



the loyalist

questioner & troubleshooter



MOTIVATION Sixes are motivated by security.

FEAR Sixes fear being without support, guidance, or council.

GROWTH WORK

TRAITS

IN HEALTH

Pulls from the positive traits of a nine:
Relaxed
Amiable
Less Anxious
Optimistic



IN STRESS

Pulls from the negative traits of a three:
Competitive
Too Busy
Dishonest
Fear of Failure

STRENGTH

Loyal
Witty
Committed
Prepared
Responsible
Troubleshooter
Supportive



WEAKNESS

Paranoid
Self-Doubting
Anxious
Rigid
Pessimistic
Unpredictable
Hyper-Vigilant

Proverbs 11:13 - A talebearer reveals secrets, but he who is of a faithful spirit conceals a matter.

Are you a Six?

- Are your thoughts often taken up by “what-ifs,” potential problems and how you could act to fix them before they happen?
- Do you instinctively question the validity of compliments and kind gestures, wondering if there’s an ulterior motives?
- Do you second guess your decisions often?
- Do you value trust and loyalty, but need time to build up a deep trust for people?
- When something is worrying you, is it hard to get your mind off of the issue?
- Do people see you as a supportive person who will show up for hem anytime they need it?
- Are you more comfortable following in the path of others who went before you, rather than trying something no one’s ever done before?
- Do you feel realistic – not pessimistic – when you’re troubleshooting the worst-case scenario?
- Are you a go-to ‘sounding board’ for people who want to think through a decision?

(Eddy, pg 106)

Childhood Wound

“The Six child was often left feeling unprotected by the very person who was meant to protect them. The caregiver may have been unpredictable, unreliable or undependable. For a long time, life seemed dangerous on a daily basis, and so the Six concluded the world must be that way too.

The Six child may have been raised by a parent who was overly strict with constantly shifting expectations or illogical punishments. Given the unpredictable nature of their environment, the Six child learned to be constantly on the lookout for small cues that signaled the presence of danger or threat.

They became very skilled at anticipating what was going to happen next so they could be prepared for danger or challenges. Being able to predict when something scary or bad might happen was their way of staying safe and gave the Six child an inner sense of security.”

(truity)

At Their Best & Worst

Healthy type Sixes find their security and safety in Jesus. As they trust Him more they will become decisive and disciplined and practical. They are honest, loyal, and reliable, trusting that things will work out in the end. When they make decisions, they will consider the benefit of the group. They are compassionate and cooperative.

The average Six will question almost everything. They can get lost in a worst-case scenario merry-go-round. They have trouble with authority but will often be either completely subservient or completely rebellious. They will seek out rules and procedures to try and live by- but all along, questioning each one.

Unhealthy Sixes will display mostly negative traits of the Six. They will be paranoid, often obsessive about their perceived enemies. These Sixes will feel helpless and depressed. They find themselves skeptical of everyone and do not trust God, others or themselves.

The Wings of a Six

Sixes with a Five wing (6w5) may be more organized, self-controlled, serious about their beliefs, and outspoken or intense. They may become passionate or even argumentative when others don't see what they see. When struggling, they may be more suspicious, focus on looking out for possible adversaries, and are more likely to isolate themselves.

Sixes with a Seven wing (6w7) may be more engaging, friendly, witty and looking for people to team up with for support. On the other hand, you may struggle more with procrastinating due to fear, being reactive in conflict or feeling anxious when under pressure to decide.

What Sixes can do to have better relationships with others

Don't project your fears onto others, expecting them to see all the pitfalls that you perceive. If you move to your growth number, you can experience a sense of peace, having the ability to see the less skeptical points of view of others. Nines are very good at looking at all points of view and accepting the views of others as their own. Sixes have access to this through their health line. Recognize that other members may not be as loyal to the group as you are. If people show disloyalty to you or others, it is not within your control to change their minds, you will have to understand that they are responsible to manage their own commitments.

What others can do to have better relationships with Sixes

Sixes will be more trusting when they sense that you are genuine, sincere, and honest. Be patient with their questions, it may come across as combative, but they are simply trying to gain a better understanding. Give them reassurance and point out the good that they bring to your relationship.

When a six is expressing their worst-case scenario thoughts, it doesn't give them reassurance if you say "it'll all work out" or "just trust yourself", but you should remind them of times in the past where things have worked out or areas where they have trusted God and he did not fail. These solid examples will help them come to a decision more quickly than the abstracts of "oh, it'll be fine."

Since we are all created in the image of God, we all resemble Him in certain ways. That's why we need all of us, together, to make up the complete body of Christ. Put us together and we resemble a fuller image of God to the world. Sixes reflect the loyalty of God. When you are in God and observe His commands, He keeps his loyalty to us. When you are in the circle of a Six, they keep their loyalty to you. It's strong and hard to break once you have it. *Deuteronomy 7:9 - He keeps his covenant of loyal love with those who love him and observe his commandments for a thousand generations.*

WHAT IT'S LIKE TO BE A SIX...

I'm always imagining and planning for the worst.

I usually have so much to do, its hard for me to finish tasks.

People say I'm loyal, understanding, funny & compassionate.

I have to know people for a long time before I can really trust them.

Being sure I've made the right decision is almost impossible.

It helps me to have things in some kind of order.

7 the enthusiast

adventurer & generalist

MOTIVATION Sevens are motivated by happiness, contentment & freedom.

FEAR Sevens fear being trapped in pain, deprived, bored, or limited

GROWTH WORK

IN HEALTH

Pulls from the positive traits of a five:
Focused
Restrained
Allow Pain
Objective

IN STRESS

Pulls from the negative traits of a one:
Critical
Rigid
Argumentative
Perfectionist

TRAITS

STRENGTH

Positive
Adventurous
Imaginative
Enthusiastic
Quick Thinking
Spontaneous
Confident

WEAKNESS

Unfocused
Self-Absorbed
Superficial
Restless
Impulsive
Rebellious
Escapist

2 Corinthians 12:10 - Therefore I take pleasure in infirmities, in reproaches, in needs, in persecutions, in distresses, for Christ's sake. For when I am weak, then I am strong.

Sevens are the party. They will avoid any negative emotions and are focused on the next big event. Almost living from one party to the next. They have an innate ability to turn even a negative into a positive. They will see the silver lining in everything to avoid dealing with the pain.

Are you a Seven?

- Could you be described as the ultimate optimist?
- Is the anticipation of something the best part for you, rather than the actual thing?
- Do you come across as very self-confident, but often struggle with doubts and anxiety?
- Does it often feel easier to throw it away and start over with something new when you hit a snag?
- Are you uncomfortable with negative emotions and difficult conversations?
- Do people see you as positive and joyful and always ready to cheer them up?
- Do you have the innate ability to find the silver lining (no matter how dark the cloud is)?
- Can you make an adventure out of anything – no matter how boring it is?
- Do you get antsy when you feel limited or controlled?
- Do you prefer spontaneity over routine?

(Eddy, pg 120)

Childhood Wound

“Sevens often describe childhoods filled with tree swings, lazy summer afternoons spent fishing with Uncle Henry, winter days building snow forts and going to sleep-away camp. Seriously? No one gets off this easy.”
(The Road, pg 217)

If you succeed at getting a seven to open up about their childhood they may describe feeling “disconnected from whoever was doing the bulk of the nurturing and caretaking. For whatever reason, whether it was abuse or misunderstandings, the Seven felt that they couldn’t count on getting the nurturance they needed on a consistent, dependable level.

In order to deal with this, Sevens learned to focus on transitional objects or toys and activities that would feed the emptiness inside. They developed the unconscious message that they needed to nurture themselves because nobody else would do it adequately. So they would seek out distractions, activities, possibilities, and objects that would excite their senses and keep them busy.” (Psychology junkie)

At Their Best & Worst

When Sevens are intentional about following Christ and living from a place of trust in Him, they will move toward a place of health. Healthy Sevens will be more grounded while allowing their playfulness and positivity to shine. They can sit in negative emotions and move through them to a place of healing. They will experience true joy from the Lord and not feel the need to manufacture happiness on their own. These sevens will put action behind their ideas to see them through.

Average Sevens may have a fear of missing out and on a constant search for the next fun thing. They tend to overbook themselves and others will find them cancelling plans or not following through on what they said they would do. These sevens will ignore the negative emotions of themselves and those around them.

When Sevens become unhealthy they are impulsive and irresponsible. They are always seeking more but never satisfied. This cycle can lead to addictions, financial ruin and destroyed relationships. Since they will not address these faults, they will seek temporary reprieve with entertainment, activities, and unnecessary risks.

The Wings of a Seven

Sevens with a Six wing (7w6) will be more settled than other sevens, leaning into their Six wing, they are more conscious of the group, they will be more loyal to their commitments and give more time to people before moving on to another adventure. The wit of the Six combined with the enthusiasm of the Seven can allow the 7w6 to use a great amount of charm to disarm those around them. They are funny and entertaining. These Sevens will be more likely to seek out relationship alliances to calm their anxiety and fear.

With an Eight wing (7w8), Sevens will use their enthusiasm with the boldness of the eight and will be very convincing and often get their way. On the occasion that they don’t get their way, they may become overly direct and demanding.

What Sevens can do to have better relationships with others

Since Sevens can be noncommittal, you will need to be more intentional with your commitments and make a concerted effort to follow through on the commitments you make. This will take some effort and you may need to force yourself not to overcommit, so you won’t have to go back later and cancel the plans you made. Since you share a line with the One, you can lean into that, and pull from their dependability, dedication, and hard work.

What others can do to have better relationships with Sevens

The Sevens in your life crave adventure and fun! They will need you to be willing to flit off to a show, a weekend trip or outdoor adventure. If you continuously decline to partake in their adventures, they will move on to other relationships that provide more spontaneity. You will also need to be able to manage much of your own emotions and provide your own excitement, as Sevens will need freedom from being someone’s constant companion - don’t be overly needy and clingy. Be attentive to their stories. The depth that you imagine lacking from your Sevens will be found through the stories they share with you.

Since we are all created in the image of God, we all resemble Him in certain ways. That's why we need all of us, together, to make up the complete body of Christ. Put us together and we resemble a fuller image of God to the world. Sevens reflect the joy of the Lord. Seeing the good in hard things. Remaining positive and joyful. *John 15:11* - *These things I have spoken to you, that my joy may be in you, and that your joy may be full*

HOW TO GET ALONG WITH A SEVEN

Listen to their stories. It's how they share their feelings.

They need spontaneity and flexibility.

Be gentle and brief with criticism.

Socializing is important to sevens but so is alone time. Help make both happen.

Don't expect them to help you process your emotion.

Encourage sevens to experience and allow a full range of emotions.

Resources

The Holy Bible: English Standard Version. 2016. Wheaton, IL: Crossway Bibles.

The New King James Version. 1982. Nashville: Thomas Nelson.

The Holy Bible: King James Version. 2009. Electronic Edition of the 1900 Authorized Version. Bellingham, WA: Logos Research Systems, Inc.

The Honest Enneagram by Sara Jane Case. 2020. Kansas City, MO. Andrews McMeel Publishing.

The Enneagram for Beginners by Kim Eddy. 2020. Penguin Random House, LLC. New York

The Path Between Us by Suzanne Stabile. 2018. Downers Grove, IL. InterVarsity Press.

Uncovering Your Common Childhood Wounds by Enneagram Type. truity.com

The Childhood Wounds of Every Enneagram Type by Susan Storm. 2020. psychologyjunkie.com

The Road Back to You by Ian Morgan Cron & Suzanne Stabile. 2016. IVP Books.

Peterson, Eugene H. 2005. *The Message: The Bible in Contemporary Language*. Colorado Springs, CO: NavPress.