. Therein lies the source of problems with Nines in relationship. Of course, Nines do have many personal needs, but to the extent that they are not being met, Nines shut down and withdraw from the other rather than risk getting into a conflict. Key issues include these:

- Going along with others or agreeing to things the Nine has no intention of complying with.
- Becoming emotionally unavailable to others: disengaging their attention or withdrawing rather than dealing with issues.
- Wanting to feel close with someone in their imagination while asserting independence in their behavior.
- The "No Talk Rule"—refusing to discuss the real problems.
- Suppression, control, and outbursts of temper—all of which are generally unrecognized and unacknowledged by the Nine.
- Emotional "collapsing" as a way of stopping discussion about troubling topics.

# Type Compatibility

To learn more about compatibility issues and relationships with other types, see the [Enneagram Type Combinations](#).

## The Passion: Sloth

Nines pay a price for their easygoing demeanor because much of it depends on their staying out of contact with their instinctual energies. Nines do this for two reasons. First, much of their instinctual aliveness is used to suppress their anger and frustration with people and with themselves. To experience their anger directly is extremely threatening to Nines: they feel that their rage could destroy their peaceful world very quickly. In order to stay in their unrealistic, idealized world, they must constantly suppress their anger and instincts over and over again. But when Nines attempt to dam those energies, the result is inner numbness and general fatigue because so much of their inner resources is devoted to keeping their anger and instincts at bay.

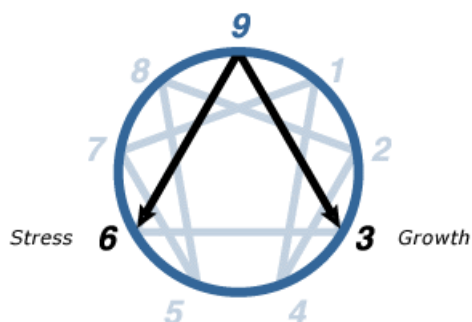
Thus, Nines end up becoming passive and disengaged. Rousing themselves to take an active role in their lives seems difficult—it will all be "too much trouble" becomes a constant refrain. So they retreat into safe and comforting routines—and the passion of sloth. Understood this way, sloth is not necessarily physical laziness; rather, it is an inner disengagement, a reluctance to show up in one's life with all of one's passion, immediacy, and presence available. The longer Nines remain in the state of sloth, the more they become convinced that they can never do what it takes to engage fully in their lives.

## At Their Best

As Nines learn to assert themselves more freely, they experience greater peace, equanimity and contentment. Their self-possession enables them to have a profound effect on the world because they are truly present to themselves. They are intensely alive, awake, exuberant, and alert. They have learned not to give up their power to others or withhold themselves from a fear of self-assertion. They become dynamic and joyful, actively working for peace and healing their world as a result. They have enormous dignity and a genuine serenity that comes from deeply accepting the human condition.

Thus, high-functioning Nines are extraordinarily vital, self-possessed, and independent. They understand that by being grounded in the present moment, they can have both independence and connection with others: it is not an either/or situation. Further, their natural creativity and leadership can come to the fore because they are in touch with their own strength and capacities. People also instinctively trust healthy Nines because they will use their active influence to do what is necessary to create and sustain a truly harmonious environment, one in which everyone can thrive.

# Personality Dynamics & Variations



Learn more about the [Directions of Integration \(Security\) and Disintegration \(Stress\)](#).

## Under Stress (Nine Goes to Average Six)

Nines attempt to avoid anxiety and conflict by detaching emotionally from active participation and by not talking about their real concerns and issues. But they can only use this defense up to a point, beyond which they can no longer contain their anxiety, frustration, and fear. At such times, they will begin to exhibit many of the characteristics and behaviors of average-to-unhealthy Sixes. The usually stable, easygoing Nine becomes worried, testy, and defensive. They begin to see others as the source of their unease, complaining to anyone who will listen,

and blaming everyone else for their distress. They may also have issues with authority, feeling put upon or controlled by those they see as having power over them. Under prolonged stress, Nines completely lose their placid demeanor and become more and more reactive and nervous. They may seek help and reassurance from others but may just as quickly disparage them for "dominating" or "overwhelming" them.

### **Security (Nine Goes to Average Three)**

Nines usually feel unimportant and may feel that their own needs and viewpoints are not worth mentioning. With trusted others, however, they may attempt to demonstrate their value, desirability, or even superiority, in the manner of average Threes. In secure situations, Nines will deal with stress also by working more and by being productive—even if their productivity is really "busy work" designed to keep awareness of more crucial problems out of awareness. This busyness is the Nine's way of trying to build a sense of confidence and value. Nines may also try to impress intimates with their accomplishments, status, or attractiveness—although, ironically, they are usually completely unaware of how they are coming across to others.

### **Integration (Nines Goes to Healthy Three)**

As Nines work through their belief that they are invisible and unimportant, they begin to recognize their true value. They see that others really do want them to show up and share themselves fully. Healthy Nines begin to understand that their very existence makes them valuable—God did not make a mistake in creating them. Their experience is much like the adventures of the Jimmy Stewart character in *It's a Wonderful Life*. They see that the world would be poorer without them and that they have much to contribute to their fellow human beings. They understand that the peace of mind they seek comes from fully sharing their talents, intelligence, and heart with the world. Thus, integrating Nines begin to invest time and energy in themselves, to develop their talents, and to feel a healthy degree of self-esteem. In short, they learn to take pleasure in their own value and goodness.

## The Levels of Development

[Learn more about the nine Levels of Development.](#)

### **Healthy Levels**

**Level 1 (At Their Best):** Become self-possessed, feeling autonomous and fulfilled: have great equanimity and contentment because they are present to themselves. Paradoxically, at one with self, and thus able to form more profound relationships. Intensely alive, fully connected to self and others.

**Level 2:** Deeply receptive, accepting, unselfconscious, emotionally stable and serene. Trusting of self and others, at ease with self and life, innocent and simple. Patient, unpretentious, good-natured, genuinely nice people.

**Level 3:** Optimistic, reassuring, supportive: have a healing and calming influence—harmonizing groups, bringing people together: a good mediator, synthesizer, and communicator.

### **Average Levels**

**Level 4:** Fear conflicts, so become self-effacing and accommodating, idealizing others and "going along" with their wishes, saying "yes" to things they do not really want to do. Fall into conventional roles and expectations. Use philosophies and stock sayings to deflect others.

**Level 5:** Active, but disengaged, unreflective, and inattentive. Do not want to be affected, so become unresponsive and complacent, walking away from problems, and "sweeping them under the rug." Thinking becomes hazy and ruminative, mostly comforting fantasies, as they begin to "tune out" reality, becoming oblivious. Emotionally indolent, unwillingness to exert self or to focus on problems: indifference.

**Level 6:** Begin to minimize problems, to appease others and to have "peace at any price." Stubborn, fatalistic, and resigned, as if nothing could be done to change anything. Into wishful thinking, and magical solutions. Others frustrated and angry by their procrastination and unresponsiveness.

### **Unhealthy Levels**

**Level 7:** Can be highly repressed, undeveloped, and ineffectual. Feel incapable of facing problems: become obstinate, dissociating self from all conflicts. Neglectful and dangerous to others.

**Level 8:** Wanting to block out of awareness anything that could affect them, they dissociate so much that they eventually cannot function: numb, depersonalized.

**Level 9:** They finally become severely disoriented and catatonic, abandoning themselves, turning into shattered shells. Multiple personalities possible. Generally corresponds to the Schizoid and Dependent personality disorders.

## Personal Growth Recommendations for Type Nines

**Nines grow by recognizing** that the more they seek peace of mind by turning away from conflicts and problems, the greater is the likelihood that they will bring about disturbances in their lives and relationships. Their avoidance of conflicts causes others to *have* conflicts with them. Growing Nines must also remember that they will never have union with anyone else unless and until they have union with themselves. If they are accommodating to a fault, they will eventually lose the other person because they have never possessed themselves. When they learn that self-assertion is not an aggressive act but a positive thing, Nines are in a position to truly bring peace and harmony to everyone in their environment.

- It is worth examining your type's tendency to go along with others, doing what they want to keep the peace and be nice. Will constantly acquiescing to the wishes of others provide the kind of relationships that will really satisfy you? Remember, it is impossible to love others if you are not truly present to them. This means that you have to be yourself, that you (paradoxically) have to be independent so that you can really be there for others when they need you.
- Exert yourself. Force yourself to pay attention to what is going on. Do not drift off or tune out people, or daydream. Work on focusing your attention to become an active participant in the world around you. Try to become more mentally and emotionally engaged.
- Recognize that you also have aggressions, anxieties, and other feelings that you must deal with. Negative feelings and impulses are a part of you and they affect you emotionally and physically whether or not you acknowledge them. Furthermore, your negative emotions are often expressed inadvertently and get in the way of the peace and harmony you want in your relationships. It is best to get things out in the open first, at least by allowing yourself to become aware of your feelings.
- Although this will be very painful for you, if your marriage has ended in divorce or if you are having problems with your children, you must honestly examine how you have contributed to these problems. Examining troubled relationships will be extremely difficult because the people involved have been close to your heart. The feelings you have for others endow you with much of your identity and self-esteem. But if you really love others, you can do no less than examine the role you have played in whatever conflicts that have arisen. In the last analysis, the choice is simple: you must sacrifice your peace of mind (in the short run) for the satisfaction of genuine relationships (in the long run.)
- Exercise frequently to become more aware of your body and emotions. (Some Nines run around doing errands and think that they are getting enough exercise.) Regular exercise is a healthy form of self-discipline and will increase your awareness of your feelings and other sensations. Developing body-awareness will help teach you to concentrate and focus your attention in other areas of your life as well. Exercise is also a good way to get in touch with and express some aggressions.

From *Discovering Your Personality Type*, pp. 164-173. See also *Personality Types*, pp. 338-75, *Understanding the Enneagram*, pp. 60-62, 119-26, and 349-51, and *The Wisdom of the Enneagram*, pp. 314-40.

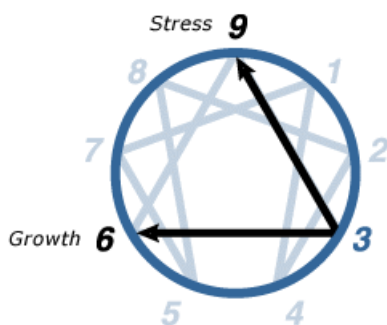
## Examples

Queen Elizabeth II, Princess Grace of Monaco, Claude Monet, Norman Rockwell, Abraham Lincoln, Dwight D. Eisenhower, Gerald Ford, Ronald Reagan, George W. Bush, John F. Kennedy, Jr., General Colin Powell, Walter Cronkite, Carl Jung, Carl Rogers, Joseph Campbell, Walt Disney, Jim Henson (Muppets), Garrison Keillor, Walter Cronkite, Gloria Steinem, Tony Bennett, Ringo Starr, Carlos Santana, James Taylor, Janet Jackson, Jack Johnson, George Lucas, Ron Howard, Gary Cooper, Jimmy Stewart, Audrey Hepburn, Sophia Loren, Kevin Costner, Annette Bening, Jeff Bridges, Morgan Freeman, John Goodman, Matthew Broderick, Whoopie Goldberg, Woody Harrelson, Geena Davis, Jason Segel, Lisa Kudrow, Toby McGuire, Zooey Deschanel, "Mister Rogers," "Homer and Marge Simpson"

# Personality Type THREE: The Achiever

*The Success-Oriented, Efficient Type:*

*Adaptive, Excelling, Driven, and Image-Conscious*



**Generally, Threes are** effective, competent, adaptable, goal-oriented, ambitious, organized, diplomatic, charming, into performance, and image-conscious.

**Threes get into conflicts by being** expedient, excessively driven, competitive, self-promoting, "appropriate" instead of sincere, boastful, and grandiose.

**At their best, Threes are** inner-directed, authentic, modest, admirable, well-adjusted, gracious, interested in others, and self-accepting.

## Recognizing Threes

Type Three exemplifies the desire to be our best self, to develop all of our potentials, and to value ourselves and others. Threes are the "stars" of the personality types—people of tremendous drive, ambition, and belief in themselves. Threes want to excel, to be the best at whatever they do, and they are willing to put in the effort it takes to do so. Threes can be found at the gym, taking classes at night, putting in extra hours at work, learning how to coordinate their best colors when they dress—basically doing what it takes to shine. While Threes are energetic and ambitious, they are also diplomatic—they want to be liked and esteemed by others. They strive to be presentable and appropriate, not wanting to come across in ways that would be disapproved of. They know how to put their best foot forward and present themselves in a way that highlights their energy and confidence.

Threes are, above all, goal-oriented. They get a particular objective in their sights and then actively engage in activities that will bring them closer to whatever they seek. They pursue their dreams tirelessly, and cannot understand why others are not similarly motivated. Thus, Threes also enjoy sharing self-development tips, explaining how to make money, lose weight, develop career skills, and so forth. They are hard workers, diligent and effective—and they like helping others to be that way, too.

To achieve their goals, Threes learn to be highly adaptable. They are able to change course when necessary and may even do so several times, including a change of career, if that is what it takes. They may try different approaches to problems until they find a formula that seems the most effective. Similarly, Threes quickly adapt to different social settings, always wanting to be appropriate and to exemplify the values of whatever group they are in. While their adaptability can be an enormous asset, it can also be overdone, leaving Threes unsure of who they are or what their own deepest values are.

In all of their dealings, Threes value efficiency and effectiveness, and they are often prized by businesses for these values. They are extremely goal-driven, and once they are given a task to perform, will do their best to make sure that it is done as quickly and efficiently as possible. The problem is that Threes can be efficient to a fault—becoming accomplishment machines, brushing their real feelings and needs aside to "get the job done." This way of living can leave Threes feeling empty and emotionally isolated, despite the successes they may be having.

Problem arise because Threes learned in childhood that they are only valuable for their accomplishments and self-

presentation. They believe that they will only be loved if they become extraordinary in some field of endeavor. Thus, the pressure to be outstanding in whatever they do is intense and draining. Even if they are not working at a career and are primarily keeping a home, they will strive to have the most outstanding home in their neighborhood and to be "Super-Mom" or "Super-Dad." Threes find it difficult to stop or rest when they are caught up in their drive for success. They believe that to do so is to risk failure—and most Threes would rather die than fail and risk being humiliated. Their drive for success can also create conflicts with their personal or family life. Similarly, intimacy issues are not uncommon.

When Threes push themselves too hard and are unable to deliver everything that they would like to, they may resort to presenting successful images to others rather than letting people know their actual state or emotional condition. They attempt to convince others and themselves that they have no problems and that they are doing great, even though they may feel depressed or even burnt out. They believe that they can "fake it until they make it," but if Threes do not slow down to deal with their emotional problems, sooner or later, a crash is inevitable.

**In brief, Threes want** to feel valuable and worthwhile, to excel, to be affirmed, to be effective and efficient, to perform well, to be "the best," to have attention, to be admired, and to impress others. **Threes do not want** anything that looks like failure, to sit around "doing nothing," to be overshadowed by others, to look unprepared or awkward, to be average, to ask others for help or support, or to be caught in distortions of the truth.

## Their Hidden Side

Beneath the surface, Threes have deep anxieties about their personal value. They feel that unless they maintain a certain position or image in life, they will be devalued, rejected, and tossed aside as worthless. Thus, they feel a constant inner pressure to "have it together," to not need much intimacy or personal support, and, above all, to constantly perform at maximum efficiency. Unless you knew a Three very well, you would never suspect the degree of emotional vulnerability and insecurity that they conceal beneath their smooth, efficient surface. The fact is that despite Threes' apparent social ease, there is great loneliness and a belief that they must not need help or support. As much as possible, Threes try to avoid their feelings of shame and isolation, but a large part of their growth entails allowing these feelings to arise and become integrated into their functioning self.

## Relationship Issues

Threes often report that they feel confident in their ability to attract other people. They are usually charming and magnetic, and they know how to behave appropriately. Also, many Threes spend significant time and resources cultivating their personal presentation. They work at being in good physical condition and are often well-groomed. They want their partner to be proud of them and their accomplishments, so they often are drawn to people who they believe will appreciate them. The problem is that Threes fear that many parts of themselves may be less than outstanding or even unacceptable. Fears of potential rejection may prevent them from letting people get close to them. Significant relationship issues include the following:

- Holding the partner to strict standards that the partner does not wholeheartedly share.
- Presenting a favorable image that they later fear they will not be able to live up to.
- Fearing that people only want them for their looks or abilities.
- Not speaking up when they need help or support, then resenting the partner for not supporting them.
- Workaholism as a way of avoiding intimacy.
- Pre-emptively leaving relationships out of fear of rejection, or having serial relationships ("conquests") as a way of bolstering their self-image.
- Haranguing the partner for not reflecting well on them, for behaving in ways that do not support the Three's self-image.

## Type Compatibility

To learn more about compatibility issues and relationships with other types, see the [Enneagram Type Combinations](#).

### The Passion: Deceit (Vanity)

Deceit here is primarily a kind of self-deception. Threes convince themselves that only their image and their

performance are valuable. They subconsciously feel that their own natural inner qualities are inadequate or unacceptable, so they strive to become the sort of person that they believe others would look up to. They have an idea of the qualities, talents, and appearance that they need to have in order to be acceptable, and they work tirelessly to embody those qualities.

Thus, Threes convince themselves that they must always be outstanding, superb, and exceptional—the best at whatever they are focusing on. To be any less than this is to fail, to be worthless. This is like the child who gets straight A's but is then tormented by getting an A-minus or a B-plus, or the athlete who wins several gold medals but then feels like a failure for getting a silver or bronze. This kind of self-rejection and self-deception causes Threes a great deal of suffering. Once Threes lose themselves in these self-deceptions, truth becomes whatever works to keep their self-image going, and they are able to deceive others, often without any apparent remorse.

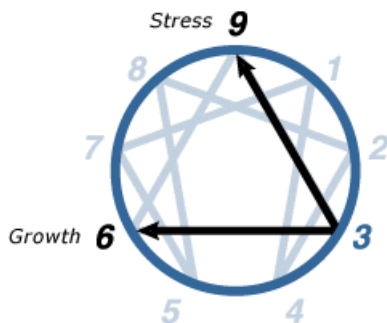
### **At Their Best**

Healthy Threes are excellent communicators, motivators, and promoters, and they know how to present something in a way that's acceptable and attractive. In the workplace, they can be very effective at building morale and company spirit. They value excellence and accomplishment and truly enjoy helping others discover how to shine. Even when they are not "coaching" others, they often inspire people to become like them in some way.

Healthy Threes are able to do this because they believe in themselves and invest time and energy in developing their native talents. They value themselves, their lives, and the people they love, seeing life as an opportunity to offer what talents they have been given to the world. They are also "adaptable" in the best sense of the word. If they see that they are doing something incorrectly or that their methods are not reaping positive results, they are willing to learn another way and to change. Further, healthy Threes are not in a contest with anyone. They deeply enjoy working with others toward shared goals and do not need to outshine their peers.

Thus, healthy Threes may or may not have significant accomplishments, but others are impressed by their realness and their heartfelt sincerity. They model an honesty, simplicity, and authenticity that inspires people. They do not try to impress others or inflate their importance; rather, they see their limitations and appreciate their talents without taking themselves too seriously. At their best, they are also tender, touchingly genuine, and affectionate—they truly become "heroes" and "role models" who inspire others by their outstanding achievements, humility, and warmth.

## Personality Dynamics & Variations



Learn more about the [Directions of Integration \(Security\) and Disintegration \(Stress\)](#).

### **Under Stress (Three Goes to Average Nine)**

When Threes drive themselves too hard, their stress can go beyond what they can normally cope with. When this occurs, they tend to go on "autopilot," attempting to just get through things without being bothered, in the manner of average Nines. Threes going to Nine become more passive and fall into routines. They lose their focus and involve themselves with busywork to at least give the appearance that they are getting things done. If stress continues, however, they may begin to become shut down, listless, and depressed, losing interest in their projects and withdrawing from people. They feel little energy or enthusiasm and simply want people to leave them alone and give them space. They can become stubborn and resistant to offers of help at these times, not wanting to hear that they have a problem.

### **Security (Three Goes to Average Six)**

With most people, Threes make every effort to be diplomatic and well-mannered. They do not want to say things



that would be off-putting to people if they can avoid it. But when Threes feel that their relationships are secure, they can be more open about expressing their anxieties and frustrations. They may keep a "positive frame of mind" all day at work, only to come home and download their dissatisfaction onto their spouse or partner. ("I think my boss is going to go nuts on me when he finds out we still haven't got this report nailed down.") Feelings of self-doubt, dread, suspicion, and anger at others' incompetence can all surface in contrast to the Three's usual "can do" attitude.

### **Integration (Three Goes to Healthy Six)**

As Threes let go of their fears of failure and worthlessness, they start to feel less competitive with others. They relax and find that they feel most valuable while working cooperatively with others toward shared goals and aspirations, like healthy Sixes. They learn to freely offer support and guidance to the people in their lives, but more importantly, they also learn to ask for support when they need it. Threes ordinarily put themselves under such pressure to accomplish their goals with little or no help that it comes as both a surprise and a relief to them that others are happy to help them in their endeavors. In short, Threes learn to trust others and to build lasting bonds with people. They become more selfless and courageous, embodying real qualities of leadership and self-sacrifice. By letting go of their need to outshine others, Threes become truly extraordinary human beings.

## The Levels of Development

[\*Learn more about the nine Levels of Development.\*](#)

### **Healthy Levels**

**Level 1 (At Their Best):** Self-accepting, inner-directed, and authentic, everything they seem to be. Modest and charitable, self-deprecatory humor and a fullness of heart emerge. Gentle and benevolent.

**Level 2:** Self-assured, energetic, and competent with high self-esteem: they believe in themselves and their own value. Adaptable, desirable, charming, and gracious.

**Level 3:** Ambitious to improve themselves, to be "the best they can be"—often become outstanding, a human ideal, embodying widely admired cultural qualities. Highly effective: others are motivated to be like them in some positive way.

### **Average Levels**

**Level 4:** Highly concerned with their performance, doing their job well, constantly driving self to achieve goals as if self-worth depends on it. Terrified of failure. Compare self with others in search for status and success. Become careerists, social climbers, invested in exclusivity and being the "best."

**Level 5:** Become image-conscious, highly concerned with how they are perceived. Begin to package themselves according to the expectations of others and what they need to do to be successful. Pragmatic and efficient, but also premeditated, losing touch with their own feelings beneath a smooth facade. Problems with intimacy, credibility, and "phoniness" emerge.

**Level 6:** Want to impress others with their superiority: constantly promoting themselves, making themselves sound better than they really are. Narcissistic, with grandiose, inflated notions about themselves and their talents. Exhibitionistic and seductive, as if saying "Look at me!" Arrogance and contempt for others is a defense against feeling jealous of others and their success.

### **Unhealthy Levels**

**Level 7:** Fearing failure and humiliation, they can be exploitative and opportunistic, covetous of the success of others, and willing to do "whatever it takes" to preserve the illusion of their superiority.

**Level 8:** Devious and deceptive so that their mistakes and wrongdoings will not be exposed. Untrustworthy, maliciously betraying or sabotaging people to triumph over them. Delusionally jealous of others

**Level 9:** Become vindictive, attempting to ruin others' happiness. Relentless, obsessive about destroying whatever reminds them of their own shortcomings and failures. Psychopathic behavior. Generally corresponds to the Narcissistic Personality Disorder.

# Personal Growth Recommendations for Type Threes

**Threes grow by recognizing** that they do not need to separate their work and functioning from their feelings. Threes believe they will be less effective and competent if they allow their feelings to enter the picture. Thus, they wait until they are done with their tasks before they pay any attention to their emotions. Nonetheless, their emotions are always operating, even if unconsciously. And if Threes neglect them too long, those emotions start to make functioning much more difficult. Thus, growth for Threes entails pausing while working and actively checking in with their feelings. By tuning in to their heart, and becoming more conscious of their inner life, Threes derive much greater happiness and satisfaction from their work and from their relationships.

- For our real development, it is essential to be truthful. Be honest with yourself and others about your genuine feelings and needs. Likewise, resist the temptation to impress others or inflate your importance. You will impress people more deeply by being authentic than by bragging about your successes or exaggerating your accomplishments.
- Develop charity and cooperation in your relationships. You can do this by taking time to pause in busy day to really connect with someone you care about. Nothing spectacular is required—simply a few moments of quiet appreciation. When you do so, you will become a more loving person, a more faithful friend—and a much more desirable individual. You will feel better about yourself.
- Take breaks. You can drive yourself and others to exhaustion with your relentless pursuit of your goals. Ambition and self-development are good qualities, but temper them with rest periods in which you reconnect more deeply with yourself. Sometimes taking three to five deep breaths is enough to recharge your battery and improve your outlook.
- Develop your social awareness. Many Threes have grown tremendously by getting involved in projects that had nothing to do with their own personal advancement. Working cooperatively with others toward goals that transcend personal interest is a powerful way of finding your true value and identity.
- In their desire to be accepted by others, some average Threes adapt so much to the expectations of others that they lose touch with what they are really feeling about the situation. Develop yourself by resisting doing what is acceptable just to be accepted. It is imperative that you invest time in discovering your own core values.

From *Discovering Your Personality Type*, pp. 106-115. See also *Personality Types*, pp. 95-133, *Understanding the Enneagram*, pp. 43-46, 80-86, and 334-336, and *The Wisdom of the Enneagram*, pp. 150-77.

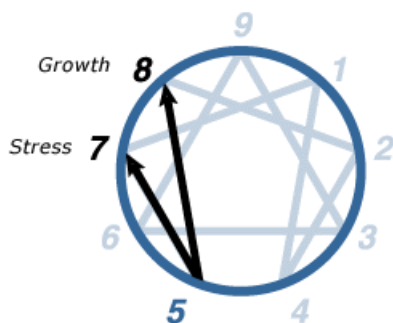
## Examples

Augustus Caesar, Emperor Constantine, Bill Clinton, Tony Blair, Prince William, Condoleeza Rice, Arnold Schwarzenegger, Carl Lewis, Muhammed Ali, John Edwards, Mitt Romney, Bill Wilson (AA Founder), Andy Warhol, Truman Capote, Werner Erhard, Oprah Winfrey, Deepak Chopra, Tony Robbins, Bernie Madoff, Bryant Gumbel, Michael Jordan, O.J. Simpson, Tiger Woods, Lance Armstrong, Elvis Presley, Paul McCartney, Madonna, Sting, Whitney Houston, Jon Bon Jovi, Lady Gaga, Taylor Swift, Justin Bieber, Brooke Shields, Cindy Crawford, Tom Cruise, Barbra Streisand, Ben Kingsley, Jamie Foxx, Richard Gere, Ken Watanake, Will Smith, Courteney Cox, Demi Moore, Kevin Spacey, Reese Witherspoon, Anne Hathaway, Chef Daniel Boulud, Dick Clark, Ryan Seacrest, Cat Deeley, Mad Men's "Don Draper," Glee's "Rachel Berry"

# Personality Type FIVE: The Investigator

*The Intense, Cerebral Type:*

*Perceptive, Innovative, Secretive, and Isolated*



**Generally, Fives** are focused, observant, curious, insightful, expert, studious, complex, perceptive, whimsical, profound, unsentimental, exploratory, and independent.

**Fives get into conflicts by being** detached, preoccupied, high-strung, isolated, impractical, unconventional, uncompromising, extreme, and provocative.

**At their best, Fives are** visionary, pioneering, innovative, objective, understanding, playful, compassionate, and non-attached.

## Recognizing Fives

Type Five exemplifies the human desire to understand, to look beneath the surface of things, and to arrive at deeper insights about reality. Fives prefer the life of the mind, both as a way of understanding the world and—given the unlimited power of imagination—as a way of escaping from aspects of reality. It would not be farfetched to say that for many Fives, the inner world of the mind and the imagination is more real and vivid than the external world. Fives tend to have an experience and then spend many hours, days—even years—understanding it and its broader context. Fives are also highly innovative and inventive. They love "tinkering around," playing with concepts and overturning the accepted ways of doing things. This can produce extremely valuable, practical, and original works and discoveries or simply entertain them for many hours with no practical results.

Fives are truly the most independent and idiosyncratic of the personality types, the people who could most appropriately be called "loners" and "misfits." They are people who truly march to a different drummer, pursuing their interests and curiosity wherever their investigations may take them. Some Fives can seem downright odd to people while others keep their "weirdness" more below the surface. In either case, Fives are intensely determined to pursue the questions and ideas that fascinate them: so much so that relationships and financial considerations can become unimportant to them.

These qualities result from an extraordinary ability to focus their attention. Fives will stay with a problem or a question that fascinates them until it is solved, or until they discover that it is unsolvable. Boredom is unimaginable to them because there are so many fascinating things to explore, understand, and imagine. The downside is that their capacity for concentration enables them to get deeply engrossed in their complex inner worlds, sometimes to the extent that they forget their surroundings or even to take care of themselves.

Thus, Fives can get involved in work, reading, or in their own thoughts in such depth that they are often late for meetings and don't hear phone calls. They forget to eat or to take adequate care of themselves physically. They will live on soda and candy bars, or stay up all night writing a story or trying to solve an interesting problem. They will pour over the computer terminal for hours, or disappear into the stacks of the local library, only to emerge five minutes before closing with an armload of books as they head to the nearest coffee shop to continue reading.

But this doesn't mean that Fives always want to be alone or that they can't be excellent company when they are with others. When Fives find someone whose intelligence and interest they respect, they are invariably talkative and sociable. Fives love to share their insights and expertise with just about anyone who appreciates what they have to say. They also enjoy sharing their findings with others, and their observations of life's contradictions and absurdities are often served up with a whimsical sense of humor. Fives can be the most enriching of friends since they are a treasure trove of information, speculation, opinions, and intensely felt ideas. But they can also be the most impenetrable of enigmas, a mind bristling with energy and intelligence that signals "Stay away! Leave me alone to follow my thoughts wherever they may lead!" Fives are the kind of people others usually find strange, quirky, and intriguing—they always have more going on than meets the eye.

**In brief, Fives want** to understand reality, to possess knowledge, to find a niche for themselves that others have not explored, to be free to explore their own inner worlds, to have sufficient solitude and time for their projects, to feel confident and capable, and to unsettle the unquestioned certainties of others. **Fives do not want** to feel uninformed or incapable, to have their competency questioned, to accept easy answers, to be intruded on (or "managed"), to be forced to respond before they feel ready, to suffer the ignorance of others, or to ask for help.

### **Their Hidden Side**

Day for day, socially adept Fives probably spend more time by themselves than any other type. Nonetheless, Fives need companionship and connection as so all human beings. The problem is that Fives fear needing the affection and warmth of others. It as if they feel that to ask for anything from others is to risk a greater imposition on their own freedom and independence. They also believe that their own needs are so intense that if they were ever expressed or even acknowledged, they would be too much for others. In some cases, they may even believe that their needs would actually harm others. Deep down, all Fives really want to find someone safe to connect with, but they fear that doing so will cost them whatever degree of competency and self-reliance they have attained. If troubled Fives feel that their area of mastery or their independence is at risk, they may retreat from a relationship—even if they truly love the person they are leaving.

## Relationship Issues

Of all the types, Fives seem most able to live without significant relationships. But that doesn't mean that they do not want one, only that they are generally unwilling to compromise their focused approach to life too much for the sake of a relationship. When they find someone who understands their world, who appreciates their interests, and whom they respect, Fives are loyal and passionate friends, partners, and lovers. They can make fascinating companions who are constantly introducing new ideas to their friends and partners. They can be funny, affectionate, and highly sexual, but they do not come to relationships easily. They remain in an uneasy balance between the desire for solitude and the desire for meaningful connection. Fives' relationship issues include the following:

- Frequently feeling intruded on, and therefore a great deal of privacy and time alone.
- Often feeling rejected and retreating from people.
- Being overwhelmed by others' emotional needs.
- Not expressing their feelings or giving few verbal or nonverbal cues, thus seeming overly "secretive" to others.
- Antagonizing or undermining the calm or beliefs of others.
- Cutting off contact with people, withdrawing into deep isolation, feeling that they are "poisonous" or bad for people.

## Type Compatibility

To learn more about compatibility issues and relationships with other types, see the [Enneagram Type Combinations](#)

### **The Passion: Avarice (or Hoarding)**

Beneath the surface image of intellectual competency that Fives present to the world, this type feels small and helpless. They feel as if there is not enough of themselves to go around and that other people's needs could easily deplete them. Thus, Fives seek to minimize their interactions with others and with the environment and to hold on to whatever basic resources they think they will need to "go it alone." Avarice is not the grasping of gluttonous

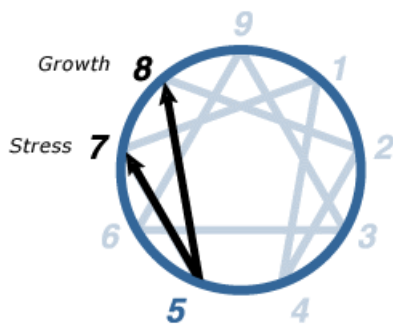
Sevens; rather, it is the lack of ability to be open and generous with one's self because of fears of not being enough. Another way avarice is expressed in Fives is in the desire to memorize experiences and knowledge. Fives attempt to hold every potentially significant piece of information they have encountered in their heads, believing that eventually they will know enough to feel confident and able to handle any possible situation.

Healthy Fives observe everything with extraordinary perceptiveness and insight. Possessing a searching intelligence, they are highly mentally alert and curious: little escapes their notice. Healthy Fives are able to concentrate deeply and often notice things that other people would likely overlook or take for granted. They explore reality with a child's sense of wonder, and enjoy finding new ways of perceiving and doing things. They like to ask questions, and with healthy Fives, they are often the right questions. They enjoy learning and are excited by knowledge, which frequently leads them to becoming expert in some field. Because of their focus and attentiveness, healthy Fives attain mastery in whatever interests them.

### **At Their Best**

Very high-functioning Fives become visionaries and discoverers, broadly comprehending the world while penetrating it profoundly. They are remarkably open-minded, understanding things precisely and as a whole. They begin to feel a deep connection with their fellow human beings and with the universe, and they often dedicate themselves to using their skill and knowledge to relieve human suffering and ignorance. They may contribute pioneering discoveries of something entirely new for the enrichment of humanity. At their best, Fives combine the wisdom and perceptiveness of their minds with heart and courage in ways that truly bring something new and valuable into the world.

## Personality Dynamics & Variations



Learn more about the [Directions of Integration \(Security\) and Disintegration \(Stress\)](#).

### **Under Stress (Five Goes to Average Seven)**

Fives usually cope with difficulties by retreating into their minds where they feel more confident and in control. But Fives cannot retreat indefinitely, and eventually they need stimulation and interaction. Fives also tend to be nervous and high-strung, so when there is no outlet for their nervous energy, it builds up, eventually expressing itself in restlessness and hyperactivity. (Fives can become literally "restless"—and often develop insomnia.) Anxiety causes their minds to overheat, and to jump from one thought to the next. Much of their characteristic focus gets scattered. After being alone and concentrating for so long, they begin to overcompensate by overdoing their activities and lurching from one promising idea or experience to another. They become like a starving person at a banquet, and their scattered, hyperactive behavior can look like that of an average Seven. At such times, usually quiet Fives may become very talkative, impulsive, and flighty. Their underlying anxiety gets acted out in compulsive, even manic, behavior in ways that resemble lower-functioning Sevens.

### **Security (Five Goes to Average Eight)**

Most often, if Fives feel that others are intruding on them or imposing their wills, they will simply leave quietly if they can or shut down into a detached, disdainful silence. With people or situations in which they have more confidence, however, Fives may suddenly risk behaving like average Eights, forcefully asserting their boundaries and confronting anyone or anything that displeases them. They become feisty, argumentative, and relentlessly provocative. In this mode, they take a tough stance, putting everyone on notice that they cannot be trifled with, but in ways that often cause people to react against them. They may become domineering, even aggressive, while questioning others' competency.

### **Integration (Five Goes to Healthy Eight)**

As Fives begin to understand the emotional cost of their self-imposed isolation, they begin to risk deeper, more complete, contact with themselves and with the world. They become more grounded, more in touch with their bodies and their life energy, giving them more confidence and solidity. As this process deepens, integrating Fives naturally begin to express many qualities of the healthy Eight: they demonstrate leadership, courage, practical wisdom, and the willingness to take responsibility. They move from feeling small and powerless to feeling grounded and capable. Their knowledge and insight are then in service to objective needs in their world, and they are sought by others as sources of wisdom, compassion, and quiet strength.

## The Levels of Development

[Learn more about the nine Levels of Development.](#)

### **Healthy Levels**

**Level 1 (At Their Best):** Become visionaries, broadly comprehending the world while penetrating it profoundly. Open-minded, take things in whole, in their true context. Make pioneering discoveries and find entirely new ways of doing and perceiving things.

**Level 2:** Observe everything with extraordinary perceptiveness and insight. Most mentally alert, curious, searching intelligence: nothing escapes their notice. Foresight and prediction. Able to concentrate: become engrossed in what has caught their attention.

**Level 3:** Attain skillful mastery of whatever interests them. Excited by knowledge: often become expert in some field. Innovative and inventive, producing extremely valuable, original works. Highly independent, idiosyncratic, and whimsical.

### **Average Levels**

**Level 4:** Begin conceptualizing and fine-tuning everything before acting—working things out in their minds: model building, preparing, practicing, and gathering more resources. Studious, acquiring technique. Become specialized, and often "intellectual," often challenging accepted ways of doing things.

**Level 5:** Increasingly detached as they become involved with complicated ideas or imaginary worlds. Become preoccupied with their visions and interpretations rather than reality. Are fascinated by off-beat, esoteric subjects, even those involving dark and disturbing elements. Detached from the practical world, a "disembodied mind," although high-strung and intense.

**Level 6:** Begin to take an antagonistic stance toward anything which would interfere with their inner world and personal vision. Become provocative and abrasive, with intentionally extreme and radical views. Cynical and argumentative.

### **Unhealthy Levels**

**Level 7:** Become reclusive and isolated from reality, eccentric and nihilistic. Highly unstable and fearful of aggressions: they reject and repulse others and all social attachments.

**Level 8:** Get obsessed yet frightened by their threatening ideas, becoming horrified, delirious, and prey to gross distortions and phobias.

**Level 9:** Seeking oblivion, they may commit suicide or have a psychotic break with reality. Deranged, explosively self-destructive, with schizophrenic overtones. Generally corresponds to the Schizoid Avoidant and Schizotypal personality disorders.

## Personal Growth Recommendations for Type Fives

**Fives grow by recognizing** that real confidence lies not simply in intellectual mastery but in putting themselves out into the world. Fives usually derive their confidence through the development of their minds, but they really need to bring balance to their psyches by developing a deeper relationship with their bodies and feelings. Growth for a Five requires allowing themselves to see how estranged they are from their actual living selves and acknowledging all of

the deep needs that they have denied since early childhood. Fives actually feel things deeply, but they are extremely restrained in their ability to express their feelings. Developing trust of others, sharing what they are experiencing, and identifying with their feelings are all crucial for them to blossom fully as human beings. All of this becomes much easier when Fives are grounded in their bodies.

- Learn to notice when your thinking and speculating takes you out of the immediacy of your experience. Your mental capacities can be an extraordinary gift, but can also be a trap when you use them to retreat from contact with yourself and others. Stay connected with your physicality.
- You tend to be extremely intense and so high-strung that you find it difficult to relax and unwind. Make an effort to learn to calm down in a healthy way, without drugs or alcohol. Exercising or using biofeedback techniques will help channel some of your tremendous nervous energy. Meditation, jogging, yoga, and dancing are especially helpful for your type.
- You see many possibilities but often do not know how to choose among them or judge which is more or less important. When you are caught in your fixation, a sense of perspective can be missing, and with it the ability to make accurate assessments. At such time, it can be helpful to get the advice of someone whose judgment you trust while you are gaining perspective on your situation. Doing this can also help you trust someone else, a difficulty for your type.
- Notice when you are getting intensely involved in projects that do not necessarily support your self-esteem, confidence, or life situation. It is possible to follow many different fascinating subjects, games, and pastimes, but they can become huge distractions from what you know really need to do. Decisive action will bring more confidence than learning more facts or acquiring more unrelated skills.
- Fives tend to find it difficult to trust people, to open up to them emotionally, or to make themselves accessible in various ways. Their awareness of potential problems in relationships may tend to create a self-fulfilling prophecy. It is important to remember that having conflicts with others is not unusual and that the healthy thing is to work them out rather than reject attachments with people by withdrawing into isolation. Having one or two intimate friends whom you trust enough to have conflicts with will enrich your life greatly.

From *Discovering Your Personality Type*, pp. 126-134. See also *Personality Types*, pp. 173-215, *Understanding the Enneagram*, pp. 49-52, 92-98, and 339-41, and *The Wisdom of the Enneagram*, pp. 206-232.

## Examples

Siddhartha Gautama Buddha, Albert Einstein, Oliver Sacks, John Nash (*A Beautiful Mind*), Stephen Hawking, Vincent van Gogh, Edvard Munch, Georgia O'Keefe, Salvador Dali, Alberto Giacometti, Emily Dickinson, Friedrich Nietzsche, Agatha Christie, James Joyce, Jean-Paul Sartre, Susan Sontag, Stephen King, Ursula K. LeGuin, Clive Barker, Bill Gates, Mark Zuckerberg, Jane Goodall, A.H. Almaas, Eckhart Tolle, Meredith Monk, Glenn Gould, John Cage, Kurt Cobain, David Byrne, Peter Gabriel, Laurie Anderson, Jane Siberry, Trent Reznor, Tom York (Radio Head), Alfred Hitchcock, Marlene Dietrich, Stanley Kubrick, David Cronenberg, Werner Herzog, Tim Burton, David Lynch, David Fincher, Jodie Foster, "The Far Side" Gary Larson, Annie Liebovitz, Bobby Fischer, "Wikileaks" Julian Assange, Aaron Swartz, X Files' "Fox Mulder," Dr. Gregory "House"