

# Enneagram Type Nine Description

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## In-Depth Description of Enneagram Type Nine

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

**Common Descriptive Names:** (1) The Peacemaker, (2) The Mediator, (3) The Peacekeeper

**Unconscious Fear for type Nine:** Of impermanence, separation and loss of connection

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

**Unconscious Desire for type Nine:** To have peace of mind and be whole

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 Nines 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 Nine:**

- The world won't value my efforts.
- My presence/participation in the world is unimportant.
- Having my own agenda disrupts harmony with others.
- Getting angry disconnects and isolates me from people.
- If I assert myself I will destroy my relationships.
- To be loved I must forget myself.

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

- Going along with others' agendas
- Seeing everyone else's point of view
- Maintaining comfortable, predictable routines
- Retreating to the safety of their imagination under stress
- Resisting over-influence from the environment
- Pleasing, harmonizing and accommodating to avoid conflict
- Containing their own energy and anger
- Minimizing hopes and expectations (that way they can't be disappointed)
- Being passive-aggressive rather than directly confronting
- Being undemanding
- Dissociating from threatening events

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

**Healthy Nines** are calm, receptive, adaptable, compassionate, patient and nonjudgmental. They accept others as they are and are able to create peace and harmony wherever they go. Healthy Nines are genuinely easygoing and good-natured. People are able to relax around healthy Nines because healthy Nines are relaxed. They are also optimistic, unpretentious and unself-conscious. There is an innocence and simplicity about healthy Nines that is so endearing. They are emotionally stable and trusting of themselves and others. Their openness to life and ability to go with the flow allows them to experience a deep sense of inner peace and serenity. Healthy Nines are excellent, uncritical listeners and great at understanding differences in viewpoints between other people. In fact, they are often called "the mediator" because they are so good at unbiasedly seeing different points of view. Healthy Nines have an innate gift for comforting and reassuring others. They make for steady, supportive friends who are always willing to lend a helping hand when asked. They constantly look for elements of commonality that can bring people together. They exert a subtle healing and stabilizing influence on others during difficult times.

Healthy Nines are not self-centered but they have a healthy sense of self and are able to set and accomplish goals as well as prioritize their time. Healthy Nines are usually serene and peaceful but can be powerful, dynamic and even assertive if the situation calls for it. Healthy Nines are highly imaginative, creative and good communicators. They often make excellent mediators, negotiators, counselors, storytellers, arbitrators and diplomats. Healthy Nines often inspire others with their quiet strength, equanimity and genuine contentment with their life.

**Very healthy Nines**, like the 14<sup>th</sup> Dalai Lama\*, are fully alive, vital and awake to themselves and others in each moment anew. They are independent yet interdependent, indomitable yet yielding, inwardly strong yet resilient. They are self-possessed, alert, exuberant and joyful. With their natural gifts and talents the universe tends to move them in the direction of bringing people together, working for peace and healing the world. Being fully present to themselves, others and the world around them, very healthy Nines are able to create mutually satisfying relationships with everyone.

\* My speculation based on his life and my experience with the Enneagram

**Average Nines** tend to be out of touch with their own needs and priorities. They see themselves as modest people who prefer to stay in the background and go along with the wishes of others. Being inconspicuous and unassuming allows average Nines to minimize their expectations of others (and themselves) so they will not be frustrated or disappointed when someone lets them down. By being inconspicuous and blending into the background they are also less likely to be intruded upon. These are subconscious defenses to help them achieve their Unconscious Desire – to keep their peace of mind. Unfortunately, being self-effacing, accommodating and agreeable has its downside. Sometimes Nines are overlooked, or worse, taken advantage of. Average Nines don't like that but it's hard for them to stand up for themselves because that might cause a conflict and then they'll lose their peace of mind! So, average Nines tend to just go along with requests made of them because they like the feeling of being connected with others and because they don't like conflict. And it's easier to just go along with others; less energy expenditure. Inwardly though they can remain stubbornly resistant if it was something they didn't really want to do but just agreed to do out of habit. Then they can become passive-aggressive and silently defiant (like saying they will do something and then just not doing it or doing it annoyingly slowly or just "forgetting" to do it). In short, average Nines try to avoid conflict as much as possible because it causes them a great deal of anxiety (and loss of peace of mind). Average Nines like predictability and don't like too much change. They highly value a harmonious and comfortable life with fairly regular routines and soothing habits.

Some average Nines are extremely hard working and/or physically active but they are spiritually lazy about living in alignment with their own highest values and priorities. Average Nines are famous for being indecisive, undisciplined and for procrastinating. That's because they don't really know what they want and what's most important to do first! They can fritter the day away doing mindless busywork or familiar routines (like watching TV, playing on the computer, playing video games, eating, daydreaming, etc.) or tasks that are unimportant.

In relationships it is easy for Nines to idealize their partner because they see the best in him/her and like feeling merged. One of the reasons average Nines are so calm is because they are out of touch with their own lively, dynamic, instinctive energy. Thus, average Nines are often attracted to energetic people and, since they are out of touch with their own needs, they can live vicariously through their partner's desires and priorities rather than their own. It's as if they go on "automatic pilot" to themselves. Curiously, average Nines like the feeling of a deep connection with their partner but they will resist if there is any kind of pressure put on them to change, conform, shape up, be more..... or be any other way than they are. Other ways average Nines try to stay comfortable and maintain their peace of mind are by: being passive; tuning others out; spacing out and daydreaming; being oblivious to what's going on around them; withdrawing from conflicts; and sweeping problems under the rug (not dealing with them and hoping they will go away on their own). Average Nines want life to be smooth and easy but their peace of mind is really nothing more than an avoidance of problems and anything upsetting. If average Nines aren't careful they can find that problems have accumulated out of control and then they could deteriorate into the unhealthy category.

**Unhealthy Nines** neglect their mounting problems and become extremely irresponsible, repressed, apathetic, listless and ineffectual. They defend their story that everything is okay but they know very well it is not. They placate others to get them off their back (and keep their peace of mind) but there is a lot of suppressed anger brewing just below the surface of their calm. Occasionally they do erupt into short bursts of temper or even fits of rage. They are resigned, spiritually dead inside and drearily go through life feeling as though there is nothing they can do about their situation. They fantasize about someone magically rescuing them from all their problems.

**Destructive Nines** try to block out of their awareness anything that might affect them. They are extremely fearful and anxious about all the neglected problems in their life and feel completely incapable of facing them let alone handling them. They are so emotionally and physically drained from the denial of their problems that they are totally neglectful of themselves and others. They can barely deal with reality at all. Well-intentioned people who try to help the destructive Nine are met with hostility and perceived as a threat to the Nine's illusion that everything will work itself out. At worst, they become severely depressed, dissociating themselves from any kind of conflict and unable to function. They can become completely shutdown and suicidal.

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

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!

Audrey Hepburn and Carl Jung are two famous Enneagram Nines but look how different they are based on other systems (click on the links below to see what I mean):

SYSTEM	AUDREY HEPBURN	CARL JUNG
	<a href="#">Audrey Hepburn Biography</a>	<a href="#">Carl Jung Biography</a>
Temperament system	<a href="#">True Blue</a>	<a href="#">Deep Green</a>
Myers-Briggs system	<a href="#">INFP</a>	<a href="#">INTJ</a>
Dosha Type system	<a href="#">Vata type</a>	<a href="#">Vata-Pitta type</a>
Aura Colors system	<a href="#">Yellow/Violet</a>	<a href="#">Violet</a>
Multiple Intelligences system	<a href="#">Bodily-Kinesthetic, Intrapersonal</a>	<a href="#">Verbal-Linguistic, Intrapersonal</a>
Numerology system	born on the <a href="#">4<sup>th</sup> of the month</a>	born on the <a href="#">26<sup>th</sup> of the month</a>
Numerology system	<a href="#">30/3 Life Path</a>	<a href="#">36/9 Life Path</a>
Astrology system	<a href="#">Moon opposition Neptune</a>	<a href="#">Sun square Neptune</a>
Astrology system	<a href="#">Mercury square Neptune</a>	<a href="#">Moon sextile Mercury</a>
Astrology system	<a href="#">Sun conjunct Jupiter</a>	<a href="#">Moon conjunct Pluto</a>
Astrology system	<a href="#">Hepburn's Astrology Report</a>	<a href="#">Jung's Astrology Report</a>
Michael system	<a href="#">(Old Soul) Priest</a>	<a href="#">(Old Soul) Priest</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 Audrey Hepburn and Carl Jung have in common, both being Enneagram type Nines?

All Nines seem to have a modest, unassuming, almost egoless persona. There's a genuine easygoingness, guilelessness and simplicity about them that makes them appear open-minded, nonjudgmental and patient. Nines are motivated by the need to keep their peace of mind and for that reason they are often called "peacemakers" who dislike conflict more than just about any other type. They make natural mediators, counselors, diplomats and negotiators because they are so good at seeing other peoples' points of view. They also tend to have a live-and-let-live attitude as they are better at accepting people for who they are than any other type. Nines sincerely desire to contribute to humanity in their own unpretentious way. **Doesn't that sound like both Audrey Hepburn and Carl Jung?**

Nines can have either an Eight wing or a One wing. **Carl Jung is a [Nine with an Eight wing](#) and Audrey Hepburn is a [Nine with a One wing](#).** If, after clicking on the previous links, you feel that you are more of a Nine with a strong Eight wing, look at what Enneagram type Eights need for career satisfaction as well. If you feel you are more of a Nine with a strong One wing, look at what Enneagram type Ones need for career satisfaction as well.

**Average to unhealthy Nines** don't seem to be aware of their own needs, priorities and ambitions. They are so interested in keeping their peace of mind and keeping life comfortable that they just blindly merge with the wishes of others and assume roles that their environment beckons them to play. As a consequence, average to unhealthy Nines can just fall into a job for years that they don't even particularly like but it provides the financial stability and comfortable routine that they do like. Many of these Nines go to career counselors not having a clue who they **Healthy & Happy Wellness Services**, <http://www.russellrowe.com>, (619) 347-5440, [grussrowe@cox.net](mailto:grussrowe@cox.net) 5

are or what they would really like to do but they feel apathetic, empty and numb inside so they know something is wrong. In Enneagram language they have been asleep to themselves and are starting to wake up. If you are a Nine, learn to get in touch with your own needs and priorities by noticing when you compromise yourself and your desires for the sake of peace, harmony, comfort and predictability.

**Healthy Nines** are fully present to themselves, others and the world around them. They have discovered their enormous inner strength and ability to unify people and truly heal conflicts. They give to others generously and manage their world in a way that benefits everyone they care about. Examples of healthy Nines are **Abraham Lincoln, Gerald Ford, Ronald Reagan, Kevin Costner, The (14<sup>th</sup>) Dalai Lama, Jimmy Stewart, Ringo Starr, Dwight Eisenhower, Julia Child** and **Woody Harrelson**.

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## Natural Gifts and Talents of Nines

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

1. The ability to listen to people patiently, attentively and nonjudgmentally
2. The ability to accept and appreciate other people just the way they are
3. The ability to see other peoples' points of view and value differences of opinion
4. The ability to put people at ease with my even-keeled presence, calmness and patience
5. The ability to work steadily and persistently toward my goals without giving up
6. The ability to communicate well and get along with all kinds of people (even difficult ones)
7. The ability to create peace and harmony between people (and even countries)
8. The ability to adapt, accommodate, "go with the flow" and "live-and-let-live"
9. The ability to feel connected with others (and even one with the universe)
10. The ability to mediate conflicts and disagreements between people; to harmonize
11. The ability to look for the positive in any situation
12. The ability to see the good in others
13. The ability to make people feel included and important
14. The ability to comfort, support and empathize with others
15. The ability to explore the world of dreams and symbols and think holistically
16. The ability to express myself creatively through art such as music, painting, dance, etc.
17. The ability to communicate with and care for animals (some Nines are gifted with animals)
18. The ability to help people relax, see the big picture, and put things in perspective
19. The ability to value life's simple pleasures and comforts
20. The ability to endure hardships and difficult times (with my quiet strength and tenacity)
21. The ability to handle crises well by remaining calm and collected

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## Work Values

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

- Aesthetics and beauty
- Clear directions
- Close friendships with coworkers
- Close group/team work
- Contribution (to betterment of world)
- Creativity and originality
- Help others directly
- Meaningful work
- Open communication
- Peaceful and harmonious environment
- Positively influencing people's lives
- Predictability
- Security and stability
- Sense of mission
- Sociability
- Time/schedule flexibility

## 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 Nines

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

- Acceptance of what is
- Adaptability
- Being understanding
- Calmness
- Comfortable routines
- Companionship
- Conviviality
- Cooperation
- Diplomacy
- Dislike of conflict
- Emotional well-being
- Empathy
- Feeling connected
- Finding unity
- Following traditional values
- Friendship
- Generosity
- Gentleness
- Guilelessness
- Harmony in the environment
- Having inner harmony
- Having inner stability
- Humbleness
- Imagination
- Inclusiveness
- Kindness
- Live-and-let-live attitude
- Loyalty
- Mellowness
- Open-mindedness
- Optimism
- Patience
- Peace of mind
- Receptivity
- Relationship
- Relaxation
- Security and stability
- Seeing others' viewpoints
- Self-awareness
- Serenity
- Steadfastness
- Supportiveness
- Unself-consciousness
- Unselfishness

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## **As a Nine, career satisfaction means doing work that.....**

1. Allows me to work with other creative, considerate, accepting people in a cooperative, stress-free environment with no interpersonal conflict, tension or strife.
2. Allows me to work with a boss (if not self-employed) who is supportive, patient, understanding, easy to get along with, and shows sincere appreciation for my work.
3. Makes use of my natural ability to communicate with and relate to anyone with relative ease.
4. Provides some structure and organization to my day so that I don't end up getting distracted, daydreaming too much, or wasting my time being unproductive.
5. Creates more peace, harmony and unity in the world.
6. Makes use of my nonjudgmental listening skills and ability to understand other people from their point of view.
7. Supports and benefits other people but gives me a clear sense of what will be expected of me (so that I don't end up getting sucked into doing more than I really want to do).
8. Allows me time to do good work at my own pace without compelling me to make instantaneous decisions or work under pressure to tight deadlines.
9. Makes use of my ability to mediate conflicts, put people at ease and gain others' trust.
10. Allows me to use my powerful imagination and natural ability to think holistically.
11. Makes use of my innate ability to see the positive in a situation, in people and in life.

## **Sample Type Nine 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 Nines. You may notice a repeating theme.

1. My mission is to allow events to unfold in their own natural way without seeking to shape or manipulate them. Ease and tranquility is available to all at any time.
2. My mission is to help create world peace by accepting myself and others just the way we are.
3. My mission is to help people grow and develop so they can express more and more of their full human potential.
4. My mission is to help abandoned animals find a loving home.
5. My mission is to create original works of art that are an authentic expression of my soul.
6. My mission is to help clients gain self-understanding, peace of mind, and harmony within themselves, their relationships and their lives.
7. My mission is to help people develop their spiritual side and ultimately realize our oneness.
8. My mission is to help each of my clients find a job that is a good fit for his/her personality.
9. My mission is to make crafts that are attractive as well as useful to people.
10. My mission is to help people heal both physically and emotionally after a crisis.
11. My mission is to help people better understand the symbolism of their dreams.

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## Careers That Especially Interest Nines

Enneagram Nines, like Sixes, probably have the greatest diversity of careers of any type. Enneagram Nines 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.

**Healthy Nines are patient, understanding, compassionate and insightful. They are also positive, supportive, accepting and reassuring. With these innate characteristics many of them are found in education, counseling, coaching and child care where they have an opportunity to help people grow and develop as well as improve the quality of their lives.**

- Adult literary specialist
- Child care worker
- Clinical psychologist
- College professor (see Teachers of all kinds for specialization areas)
- Counselor (especially career, employee assistance, child welfare, substance abuse, or behavioral disorder)
- Educational consultant
- Genealogist (a family tree researcher)
- Grant coordinator
- Guidance counselor
- Health educator
- Instructional coordinator
- Librarian
- Life coach
- Philanthropic consultant
- Planned-giving officer
- Psychiatrist
- Public health educator
- Researcher
- School psychologist
- Social scientist
- Social worker
- Teachers of all kinds (especially art, drama, music, English, humanities, foreign languages, social studies, special education or early childhood education)
- Translator/interpreter

**Nines are considered master mediators and diplomats because they are excellent listeners and so good at seeing everyone else's point of view objectively. The 14<sup>th</sup> Dalai Lama is an excellent example of a world renowned peacemaker and spiritual leader who, not surprisingly, happens to be a Nine (my speculation).**

- Ambassador
- Arbitrator/Arbiter
- Cultural attaché
- Delegate
- Diplomat
- Judge
- Mediator/moderator
- Military attaché
- Negotiator
- Peacemaker
- Referee
- Umpire

**Peace of mind is very important to all Nines. For this reason they are naturally drawn to jobs where there is peace and quiet and no stress, no competition, no interpersonal rivalry/conflict, etc. Not surprisingly, occupations in and about nature attract Nines in droves.**

- Archaeologist
- Beekeeper
- Botanist
- Ecologist
- Entomologist
- Farmer
- Florist
- Forest ranger
- Gardener
- Geologist
- Horticulturist
- Landscape architect
- Landscaper
- Marine biologist
- Natural scientist
- Naturalist
- Nature guide
- Park ranger
- Vintner
- Wildlife biologist

**Nines enjoy helping people so are often attracted to health and healing professions that give them the opportunity to work closely and intimately with clients. Some Nines**

**enjoy alternative medicine occupations in keeping with their spiritual nature and some even have natural healing powers. Some of these occupations also give Nines the opportunity to work in a peaceful, relaxing environment, which they love.**

- Alternative medicine practitioner
- Anesthesiologist
- Aroma therapist
- Art therapist
- Bach flower healer
- Chiropractor
- Dance therapist
- Dental assistant/hygienist
- Dietitian/nutritionist
- Drama therapist
- EFT practitioner (Emotional Freedom Technique)
- Energy healer (such as Reiki)
- Gynecologist
- Herbalist
- Holistic health practitioner
- Home health social worker
- Magnet therapist
- Manual arts therapist
- Massage therapist
- Music therapist
- Nurse
- Occupational therapist
- Optometrist
- Pediatrician
- Personal fitness trainer
- Pharmacist
- Physical therapist
- Primary care physician
- Pilates instructor
- Qigong instructor
- Radiologic technician
- Recreational therapist
- Reflexologist
- Respiratory therapist
- Rolfer (Rolfing practitioner)
- Speech-language audiologist
- Speech-language pathologist
- Tai Chi instructor
- Yoga instructor

**Nines are imaginative and many of them are creative, expressive and/or artistic too. These Nines strive to give authentic expression to their inner voice and can be found in fields such as entertainment, communications, media, arts and design (some have the soul of a poet, idealist, dreamer, artist and romantic).**

- Actor
- Advertising creative director
- Architect
- Art director
- Audiovisual specialist
- Columnist
- Composer
- Creative director, multimedia team
- Designers of all kinds (especially set, costume, wardrobe, fashion)
- Desktop publisher
- Editor
- Entertainer
- Film editor/producer
- Fine artist
- Graphic artist
- Informational-graphics designer
- Interior decorator/designer
- Jeweler
- Journalist
- Landscape designer
- Literary agent
- Multimedia producer
- Multimedia specialist
- Musician
- Photographer
- Translator
- Visual artist (especially painter, sculptor, illustrator, animator)
- Web designer
- Writers of all kinds (especially playwright, screenwriter, novelist, biographer, or poet)

**Some Nines are excellent at nonverbal communication and are highly attuned to animals and the environment (which they care about protecting!).**

- Animal breeder
- Animal caretaker
- Animal groomer
- Animal trainer
- Dog sitter
- Environmentalist
- Ethologist
- Pet store owner/worker
- Veterinarian
- Veterinarian tech.
- Zoo keeper
- Zoologist

**Because of their profound intuition, deeply held values, innate sense of connection with others and the environment, and their interest in world peace/harmony, many Nines are religious and/or spiritual (someone who is spiritual is not necessarily also religious but someone who is religious is obviously spiritual). Some of these Nines are drawn to occupations of a spiritual nature.**

- Church worker
- Meditation teacher
- Minister/priest/religious leader
- Missionary
- Monk/nun
- Pastoral counselor
- Religious educator
- Spiritual teacher

**Some Nines are attracted to occupations in cosmetology because they provide a service, provide for interpersonal communication and are relatively low stress jobs. Many of these jobs also pay well and can be done part-time. This suits Nines to a tee since they like time alone to spend in nature or work on their creative projects quietly.**

- Electrologist
- Esthetician
- Hair stylist
- Manicurist/pedicurist
- Nail technician
- Shampoo technician

**Some Nines enjoy business, human resources, sales or marketing occupations where they can put to use their intuitive understanding of human motivation, acceptance of people and excellent interpersonal skills.**

- Conference programmer
- Consultant (especially for team building, diversity, or conflict resolution)
- Corporate/team trainer
- Diversity manager
- Employment development specialist
- Employment interviewer
- Human resources development trainer
- Human resources director
- Human resources diversity manager
- Industrial-organizational psychologist
- Labor relations specialist
- Marketing specialist
- Organizational development specialist
- Outplacement consultant
- Public relations specialist
- Publicity writer
- Salesperson
- Strategic partnership developer

**Many Nines like familiarity, comforting routines and predictability in their job. They are very content to work in a structured environment that is not too fast-paced and relatively stress and tension free. Many Nines are really laid-back and just enjoy an easygoing lifestyle (please note that not all Nines are really laid-back, especially if they have a strong connection to their type 3 arrow or have a strong 8 wing).**

- Antique dealer
- Bank teller
- Cashier
- Civil servant/government employee
- Customer service representative
- Dental assistant
- Museum/gallery curator
- Museum worker
- Receptionist/secretary
- Teacher's aide
- Theme park/amusement park worker
- Ticket and tour reservationist

**Nines are optimistic and fun-loving. They also like helping and interacting with people in industries such as hospitality, real estate and travel.**

- Concierge
- Cook/chef
- Flight attendant
- Real estate agent
- Restaurant host/hostess
- Restaurant waiter/waitress
- Tour and travel coordinator
- Travel agent

**If you are a Nine with an Eight wing also look at the careers that appeal to Enneagram type EIGHTS.**

**If you are a Nine with a One wing also look at the careers that appeal to Enneagram type ONES.**

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

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

**Of course there are many more occupations that Nines 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 Nines with Other Types

To learn more about Type Nine'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 9 in relationship with Type:

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## Things Nines Can Do to Help Themselves Grow

1. Start a daily practice of previewing (at the beginning of the day) what is important to you and reviewing (at the end of the day) how well you did with this practice.
2. Use your frustration/anger when you feel discounted by someone to remind yourself that what you have to say really does matter. Take a personal position on issues that are important to you.
3. Notice feelings you may be blocking out when you turn from your real priorities to substitutes, such as TV, food, errands, or chores.
4. Notice when you get distracted or obsessive, what the accompanying feelings were/are, and start to let yourself feel them through.
5. Avoid belittling yourself and making others more important or more intelligent.
6. Decide on goals, make action plans with clear time frames, and enlist support in sticking to them. Notice when your prolonged ruminating keeps you from setting priorities and taking action on them.
7. Notice your stubbornness and passive resistance, and start to state what you need directly or what you disagree with.
8. Accept some discomfort and change as a natural part of life.

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# Type Nine's Wing Descriptions

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

**Are you more like a Nine with an Eight wing or a Nine with a One wing? Read below to find out.**

## Type Nine with an Eight Wing (9w8)

### Positive:

- Strong Willpower, Endurance
- Enjoy socializing/good times
- Like routines but occasionally seek an adventurous change
- Like to work with people
- Make good, caring leaders
- Sensual, Independent

### Negative:

- Stubborn, Blunt, Lustful
- Bad Temper, Antiauthoritarian

**Type Nine with an Eight Wing:** Nines with an Eight wing (9w8s) tend to take on more of the attributes of Eights than of Ones (the other wing), although both wings (8 and 1) can influence their personality. 9w8s tend to be more adventurous, outgoing, assertive, antiauthoritarian and to-the-point than 9w1s. They are also more accepting of people just the way they are in comparison to 9w1s. They love to have a good time, have a great sense of humor, and are usually more sociable than 9w1s. Healthy 9w8s are dynamic and self-motivated. They like having their comfortable rituals, routines and habits, like all Nines, but their zest for life causes them to seek out new adventures and opportunities to break up their habitual routines every once in a while for a change of pace. They often like to travel, for example. Healthy 9w8s also can get things done with their excellent willpower, endurance and perseverance. 9w8s like to get out and connect with people in the world. 9w8s can be both powerful and gentle, active and receptive, strong and tender. Their Eight wing can give 9w8s a stronger sense of self, direction and purpose in their life than the One wing does for 9w1s.

Negatively, 9w8s can vacillate between being confrontational and conciliatory, passive and aggressive. Nines are generally peace loving and don't like to fight but the Eight part of them, when angered, won't back down as easily as a 9w1 might. Most of the time 9w8s are easy-going and mild-mannered but they can also have bad tempers occasionally and be more stubborn and defensive than 9w1s. What sets a 9w8 off the most is having someone mess with their comfortable habits and well-being. Then they can be surprisingly blunt, rude or cold as ice. Some 9w8s can be so stubborn and defensive that they will refuse to listen to anyone who might threaten their safe, comfortable routines. Sometimes 9w8s are overly sensual and lustful due to the 8 wing. This can cause them to lose their focus on their life goals.

You may find that you can relate to the description of Type Nine with a One 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 Nine with a One Wing (9w1)

### Positive:

- Highly Principled, Hardworking
- Orderly, Moral, Nonjudgmental
- Strong sense of purpose and an ideal vision of a peaceful world
- Imaginative, Creative, Dreamy
- Modest, Friendly, Composed
- Superb at nonverbal rapport

### Negative:

- Self-critical, Self-righteous
- Obsessive/Compulsive, Aloof

**Type Nine with a One Wing:** Nines with a One wing (9w1s) tend to take on more of the attributes of Ones than of Eights (the other wing), although both wings (1 and 9) can influence their personality. 9w1s tend to be more idealistic, emotionally reserved, and compliant than 9w8s. They are often well-liked, well-behaved children. While 9w1s are friendly and personable there is also a seriousness of purpose about them. They feel a strong inner desire to be of service and to be of help to others. They have a vision of an ideal world and strive to create it (although they can sometimes get caught up in nonessential activities and unproductive busyness, which frustrates them). They want to contribute to everyone's welfare but sometimes find it hard to live up to their own high expectations of themselves. They can be highly principled and virtuous, ethical behavior is important to them. 9w1s with a spiritual bent often make good therapists, healers, counselors, life coaches or ministers because of their ability to listen nonjudgmentally and their desire to inspire, heal and uplift people.

Negatively, 9w1s can be self-critical, emotionally inhibited and perfectionistic, or severely self-neglectful if very unhealthy. While they accept other people's imperfections they can have a hard time accepting their own. 9w1's sense of purpose can be at odds with their concern for propriety, doing the right thing and fitting in. Oftentimes their own long range goals (if they know them, another problem for 9w1s!) get put on the back burner as they tend to the needs of others. They can get frustrated with themselves because they never get around to fulfilling their own needs. 9w1s can easily mistaken themselves for 2w1s, especially if they are extroverted and energetic 9w1s. It is not uncommon for 9w1s to let themselves become overlooked and unacknowledged servers of others' needs. In relationships they can give too much but then feel resentful and taken advantage of. While 9w1s and 9w8s are both easy-going and pleasant most of the time, 9w1s tend to restrain their anger more than 9w8s. 9w1s are more likely to become quietly indignant and smolder inwardly when mad rather than yell or lose control and make a scene like 9w8s might. Some 9w1s can be highly active but somewhat emotionally detached from others, preferring to stay uninvolved lest they get sucked into doing something they don't want to do and not being able to say no. While still being kind-hearted and good-natured, occasionally 9w1s can feel slightly smug and morally superior to others because of their strong religious beliefs about the "errant ways" of other people.

You may find that you can relate to the description of Type Nine with an Eight 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 Nine's Subtype Descriptions

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

## Which subtype are you?

### Type #9 Self-Preservation Subtype

Tend to be the most indolent of the three type 9 subtypes

#### Positive/Enhancing:

- Warm, friendly, pleasant, easy-going and considerate yet also dynamic and alive to themselves
- Pay attention to themselves and "put first things first," aligning their behaviors and choices with what's really important to them, their deepest values and convictions
- Know what they want out of life and don't get pulled off course by other people's agendas and desires
- Set personal goals regularly and don't sweep problems under the rug
- Are willing to confront people who take advantage of their kindness and charity
- Stand up for themselves and speak up when they are being discounted or ignored

#### Negative/Depleting:

- Inner tension between wanting to comply with others' wishes vs. wanting to defy/assert independence
- Neglect primary needs (spiritual). Go for secondary gratifications (material) as compensation for not pursuing their real desires, but not without some repressed underlying anxiety and anger
- Substitute nonessential satisfactions (such as eating, watching TV, sleeping a lot, shopping, playing on the computer, daydreaming, collecting things, reading, puttering about the house) for essential satisfactions (aligning choices/behaviors with core values, inner sense of meaning/purpose, etc.)
- Can become preoccupied with taking the path of least resistance – maintaining comforting habits and repetitious routines as a way to zone out, expend minimal energy and keep their peace of mind
- Self-preservation 9s can be so out of touch with their true self that they don't even know what they want
- They get anxious when anything interferes with or disturbs their enjoyable rituals
- Their goal is to keep their peace of mind and keep life comfortable – at all costs!
- They don't even realize they've got no burning commitment to their own goals and personal needs
- They develop a keen "appetite" for secondary sources of gratification as a substitute for true self-love
- Tend to collect things they never use "just in case they ever need it" and because they're chronically indecisive about what they should throw away and what they shouldn't so they keep everything
- Can be the classic lazy couch potato who asks as little of life as possible
- Can sometimes use food for emotional consolation or to mindlessly numb out
- Can be neglectful of important responsibilities and obligations

- At worst, become apathetic, lifeless, spaced out zombies trudging through life, often with addictions

(For even more insight, learn which “**wing**” you favor: your [8 wing](#) or [1 wing](#)).

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## **Type #9 Sexual Subtype**

Can resemble 4s at times because they often romanticize and idealize their partner, long for love when without a partner, can be melancholic, and yearn for deep intimacy, even oneness, with their partner.

### **Positive/Enhancing:**

- Are passionate about life
- They foster a sense of unity and deep connection with people they are close to (like their partner, parents, children, friends, pets, etc.), and for some their spiritual teacher or even All That Is
- They are easily influenced by the people around them so they like to make people happy so that they can stay happy (and avoid any kind of conflict)

### **Negative/Depleting:**

- It is easy for them to “lose themselves” in their partner because tension dissolves when they do
- Since Sexual 9s can feel lost without a partner, they believe they find their personal identity by merging their life with their partner’s; “my life” becomes “our life,” but at the cost of their independence
- By focusing so much of their energy on their partner they conveniently forget about themselves and don’t have to worry about dealing with their repressed anger, anxiety or other instinctive energies
- They can lack a strong, unchanging sense of self and often live vicariously through others
- Easily swayed by other people, some Sexual 9s don’t take responsibility for their own choices and blame their partner or other people when things go wrong
- They can long for the ideal romantic union with a partner
- Easily get depressed and feel disillusioned when relationship problems come up
- They hate their partner making demands of them and will often be stubborn as a mule, or withdraw silently, or go along with the request outwardly to avoid conflict but inwardly be annoyed/mad
- Are attracted to a strong, decisive, assertive partner that makes them feel more alive and secure but don’t like it when their assertive partner is impatient or aggressive with them
- They sometimes have inner tension between wanting to merge vs. wanting to keep their autonomy
- They would sometimes like to be more independent and get in touch with their true desires and vitality
- At worst, they can feel alone, lost, dissociated from others and themselves

(For even more insight, learn which “**wing**” you favor: your [8 wing](#) or [1 wing](#)).

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## Type #9 Social Subtype

Can resemble 7s because they can be very busy, constantly on the go, energetic, optimistic and frequently scattered.

### Positive/Enhancing:

- They are usually quite energetic and like to stay active
- They like to get involved in groups that further social causes
- Group involvement helps social 9s to structure the use of their time better
- The positive energy of group involvement invigorates and enlivens them
- They enjoy bringing people together and being part of what's going on
- They avoid participating in group conflicts if at all possible

### Negative/Depleting:

- Inner tension between wanting to fully participate in a group vs. not wanting the responsibility of fully participating
- They don't like having too many expectations or duties placed on them by the group
- Often will stay on the periphery or the fringe of group involvement so they don't have to fully commit
- Can sometimes be indecisive about whether they want to belong to a group or not
- Can be stubborn and/or withdrawn, especially if someone is being demanding, bossy or rude
- Can zone out mentally and disengage emotionally while still remaining physically present/involved
- Can be fairly conventional and conforming; many don't like to go beyond the limits
- Fearful of losing their identity and becoming just like everybody else; they desire to be something bigger
- Can have difficulty saying no because they like to please and want to belong/fit in (unless they have a strong 8 wing. Then they can say no)
- Can have trouble setting their own goals and following through with their innermost intentions
- At worst, can become resigned, emotionally dead yet needy, depressed, angry and socially isolated

(For even more insight, learn which "wing" you favor: your [8 wing](#) or [1 wing](#)).

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## Heart and Defensive Points/Arrows for Type Nine

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

**Type Nine with a Healthy Connection to Type Three:** When Nines integrate the positive aspects of type Three they become more self-confident, develop their own personal agenda and prioritize on their own behalf. They work towards goals that are rewarding and meaningful to them personally. Rather than doing what a loved one suggests, going along with a loved one's agenda, falling into a job due to inertia, or taking the path of least resistance, integrating Nines work at developing their potential and purposely pursue work that is exciting and interesting to them. In short, they invest in their own self-development. They are able to focus and concentrate on their important tasks without getting distracted. They can be energetic, productive and efficient with their time, like healthy Threes. They can be highly accomplished and successful. They recognize their own innate value and no longer feel the inertia, heaviness or sluggishness that they used to experience whenever they would tried to assert their will and do something good for themselves. They are able to take more control of their own lives and don't feel the need to live through others to be loved and accepted for themselves. They get in touch with their own authentic feelings and experience love and strength emanating from their own heart.

**Type Nine with a Healthy Connection to Type Six:** When Nines integrate the positive aspects of type Six they develop the courage to be themselves rather than hiding behind self-effacement and pretending they aren't that important. They can be especially loyal, faithful and devoted to loved ones. They highly value close, committed affiliations with family and friends. Rather than ignoring problems and hoping they will go away on there own, healthy Nines become responsible, dutiful, practical, realistic and hard working. They can notice where something might go wrong and will do everything in their power to prevent it, just like healthy Sixes. Sometimes Nines can act on their own behalf against the will of others when they are afraid, like healthy Sixes. As Nines learn to trust their own inner authority they develop more faith in themselves and become more decisive and courageous. This healthy connection can also cause Nines to become more interested in committing themselves to goals that serve a higher purpose.

**Type Nine with an Unhealthy Connection to Type Three:** When Nines deteriorate to the negative aspects of type Three they can take on more than they can handle (usually trying to please someone or win someone's approval and love) and become stressed out easily. They might try to impress people subtly. For example, they might casually mention someone very famous who is "a buddy of theirs" in an attempt to associate their worth with the famous person's worth. Or, they might fish for compliments by dropping hints about how well they did on their last midterm exam or how their boss called them into their office today for a special visit. They can also take on a false-image that they know is not them but because they are getting attention and praise for their false-image they keep up the pretense. While they might outwardly take pleasure in their mistaken identity, inwardly they feel even more unworthy of love because they know they are a complete phony and fake. Some Nines with this connection can have a sense of entitlement as if they are somehow special. Some Nines can be hard working, hyperactive and super busy like Threes but still feel basically lifeless inside and asleep to their own vital nature, like they are just going through the motions but without their heart being involved.

**Type Nine with an Unhealthy Connection to Type Six:** When Nines deteriorate to the negative aspects of type Six they can panic and worry when they feel overwhelmed with too much to do or anticipate worst-case scenarios. They can dread that others will be angry at their failure to get everything accomplished (and sometimes anything accomplished when struck by procrastination) and they fear having to face the music. Having to meet deadlines and oppose people are two of a Nine's biggest stressors. They can have an anxious, agitated, nervous quality about them as they frequently doubt themselves. Nines can fear consequences and worry obsessively about worst-case scenarios. Nines have a tendency to let others make decisions for them but then blame others if they didn't like the decision or felt taken advantage of by the decision. They also have a tendency to blame themselves for their own inaction and inertia. They can question others' motives. They can seek security and guidance too much from others rather than from inside themselves. They can need constant reassurance from their partner that the relationship is still going well. They can get defensive, suspicious and self-protective. They

can become dependent on their partner and will stick with a very unfulfilling relationship out of misguided loyalty and fear of change.

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