

ENNEAGRAM TYPES IN THREAT

Type 1

Type 2

Type 3

Type 4

Type 5

Triggers / What sets you up to go below-the-line

- Irresponsibility
- Unfairness
- Making mistakes
- Being criticized
- People who disobey rules or do things incorrectly

- Not being appreciated
- Loss of connection
- Giving too much
- Not being needed
- Needs not getting met

- Obstacles to getting things done
- Incompetence, indecision
- Inefficiency
- Failure
- Anything that reflects poorly on them

- Not being treated as special or unique
- Feeling abandoned or rejected
- Feeling unfulfilled
- Phoniness or insincerity

- Demands or intrusions on time and energy
- Being considered factually incorrect
- Not having enough time alone to recharge
- Feeling overwhelmed by others' emotions

Behaviors / How you react from below-the-line

- Feeling irritated or frustrated
- Self-righteousness
- Criticizing self & others
- Worrying about making mistakes
- Over-working
- Being rigid or inflexible
- Perfectionism
- Black and white thinking
- Righteous outbursts
- Hyper-sensitivity to criticism
- Body tension/tightness

- Over-giving
- Denying own needs
- Feeling "better or less than"
- Being overwhelmed by meeting others' needs
- Manipulating with flattery
- Giving to get
- Resenting others for being unappreciative or too needy
- Blaming others Feeling entitled
- Overindulging as a way to satisfy unmet needs

- Impatience
- Working too much
- Overly concerned about image
- Lack of empathy for others' feelings
- Inability to slow down/ relax
- Chameleon-like behavior
- Feeling the need to impress
- Intolerance of their failures
- Wanting to win at any cost

- Overly attached to feelings
- Focus on what is missing
- Big mood swings
- Angry outbursts
- Romanticizing what could be or what once was
- Feeling a sense of longing
- Feeling inferior, shame
- Wanting what others have
- Feeling misunderstood and like they don't belong

- Withdrawing or isolating
- Detaching from feelings
- Over analyzing, becoming consumed by thinking
- Minimizing own needs
- Being stingy with time, energy, money, etc.
- Having overly rigid boundaries
- Believing resources are scarce
- Arrogance
- Feeling overwhelmed

ENNEAGRAM TYPES IN THREAT

Type 6

Type 7

Type 8

Type 9

Triggers / What sets you up to go below-the-line

- Uncertainty, unpredictability, untrustworthiness
 - Disloyalty
 - Feeling cornered, controlled or pressured
 - Illogical arguments
- Constraints or limits on freedom
 - Inability to get what they want
 - People who are stuck in negativity
 - Being pushed to face difficulties or issues they don't want to face
- Deceit, manipulation
 - Injustice or harm to innocent victims
 - Weakness, indecisiveness
 - Attempts to control them
 - Untrustworthy authority
- Being treated as unimportant
 - Feeling controlled
 - Being pushed to make a decision or take action
 - Conflict or anything that disturbs their peace

Behaviors / How you react from below-the line

- Hyper vigilant and suspicious
 - Obsessive worry or anxiety
 - Procrastination
 - Doubt of self and others
 - Indecisiveness
 - Projecting fear/doubt onto others
 - Magnifying danger or threats
 - Focusing on negatives
 - Mistrust of authority
 - Overly compliant or defiant
 - Intolerance of ambiguity
 - Overly-cautious or risk-averse
- Difficulty maintaining focus
 - Making excuses and rationalizing
 - Avoiding difficulties, pain, negativity
 - Insatiable need for stimulation
 - Excessive positivity bias
 - Distraction to avoid boredom
 - Craving more, not feeling satisfied
 - Avoiding sadness, anger or fear
 - Difficulty committing
 - Self-referencing thoughts, missing the needs of others
 - Anti-authoritarianism and non-conventional behavior
- Denying vulnerability
 - Excessive eating, drinking, working, pleasure
 - Needing intensity, adrenaline rush
 - Impatience
 - Denial of their own limitations
 - "My way or the highway"
 - Plotting or seeking revenge
 - Controlling or dominating
 - Aggressive, confrontational
 - Rebellious against authority
 - Taking justice into own hands
 - Being insensitive or callous
- Going along to get along
 - Quiet stubbornness
 - Zoning out: media, food, alcohol
 - Passive aggressiveness
 - Focus on inessentials, avoid priorities
 - Merging with others' agendas
 - Rumination or over-thinking
 - Fogginess about own wants and needs
 - Believing "I don't matter"
 - Avoiding conflict
 - Excessive need for peace and comfort
 - Occasional angry outbursts when pushed over the edge