



CORE DESIRE

Enneagram Type 6's desire having security, guidance, support and belonging

CORE FEAR

Blind Spot

Weakness or roadblock

- Feeling fear itself, being without support, or guidance.; being blamed, targeted, betrayed, alone, or physically abandoned
- Self-doubt

Trigger

What brings out the worst

- Being under external pressure
- Misinformation
- Fear

GOAL

Shift to

High side of 3

- Take action quicker
- Build efficiency
- Make clear decisions

Shift to

High side of 9

- Trust your inner authority
- Feel settled
- Keep things in perspective

TYPE SIX

THE LOYALIST

If it wasn't for you, our world would be without loyalty and commitment we all desire. Your faithfulness and courage inspires others to do hard things. You feel loved when other keep their word.

Though you are responsible and trustworthy, you struggle with doubting yourself and your decisions. Remember that avoiding fearful situations will only increase your anxiety.

Remember that relationships are a risk worth taking. Use your "worst case scenario" thinking to your advantage. It most likely will never happen the way you think.