

Divide It Up

Let's Talk About
Enneagram Subtypes





Human Instinct

Human instinct is simply human impulse, natural ways we keep ourselves alive and healthy as we navigate the world.

Our instincts can be divided into three categories:

- Self-Preservation - Personal Well-Being
- Social - Group Well-Being
- One-to-One - Relational Well-Being

Life experience leads to:

- One instinct being more dominant.
- One instinct being more repressed or less present.
- One instinct operating in the middle.



Self-Preservation

The Self-Preservation Instinct is exactly what it sounds like, it encompasses all of the areas of our life that keep our physical bodies well and healthy. This is our drive for well-being.

When this instinct is operating at its best, our inner and outer worlds thrive as our bodies receive all of the important elements and resources required for life on this planet.

Areas of Focus:

- Physical Security and Health
- Material Stability and Resources
- Comfort and Environment



Self-Preservation

Consider the following areas of self-preservation:

- Food/health
- Sleep/rest
- Money/finances
- Schedules/routines
- Comfort/safety

Dominant: "I think a lot about ..."

(includes over-indulgence, fear/anxiety, rigidity)

Repressed: "I avoid and forget about ..."

(includes being scattered or haphazard)

Present: "I address and adapt to include ..."

(includes flexibility and the ability to adapt in stress)



Social

The Social Instinct is fundamentally about our inherent need to belong, connect, and contribute to the collective. This is our drive for relationship.

When this instinct is operating at its best, our inner and outer worlds expand through meaningful engagement with community, understanding our place within larger systems, and nurturing the shared experience of humanity.

Areas of Focus:

- Group Dynamics and Social Awareness
- Building Connections
- Contributing and Belonging



Social

Consider the following areas of the social instinct:

- People/situations
- Unspoken communication
- Teamwork/reciprocity
- Belonging/welcoming
- Relationship status

Dominant: "I think a lot about ..."

(includes over-analyzing/attachment, fear/anxiety)

Repressed: "I avoid and forget about ..."

(includes being aimless or indifferent, suspicious)

Present: "I address and adapt to include ..."

(includes flexibility and the ability to respond in stress)



One-to-One

The One-to-One Instinct is deeply rooted in our capacity for intimate connection and profound personal exchange. This is the drive for experience and intensity.

When this instinct is operating at its best, our inner and outer worlds become richly textured through deep, transformative relationships that allow for complete vulnerability, mutual understanding, and intense personal resonance.

Areas of Focus:

- Personal Magnetism and Expression
- Exploration and Adventure
- Deep Connection and Chemistry



One-to-One

Consider the following areas of one-to-one relating:

- Attraction/appearance
- Energy of another
- Competition/winning
- Risks/adventures
- Connection

Dominant: "I think a lot about ..."

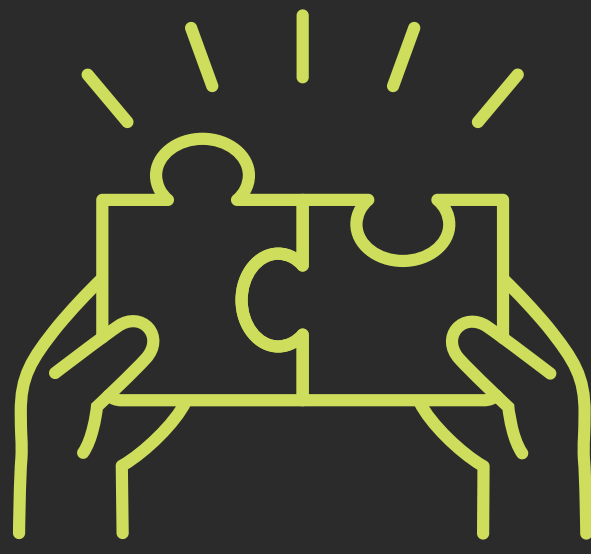
(includes repetitious attraction to wounds/hurts, restless/distracted)

Repressed: "I avoid and forget about ..."

(includes being confined to comfort zone, difficulty owning passion/excitement)

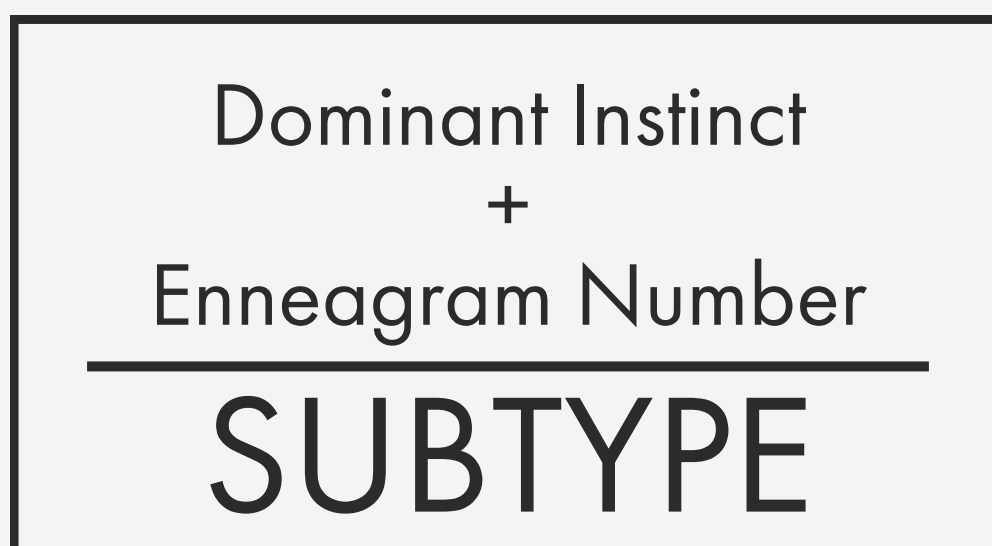
Present: "I address and adapt to include ..."

(includes vulnerability and openness)



Subtype

An Enneagram Subtype is the unique intersection of our core personality type and our dominant instinctual drive.



Understanding the subtypes:

- Provides an in-depth understanding of personal patterns and motivations
- Reveals why individuals of the same type can look and behave differently
- Offers targeted insights for individual growth and self-development



Different Ways of Taking Charge

- Taking Charge of Needs and Safety: Self-Preservation 8's channel their strength into making things happen and getting their needs met in a very direct way.
- Taking Charge of Justice for All: Social 8's channel their strength into protecting and supporting others, and fighting injustice and exploitation.
- Taking Charge of Power Dynamics: One-to-One 8's channel their strength into being the centre of the action - they are passionate, assertive, trail blazers and change maker.



Distraction

Different Ways of Keeping Calm

- Keeping Calm with Comfort and Routine - Self-Preservation 9's distract themselves by getting lost in comfortable activities - tv, reading, nap, puzzles, etc..
- Keeping Calm with Groups and Activities - Social 9's distract themselves by working tirelessly on behalf of the group.
- Keeping Calm within Relationships - One-to-One 9's distract themselves by taking on the attitudes/feelings/ opinions of others.



Perfectionism

Different Ways of "Making Things Right"

- Making Things Right in Self - Self-Preservation
1's are working for perfection by controlling things in their daily life and personal sphere.
- Making Things Right for Others - Social 1's
are working for perfection by finding and modelling the best way for others.
- Making Things Right in Others - One-to-One
1's are working for perfection by directing others towards a better version of themselves.



People-Pleasing

Different Ways of Connecting

- Connecting with Youthful Charm - Self-Preservation 2's connect with people using their young, playful attitude and intuitively sensing what others need.
- Connecting with Hard Work - Social 2's connect with people by working hard to support everyone in their social circle.
- Connecting with Anticipating Needs - One-to-One 2's connect with people by anticipating every need of those in their closest circle.



Appearance

Different Takes on Success

- Success in Hard Work and Family - Self-Preservation 3's work for success to support the people around them - providing physical and material security for others.
- Success in Leadership and Prestige - Social 3's work for success by securing visible roles in social and professional capacities
- Success in Important Connections - One-to-One 3's work for success in one-on-one relationships - helping specific others achieve success.



Discontent

Different Ways of Expressing Individuality

- Expressing Individuality through Independence - Self-Preservation 4's express their emotions inwardly so as to appear stoic, strong and uncomplaining.
- Expressing Individuality through Authenticity - Social 4's express their emotions into everything to authentically feel and embrace their reality.
- Expressing Individuality through Intensity - One-to-One 4's express their emotions outwardly to demonstrate their individualism.



5 Restriction

Different Ways of Protecting Resources

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



Overprotection

Different Ways of Seeking Security

- Seeking Personal Security - Self-Preservation
6's seek security with friendliness. They protect themselves by finding protectors in different areas of their life.
- Seeking Collective Security - Social 6's seek security on behalf of the group. They protect themselves by finding a system of authority - people, rules, books, organizations, religion.
- Seeking Security through Intensity - One-to-One 6's seek security and protect themselves by pushing back using contrarian thinking and attacking fear with strength.



Indulgence

Different Ways of "Keeping Options Open"

- Keeping Connections Open - Self-Preservation 7's keep their options open by collecting people and opportunities.
- Keeping Options Open for Others - Social 7's help to keep options open for others and work to ensure freedom and choice for all.
- Keeping Possibilities Open - One-to-One 7's keep their options open by being enthusiastic and optimistic - the dreamer, idealist, seeing the world with rose-coloured glasses.



Growth Challenge

The ability to see and recognize patterns takes moments of uncomfortability. In the case of our instincts, it requires looking at patterns that were at one point used to protect us but may be preventing us from further growth and personal development.

- Where do you see instinct or subtype patterns playing out in your life?
- What about those patterns makes you feel comfortable?
- What about those patterns makes you feel uncomfortable?

All powerful growth happens in small moments of observation - the moment-to-moment practice of noticing, of witnessing our patterns with curiosity rather than criticism.

We are better together!
Please take a moment to let us know
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the digital resources here:

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Feedback Coaching

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the wisdom of the Enneagram. Book a
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personal development journey.

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