

ENNEAGRAM STYLE 6

Sixes have insightful minds, are prone to worry, and create worst-case scenarios to help themselves feel prepared in case something goes wrong.

Also called the... Devil's Advocate · Loyalist · Questioner · Skeptic



6 Enneagram Style
DOUBT

WORST-CASE SCENARIOS

Sixes usually have active and vivid imaginations, and they tend to create worst-case scenarios - for example, anticipating what could potentially go wrong with a decision, plan, or action, or speculating that someone else may behave in a negative way. The Six's focus on the negative possibilities often increases his or her feelings of anxiety. This, in turn, can cause the Six to think even more about what could possibly go wrong.

Sixes, however, believe that their anticipatory concern and planning helps address the problem at hand. When Sixes imagine a worst-case scenario, they can be quite insightful, because their minds are often finely tuned. However, Sixes can also miss the mark, as they are also prone to projecting their own thoughts, feelings, and motivations onto others.

PROCRASTINATION

The Six's tendency to create negative scenarios and to develop preventive plans often results in procrastination. It is not that Sixes forget to do something; they simply become uncertain about which alternative is the best course of action or which decision will lead to the fewest possible problems. When their worry and anxiety about what could occur combines with their own self-doubt, Sixes can become immobilized by "analysis paralysis."

LOYALTY

Sixes value loyalty to the group and the organization because they tend to believe they are more protected when they are part of a group. They hope that by being loyal, they will cause the following to occur: the organization will reward them with fair treatment, those in authority will recognize and acknowledge their dedication, and their peers will support them if something goes wrong.

AUTHORITY

Sixes tend to focus on the behavior of authorities, believing that authority figures possess the ability either to keep them safe or to hurt them. Sixes usually hope for the former and at the same time, are wary of having the latter occur at any moment.

The behavior of Sixes falls along a scale from phobic (overtly fearful) at one end to counterphobic (acting as if one is not fearful at all) at the other end. Most Sixes fall somewhere in between these two extremes and may display phobic and counterphobic behavior under different circumstances. Sixes who are more phobic tend to be more compliant toward authority figures, whereas Sixes who are more counterphobic will tend to challenge authority on a more regular basis.

Basic Concern: What could go wrong here? Whom can I trust? Am I making the best decisions?

Place a check by the words that describe you well.



6 Enneagram Style
DOUBT

AREAS OF STRENGTH

- Loyal to company and employees
- Responsible
- Practical
- Collaborative
- Strategic
- Sharp intellect
- Persevering
- Anticipate problems

AREAS FOR DEVELOPMENT

- Wary
- Worrying
- Overly compliant or overly defiant
- Dislike ambiguity
- "Analysis paralysis"
- Project own thoughts onto others
- Defensive
- Martyring

Do I constantly worry, thinking about what could go wrong and trying to plan so these negative possibilities will not occur?

Yes No Sometimes