



## CORE DESIRE

Enneagram Type 5's desire to be capable and competent.

## CORE FEAR

### Blind Spot

Weakness or roadblock

- Being annihilated, invalid, or not existing; being thought incapable, or ignorant; having obligations placed upon you or your energy depleted

### Trigger

What brings out the worst

- Being overwhelmed or surprised
- Avarice (greedy)

## GOAL

### Shift to

High side of 7

- Put out your expertise into the world
- Network
- Express enthusiasm

### Shift to

High side of 8

- Become more assertive
- Let others know what you are thinking
- Express your boundaries

# TYPE FIVE

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## THE SPECIALIST

If it wasn't for you, our world would be without intellectual understanding, knowledge and perception. You calm our chaos and provide a steady foundation. You seek love in secure, private relationships.

Though you are dependable, self-reliant and insightful, you struggle with staying in your head to avoid emotions that cause you to feel drained. Not everything needs to be analyzed and researched.

Reconnecting with your emotions will help you feel alive. Allow others to bring you out to deepen your relationship.