



# Enneagram 5

## Privacy

THIS  
&  
THAT

Privacy can be used to understand your inner world and to protect your inner world from others who may not be safe (healthy boundaries.) It is a space to reflect, create and innovate by deeply exploring interests and ideas.

Privacy can be used to limit your perspective and to isolate and withdraw from connections that are safe. It avoids sharing and challenging ideas, and causes misunderstandings and missed opportunities

### An Enneagram 5 might think:

- Need for Privacy: I need privacy and alone time every day to recharge and spend time with my thoughts, feelings and imagination.
- Intellectual Curiosity: I spend lots of time thinking, pursuing knowledge, problem-solving, seeking logical solutions and strategies. I don't always realize how in-depth I've gone in a specific area of interest until someone points it out to me.
- Self-Sufficiency: I prefer a minimalist lifestyle, I keep to the essentials. I don't like to depend on others for support or resources.
- Boundary Setting: I am very aware of the capacities of my time, energy and personal space and find myself withdrawing to conserve and analyze. I often find social situations overwhelming and would rather observe rather than participate.
- Detached Emotional Expression: My mind is my primary source of information. I do experience emotions but I am inclined to withdraw and examine them privately.

### Centre of Intelligence: Mind Type

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.

Enneagram 5s lead with intellectual intelligence, valuing knowledge and understanding as a means to feel secure and capable. They often detach to observe and analyze their surroundings, maintaining boundaries to preserve their energy and independence.

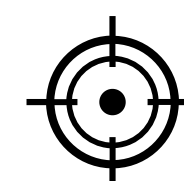
### Dominant Emotion: Fear

Enneagram 5s experience fear as a concern for being overwhelmed or unprepared. This emotion drives them to seek information and maintain a sense of control by observing from a distance and gathering knowledge.

Fear can drive preparation and thorough planning but can also stifle creativity, innovation, and necessary risk-taking.

#### Central Focus:

I focus on being useful, capable and competent.



#### Important Values:

I value competency, logic, boundaries.



#### Danger Zone:

Restrictive Behaviours - the need reduce use of time, space and things.



#### Antidote:

Non-Attachment - trusting in the give and take of life.





## Distorted Len: Restriction

Each Enneagram type has an emotional filter effecting thoughts, feelings and actions. It is automatic and unconscious, created from core fears and desires. In traditional Enneagram language this is referred to as a “passion.” The Passion is our attempt to recreate a version of our true nature when life becomes overwhelming.

The distorted lens for Fives is restriction. Restriction is the response to the fear of running out of material or physical needs, intellectual ability or safe connection.

## True Nature: Non-Attachment

The true nature of each Enneagram type is referred to as their “virtue.” The virtue is the exact opposite and antidote to our distorted view on the world.

The true nature of Fives is non-attachment. Non-attachment is the trust in the give and take of life. Non-attachment is saying, “I am free.” The ability to see the intricate interconnectedness of all the parts of the whole and trust their organic unfolding.

### At My Best:

- Analytical and Insightful: Enneagram Fives excel at analyzing complex problems and providing insightful solutions.
- Curious and Inquisitive: Fives have a deep thirst for knowledge and are constantly seeking to learn and understand more.
- Focused and Determined: Fives can concentrate deeply on tasks, maintaining focus and determination to see them through.
- Observant: Fives are keen observers, often noticing details and patterns that others might miss.
- Resourceful: They can make the most out of limited resources, finding creative solutions to challenges.

### Under Stress:

- Withdrawn: Under stress, Enneagram Fives can become withdrawn and isolated, retreating from social interactions.
- Overly Analytical: They may overanalyze situations, leading to paralysis by analysis and indecision.
- Overwhelmed: Stress can cause Fives to feel overwhelmed, particularly when they lack adequate time or resources to think things through.
- Avoidant: Fives might avoid difficult conversations or confrontations, preferring to retreat into their thoughts.
- Rigid Thinking: They may become rigid in their thinking, resistant to new ideas or perspectives.

## Working with Fives:

- Respect Their Space: Fives value independence and personal space. Allow them time to process information before making decisions.
- Provide Clear Information: Fives thrive on clarity and detail. Provide the resources they need, and avoid vague instructions.
- Encourage Engagement: Fives can become isolated, so encourage participation in team activities and discussions without overwhelming them.
- Balance Analysis with Action: Fives often overanalyze. Support them in making timely decisions by setting gentle deadlines and actionable steps.
- Acknowledge Expertise: Recognize their knowledge and encourage them to share it. This builds confidence and shows their contributions are valued.



## Subtypes: Different Ways of Protecting Resources

Each of the three subtypes below are slightly different ways Enneagram 5's approach protecting resources. These subtypes are created when we combine the distorted lens of the type, restriction, and an "overdoing" of one of the natural human survival instincts for self-preservation, social safety and one-to-one bonding and relationship.

- Self-Preservation 5's protect by retreating, seeking boundaries and alone time. They are often very self-sufficient and private.
- Social 5's protect by seeking knowledge and learning. They are often very intellectual - an expert surrounded by experts.
- One-to-One 5's protect by seeking an ideal partner to confide their depth of knowledge and self.

Read through the descriptions below and consider which subtype description fits best - you may see characteristics of yourself in more than one.

Self-Preservation

### Protecting Personal Resources

You'll notice SP5's by their carefully constructed personal space and routines. They're masters at minimizing their needs and creating efficient systems that let them preserve their energy. While they might think they're just being practical, there's usually an unconscious drive to become completely self-sufficient. They get notably uncomfortable when their carefully maintained boundaries are disrupted or when unexpected demands pop up.

Social

### Protecting Intellectual Resources

SO5's approach groups through the lens of expertise and knowledge. They're likely to be the ones who've done deep research on their interests and can talk in detail about them - though they might hang back until they feel certain about their information. While they might think they're just being thorough, they're often unconsciously collecting knowledge as a way to feel secure in social situations. You'll spot them carefully observing group dynamics from a slight distance.

One-to-One

### Protecting Relational Resources

In close relationships, OT5's lead with their insights and observations. They've usually got an interesting take on things and can be surprisingly expressive with select people - though they might not realize how much they test others before letting them in. While they think they're just being discerning, there's often an unconscious pattern of idealizing potential connections while finding reasons why current ones don't quite meet their standards. Can come across as detached, but it's actually their way of managing the intensity of close relationships.

\*This is the counter-type: a subtype driven by the same motivation but expressing it in seemingly opposing ways.



## Using Your Wings:

### Wing 4

- **PASSIONATE:** Fives can use this wing to become more creative, inventive and animated. This wing combines the intellect with depth of meaning - passion and imagination.
- **EMOTIONS:** With this wing, Fives become more aware of the importance of experiencing emotions. They learn to accept emotions and give more space for processing.

### Wing 6

- **EXPRESSING FEAR:** Fives can use this wing to get in touch with their experience of anxiety and share it outside their minds. Rather than appearing unaffected and detached, they bring others into their inner experience.
- **CONTRARIAN:** With this wing, Fives tune into their internal contrarian. They push back and engage in more intense dialogue around issues they are passionate about without feeling the need to withdraw.

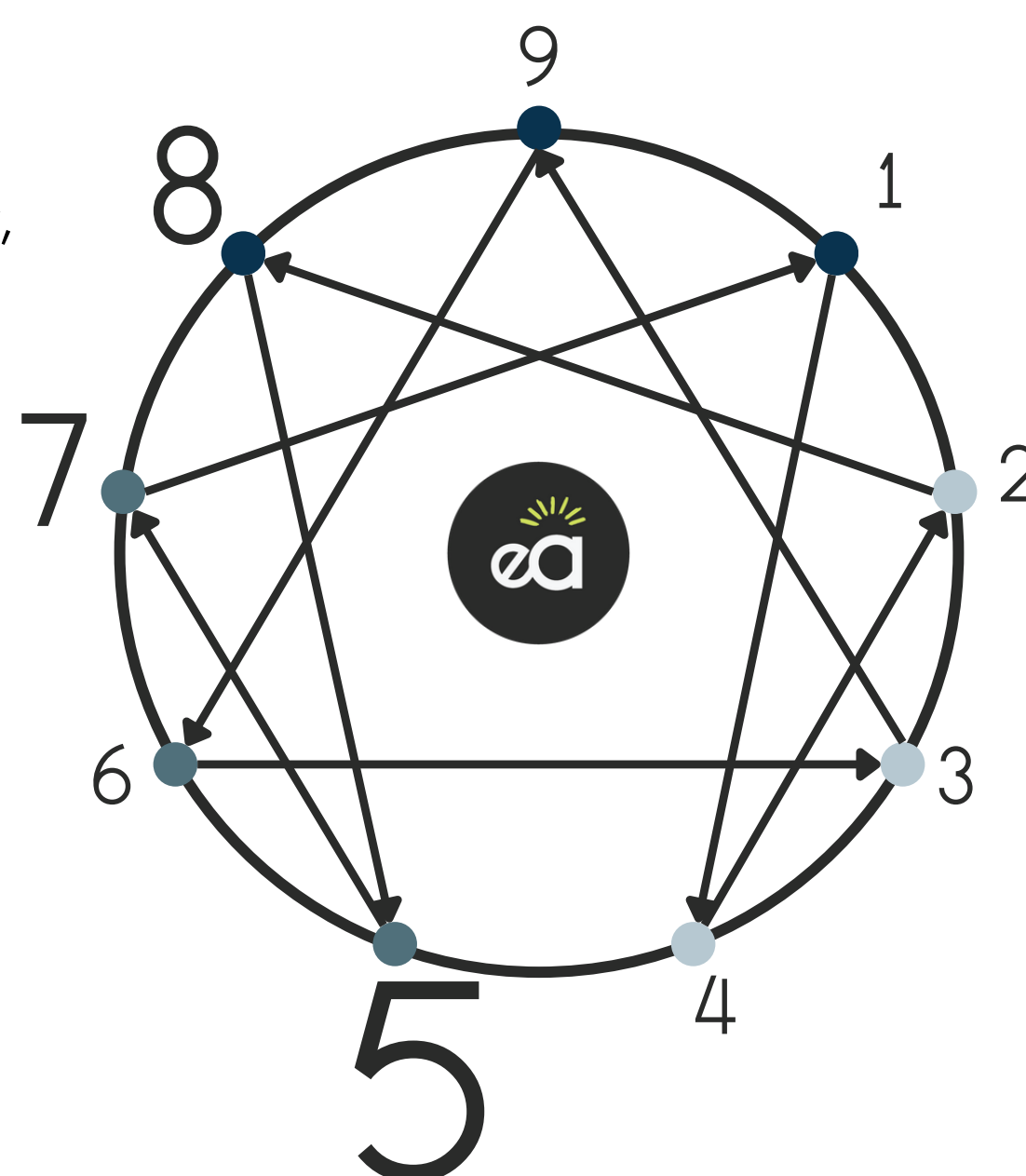
## Using Your Arrows:

### Point 8

- **ENGAGING:** Fives can use this arrow point to become bigger, louder and more engaging. They speak their mind even when it may conflict. They really show up as themselves.
- **ACTIVE:** With this arrow point, Fives become more concrete, practical and focused on action. They move forwards passed the planning phase and engage with what needs to happen next.

### Point 7

- **FUN:** Fives can use this arrow point to find the fun in life. They can let out their sense of humour and get curious about play and imagination.
- **SPEAK IT OUT:** With this arrow point, Fives begin to say things without fully thinking them out. They process externally, allowing others into their planning and strategy.



## To the Fives ...

You are the Enneagram surprise. Behind your sometimes quiet or reserved demeanour is an incredibly interesting, hilarious, thoughtful person that is curious about everything and waiting to be invited into connection. Stop waiting! Connection is waiting for you. Yes, it's scary and yes, it may hurt sometimes but true connection takes both parties. It is not the world's job to draw you out, in fact, many of us are waiting for you to show us more of who you are, we are pumped! We can tell there is so much more than the tidbits of info and breadcrumbs of humour you leave behind ... don't hold us in suspense any longer.

Book a coaching session by emailing:  
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