

# Enneagram Type Six Description

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## In-Depth Description of Enneagram Type Six

An explanation of the Core Enneagram type can be found [here](#), which opens in a new window.

**Common Descriptive Names:** (1) The Loyal Skeptic, (2) The Loyalist, (3) The Questioner

**Unconscious Fear for type Six:** Of being unable to survive on their own; of being abandoned; having no support

To compensate for their Unconscious Fear an Unconscious Desire arises.....

**Unconscious Desire for type Six:** To have safety and security; to have support

For a comprehensive summary of each Enneagram type and the major aspects of this system, click on "[The Enneagram Cheat Sheet](#)," which opens in a new window.

As our personality was forming in early childhood we each developed limiting subconscious beliefs about ourselves, others and the world. For example, your mother or father might have yelled at you "Get your hands out of there!" or "You should be ashamed of yourself!" or "Stop being such a cry baby!" If you had really loving parents you might have heard, "Don't touch that, it's hot!" or "Don't do that, you might hurt yourself!" We also developed limiting beliefs about others. Growing up you may have heard, "I don't want you to play with those kinds of kids" or "Salesmen are sleazebags" or "Politicians are so duplicitous and two-faced." We also developed limiting beliefs about the world. Newspapers and television constantly bombard our minds with reports of scandals, crimes, wars, economic crises, natural disasters, and political corruption. Does this help us believe the world is a loving, safe place to live? Of course not. One way or another, none of us escaped childhood without some limiting subconscious beliefs. Your Enneagram type identifies some of the strongest subconscious beliefs that you've developed over time based on your distorted perception of reality.

The following subconscious beliefs of Sixes stem from their unconscious fear and will continue to drive their personality until they learn to reprogram their subconscious beliefs, which will be talked about in the article on "[The Law of Attraction](#)."

### **Limiting Subconscious Beliefs for type Six:**

- The world is a dangerous and threatening place.
- Most people have hidden agendas and are not to be trusted.
- My safety depends on knowing people's intentions.
- I must rely on something (like a religion or belief system) or someone outside myself for security.
- To be loved I must be loyal and supportive ALL the time.

### **Core Coping Strategies for Sixes:** (where Sixes focus their attention because of their subconscious beliefs)

- Looking for something and/or someone outside the self to believe in and put loyalty into
- Vigilance and alertness; looking for hidden agendas
- Doubt/mistrust others; Test other's loyalty
- Question others' intentions; Question authority
- Cope with fear by acting strong (or smart) to win support and/or by acting sexy or coquettish to attract support
- Being dutiful and aligning with others to feel safe
- Being prepared emotionally for worst case situations
- Being warm/pleasing to disarm potential hostility
- Fitting in to society and working for common goals

### **Here's a brief profile of some healthy, very healthy, average, unhealthy and destructive type Six traits.**

**Healthy Sixes** are trustworthy, responsible, dependable, loyal and sympathetic to underdog causes. They're engaging, friendly, endearing and genuinely likeable people. Healthy Sixes are able to create camaraderie with people because they enjoy making pleasant and harmonious connections. They like creating strong personal bonds of friendship with others and having a sense of belonging. Trust is extremely important to all Sixes not just healthy ones. That's because of their unconscious fear of being abandoned or left without support. Even healthy Sixes question people and their motives to make sure that they are trustworthy. Their alert and vigilant mentality allows healthy Sixes to be intuitive and insightful about people. Healthy Sixes are warm, personable and even playful once they can trust someone, but that trust is not given blindly. Once you've earned a Sixes trust, however, they will be the best friend you've ever had – truly committed, compassionate, supportive and reliable.

Healthy Sixes are the bedrock and foundation of any society. They work well with people, treat everyone as equals and believe in cooperation. They are extremely hard working for common goals and like to provide, as well as have, stability, security and loyalty in all areas of their life, especially home, relationships, job, community, etc. Healthy Sixes like being part of some cause or movement greater than themselves, especially those that support the underdog. They want to make a contribution to the world and enjoy being of service to others. They are honorable and conscientious. They are also meticulous, good with details and have an eye for seeing potential problems before they arise. Their self-discipline enables them to organize people and resources, prioritize tasks to be done and see projects through to completion. Healthy Sixes are persevering and can be counted on to be right by your side when difficulties or even calamities occur. Healthy Sixes, while having occasional self-doubts, generally are able to trust themselves and their decisions. In short, healthy Sixes are deeply devoted and committed to the well-being of their family, friends, and community.

**Very healthy Sixes**, like Robert F. Kennedy\* and J. Edgar Hoover\*, are courageous, self-confident, positive thinking and self-reliant. They have unwavering faith in themselves as well as other people and the universe. They are self-affirming and trust their own inner guidance and abilities implicitly. They often become strong, cooperative, expressive leaders that work exceptionally well with others for the good of humanity. Since Sixes' greatest fears are being without any inner strength, guidance, support or security, very healthy Sixes become powerful channels for helping people find these inner resources within themselves. Very healthy Sixes are serene, emotionally balanced and open-minded. Much to their surprise, some very healthy Sixes discover a well-spring of undiscovered creative talent.

\* My speculations based on their lives and my experience with the Enneagram

**Average Sixes** become self-doubting, fearful and anxious. They're not fully sure of themselves or who or what they can trust. They have a difficult time trusting their own mind even. While all Sixes instinctively anticipate where danger might arise so they can protect themselves, some Sixes are phobic and befriend others or withdraw to protect themselves while others are counterphobic and confront others or fearful situations head-on, even seeking them out. Both phobic and counterphobic Sixes have underlying feelings of fear and anxiety and both can be defensive, mistrustful and suspicious that others may turn against them or take advantage of them if they're not careful. They fear the worst and are hyper-vigilant. They anticipate problems.

Phobic Sixes look outside themselves for guidance, support, stability and reassurance all the while not wanting to feel dependent on anyone. They invest their time and energy in people and organizations they think will be reliable, trustworthy and give them security – people and organizations who they feel safe with. Unfortunately, the more Sixes depend on these people the more anxious they feel inside. They can lose their sense of inner strength and faith in themselves in the process. Average phobic Sixes often look to authorities, self-confident people and/or belief systems to provide them with some semblance of security. Counterphobic Sixes are more independent. They can be more reactionary, tough, and rebellious.

Average Sixes can easily get themselves overextended with too many commitments. That's because they tend to feel responsible to everyone important to them (often their boss, spouse or partner, children, parents, church leader, etc.) and try to do what is expected of them. Average Sixes want to feel accepted and fit in but they can feel ambivalent and indecisive about their commitments. They easily get stressed out and worry when they realize they can't fulfill all the commitments they've made, especially when these important people ask for their (the Six's) help at the same time. When this happens Sixes can get nervous, insecure and anxiously react to the perceived "demands" being made of them by getting defensive, passive-aggressive or being evasive. They feel pressured yet fear that they'll undermine their own security if they give up any of their commitments to key people in their life. What to do? Despite wanting predictability in their life, average Sixes can be quite unpredictable in their emotional reactions (due to their inner confusion and apprehension) when they feel trapped or they're afraid. They have a tendency to complain and blame others for their own problems. They can also be pessimistic and tend to see the glass as half empty rather than half full. Average Sixes can be very indecisive and procrastinate on tasks when their anxiety is high or they fear that others are going to get mad at them.

**Unhealthy Sixes** feel more and more insecure and unconfident in themselves so they blame others for their own problems and anxieties. They feel a strong need to escape from the pressure of their own doubts and inner anxiety. Unhealthy phobic Sixes can become stubborn and defensive. They oscillate between being explosively reactionary and clingingly dependent. They can explode under pressure but then react by clinging for fear of undermining their security by what they've said or done. Some phobic Sixes will blow up at "safe people" rather than those closest to them so that they won't undermine their security with key people in their life. They can appear independent and defiant at times but this is only an overcompensation for feeling insecure and needy inside. Unhealthy counterphobic Sixes tend to react aggressively to perceived threats to their security. They can be rebellious, belligerent and very short-tempered. They can often seem like Eights when unhealthy.

However, unlike Eights, they are confronting others out of inner doubt and fear. Whether phobic or counterphobic, unhealthy Sixes feel the need to be tough and stand up for themselves.

They are extremely wary of who might be a friend and who might be an enemy. Due to feeling unsafe inside, they will defend who or whatever gives them security and be derogatory (phobic Sixes) or aggressive (counterphobic Sixes) towards perceived enemies. They can also scapegoat others for their problems and anxieties.

**Destructive Sixes** are extremely insecure and anxious. They are filled with feelings of inferiority, worthlessness and incompetence. They feel cowardly, panicky and are plagued by irrational fears. They can be chronically depressed and may abuse drugs or alcohol as a way to escape their intense anxiety. They are paranoid that others are out to get them and overreact to everything. Phobic Sixes can become extremely dependent on others with occasional displays of impulsive defiance. They can stay in abusive relationships fearing that their partner/spouse will punish them if they leave or do anything wrong. Counterphobic Sixes can become hysterical and lash out at others. They often become loners. Destructive Sixes have an incredible fear of abandonment. At worst they can be masochistic, self-destructive and suicidal. They may act on their paranoid fears that someone is out to get them by getting them first (homicide).

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## Career Talents, Values & Interests for Enneagram type SIXES

I want to say from the outset that the Enneagram is one system among many powerful ones that can be used to help people understand their vocational talents, values and interests by understanding WHO THEY ARE INSIDE!

Richard Nixon and Marilyn Monroe are two famous Enneagram Sixes but look how different they are based on other systems (click on the links below to see what I mean):

SYSTEM	RICHARD NIXON	MARILYN MONROE
	<a href="#">Richard Nixon Biography</a>	<a href="#">Marilyn Monroe Biography</a>
Temperament system	<a href="#">Solid Gold</a>	<a href="#">Bold Orange</a>
Myers-Briggs system	<a href="#">ESTJ</a>	<a href="#">ESFP</a>
Dosha Type system	<a href="#">Pitta-Vata type</a>	<a href="#">Vata-Kapha type</a>
Aura Colors system	<a href="#">Green</a>	<a href="#">Yellow/Red</a>
Multiple Intelligences system	<a href="#">Verbal-Linguistic, Logical-Mathematical</a>	<a href="#">Bodily-Kinesthetic, Musical-Rhythmic</a>
Numerology system	born on the <a href="#">9<sup>th</sup> of the month</a>	born on the <a href="#">1<sup>st</sup> of the month</a>
Numerology system	<a href="#">24/6 Life Path</a>	<a href="#">25/7 Life Path</a>
Astrology system	<a href="#">Mercury conjunct Mars</a>	<a href="#">Venus sextile Jupiter</a>
Astrology system	<a href="#">Mercury quincunx Saturn</a>	<a href="#">Mars conjunct Uranus</a>
Astrology system	<a href="#">Nixon's Astrology Report</a>	<a href="#">Monroe's Astrology Report</a>
Michael system	<a href="#">(Young Soul) Scholar</a>	<a href="#">(Mature Soul) Artisan</a>

Go to [Famous People Analyzed](#) for more information on these famous people. If you are interested in vocational guidance yourself then go to that area of this website by clicking on the following link: [Vocational Guidance](#).

### So, what DO Richard Nixon and Marilyn Monroe have in common, both being Enneagram type Sixes?

All Sixes are motivated by the need to feel safe and secure in their life. They subconsciously scan for danger and any potential threat to their safety and well-being. They tend to be fearful and like to anticipate where trouble or danger might arise. Some Sixes are "phobic" and seem overtly nervous and restless. They use charm and friendliness (and sometimes seductiveness) as a way to win people to their side so that they won't be a threat. Other Sixes are "counterphobic" and hide their inner anxiety and intense emotions from others. When fear arises in them they confront the fearful situation head-on rather than trying to charm someone into liking them. Counterphobic Sixes can be touchy, defensive and even explosively reactive when stressed and provoked. Both phobic and counterphobic Sixes are preoccupied with their need for safety and security. They tend to imagine worst-case scenarios. Some can even be a little paranoid. Sixes can exhibit a phobic or counterphobic response to danger (being nice or confronting) at different times but usually have a predominant mode. **Doesn't that sound like both Richard Nixon and Marilyn Monroe?**

Sixes can have either a Five wing or a Seven wing. **Richard Nixon is a [Six with a Five wing](#) and Marilyn Monroe is a [Six with a Seven wing](#).** If, after clicking on the previous links, you feel that you are more of a Six with a strong Five wing, look at what Enneagram type Fives need for career satisfaction as well. If you feel you are more of a Six with a strong Seven wing, look at what Enneagram type Sevens need for career satisfaction as well.

**Average to unhealthy Sixes** tend to doubt their own thinking and inner guidance. Lacking confidence in themselves, average to unhealthy Sixes tend to choose safe jobs that don't necessarily fulfill their heart's desire but do offer them stability, security and predictability in their

life (they hope). Wanting to be reliable, dependable and trustworthy, average to unhealthy Sixes can easily take on too many commitments and then feel overwhelmed and pressured to follow through with all of them. Unhealthy Sixes can sometimes have problems keeping a job if they are too testy, defensive, suspicious of others' motives and reactionary. If you are or know someone who is an average to unhealthy Six that would like to change careers but is overwhelmed at the thought of making a change then I highly recommend the book, "**The Career Coward's Guide to Changing Careers**" by Katy Piotrowski, M.Ed.

**Healthy Sixes** are engaging, friendly, hard-working and trust their own inner guidance. They are self-reliant yet interdependent, cooperative and supportive. They have faith in themselves, people and life. Some are courageous, inspiring leaders. Examples of healthy Sixes are **J. Krishnamurti, Byron Katie, Robert F. Kennedy, Robert Redford, Woody Allen, Sherlock Holmes, Groucho Marx, Jay Leno, Johnny Carson** and **Billy Graham**.

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## Natural Gifts and Talents of Sixes

**As a Six, I have some, or all, of these natural gifts and talents that I take for granted:**

1. The ability to notice flaws, discrepancies, inconsistencies, inaccuracies and contradictions
2. The ability to foresee problems and troubleshoot them before they occur
3. The ability to pay careful attention to details
4. The ability to organize resources, prioritize tasks and follow through on work projects
5. The ability to work hard with steady and persistent effort to achieve goals
6. The ability to think systematically and approach problems carefully and methodically
7. The ability to protect, guard, defend and keep people safe from harm
8. The ability to build trust with people with my strong sense of loyalty, duty and commitment
9. The ability to keep my word and do what I say I will do
10. The ability to cooperate and collaborate with others as part of a team with a common goal
11. The ability to sense danger and often prevent it from happening
12. The ability to keep on top of things
13. The ability to serve and support others and worthy causes
14. The ability to analyze
15. The ability to inspect, scrutinize and examine something carefully and thoroughly
16. The ability to investigate, probe and question
17. The ability to bring people together
18. The ability to create and provide stability and security for others
19. The ability to read people well and perceive what's not being said
20. The ability to follow rules, procedures and policies (as long as they are fair and ethical)
21. The ability to work for the common good and support causes (especially underdog ones)
22. The ability to move into focused action when known difficulties/problems arise

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## Work Values

**Some of the work values important to Sixes are (choose which ones apply to you):**

- Clear directions
- Close friendships with coworkers
- Close group/team work
- Community involvement opportunities
- Contribution (to betterment of world)
- Hard-work ethic
- Meaningful work
- Ongoing learning potential
- Open, honest communication
- Positively influencing people's lives
- Precision work
- Predictability
- Security
- Seek knowledge and understanding
- Sense of mission
- Stability
- Strategic problem solving
- Trust

## Universal Life Values

**Which of the following universal life values are important to you?**

- A loving, intimate partnership
- Aesthetics/beauty
- Career fulfillment/success
- Close family relationships
- Close friendships
- Faith/spiritual connection
- Financial security/comfort
- Good health/wellness
- Good physical fitness
- Inner peace
- Integrity/honesty
- Joy/happiness
- Ongoing learning potential
- Service/contribution
- Creativity/originality
- Time freedom/independence

## Some Life Values of Sixes

**Some of the life values important to Sixes are (choose which ones apply to you):**

- Affiliation
- Being helpful
- Belonging
- Bonding with others
- Cautiousness
- Collaboration
- Commitment
- Community
- Compassion for others
- Concern for loved ones
- Conscientiousness
- Cooperation
- Dependability
- Dutifulness
- Egalitarianism
- Empathy for others
- Faithfulness
- Fidelity
- Hard-work ethic
- Healthy questioning/skepticism
- Intelligence
- Loyalty
- Perseverance
- Persistence
- Practicality
- Predictability
- Protectiveness
- Prudence
- Reliability
- Responsibility
- Saving money
- Security
- Self-sacrifice
- Sense of humor
- Sensibleness
- Supportiveness
- Teamwork
- Thoroughness
- Trustworthiness
- Wittiness

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## As a Six, career satisfaction means doing work that.....

1. Allows me to work with other conscientious, reliable, trustworthy, hardworking people as part of a collaborative team or on my own with a minimum of stress and competition.
2. Allows me to work with a boss who is patient, supportive, dependable, predictable and doesn't take advantage of my loyalty, dedication and hard-work ethic by asking me to work overtime too much (so that I can have a personal life). Or, allows me to work for myself with no authority to worry about.
3. Offers clearly defined structure and guidelines to follow as well as a clear hierarchy of authority (if not self-employed).
4. Allows me time to do good, detail-oriented work at my own pace without pressuring me to make instantaneous decisions or work under pressure to tight deadlines.
5. Makes use of my innate ability to foresee potential problems before they arise. I am a natural troubleshooter.
6. Offers job security and stability.
7. Allows me to protect, serve, support or ensure the safety of others in some capacity.
8. Makes use of my aptitude for research, investigation and detailed analysis. In short, any field that involves digging beneath the surface to uncover the hidden elements I'm good at.
9. Allows me to work carefully and methodically. I like to plan, organize and stay on top of things.
10. Rewards healthy questioning and skepticism as well as an inquiring mind.

## Sample Type Six Personal Mission Statements

Most people don't have a personal mission statement which is why I am including some here based on each Enneagram type's innate gifts, talents, interests and values. A personal mission statement is nothing more than a brief written statement of your overall purpose in life, your personal vision for who you want to be in and for the world. Helen Keller once said, "The most pathetic person in the world is someone who has sight but has no vision." I would use the word pitiable (as in evoking compassion) instead of pathetic but otherwise I agree with her. Without a "why" to live for that makes a contribution life quickly becomes empty and meaningless. Ways to find your purpose in life are developed more fully in the [Vocational Guidance](#) section. What follows are parts of personal mission statements from Sixes. You may notice a repeating theme.

1. My mission is to help people overcome their self-doubt and indecision and learn to trust their own inner authority
2. My mission is to inspire and empower people to courageously face their fears that stop them from having the life they really want
3. My mission is to serve and protect my family and country
4. My mission is to help struggling newlyweds stay together
5. My mission is to provide stability and security for my family and loved ones
6. My mission is to educate kids about the dangers of unsafe sex and drug & alcohol abuse
7. My mission is to investigate alleged or suspected criminal violations of federal laws
8. My mission is to bring more justice and fairness into the legal system
9. My mission is to help raise people's self-esteem and lower their mental anxiety
10. My mission is to trust my divine intuition to take me where I want to go and stop second-guessing myself

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## Careers That Especially Interest Sixes

Enneagram Sixes, like Nines, probably have the greatest diversity of careers of any type. Even though they can be found in many different occupations there are certain occupations that they are drawn to because of their natural gifts, talents and values. Here is a list of some of them.

**Sixes are natural troubleshooters, investigators and detectives. They have a natural alertness to hazards and danger. They are concerned about security, safety and justice so it will come as no surprise that many of them go into careers related to law, law enforcement, public safety, protective service, corrections and the military. Some Sixes (phobic) do not like risky jobs and will stick with the safer of these jobs. Other Sixes (counterphobic) like to confront their fears and can feed off of the adrenaline and excitement it arouses, as if they apparently have no fear.**

- Animal control officer
- Armored truck guard
- Bailiff
- Certified security officer (SPO, POST, Arrest authority)
- Child support abuse investigator
- Computer security specialist
- Control monitoring center operator (e.g. ADT)
- Corrections officer
- Court reporter
- Criminal investigator
- Crossing guard
- Dispatcher (police, fire, ambulance, etc.)
- Emergency medical technician (EMT)
- Emergency planning manager
- Emergency response coordinator
- Evidence technician
- Federal marshal
- Fire investigator
- Firefighter
- Forensic science technician/specialist
- Game enforcement officer
- Gaming investigator
- Hazardous materials responder
- Highway patrol pilot
- Immigration and customs inspector
- Industrial espionage security officer
- Information systems security specialist
- Judge
- Law clerk
- Law enforcement officer (other)
- Lawyer/attorney
- Legal assistant
- Lifeguard
- Loss prevention/security specialist
- Magistrate
- Mediator/arbitrator
- Military personnel
- Missing persons investigator
- Paralegal
- Paramedic
- Park ranger
- Parking enforcement worker
- Police detective
- Police identification and records officer
- Police patrol officer
- Private detective/investigator
- Probation/Parole officer
- Rescue worker
- Security guard/officer
- Security systems salesperson
- Security systems technician/installer
- Sheriff or deputy sheriff
- Ski patroller
- Special agent (e.g., CIA, FBI)
- Transit and railroad police
- Transportation security screener
- Unemployment fraud investigator
- Warden

**Most Sixes like to learn and think about things (they are in the [Thinking Center](#) after all). They are often attracted to systems of knowledge that are well-established and have a hierarchical structure with clearly defined rules, parameters and lines of authority. They are especially attracted to intellectually stimulating fields of work that involve careful analysis such as science, information technology, engineering, computer science, mathematics and research and development.**

- Chemist
- Computer analyst
- Computer engineer
- Computer programmer
- Computer security specialist
- Database administrator
- Engineer
- Hardware/software engineer
- Information systems manager
- Internet marketer
- Mathematician
- Meteorologist

- Network architect
- Network integration specialist
- Network systems administrator
- Network systems and data communication analyst
- Physicist
- Research and development specialist
- Scientist
- Security specialist
- Software designer
- Software/hardware engineer
- Support specialist
- Systems analyst
- Web developer/webmaster

**Many Sixes are drawn to education because school systems are usually well-established and offer relatively good job stability and security. They also allow Sixes to work in collaboration with others and to feel good about themselves because they are contributing to the growth and development of young, impressionable minds.**

- College president/dean
- Curriculum developer
- Early childhood teacher/assistant
- Education researcher
- Elementary teacher/aide
- Instructional coordinator
- Instructional media designer
- Kindergarten teacher/aide
- Middle school teacher/aide
- Preschool teacher/aide
- School administrator
- School guidance counselor
- School librarian
- School principal
- Secondary (high school) teacher/aide
- Special education teacher/aide
- Superintendent
- University/college professor

**Sixes are often found in the healthcare industry (an industry that is well-established) where they can work as part of a team and do one of the things they do best – support and care for other people’s physical, emotional and mental well-being.**

- Anesthesiologist
- Certified nursing assistant
- Counselor
- Dental assistant
- Dental hygienist
- Dental lab technician
- Dentist
- Dietician
- Home health aide
- Licensed practical nurse
- Medical assistant
- Occupational therapist
- Optometrist
- Orthotist
- Pharmacist
- Pharmacy technician
- Physical therapist
- Physical therapist assistant
- Physician
- Physician’s assistant
- Psychologist/therapist
- Recreation therapist
- Registered nurse
- Respiratory therapist
- Social worker
- Speech language pathologist
- Speech-language audiologist
- Surgical technician
- Veterinarian
- Veterinary technician

**Sixes are often found in government jobs which give them a stable income, decent job security, few overtime hours, and plenty of paid holidays. Government jobs are too numerous to list but here are some of the areas.**

- Revenue and taxation jobs
- Regulation jobs
- Public management and administration jobs

**Most Sixes (especially phobic Sixes) are cautious and careful by nature. They are concerned about the economy, paying their bills on time, having sound investments and making sure they have more than enough insurance to cover any unforeseen worst case scenario. For this reason they often choose jobs involving accounting, banking, financial management, investments or insurance.**

- Abstractor
- Accountant
- Actuary
- Adjuster
- Auditor
- Bank teller

- Banker
- Bill and account collector
- Bookkeeper
- Budget analyst
- Chief financial officer (CFO)
- Collector
- Compliance officer
- Controller
- Cost estimator
- Credit analyst
- Debt counselor
- Economist
- Finance director
- Financial analyst
- Financial planner/advisor
- Insurance appraiser
- Insurance examiner/investigator
- Insurance sales or claims agent
- Insurance underwriter
- Investment advisor
- Investment banker
- Investment/securities broker
- Loan processor
- Mortgage broker/loan officer
- Real estate appraiser/assessor
- Revenue agent
- Tax examiner
- Tax preparer
- Title researcher/examiner
- Treasurer

**Some Sixes (often counterphobic) like to be self-employed so that they don't have to answer to any authority but their own. Below is just a sample listing of self-employed work that is attractive to these Sixes.**

- Acupuncturist
- Animal caretaker
- Architect
- Artist
- Business consultant
- Carpenter
- Child care owner
- Chiropractor
- Construction contractor
- Dancer
- Dentist
- Editor
- Entrepreneur
- Hairstylist
- Interior designer
- Landscaping service owner
- Lawyer
- Massage therapist
- Musician
- Nursery/greenhouse owner
- Physician
- Private detective/investigator
- Psychologist
- Real estate appraiser
- Real estate sales agent/broker
- Self-employed retail business owner
- Website designer
- Writer

**Some Sixes like to be spokespeople and champions for underdogs and disadvantaged groups of people. They are willing to go against the odds and the status quo for a cause they believe in, especially when they have the support of trusted allies.**

- Attorney general
- Environmentalist
- Evangelist
- Lobbyist
- Minister
- Political commentator
- Politician
- Social advocate/activist

**Sixes (especially Sixes with a Five wing) make some of the best researchers and analysts because of their sharp intellect, and incredibly detailed, methodical and systematic way of thinking.**

- Applications analyst
- Budget analyst
- Business analyst
- Business continuity analyst
- Compensation, benefits & job analyst
- Computer network analyst
- Credit analyst
- Data analyst
- Data communications analyst
- Database analyst
- E-commerce analyst
- Financial analyst
- Intelligence analyst
- Inventory analyst
- Logistics analyst
- Management analyst
- Marketing analyst
- Materials analyst
- Network communications analyst
- Network operations analyst

- Network security analyst
- Numerical analyst
- Occupational analyst
- Operating system programmer analyst
- Operations research analyst
- Planning analyst
- Price analyst
- Safety analyst
- Systems analyst
- Tax policy analyst
- Technical support analyst
- Telecommunication systems analyst

**Many Sixes, especially with a Seven wing, are sharp-witted, perceptive and have a great sense of humor. They make excellent entertainers, comedians and media people.**

- Actor/actress
- Author
- Columnist
- Comedian/Comedienne
- Critic
- Entertainer/performer
- Journalist
- News anchor
- Radio announcer
- Reporter
- Salesperson
- Social commentator
- Sports commentator
- TV/radio announcer
- TV game show host
- TV talk show host

**Many Sixes are attracted to the corporate world both as leaders and as followers since they like working as part of a team in a stable environment. Because Sixes are trustworthy, industrious and get along well with most other people they are often promoted to managers, sometimes to their surprise.**

- Accounting manager
- Accounts payable manager
- Administrative services manager
- Billing manager
- Business and development manager
- Compensation and benefits manager
- Credit and collections manager
- Department manager
- Facilities manager
- General manager
- Human resource manager
- Logistics manager
- Manufacturing manager
- Marketing information manager
- Marketing manager
- Office manager
- Operations manager
- Payroll manager
- Product manager
- Project manager
- Property/real estate manager
- Public relations manager
- Purchasing manager
- Research and development manager
- Sales manager
- Store manager

**If you are a Six with a Five wing also look at the careers that appeal to Enneagram type FIVES.**

**If you are a Six with a Seven wing also look at the careers that appeal to Enneagram type SEVENS.**

**If you are a Six with a strong Three arrow also look at the careers that appeal to Enneagram type THREES.**

**If you are a Six with a strong Nine arrow also look at the careers that appeal to Enneagram type NINES.**

**Of course there are many more occupations that Sixes are attracted to but this is a sampling based on my experience. For much more information on careers please go to my [Vocational Guidance](#) section.**

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## Relationship Compatibility for Sixes with Other Types

To learn more about Type Six's relationship compatibility with other types, click below on the Enneagram type of the other person in the relationship. This will open in a new window.

### Type 6 in relationship with Type:

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## Things Sixes Can Do to Help Themselves Grow

1. Accept that some uncertainty and insecurity are a natural part of life. Notice how your doubts and mistrust can stress you and ruin relationships. Practice trusting and having faith in yourself, others and the universe.
2. Learn to be and act as your own authority rather than looking to others.
3. Take up exercise (if you are not already doing it regularly) to help bring your awareness into your body and out of your head.
4. Ask yourself, "Am I imagining this? Is it a genuine intuition or a projection?" Check out your fears and concerns with trusted friends to get a reality check.
5. Notice how often you stay busy as a way to reduce awareness of anxiety.
6. When you feel apprehensive, anxious, or fearful (phobic) – or tense, hyper, or challenging (counterphobic) – center and ground yourself by breathing deeply. Then, move ahead with positive action in spite of the presence of fear.
7. Use your imagination to create pleasant options rather than letting worst case scenarios dominate your thinking.
8. Project threatening scenarios to the ludicrous limit so you can defuse your anxiety and laugh at them.
9. Notice how you tend to doubt your own capacities and decisions. Take time to remember past successes and accomplishments and develop more belief in yourself.

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# Type Six's Wing Descriptions

An explanation of the Wings can be found [here](#), which opens in a new window.

**Are you more like a Six with a Five-wing or a Six with a Seven-wing? Read below to find out.**

## Type Six with a Five Wing (6w5)

### Positive:

- Intellectual, Idiosyncratic
- More independent than 6w7s
- Excellent practical problem solvers and technical experts
- Champion the disadvantaged
- Original, Quiet, Cautious
- Ability to concentrate & focus

### Negative:

- Aloof, Reclusive, Rebellious
- Negative, Arrogant, Reactive

**Type Six with a Five Wing:** Sixes with a Five wing (6w5s) tend to take on more of the attributes of Fives than of Sevens (the other wing), although both wings (5 and 7) can influence their personality. 6w5s tend to be more independent, idiosyncratic and serious than 6w7s. They are less likely to go to others for reassurance or advice. They also have a better ability to focus and concentrate than 6w7s. 6w5s are often somewhat intellectual and like to develop technical expertise. They are great practical problem solvers, probing researchers and superb analysts. They also make good pundits and teachers since they are usually well-read and learned. Some 6w5s are interested in history in general and their ancestry in particular. Phobic 6w5s are most attracted to fields of knowledge that are well-established and have clearly defined guidelines, rules and parameters such as engineering, medicine, law, mathematics, and the sciences. Counterphobic 6w5s tend to be more antiauthoritarian and unconventional than phobic 6w5s and may even have spiritual or metaphysical interests that are not so mainstream. 6w5s (especially the social subtype) have a strong identification with the underdog and sometimes get involved in political or community causes with a humanitarian ideal of championing the downtrodden or the disadvantaged.

Negatively, 6w5s can become aloof, secretive and insecure loners. They can become too bookish and reclusive with focused but overly narrow interests. They can be intellectually arrogant, cynical or enigmatically cryptic. They can see the world as a dangerous place and become suspicious of other people's motives. They will denounce any perceived threat to their security no matter how unwarranted it is. This can lead them to be passive/aggressive, argumentative, rebellious, reactive and/or hostile (especially counterphobic 6w5s). At worst they can become extremely paranoid, brood over injustices to them and become vengeful or self-destructive or both.

You may find that you can relate to the description of Type Six with a Seven wing also (see below). However, there is a fundamental energetic difference between these two descriptions. See if you can discern which description sounds *more* like you, however slight that difference might be.

## Type Six with a Seven Wing (6w7)

### Positive:

- Outgoing, Charming, Sociable
- Engaging and Lively yet Loyal
- Playful yet serious about commitments and security
- Faster Pace than 6w5s
- Will make sacrifices for family
- Cheerful, Personable, Curious

### Negative:

- Materialistic, Impulsive, Manic
- Overreactive, Ingratiating

**Type Six with a Seven Wing:** Sixes with a Seven wing (6w7s) tend to take on more of the attributes of Sevens than of Fives (the other wing), although both wings (7 and 5) can influence their personality. 6w7s tend to be more energetic, sociable, engaging, fun-loving and less serious than 6w5s. They like to kid around and have a greater desire to be liked also. 6w7s are amiable, warm and often charmingly funny. They can be humorously self-deprecating, making jokes about their own fears, anxieties and insecurities as a way to bond with others or subtly seek reassurance. While less serious than 6w5s they are no less committed, loyal and faithful to loved ones and friends. 6w7s are capable of making great sacrifices for the well-being and safety of their kith and kin. Some 6w7s are drawn to the performing arts, media and entertainment industries where they can make use of their charming interpersonal qualities as well as their self-discipline, industriousness and conscientiousness.

Negatively, 6w7s can be overtly nervous, anxious and insecure. They can come to depend on friends and loved ones for reassurance and advice when they have to make important decisions. They can be overly ingratiating because they want to be accepted and liked. On the other hand, they can be highly opinionated and very vocal about their likes and dislikes. Some 6w7s can be materialistic and impossible to please. A 6w7 can have a tendency to send mixed messages to his/her partner. Negative 6w7s test their partner's loyalty overtly and sometimes falsely accuse their partner of wrongdoing. When suspicious of their partner or whenever feeling threatened they can have a hair-trigger reaction of temper or moodiness. Procrastination and, paradoxically, impulsivity can both be big problems. 6w7s can procrastinate by feeling overwhelmed to start a project or task. They can be impulsive as a way to distract themselves and hopefully quench their anxiety. At worst, 6w7s can become completely manic, ungrounded, chaotic and subject to irrational fears, huge mood swings (from mania to depression and vice versa) and inferiority complexes. They may resort to drugs, drinking, overspending, overexercising, overeating or non-productive hanging-out as a way to try calming their anxieties.

You may find that you can relate to the description of Type Six with a Five wing also (see above). However, there is a fundamental energetic difference between these two descriptions. See if you can discern which description sounds *more* like you, however slight that difference might be.

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# Type Six's Subtype Descriptions

An explanation of the subtypes can be found [here](#), which opens in a new window.

## Which subtype are you?

### Type #6 Self-Preservation Subtype

Can resemble 2s because they are warm, friendly, affable, affectionate and can be flattering and ingratiating

Tend to be the most domestic of the three type 6 subtypes

Most Self-Preservation 6s are more phobic than counterphobic

#### Positive/Enhancing:

- Witty and very genuine
- Want the best for everyone else as well as themselves
- Tactful with good manners and a gracious way with people
- Responsible, loyal and committed, they stand by their friends and those they love
- Often focus on maintaining their home and the stability of their home life
- Consider their home as somewhat like a castle, island, fortress or barrier of safety to protect them against the dangers of the outside world

#### Negative/Depleting:

- Tend to be the most outwardly nervous, anxious, dependent and needy of the type 6 subtypes
- Their underlying fear is that they won't be able to take care of themselves, won't have the inner resources, capability, power or life skills to manage if something goes wrong
- Tend to worry and fret a great deal, especially about financial matters and their ability to survive
- Analyze decisions to death before making them to avoid making mistakes or jeopardizing their safety
- Look to trusted others for reassurance and protection rather than to themselves
- Overly concerned about how authority figures perceive them; feel the need to be well liked by them
- Can project their own unowned power onto another and then see that person as a threat
- Can develop theories about people's negative moods or hostile intentions which are totally off
- Subconsciously act warm and friendly towards others to disarm potential hostility
- Can put themselves down, use humor or charm as a way of diffusing someone's perceived power
- Can be ingratiating and flattering (like 2s) to win other people's affections (and ensure their survival)
- Can be self-deprecating, act vulnerable and bid to be rescued (like 4s)
- If fearful of their future safety, they can argue with their partner over money
- Can have anticipatory anxiety and fearful fantasies of worst-case scenarios
- At worst, are anxiety-ridden, clingingly dependent, self-disparaging and massively insecure

- Expect to be abandoned at any time and are terrified of having no support so they stay in bad situations
- Can be depressed, paranoid and aggressive toward the very people they are looking to for security

(For even more insight, learn which “wing” you favor: your [5 wing](#) or [7 wing](#)).

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## Type #6 Sexual Subtype

Tend to be the most openly defiant of authority of the three type 6 subtypes

Counterphobic Sexual 6s can resemble 8s; they confront their fears, talk tough and take risks

Phobic Sexual 6s can resemble 4s; they can be seductive, helpless or coquettish to win people’s affections

### Positive/Enhancing:

- Are goal-oriented, hard-working and energetic
- Keep themselves physically strong and/or physically attractive
- Lead disciplined lives that allow them to feel empowered and secure
- Can also be creative (somewhat like 4s) since they have a rich imagination and an eye for beauty

### Negative/Depleting: (for Sexual 6s that Protect Themselves with Strength):

- Try to hide their fears behind exaggerated strength (especially counterphobic 6s, especially men)
- Have a lot of self-doubt about their sexual attractiveness and desirability
- Fear they would not be loved if others knew how much self-doubt they have
- Act strong and/or seductive but really feel insecure, fearful and self-doubting.
- Can have explosive emotional reactions when their connection with important others is threatened
- Men in particular can try to give the impression of being macho, virile, manly and tough
- Can appear intimidating, arrogant or callous as a way to get people to not mess with them and, thus, not threaten or scare them. They’re actually afraid of scaring themselves but don’t realize it
- They think the threat is “out there” so they take on a strong persona to match any perceived threat
- They can invite aggressive reactions to their belligerent reactions
- Test others to appraise their character, inner strength and fortitude (like 8s do)

### Negative/Depleting: (for Sexual 6s that Protect Themselves with Beauty):

- Try to hide their fears behind a mask of beauty (especially phobic 6s, especially women)
- Can have the vanity of Sexual 3s and try to become the “ideal man” or “ideal woman”
- Sexual 6s know they are hiding but are afraid to take off their mask
- Female sexual 6s, especially, play up their attractiveness as a way of attracting a partner
- Allow people to mistake their outer appearance and sexual appeal for their inner self
- Can be tough also but prefer to use their beauty to protect themselves

- Subconsciously rationalize that if you love them for their beauty then when you find out what a nervous wreck underneath they are you might still keep them because you love them already anyway
- At worst, both "Strength" and "Beauty" Sexual 6s can be obsessively paranoid and depressive
- Fear their erratic, emotionally reactive defiance and lashing out has ruined their intimate connections
- Can be self-destructive, impulsive and aggressive yet terrified of being without support

(For even more insight, learn which "**wing**" you favor: your [5 wing](#) or [7 wing](#)).

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## Type #6 Social Subtype

Most concerned with fitting in, belonging and doing what is societally acceptable of the three type 6 subtypes

Can resemble 2s because they're warm, friendly, supportive, affectionate and create close bonds with people

Can resemble 1s because they're conscientious and strive to be an ideal employee or group member, working hard for the boss (or group leader) and adhering to rules, procedures and protocols dutifully

Most Social 6s are more phobic than counterphobic

### Positive/Enhancing:

- Like to put their trust and support in a cause or group they believe in; can be self-sacrificing
- Are very loyal, dutiful and devoted to the people in their clan and work tirelessly on their behalf
- When healthy they can fight injustices courageously, especially with backing from their inner circle
- Can speak up for themselves and don't allow themselves to be overworked and underappreciated
- Phobic Social 6s can occasionally act counterphobic and rebel against an untrustworthy authority figure

### Negative/Depleting:

- Can be dependent on and obedient to clear direction from authorities in charge
- Can easily give away their power by becoming too accommodating to a group, a boss or a leader
- Manage their social insecurities/anxieties by looking for reassurance and support from friends and allies
- Fearful of standing out and consequently have difficulty striving for their own success
- Want success but worry about feeling overwhelmed and overstressed by too much responsibility
- Reluctant to take on visible leadership roles for fear of being criticized, judged, rejected or cracking up
- Indecisive and ambivalent because of their inner anxiety

- Like to check in with family, friends, coworkers, etc. before making decisions to get agreement, consensus and support that they are making the right choice or doing the right thing
- If alone without anyone to talk to or call they will refer to the voices of trusted others in their mind to get guidance and support when making decisions
- Can project their courage/strength/power onto admired authority figures and idealize/romanticize them
- Can be disillusioned and resentful of authority figures if they end up disappointing them in some way
- Can become passive-aggressive when they're frustrated at themselves or with unfair authority figures
- Can fear losing the support of trusted allies if they act independently
- At worst, can become fanatical and obsessive about a group ideal they believe in unquestioningly
- Fear they won't be able to survive or will be on the streets without support from their friends and family
- Can have fixated beliefs and paranoia about anyone who is not in alignment with their beliefs

(For even more insight, learn which “**wing**” you favor: your [5 wing](#) or [7 wing](#)).

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## Heart and Defensive Points/Arrows for Type Six

An explanation of the Heart and Defensive Points can be found [here](#), which opens in a new window.

**Type Six with a Healthy Connection to Type Nine:** When Sixes integrate the positive aspects of type Nine they open up more to people and their environment. They sense life's benevolence and see the good in people. They have more faith in themselves and trust life more. They become more grounded in their bodies and peaceful and calm in their minds, like healthy Nines. They empathize more with others and are able to see things from a broader perspective. Rather than feeling anxious most of the time, they feel more supported by life and safer in the world. They become more inclusive and accepting of others. They are more able to trust their own thoughts and feelings instead of relying on others. Because of their centeredness and inner sense of balance, Sixes with a healthy connection to type Nine feel less insecure and easily overwhelmed by life. They can see through their unhealthy, fearful projections.

**Type Six with a Healthy Connection to Type Three:** When Sixes integrate the positive aspects of type Three they become more self-confident and self-assured. They feel more energized and become more effective and productive. They believe in themselves more rather than doubting themselves. They become more inner-directed and self-reliant rather than looking to outer authorities and trusted allies to give them guidance and support. While retaining their engaging, courteous, personable nature they also set ambitious goals for themselves, manage their time efficiently, and strive for constant self-improvement. They are able to focus better and take decisive action rather than fretting and worrying about what might go wrong. They are more courageous, willing and able to assume positions of authority and leadership rather than reluctantly cowering from such positions out of fear of attack or lack of self-confidence. They can become inspiring role models for others because they had the courage to develop their potential, overcome self-doubt and put themselves out in the world.

**Type Six with an Unhealthy Connection to Type Nine:** When Sixes deteriorate to the negative aspects of type Nine they can become complacent, lazy, spaced-out and apathetic, like unhealthy Nines. They can get caught up in habitual, comforting routines in an effort to keep anxiety to a minimum. They can procrastinate and be extremely indecisive. They can either be noncommittal and ambivalent about their relationships or dependent and fearfully cling to people for security. If they feel overwhelmed by life they may try to stop their mental obsessing by numbing themselves with activities such as: watching TV, daydreaming, playing video games, escape reading, eating, sleeping or even doing drugs.

**Type Six with an Unhealthy Connection to Type Three:** When Sixes deteriorate to the negative aspects of type Three their minds are so worked up that they keep themselves constantly busy to avoid feeling anxious. They have lots of nervous energy and stay in doing mode as long as possible. They may become workaholics. They can be fearful of trying anything new where they might fail. They can also become more image-conscious and alter their behavior to fit in and be accepted by others. Due to feelings of inferiority and low self-esteem, Sixes with an unhealthy connection to type Three can be boastful, pretentious and self-promoting in order to get others to like them. They can identify strongly with the groups to which they belong and may be overly competitive with or condescending of rival groups (e.g., another school, religion, athletic team, business, etc.) At worst, they can exploit others or lie about certain aspects of their life to get ahead or cover up a shady past.

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