

Enneagram Type Five Description

Click on a link below to go to that section of this page:

[In-Depth Description of Enneagram Type Five](#)

[Career Talents, Values & Interests for Enneagram Type Fives](#)

[Natural Gifts and Talents of Fives](#)

[Some Life Values of Fives](#)

[Careers That Especially Interest Fives](#)

[Relationship Compatibility for Fives with Other Types](#)

[Things Fives Can Do to Help Themselves Grow](#)

[Type Five's Wing Descriptions](#)

[Type Five's Subtype Descriptions](#)

[Heart and Defensive Points/Arrows for Type Five](#)

In-Depth Description of Enneagram Type Five

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

Common Descriptive Names: (1) The Observer, (2) The Investigator, (3) The Thinker

Unconscious Fear for type Five: Of being incapable, incompetent, useless and helpless

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

Unconscious Desire for type Five: To be capable and competent

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 Fives 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 Five:

- People are invasive and demand too much.
- It's best to need little so I'm not dependent on anyone.
- I'm on my own in the world, separate from the environment (an outside observer).
- Allowing myself to fully feel my emotions would be unpredictable and scary.
- Knowledge will keep me safe.
- To be loved I must demonstrate my competence and knowledge.

Core Coping Strategies for Fives: (where Fives focus their attention because of their subconscious beliefs)

- Seeking knowledge to explain life and feel safe
- Detach to observe life from an internally safe distance
- Detach from feelings to prevent emotional overwhelm
- Perceptiveness
- Natural Socratic method of questioning to get to truth
- Compartmentalize my life to protect privacy
- Being self-sufficient to limit dependency on others
- Conserving energy and withdrawing to refuel
- Minimizing physical & emotional needs to preserve personal autonomy

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

Healthy Fives are extraordinarily observant, perceptive and insightful. They're also open-minded. They are the most mentally curious, analytical and logical of all the Enneagram types. They love learning all kinds of information and often become knowledgeable experts in their chosen field. That's because they like to explore a subject they are passionate about in-depth until they've mastered it. Although generally calm and quiet, they can ask lots of questions when interested in a subject, especially about how things works or fit together. Healthy Fives are able to focus and concentrate when they are working on a project or figuring something out. They can pay great attention to craftsmanship and detail. Their probing mind tends to see things on a deeper level than the average person. Healthy Fives can be innovative, inventive and/or creative. Fives who are abstract, conceptual and theoretical often develop new ways of seeing or doing things because they are constantly playing with and working ideas out in their head and imagination.

Healthy Fives value their independence highly but also enjoy sharing findings, observations and insights with others. They often make great teachers so long as they don't talk over their students heads. Like Fours, Fives enjoy laughing about people's quirks and idiosyncrasies and the contradictions and absurdities of life. They often have a dry, whimsical sense of humor too.

Very healthy Fives are highly imaginative, visionary, open-minded and exploratory, like Albert Einstein* and Stephen Hawking*. They're often ahead of their time. They perceive the world in its true context and often have brilliant, original insights into how things work that lead to new discoveries or theories. Very healthy Fives go within for their answers and have unwavering faith that the universe can supply them with all the information they need either by direct knowing or by putting them in touch with the resources and people they need. Rather than feeling isolated and cut-off from others, very healthy Fives feel deeply connected with the universe and others and dedicate their life to helping humanity through the sharing of their genius, knowledge and understanding. While feeling connected they're also nonattached – they can let the energy of the universe flow effortlessly through them using only what they need.

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

Average Fives start to lose confidence in their ability to successfully engage with the world. They retreat into the safety of their minds and become preoccupied with their mental visions and constructs. They can become less social and more detached from the world. While detached and aloof with people they can be quite intense and high-strung mentally. They can focus exclusively on their projects or, perhaps, read or play on the computer for hours. Average Fives can be perpetual students because they love learning and are often quite intelligent, but they never feel quite confident enough to really put themselves out into the real world. They play it safe and never really pursue worthwhile ambitions or goals that might stretch them to interact with people more or put them in a position of authority. They fear having their energy drained by people.

Since being incompetent and incapable is their Unconscious Fear, average Fives can put all their energy into becoming competent and capable in one area of life at the expense of all of the other areas. It's as if they don't have enough energy to expend on too many different aspects of life so they hoard their time, space and energy. Health and relationships are often two areas that are sacrificed. Average Fives can be cynical about relationships working in the first place. They feel that relationships are more trouble than they're worth because people are too needy, emotional or intrusive. Besides, they like working on their own projects, alone. Not only that but average Fives usually lack good interpersonal/social skills and can be secretive and private. They're often loners. Unfortunately for average Fives, most relationships don't work too well without open, heart-felt communication. Average Fives tend to live in their heads and can be completely out of touch with what their bodies and emotions are telling them. As a consequence, they often don't make time for exercise or eating well. Socially detached Fives can be drawn to abstruse and sometimes dark or disconcerting subject matter. It's as if Fives enjoy reaching deeper into the cave-like crevices of the mind to see what they can uncover. Average Fives can begin to get lost in alternate realities, imaginary worlds, conceptual models and personal visions that are out of touch with practical reality.

Average Fives fear being overwhelmed by people and their needs so their lifestyle tends to be minimalistic as an unconscious way to be as self-sufficient as possible. By conserving all of their resources they are less likely to need anyone for anything and thus can preserve their independence and freedom. This also gives them more time to focus intensely on their projects or acquire whatever skills and knowledge they might need to feel more competent and capable.

Unhealthy Fives actually become more reclusive as their anxiety and insecurity increases. They cut themselves off from the real world and people. If they feel as though people are trying to get too close and friendly or intrude on their privacy they become provocative and antagonistic to keep them away. They just want to be left alone to pursue their interests. Their mind becomes increasingly warped as they jump to conclusions and distort the facts with their own twisted interpretations. They can be radical in their viewpoints of reality. They can be iconoclastic and enjoy making extreme remarks just to shock people and provoke a reaction out of them. Lacking self-worth, unhealthy Fives can be intellectually arrogant as a defense to feel better about themselves. They might, for example, laugh at what someone said, pointing out the stupidity of the statement. They can also be cynical, argumentative and enjoy debunking other's beliefs. They might use their innately logical mind to critique someone's illogical statement or to argue why believing in God is fanciful and a crutch for weak people. Unhealthy Fives often succeed in driving everyone out of their lives and become more fearful and strange in the process.

Destructive Fives become mentally unstable, eccentric and reclusive. Cut off from people they get lost in their own nightmarish, fearful, horrific mind. They suffer from severe insomnia and often have other sleep disorders because their mind is so revved up and anxious. They are completely neglectful of their health and hygiene and become hostile if others try to help them (like destructive Nines). They are extremely cynical, depressed, hopeless and feel as though life is empty and meaningless. They can have extreme phobias, severely distorted perceptions, hallucinations or even psychotic breaks with reality. At worst, they can commit suicide or go on a killing spree if their twisted mind has become vengeful.

➤ [Back to the top](#)

Career Talents, Values & Interests for Enneagram type Fives

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!

Albert Einstein and Amelia Earhart are two famous Enneagram Fives but look how different they are based on other systems (click on the links below to see what I mean):

SYSTEM	ALBERT EINSTEIN	AMELIA EARHART
	Albert Einstein Biography	Amelia Earhart Biography
Temperament system	Deep Green	Bold Orange
Myers-Briggs system	INTP	ISTP
Dosha Type system	Vata-Pitta type	Vata-Pitta type
Aura Colors system	Indigo	Yellow/Orange with Violet
Multiple Intelligences system	Logical-Mathematical, Intrapersonal	Visual-Spatial, Verbal-Linguistic
Numerology system	born on the 14th of the month	born on the 24th of the month
Numerology system	33/6 Life Path	38/11 Life Path
Astrology system	Mercury conjunct Saturn	Mars conjunct Jupiter
Astrology system	Mercury quincunx Uranus	Mars square Uranus
Astrology system	Einstein's Astrology Report	Earhart's Astrology Report
Michael system	(Old Soul) Artisan	(Mature Soul) Warrior

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 Albert Einstein and Amelia Earhart have in common, both being Enneagram type Fives?

As cerebral types, all Fives are mentally curious, even mentally intense. They have a great thirst for knowledge and want to deeply understand whatever they're interested in. Fives are extremely independent, self-reliant, self-sufficient and somewhat private, even when in a loving relationship. They generally need lots of freedom and personal space to pursue their own projects alone, or perhaps with one other person. Fives hate to feel overwhelmed by others' emotions and many Fives are extremely career-oriented since relating emotionally doesn't come easily for them. They feel much more in control and comfortable thinking, analyzing and learning than they do engaging their feelings. Fives are individualistic; they aren't as concerned about societal pressures or material possessions as most of the other types. They feel most alive when they are getting new insights into some complex problem they have been working on understanding. **Doesn't that sound like both Albert Einstein and Amelia Earhart?**

Fives can have either a Four wing or a Three wing. **Albert Einstein is a [Five with a Four wing](#) and Amelia Earhart is a [Five with a Six wing](#).** If, after clicking on the previous links, you feel that you are more of a Five with a strong Four wing, look at what Enneagram type Fours need for career satisfaction as well. If you feel you are more of a Five with a strong Six wing, look at what Enneagram type Sixes need for career satisfaction as well.

Average to unhealthy Fives are most often intelligent (high IQ) but can lack social skills and [emotional intelligence](#) about themselves and others (low EQ). They can sometimes have trouble articulating their deep thoughts and insights so that others can understand them. Thus, average to unhealthy Fives often take jobs that don't require much interaction with other people. It can be difficult for average to unhealthy Fives to watch others with better social skills and

greater emotional intelligence do better professionally even though others usually have less intelligence or technical expertise.

Healthy Fives are extraordinarily perceptive, insightful, creative and often innovative. They have learned how to overcome their social insecurities and put their knowledge and insights out into the world (with their healthy connection to type 8). They often become experts in their field and some even make pioneering discoveries or create great works of art. Examples of healthy Fives are **Stephen Hawking, Bill Gates, Oliver Sacks, Linus Pauling, Thomas Edison, René Descartes, Alfred Kinsey, Bobby Fischer, Gary Larson, Agatha Christie, John Lennon, B.F. Skinner, Georgia O’Keeffe, Stephen King** and **Charles Darwin**.

Natural Gifts and Talents of Fives

A quick look at the famous Fives listed should clue you in to some of their innate gifts and talents. Fives are the most mentally astute and observant of all the types. They delight in using their keen mind in any work that they do and are most often drawn to scientific, technical and other intellectually demanding fields.

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

1. The ability to learn quickly
2. The ability to conceptually understand the fundamental principles of how anything works
3. The ability to broadly comprehend a subject while penetrating it deeply (and in great detail!)
4. The ability to creatively solve highly complex and mentally challenging problems
5. The ability to work long and hard on anything that captures my interest/imagination
6. The ability to invent new theories, models or systems to solve problems
7. The ability to think logically and analytically (and make decisions that way)
8. The ability to investigate, inquire and research
9. The ability to experiment, explore, question and make discoveries
10. The ability to contemplate deeply, philosophize and understand abstract ideas and concepts
11. The ability to quickly understand computers and technology
12. The ability to debate and critique
13. The ability to use Socratic questioning and scientific methodology
14. The ability to perceive, discern and mentally interpret information that escapes most people
15. The ability to synthesize others’ ideas and form my own
16. The ability to stay open-minded, inquisitive and intellectually curious
17. The ability to see the big picture and develop long-range strategic goals
18. The ability to synthesize vast amounts of information
19. The ability to focus and concentrate deeply on projects that interest me
20. The ability to listen objectively and non-judgmentally and give unbiased advise
21. The ability to observe life impartially and see it from multiple, abstract perspectives
22. The ability to keep personal information confidential (important for most occupations)
23. The ability to share my findings with others (for my joy and their knowledge)

➤ [Back to the top](#)

Work Values

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

- Complex problem solving
- Contributing ideas
- Creativity
- Goal achievement/career success
- Independence
- Innovation and originality
- Intellectual achievement and status
- Leadership (type 5 connects to type 8)
- Ongoing learning potential
- Seek knowledge and understanding
- Time/schedule flexibility
- Working alone

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 Fives

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

- Alone time
- Astuteness
- Autonomy
- Being forewarned and forearmed
- Cleverness
- Competence
- Confidentiality
- Craftsmanship
- Creativity
- Discernment
- Discovery
- Emotional self-control
- Exploration
- Fairness
- Foresight
- Forethought
- Freedom to pursue personal interests
- Healthy questioning/skepticism
- Impartiality
- Independence
- Ingenuity
- Inquisitiveness
- Insatiable curiosity
- Insightfulness
- Intellectual challenge
- Intellectual stimulation
- Intelligence
- Inventiveness
- Ironic, dry wit
- Judiciousness
- Keen observation
- Knowledge
- Life-long learning
- Live-and-let-live attitude
- Logical analysis
- Objectivity
- Open-mindedness
- Originality
- Perceptiveness
- Powers of concentration
- Predictability
- Privacy
- Problem solving ability
- Rationality
- Resourcefulness
- Sagacity
- Self-reliance
- Shrewdness
- Solitude
- Prudence
- Thrift
- Time to prepare
- Understanding
- Unemotional decision making
- Whimsical sense of humor
- Wisdom

As a Five, career satisfaction means doing work that.....

1. Allows me to work autonomously but with periodic interaction with a few people whose expertise, intelligence, perceptiveness and competence I respect.
2. Allows me to work with a boss who is bright, reasonable, respectful and lets me manage my own time and work environment without micromanaging me.
3. Involves life-long learning and continually stimulates and challenges my mind.
4. Draws on my ingenuity, expertise and knowledge.
5. Is mentally challenging and lets me test out ideas and experiment with unconventional approaches to find the best solution to problems.
6. Allows me to work in a quiet environment free from interpersonal conflict, intrusions, unnecessary interruptions, and especially emotional drama.
7. Gives me the freedom to effect change and develop people and/or systems.
8. Allows me to develop original and innovative solutions to complex problems that improve or revolutionize existing systems.
9. Lets me set my own high standards of quality for my work rather than the personal likes and dislikes of others.
10. Rewards me for my ingenious ideas and lets me maintain authorship and control over their implementation and execution.
11. Provides me with new ways to increase/improve my proficiency, expertise and competence.
12. Lets me focus on the intellectual and/or creative process rather than the end product.
13. Allows me to have some say in how my performance will be evaluated and compensated.

Sample Type Five 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 Fives. You may notice a repeating theme.

1. My mission is to bring more philosophical, spiritual and historical understanding to humanity through my writings
2. My mission is to conduct qualitative and quantitative chemical analyses to develop new products and knowledge
3. My mission is to conduct research into the phases of physical phenomena and develop theories and laws on the basis of observation and experiments
4. My mission is to write computer programs that help people run their businesses more efficiently
5. My mission is to restore antique furniture that people can cherish for a lifetime
6. My mission is to research a cure for cancer
7. My mission is to invent devices that give people more autonomy and better quality of life
8. My mission is to investigate the relationship between organisms and disease and the effects of antibiotics on microorganisms
9. My mission is to research and write about human sexuality in a way that will profoundly influence social and cultural values
10. My mission is to observe, research and interpret celestial and astronomical phenomena to increase basic knowledge and apply such information to practical problems



Careers That Especially Interest Fives

Enneagram Fives can be found in many different occupations but 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.

All Fives love knowledge so it is not surprising that many of them choose work in education and academia. Many of them love sharing their knowledge as academic teachers/professors, especially in higher learning institutions where students are motivated to learn and, hopefully, are as passionate about the subject area as the Five!

- Adult literary specialist
- Educational consultant
- Guidance counselor
- Instructional coordinator
- Philosopher
- Researcher
- School administrator
- School principal
- School psychologist
- Teachers of all kinds but especially in the following subject areas:

Anthropology
Archaeology
Architecture
Astronomy
Biochemistry
Biological Sciences
Biology
Botany
Chemistry
Classics
Computer Science
Earth Sciences

Economics
Engineering
Film making
Genetics
Geography
Geology
Health Sciences
Law
Linguistics
Mathematics
Medicine
Meteorology

Oceanography
Pharmacology
Philosophy
Physical Sciences
Physics
Political Science
Psychiatry
Psychology
Research & Development
Science Education
Social Sciences
Zoology

- University president
- Vocational teacher

Most Fives love computers and information technology because they focus on objective, logical principles. In these jobs Fives can work independently solving impersonal and often complex problems, use rational analysis, and master new technologies.

- Computer analyst
- Computer and information scientist
- Computer animator
- Computer programmer
- Computer security specialist
- Computer software engineer/designer
- Database administrator
- Desktop publishing specialist
- Hardware/software engineer
- Information services developer
- Information systems manager
- Internet architect
- Internet marketer
- Java programmer/analyst
- Network integration specialist
- Network systems administrator
- Network systems and data communications analyst
- Research and development specialist
- Software designer/developer
- Strategic planner
- Systems analyst
- Web developer
- Web editor
- Webmaster

Many Fives are drawn to science, scientific research, engineering or mathematics for many reasons. They enjoy tackling complex problems. They thrive on intellectual challenges and strategic thinking. They enjoy theorizing and inventing. They are insatiably curious to understand how things work and also enjoy testing, experimenting and discovering new methods to solve existing or new problems.

- Aeronautical engineer
- Aerospace engineer
- Aircraft engineer
- Astronomer
- Biochemist
- Biologist
- Biomedical engineer
- Biophysicist
- Chemical engineer
- Chemist
- Civil engineer
- Criminalist (forensic science chemist)
- Economist
- Engineer
- Engineering technician
- Environmental engineer
- Environmental scientist
- Forensic ballistics (firearms) expert
- Geneticist
- Geologist
- Health & safety engineer
- Industrial engineer
- Inventor
- Lab technician
- Mathematician
- Mechanical engineer
- Medical scientist
- Metallurgical engineer
- Meteorologist
- Microbiologist
- Natural science manager
- Nuclear engineer
- Pharmacologist
- Physicist
- Political scientist
- Research and development specialist
- Researcher
- Science technician
- Scientist
- Space scientist

Many Fives (especially Fives with a Four wing) are imaginative, creative, inventive, original, unconventional, independent and free-spirited. Some of them like expressing their individuality and creativity through architecture, art, communication, media, music, writing, design, etc.

- Actor
- Advertising creative director
- Architect
- Art agent
- Art director
- Art/movie/theatre critic
- Artist
- Biographer
- Book publishing professional
- Columnist
- Composer
- Creative director, multimedia team
- Creative writer
- Critic
- Designers of all kinds
- Desktop publisher
- Editor
- Entertainer
- Exhibit designer/builder
- Film editor
- Film/stage/motion picture director
- Film/stage/motion picture producer
- Fine artist
- Freelance media planner
- Graphic artist/designer
- Informational-graphics designer
- Interior decorator
- Inventor
- Journalist
- Landscape designer
- Literary agent
- Multimedia specialist
- Multimedia training specialist
- Musician
- Novelist
- Photographer
- Playwright
- Poet
- Screenwriter
- Translator
- Web site designer
- Writer

Some Fives like working in medical and health care fields because they enjoy analyzing, diagnosing, exploring problems and ultimately helping people find solutions to those problems by applying their ingenuity and innate problem solving abilities.

- Alternative healthcare specialist
- Anesthesiologist
- Biology specimen technician
- Biomedical engineer/researcher
- Biomedical technologist
- Cardiologist
- Cardiovascular technician
- Chiropractor
- Clinical technician
- Coroner
- Dentist
- Dietitian/nutritionist
- EEG technologist
- Environmental science technician

- Ethicist
- Exercise physiologist
- Family practitioner
- Geneticist
- Holistic health practitioner
- Industrial psychologist
- Internist
- Jungian analyst
- Lab technologist
- Massage therapist
- Medical and health service manager
- Medical and health service technician
- Medical records technician
- Medical researcher
- Medical scientist/researcher
- Microbiologist
- Neurologist
- Nuclear medicine technologist
- Nursing administrator
- Occupational therapist
- Optometrist
- Orthodontist
- Pathologist
- Pharmaceutical researcher
- Pharmacist
- Pharmacy technician
- Physical therapist
- Physicist
- Plastic surgeon
- Primary care physician
- Psychiatrist
- Psychologist
- Public health officer
- Radiologic technician
- Speech-language pathologist/audiologist
- Surgeon
- Surgical technologist
- Therapists of all kinds (especially marriage & family or substance abuse)
- Veterinarian

Many Fives are drawn to the world of business, management, finance or insurance. They often have a strong connection to their type Eight arrow so can have natural leadership skills. They are often good at long-range planning and strategic thinking. They can be decisive, focused, take-charge people with high standards and a need to be in control.

- Accountant
- Actuary
- Administrative services manager
- Auditor
- Bankers of all kinds
- Budget/financial analyst
- Business analyst
- Chief financial officer (CFO)
- Chief information officer (CIO)
- Compensation and benefits manager
- Credit analyst
- Economist
- Efficiency expert
- Executive coach
- Executives of all kinds (especially in the private sector and government)
- Financial advisor
- Financial analyst
- Financial examiner
- Financial planner
- Franchise/small business owner
- Hedge fund manager
- Human resources specialist
- Insurance agent/broker
- Insurance claim examiner/underwriter
- Investment banker
- Investment/business analyst
- Investment/securities broker
- Management consultant
- Manager
- Manager in the financial branch/dept.
- Market research analyst
- Marketing manager
- New market/product designer
- Operation research analyst
- Project manager
- Purchasing manager/agent
- Real estate appraiser
- Salesperson
- Security analyst
- Small business owner
- Statistician
- Stockbroker
- Strategic planner
- Treasurer
- Venture capitalist

Fives make great lawyers. Many are very intelligent, strategic thinkers. They can see the big picture and understand what's going on. They are often voracious readers, a requirement for being a great lawyer. They love to debate opinions. They love to critique and point out errors of logic in other people's conversations or arguments. They love to compete intellectually (and win!). And they love using reasoning to draw a particular conclusion from a general rule or principle.

- Judge

- Lawyers of all kinds but especially in the following specialty areas:

Administrative	Corporate finance	Product liability
Aeronautic	Employment	Project finance
Antitrust	Energy	Real estate
Banking	Entertainment	Securities
Bankruptcy	Intellectual property	Taxation

- Legal mediator
- Paralegal

A few Fives who are lawyers are idealists and humanitarians. They want to use the law to defend the rights of good people, the defenseless, and the environment. These lawyers like to work in the following specialty areas especially.

Child abuse	Communication & media	Poverty law
Non-profit	Domestic relations	
Trust & estate planning	Environmental	

Fives love learning but also sharing their expertise. One of the ways that they share their expertise is by consulting with companies as independent contractors. They usually make great consultants because they can see the big picture between seemingly unrelated facts and concepts. They love designing theories and models to solve complex problems. They love having the autonomy and freedom that comes with consulting work.

- Intelligence specialist
- Management consultant
- Organizational development specialist
- Political consultant
- Telecommunications security consultant

A few Fives (especially those with a strong Four wing) are drawn to human/social services. They often have deeply held values, excellent listening skills and are keen observers of human nature.

- Coach (life or business)
- Counselors of all kinds
- Diversity manager
- Employment interviewer
- Human resources generalist/specialist
- Industrial psychologist
- Philanthropic consultant/director
- Public relations specialist
- Religious educator
- Religious leader
- Social scientist
- Social worker

If you are a Five with a Four wing also look at the careers that appeal to Enneagram type FOURS.

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

If you are a Five with a strong Seven arrow also look at the careers that appeal to Enneagram type SEVENS.

If you are a Five with a strong Eight arrow also look at the careers that appeal to Enneagram type EIGHTS.

Of course there are many more occupations that Fives 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.

- [Back to the top](#)

Relationship Compatibility for Fives with Other Types

To learn more about Type Five'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 5 in relationship with Type:

[1](#) [2](#) [3](#) [4](#) [5](#) [6](#) [7](#) [8](#) [9](#)

Things Fives Can Do to Help Themselves Grow

1. Participate in body-based activity and learn to ground yourself.
2. Allow yourself to experience your feelings in the here-and-now instead of detaching and retreating into your mind.
3. Join a group which encourages self-disclosure, like gestalt therapy or oral tradition Enneagram workshops.
4. Notice how secrecy and intellectual superiority create separation and withdrawing and withholding invite intrusion.
5. Cultivate more here-and-now behavior, particularly allowing yourself luxuries.
6. Notice how much you like to control your space/time/energy and manipulate others by restricting what and when you will give. Start to allow the control to drop.
7. Find ways to engage in conversation, to express yourself, and to reveal personal matters.
8. Take action, realizing that you have ample energy and support to carry it off.

➤ [Back to the top](#)

Type Five's Wing Descriptions

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

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

Type Five with a Four Wing (5w4)

Positive:

- Imaginative, Curious, Original
- Intuitive, Inventive, Abstract
- More empathic, introspective, and sensitive to feelings than 5w6s
- Humanistic, personal quality
- Intellectual & Emotional, Quiet
- Philosophical, Creative, Arty

Negative:

- Self-absorbed, Hypersensitive
- Moody, Isolated, Melancholy

Type Five with a Four Wing: Fives with a Four wing (5w4s) tend to take on more of the attributes of Fours than of Sixes (the other wing), although both wings (4 and 6) can influence their personality. 5w4s tend to be more emotional, passionate, creative, intuitive, introspective and self-aware than 5w6s owing to their 4 wing. Healthy 5w4s are interested in exploring a niche that has never been explored before or in some way expressing their own unique personal vision. 5w4s can blend the curiosity and perceptiveness of the 5 with the creativity and imagination of the 4 to envision alternate realities that have never been conceived of before. 5w4s have more of an abstract, otherworldly thought process than 5w6s and are often drawn to artistic fields, philosophy and/or invention. They enjoy reading, solving mental puzzles such as Sudoku, playing intellectual games of strategy such as scrabble and bridge, and often specialize in trivia.

Negatively, 5w4s can be independent lone wolfs who struggle with intense feelings and melancholic moods. They can be overly sensitive to criticism as well as their environment. They can live in their heads and become oblivious to the outer world as they try to find a solution to a problem they are mentally working on. They are the quintessential "absentminded professor" type. They can be highly impractical in worldly affairs and ungrounded. They can have difficulty sustaining their work efforts if they get overwhelmed by the doldrums and become dejected and despondent. They can be attracted to shadowy, taboo, dark and disturbing subject matter. Some withdrawn 5w4s can suffer from existential angst and severe depression.

You may find that you can relate to the description of Type Five with a Six 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 Five with a Six Wing (5w6)

Positive:

- Hardworking, Loyal, Scientific
- Analytical, Intellectual, Logical
- Drawn to technical subjects like engineering, science, invention
- Organized and Disciplined
- Blend Innovation & Business
- Practical, Cooperative, Reliable

Negative:

- Anxious, Socially Awkward
- Skeptical, Afraid of Intimacy

Type Five with a Six Wing: Fives with a Six wing (5w6s) tend to take on more of the attributes of Sixes than of Fours (the other wing), although both wings (6 and 4) can influence their personality. 5w6s tend to be more cooperative, disciplined, practical, detail-oriented, scientific, technical and security-conscious than 5w4s. 5w6s can combine their keen observation skills with their ability to organize and synthesize data to make startling predictions based on the facts they have gathered. This is the most purely intellectual and analytical type in the Enneagram. They are excellent problem solvers who are able to dissect something into its component parts to discover how it works or see where the problem lies. They often like to work behind the scenes in a niche that will provide them stability and security. They are often drawn to subjects such as: engineering, science, law, computer programming, repair work, and inventing. They are hard-working and many become experts in their field. Counterphobic 5w6s are courageous and anti-authoritarian and may feel a sense of mission.

Negatively, 5w6s can be overly private about their feelings. They can also be defensive, argumentative and antagonistic toward people who disagree with their views, beliefs and theories. 5w6s can sometimes lack the introspective quality of 5w4s. They can have awkward social skills and be a bit nerdy. Negative 5w6s can be information junkies who spend lots of time reading and very little time taking action. Negative 5w6s can be very suspicious of other people's motives. They can be misanthropic, cold and extremely skeptical.

You may find that you can relate to the description of Type Five with a Four 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.

➤ [Back to the top](#)

Type Five's Subtype Descriptions

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

Which subtype are you?

Type #5 Self-Preservation Subtype

Of all the Enneagram types, self-preservation 5s are the true loners of the Enneagram

Tend to be the most emotionally detached, socially avoidant and introverted of the three type 5 subtypes

Positive/Enhancing:

- Are self-reliant and independent
- Often become extremely knowledgeable in their line of work or field of interest
- Are capable of making new discoveries or introducing inventions or life changing theories, etc.
- Often make great teachers, mathematicians, scientists, consultants and computer programmers
- Can be excellent at investing money and creating stability/security for themselves and loved ones
- When healthy, are concerned about eating well, exercising regularly, getting adequate sleep, paying bills on time and basically keeping themselves well-functioning

Negative/Depleting:

- Inner tension between wanting to withdraw from life vs. wanting to participate fully in life
- Tend to avoid social contact; can feel alienated from others at times
- Withdraw into their lair because they easily feel drained by being around people too much
- Can feel overwhelmed by people's expectations, intrusiveness, questioning, neediness, demands, etc.
- Underlying feelings of scarcity cause them to withdraw into privacy
- Can be overly protective of their time, money, space and energy output
- Minimalistic; get by with the bare essentials (like books, bookshelves, a computer & Sudoku puzzles!)
- Tend to retreat to the comfort and solitude of their home where they feel more safe and at ease
- Often struggle in their relationships because they are so private, independent and emotionally detached
- Can have voyeuristic tendencies and/or be sexually perverted
- At worst, can be eccentric, isolated weirdoes who are prone to delusional, obsessive paranoid thinking

(For even more insight, learn which "wing" you favor: your [4 wing](#) or [6 wing](#)).

➤ [Back to the top](#)

Type #5 Sexual Subtype

Tend to be the most friendly, affable and talkative of the three type 5 subtypes

Positive/Enhancing:

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- Like to know their partner's personal thoughts, feelings and desires, and like sharing their own
- Tend to be good conversationalists and advice givers (like 2s, but different energy)
- Can be patient, understanding, curious and great listeners (like 9s)
- Can be very open-hearted and merged with their partner at times (like 9s)
- Enjoy sharing secrets with their partner and trusted allies and are excellent at keeping secrets too
- Can express their feelings especially well nonverbally, through their sensuality and sexuality
- Often have a strong sex drive (which helps sexual 5s get involved in and stick with a relationship)
- Trust and privacy are big issues; don't want their partner discussing relationship issues with other people

Negative/Depleting:

- Inner tension between wanting privacy/alone time vs. wanting intense, intimate connection with partner
- Are looking for the ideal partner who doesn't recoil from their intensity, social awkwardness or shyness
- Can lack confidence in their social skills, especially when initiating contact with a romantic interest
- Expressing feelings that occur in the moment is difficult without having time to think about them
- Disengage from their partner to be alone after an intense engagement which can confuse their partner
- Sometimes they can unexpectedly leave/disappear for long periods of time without any notice
- If they feel misunderstood or rejected in any way they can become quite emotionally distant
- At worst, can be voyeuristic, kinky, sexually perverted and/or isolate themselves from society

(For even more insight, learn which "wing" you favor: your [4 wing](#) or [6 wing](#)).

➤ [Back to the top](#)

Type #5 Social Subtype

Tend to be the most intellectual and extroverted of the three type 5 subtypes

Positive/Enhancing:

- Often drawn to academia or science (but not always); may become an expert in their field
- Often enjoy teaching, training, research, scholarship, sharing their knowledge and wisdom
- Usually are good at debating, analyzing, critiquing, investigating, researching, conceptualizing, etc.
- Like going to seminars, conferences and meetings to learn new knowledge and meet like-minded people
- Enjoy learning widely and broadly to understand what other experts in different fields have to say

- Self-reliant and independent

Negative/Depleting:

- Inner tension between wanting to connect with people vs. wanting to withdraw to be alone
- Can be haughty, snobbish, intellectually arrogant and condescending toward “inferior-minded” people
- Like other 5s, can have difficulty with social chit-chat and small talk, unless talking about their field
- Some social 5s can have difficulty adhering to mindless rules and regulations
- Overly concerned about their social position; want to be one of the intellectual elite (especially 5s with a 6 wing) or the creative elite (especially 5s with a 4 wing)
- Overly concerned with getting credentials and judging people by their credentials (degrees, titles, etc.)
- More introverted social 5s can avoid groups and organizations altogether while still caring about their social position and how they are seen by society
- At worst, can be antisocial crackpots propounding their provocative, even anarchistic views to others

(For even more insight, learn which “**wing**” you favor: your [4 wing](#) or [6 wing](#)).

➤ [Back to the top](#)

Heart and Defensive Points/Arrows for Type Fives

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

Type Five with a Healthy Connection to Type Eight: When Fives integrate the positive aspects of type Eight they get in touch with their instinctual energy and their body's vitality and physicality. Rather than feeling like an isolated observer of life they feel stronger, more grounded and more capable of participating in the outer world. They trust their instincts and become more energized. They get in touch with their own power and self-assertiveness and become more fully alive, more empowered. They become more outspoken and better able to stand up for themselves. They are more outgoing and willing to take charge, sometimes taking on major responsibilities and challenges. Rather than retreating from social contact and hiding out in their head all the time they are able to take action and get things done. As their willpower and self-confidence increases, Fives with a healthy connection to type Eight often take on leadership roles and put their considerable energy into causes they believe in.

Type Five with a Healthy Connection to Type Seven: When Fives integrate the positive aspects of type Seven they become more spontaneous and able to go with the flow without having to know or be completely prepared in order to act. They become more sociable and enjoy making new friends rather than letting social anxiety or self-consciousness govern their behavior. They allow their genuine curiosity about people to connect them with others, like healthy Sevens. They become more fun-loving, uninhibited, positive and adventurous. They feel a greater desire to explore the world and experience all of life more fully, not just life in their mind. They become more imaginative which only serves to enhance their mental creativity and originality. They can be highly productive and accomplished; possibly a renaissance person. They can be quite humorous and even playfully witty. They enjoy telling stories and jokes.

Type Five with an Unhealthy Connection to Type Eight: When Fives deteriorate to the negative aspects of type Eight they can become more antisocial, punitive, controlling and tyrannical. They can use their piercing intellect and sharp tongue to cut others to pieces. They can become more aggressive, insensitive and hostile to maintain their privacy. They can be extremely standoffish and self-protective. They can also be overly self-conscious. They can act unreasonably if anyone tries to intrude on their space. They can ride roughshod over people's feelings and ridicule them for their stupidity or incompetence. They can become ice cold, caustic, severe and nasty. At worst they can become paranoid and dissociated from life. They may even punish and persecute themselves, possibly through substance abuse.

Type Five with an Unhealthy Connection to Type Seven: When Fives deteriorate to the negative aspects of type Seven they become more scattered, distracted and unable to think clearly. They become more restless, looking for something that will interest them enough to delve into it. They can't focus or relax. Their thinking is hyperactive and agitated. They may be undependable. They can have issues with commitment because they love their freedom too much. They want to find their niche but become more anxious and nervous as they frantically bounce from one idea to another without being able to connect with anything that truly satisfies or fulfills them. If Fives are unable to find a niche for themselves they may distract themselves from their growing anxiety by searching indiscriminately for any kind of stimulation and excitement, like unhealthy Sevens. They may numb themselves by watching movies, drinking or going to bars and clubs. Because of Five's connection to type Eight, many Fives are surprisingly lusty and sexual. Their deep, penetrating mind can also have a dark side. When Fives have an unhealthy connection to type Seven their lustful nature and impulsivity can get acted out as sexual promiscuity, seedy behavior or even sexual perversion. They can feel that "the grass is greener on the other side" and be chronically discontent. At worst, they may try to find relief in substance abuse or excessive living and just become more self-destructive.

➤ [Back to the top](#)

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➤ [Back to the top](#)