

= PASSIONS, represent the nine main ways that we lose our center and become distorted in our thinking, feeling, and doing.

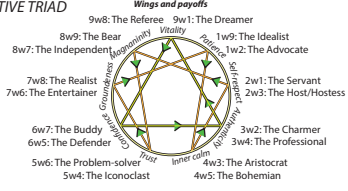
# THE WISDOM OF THE ENNEAGRAM

A type, wing(2), dominant instinctual variant, 6 var per. type a total of 54 variations.

**The Instinctive Triad**  
Types Eight, Nine, and One are concerned with maintaining resistance to reality (creating boundaries for the self that are based on physical tensions). These types tend to have problems with aggression and repression. Underneath their ego defenses they carry a great deal of rage.

CONCERNED WITH: **Resistance & Control of the Environment**  
HAVE ISSUES WITH: **Aggression & Repression**  
SEEKS: **Autonomy** ♂  
UNDERLYING FEELING: **RAGE**

**DIRECTIONS OF EGO BOUNDARIES IN THE INSTINCTIVE TRIAD**



- THE RED FLAG FEARS**, Before each type moves into the unhealthy range, each encounters what we call the Red Flag Fear. If the Wake-up Call was an invitation to awaken before the person moved deeper into the average Levels and into fixation and increasing "sleep," the Red Flag is a far more serious alarm that signals an imminent crisis.
- THE BASIC FEARS OF THE TYPE**, Each type has its own characteristic Basic Fear, although the Basic Fears are also universal. (From a more subtle perspective, each Basic Fear is a reaction to the universal fear of death and annihilation—our personality's fear of nothingness.) and that conflicts and other problems are sure to arise.
- THE WAKE-UP CALLS**, Serves as an indicator that we are moving from the healthy range of our type to the more fixated average range. This is a clue that we are becoming more identified with our ego and that conflicts and other problems are sure to arise.
- LOST CHILDHOOD MESSAGES**, While we receive many messages from childhood that limit us, there are also messages that every child needs to hear. ○ = UNCONSCIOUS CHILDHOOD MESSAGES
- SPIRITUAL JUMP STARTS**, So, if you want to move forward in your inner work, bring your awareness, as fully as possible, to this patterns, and don't follow them. So 'NOT' do.

**The withdrawns** (Horney's "moving away from people") include types Four, Five, and Nine. These types do not have much differentiation between their conscious self and their unconscious, unprocessed feelings, thoughts, and impulses. Their unconscious is always welling up into consciousness through daydreams and fantasies.

**The assertives** (Horney's "moving against people") include the Threes, Sevens, and Eights. They are ego-oriented and ego-expansive. They respond to stress or difficulty by building up, reinforcing, or inflating their ego.

**The compliants** (Horney's "moving toward people") include types One, Two, and Six. These three types share a need to be of service to other people.

**8. The Challenger**: Self-confident, decisive, domineering (Invitation: To stand up for yourself and to speak out for what you believe.)  
**LUST** (A constant need for intensity, control, and self-extension. Lust causes Eights to try to push everything in their lives - to assert themselves willfully.)

- That others are turning against them and will retaliate. ☹️ By dominating others - and by demanding that others do as they say.
- Fearing that they will be harmed or controlled by others. Eights make others fear that they will be harmed or controlled by their belligerent and intimidating threats.
- Fear of loss of connection, of fragmentation.
- "Your presence matters." ○ "It's not okay to assert yourself!"
- Resisting being affected by your experiences ☹️ By "checking out" - and by passive-aggressively resisting others.
- The desire to be at peace, to maintain their inner stability and peace of mind (deteriorates into stubborn neglectfulness)

**BASIC DESIRES AND THEIR DISTORTIONS**  
**HOW EACH TYPE MANIPULATES OTHERS**

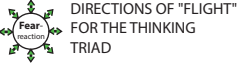
- 7. The Enthusiast**: Upbeat, accomplished, impulsive (Invitation: To joyously celebrate existence and share your happiness.)  
**GLUTTONY** (Sevens attempt to overcome feelings of inner emptiness by pursuing a variety of positive, stimulating ideas and activities, but they never feel that they have enough.) 'greediness'
- That their activities are bringing them pain and unhappiness.
- Feeling that something better is available somewhere else.
- Fear of being deprived or trapped in pain. SUPEREGO MESSAGE: "You are good or okay if you get what you need."
- "You will be taken care of." ○ "It's not okay to depend on anyone for anything."
- Anticipating what you are going to do next. ☹️ By distracting others - and by insisting that others meet their demands.
- The desire to be happy satisfied, to find fulfillment (deteriorates into frenetic escapism)
- Fearing that they are trapped in pain and deprivation of some sort, Sevens cause pain and make others feel deprived in various ways.

- 6. The Loyalist**: Engaging, responsible, defensive (Invitation: To have faith in yourself and trust in the goodness of life.)  
**FEAR** (Anxiety because anxiety leads us to be afraid of things that are not actually happening now. Sixes walk around in a constant state of apprehension and worry about possible future events.)
- That their own actions have harmed their security.
- Becoming dependent on something outside the self for guidance.
- Fear of being without support or guidance. SUPEREGO MESSAGE: "You are good or okay if you do what is expected of you."
- "You are safe." ○ "It's not okay to trust yourself." ☹️ Fearing that they are without support or guidance, Sixes undermine the support systems of others, trying to isolate them in some fashion.
- Becoming dependent on something outside yourself for support. ☹️ By complaining - and by testing others commitment to them.
- The desire to be secure (deteriorates into an attachment to beliefs)

- 5. The Investigator**: Perceptive, innovative, detached (Invitation: To observe yourself and others without judgment or expectations.)  
**AVARICE** ('egennytte/gerrighed' (This Passion leads Fives to withhold themselves from contact with the world. Thus they hold on to their resources and minimize their needs.) SUPEREGO MESSAGE: "You are good or okay if you have mastered something.")
- That they are never going to find a place in the world or with people.
- With drawing from reality into concepts and mental worlds.
- Fear of being useless, incapable, or incompetent.
- "Your needs are not a problem."
- Overinterpreting your experience. ○ "It's not okay to be comfortable in the world."
- The desire to be competent (deteriorates into useless specialization)
- By staying preoccupied - and by detaching emotionally from others.

Types Five, Six, and Seven are concerned with anxiety (they experience a lack of support and guidance). They engage in behaviors that they believe will enhance their safety and security. Underneath their ego defenses these types carry a great deal of fear.

CONCERNED WITH: **Strategies & Beliefs**  
HAVE ISSUES WITH: **Insecurity & Anxiety**  
SEEKS: **Security** ♂  
UNDERLYING FEELING: **FEAR**



**9. The Peacemaker**: Receptive, reassuring, complacent (Invitation: To bring peace and healing into your world)  
**SLOTH** (It is an unwillingness to arise with the fullness of one's vitality to fully engage with life.) 'magedighed'

- That they will be forced by reality to deal with their problems.
- Fearing that they will suffer loss of connection with others, Nines make others feel that they have lost connection with the Nine by "tuning out" people in various ways.
- Outwardly accommodating themselves to others.
- Fear of loss of connection, of fragmentation.
- "Your presence matters." ○ "It's not okay to assert yourself!"
- Resisting being affected by your experiences ☹️ By "checking out" - and by passive-aggressively resisting others.
- The desire to be at peace, to maintain their inner stability and peace of mind (deteriorates into stubborn neglectfulness)

**1. The Reformer**: Rational, principled, self-controlled (Invitation: To live for a higher purpose.)  
**ANGER** (anger (resentment) is repressed, leading to continual frustration and dissatisfaction with themselves and with the world) SUPEREGO MESSAGE: "You are good or okay if you do what is right."

- That their ideals are actually wrong and counterproductive.
- Feeling a sense of personal obligation to fix everything themselves.
- Fear of being bad, corrupt, evil, or defective. ○ The desire to be good, virtuous, in balance to have integrity (deteriorates into critical perfectionism)
- "You are good." ○ "It's not okay to make mistakes."
- Value-judging, condemning yourself and others. (accept) ☹️ By correcting others - by insisting that others share their standards.
- Fearing that they may be evil, corrupt, or defective in some way, One spouts out evil, corruption, and defectiveness in others.

**2. The Helper**: Caring, generous, possessive (Invitation: To nurture yourself and others.)  
**PRIDE** (Twos deny many of their own needs while attempting to "help" others. This Passion could also be described as Vainglory—pride in one's own virtue.)

- That they are driving friends and loved ones away.
- Believing that they must go out to others to win them over.
- Fear of being unworthy of being loved.
- "You are wanted." ○ "It's not okay to have your own needs."
- Giving your value away to others. ☹️ By finding out others' needs and desires - thus creating dependencies
- The desire to be or felt loved (deteriorates into the need to be needed)
- SUPEREGO MESSAGE: "You are good or okay if you are loved by others and are close to them."
- Fearing that they are unwanted and unloved, Twos make others feel unworthy of their love, generosity, or attention.

**3. The Achiever**: Adaptable, ambitious, image-conscious (Invitation: To develop yourself and set an example for others.)  
**DECEIT** (We could also call this passion Vanity, our attempt to make the ego feel valuable without turning to our spiritual source.) SUPEREGO MESSAGE: "You are good or okay as long as you are successful and others think well of you."

- That they are failing, that their claims are empty and fraudulent.
- Beginning to drive themselves for status and attention.
- Fear of being worthless or without inherent value.
- "You are loved for yourself." ○ "It's not okay to have your own feelings and identity."
- Trying to be other than you authentically are. ☹️ By charming others - and by adopting whatever image will "work"
- The desire to be valuable, to feel worthwhile, accepted, and desirable (deteriorates into chasing after success)
- Fearing that they are worthless and without value in themselves, Threes make others feel valueless by treating them arrogantly or with contempt.

**4. The Individualist**: Intuitive, aesthetic, self-absorbed (Invitation: To let go of the past and be renewed by your experiences.)  
**ENVY** (Fours long for what is absent but often fail to notice the many blessings in their lives.) SUPEREGO MESSAGE: "You are good or okay if you are true to yourself."

- That they are ruining their lives and wasting their opportunities.
- Holding on to and intensifying feelings through the imagination.
- Fear of being without identity or personal significance.
- "You are seen for who you are." ○ "It's not okay to be too functional or too happy!"
- Making negative comparisons. ☹️ By being temperamental - and making others "walk on eggshells"
- The desire to be oneself to find themselves and their significance, to create an identity out of their inner experience (deteriorates into self-indulgence)
- Fearing that they do not have an identity or any personal significance of their own, Fours treat people disdainfully, as if others were "nobodies" and had no value or significance.

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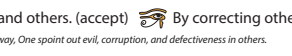
Types Two, Three, and Four are concerned with self-image (attachment to the false or assumed self of personality). They believe that the stories about themselves and their assumed qualities are their actual identity. Underneath their ego defenses these types carry a great deal of shame.

CONCERNED WITH: **Love of False Self & Selfimage**  
HAVE ISSUES WITH: **Identity & Hostility**  
SEEKS: **Attention** ♂  
UNDERLYING FEELING: **SHAME**

**THE SELF-PRESERVATION VARIANT (unhealthy manifests as its opposite)**  
Preoccupied with getting and maintaining physical safety and comfort, which often translates into concerns about food, clothing, money, housing, and physical health.

**THE SOCIAL VARIANT (unhealthy manifests as its opposite)**  
Social types would be immediately aware of the power structures and subtle "politics" between the different people and groups. It is a powerful desire, found in all human beings, to be liked, approved of, and to feel safe with others.

**THE SEXUAL VARIANT (unhealthy manifests as its opposite)**  
Sexual Variant tend to have recurrent problems in the areas of intimate relationships. Sexual types, there is a constant search for connection and an attraction to intense experiences - not only sexual



**THE POSITIVE OUTLOOK GROUP**: Deny that they have any problems  
Nine: "What problem? I don't think there is a problem."  
Two: "You have a problem. I am here to help you."  
Seven: "There may be a problem, but I'm fine!"

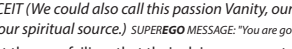
**THE COMPETENCY GROUP**: Cut off feelings and solve problems logically  
Three: "There's an efficient solution to this—we just need to get to work."  
One: "I'm sure we can solve this like sensible, mature adults."  
Five: "There are a number of hidden issues here: let me think about this."

**THE REACTIVE GROUP**: React strongly and need response from others  
Six: "I feel really pressured, and I've got to let off some steam!"  
Four: "I feel really hurt, and I need to express myself."  
Eight: "I'm angry about this and you're going to hear about it!"

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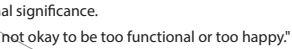
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