



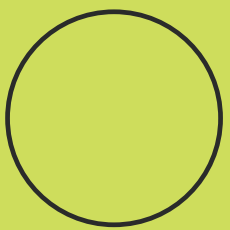
# Triads 101



@enneagram\_aware

# The Power of Three

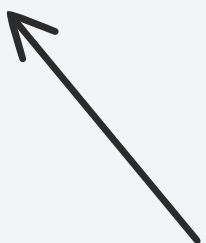
The Enneagram symbol represents balance.



The CIRCLE represents wholeness and the interconnected nature of human experience.



The TRIANGLE symbolizes three fundamental forces of transformation and the dynamic interplay of different aspects of self.



The INNER LINES illustrate how different types interconnect and influence each other, revealing complex pathways of personal growth and collaborative potential.

# The Power of Three

The Law of Three, represented by the inner triangle, illustrates the movement of growth and change in the human being. In every movement forward a combination of initiation, resistance and reconciliation work together to transform us.

## Active Force (First Force)

Initiating, creating, propelling, intention, impulse

## Passive Force (Second Force)

Resisting, opposing, friction, challenge, potential

## Neutralizing Force (Third Force)

Reconciling, mediating, synthesizing, evolving, resolving



# Centres of Intelligence

Decision-Making Priorities



# Harmonic Groups

Defensive Strategy:

“When You Don’t Get What You Want”



# Hornevian Stances

Offensive Strategy:

“How You Get What You Want”

# Centres of Intelligence



Decision-Making Priorities

## BODY TYPES (8, 9, 1)

Body Types lead with their gut - they just “know” what to do next. They are often very aware of issues of justice and fairness. They are driven by action and impacted by the dominant and motivating emotion of anger.

## HEART TYPES (2, 3, 4)

Heart Types lead with their emotions and feelings. They are often very aware of matters of personal identity and self-image. They are driven by connection and impacted by the dominant emotion of sadness.

## MIND TYPES (5, 6, 7)

Mind Types lead with mental reasoning. They use their mental energy to gather facts, knowledge and information. They are driven by strategy and impacted by the dominant emotion of fear.



# Body Intelligence: ACTION

## Overuse:

- Overly controlling and forcing action without process - a need to do it "my way."
- Reactive to moments of perceived unfairness or injustice.
- Somatization of emotions and thoughts.

## Balanced:

- Grounded decision making - the ability to take in multiple perspectives and move into action confidently at the right time.
- Moved to act in moments of unfairness or injustice in a way that empowers others.
- Expresses emotions and frustrations naturally as they arise.



# Heart Intelligence: CONNECTION

## Overuse:

- Overly identified with feelings becoming illogical and “stuck” in emotional loops.
- Reactive to threats to their image and how they may be perceived.
- Unusually sensitive to anything perceived as criticism or possible disconnection.

## Balanced:

- Emotionally intelligent - understand and express emotions alone and with others.
- Engage in genuine connections with others - able to set boundaries and ask for help.
- Ability to move into action ...



# Mind Intelligence: STRATEGY

## Overuse:

- Analysis paralysis - seeking certainty, frozen in the planning phase.
- Overly reliant on logic and facts, cold in relationships and moments of emotion.
- Arrogance around mental intelligence.

## Balanced:

- Reasoning and analysis inform decision-making informing appropriate action.
- Using logic when appropriate ...
- Approaching the world with curiosity.



# Harmonic Groups



Defensive Strategy:

“When You Don’t Get What You Want”

## Areas Affected:

- Coping mechanisms in stressful situations
- Emotional regulation and expression
- Problem-solving approaches
- Conflict management styles
- Self-perception and self-esteem maintenance

## Growth Strategies:

- Notice your emotional responses
- Pause during moments of tension/conflict
- Identify areas of avoidance

# Harmonic Groups



Defensive Strategy:

“When You Don’t Get What You Want”

## POSITIVITY GROUP (2, 7, 9)

Focus on the positive aspects of a situation and people, solving problems through maintaining an optimistic attitude.

## COMPETENCY GROUP (1, 3, 5)

Focus on competency, efficiency and effectiveness, solving problems through rational thinking and high standards of performance.

## INTENSITY GROUP (4, 6, 8)

Focus on emotional responses and intense interactions, solving problems by reacting strongly with action.



# Positivity Group: REFRAME

## Characteristics:

- Optimistic (disregarding)
- Reframing (minimizing)
- Resilient (avoidant)

Type 2: Avoid disappointing others by finding ways to positively contribute.

Type 7: Avoid pain and frustration by reframing and adding a positive spin.

Type 9: Avoid conflict and discomfort, known to give the benefit of the doubt.



# Competency Group: MANAGE

## Characteristics:

- Rational (detached)
- Objective (analytical)
- Task-focused (disregarding emotions)

Type 1: Seeking what is correct and sensible to avoid frustration/emotion.

Type 3: Seeking what is efficient and successful to avoid feelings/emotions.

Type 5: Seeking expertise and knowledge to avoid feelings/emotions.



# Intensity Group: RESPOND

## Characteristics:

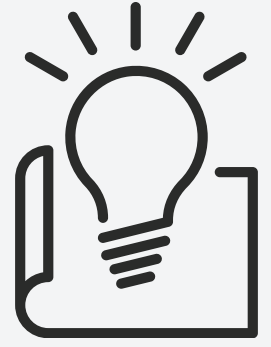
- Passionate (reactive)
- Direct (challenging)
- Authentic (self-protecting)

Type 4: Immediate and intense responses  
- react by withdrawing.

Type 6: Immediate and intense responses  
- react by questioning or challenging.

Type 8: Immediate and intense responses  
- react by expressing frustration.

# HORNEVIAN STANCES



Offensive Strategy:

“How You Get What You Want”

## Areas Affected:

- Goal-setting and achievement strategies
- Social interaction patterns
- Leadership and follower tendencies
- Energy direction (inward vs. outward)
- Personal agency and autonomy

## Growth Strategies:

- Track your approach to getting needs met
- Observe your relational interactions
- Pay attention to moments of annoyance

# HORNEVIAN STANCES



Offensive Strategy:

“How You Get What You Want”

## ASSERTIVE STANCE (3, 7, 8)

Body Types lead with their gut - they just “know” what to do next. They are often very aware of issues of justice and fairness. They are driven by action and impacted by the dominant and motivating emotion of anger.

## COMPLIANT STANCE (1, 2, 6)

Heart Types lead with their emotions and feelings. They are often very aware of matters of personal identity and self-image. They are driven by connection and impacted by the dominant emotion of sadness.

## WITHDRAWING STANCE (4, 5, 9)

Mind Types lead with mental reasoning. They use their mental energy to gather facts, knowledge and information. They are driven by strategy and impacted by the dominant emotion of fear.



# Assertive Stance: AGAINST

## Characteristics:

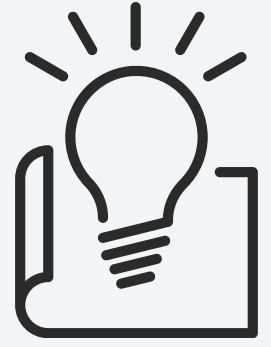
- Action-oriented (impulsive)
- High-energy (control)
- Persuasive (reframing)

Type 3: Move against difficulty. Adapting to the environment to achieve goals.

Type 7: Move against difficulty. Change course to seek positive experiences.

Type 8: Move against difficulty. Take control and go after what they want.





# Compliant Stance: WITH

## Characteristics:

- Relational (dependent)
- Compassionate (self-sacrificial)
- Greater good (boundaries)

Type 1: Move with social norms. Following rules and systems to earn autonomy.

Type 2: Move with social norms. Offering help and care to earn connection.

Type 6: Move with social norms. Loyalty to systems and structures to earn security.



# Withdrawing Stance: AWAY

## Characteristics:

- Imaginative (disconnected)
- Observant (insignificant)
- Insightful (ruminating)

Type 4: Move away from difficulty.  
Retreat to inner world to maintain  
identity.

Type 5: Move away from difficulty.  
Withdraw to mind to maintain  
reason/logic.

Type 9: Move away from difficulty.  
Desire inner calm and personal control.

# The Power of Three

Working towards balance.



## Centres of Intelligence

Notice your decision-making patterns.  
Reflect on what you think/feel/do in moments of action.



## Harmonic Groups

Notice your emotional reactions.  
Reflect on what else is going on in those moments.



## Horneyan Stances

Notice the direction of your energy.  
What are you really looking for?

We are better together!  
Please take a moment to let us know  
what you thought about this session and  
the digital resources here:

[Tell Us Your Thoughts](#)

# Feedback Coaching

Unlock deeper self-awareness through  
the wisdom of the Enneagram. Book a  
[one-on-one coaching session](#) to  
explore your type, growth paths, and  
personal development journey.

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