

THE Defiant *Spirit*

OWN YOUR NUMBER

THE ENNEAGRAM TYPE



The Loyalist

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The Loyalist

WHO

WHO THEY ARE



Alternative Names

- The Skeptic
- The Devil's Advocate
- The Servant

Enneagram 6s are the most prepared, thoughtful, and loyal of all types. This stems from their deep need to belong, stay safe, and provide security to those around them. In **reaction**, they are consumed by anxiety, often stuck in analysis paralysis with incessant worry, or they become rebellious and dangerous, overcompensating for their fears. In **response**, 6s stand guard against their fears and demonstrate unparalleled courage, using their anxiety as fuel to prepare for the future, loyally protecting their loved ones and dutifully serving the world.

Note: Enneagram 6 has two distinct sub-types: phobic 6s, who embrace their fears, and counter-phobic 6s, who attempt to mask their fears and present a fearless front.

LOYALTY

Sixes are careful about whom they give their allegiance, but once they do, they're the most loyal and trustworthy type, expressing their love through duty and service to others or a cause.

SAFETY

Sixes are all about safety and security, constantly running internal threat assessments and determining risk.

AUTHORITY

Sixes are focused on rules and authority, seeking it in their lives or dutifully following those who possess it.

Famous Sixes



Sarah Jessica Parker



Dustin Hoffman



Jennifer Aniston



Ellen DeGeneres



Julia Roberts



Ben Affleck



Adam Sandler



Jason Alexander



Chris Rock



Marilyn Monroe



Larry David



Meg Ryan



Eminem



Tommy Lee Jones



Robert Redford



Patrick Swayze



Roseanne Barr



Mike Tyson



Mark Wahlberg



Chuck Norris



Paul Newman

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Self-talk

Phobic: I am loyal, likable, safe and belong.

Counter-phobic: I am fearless, feared, respected, and protected.

Worldview

The world is a threatening and unsafe place, and I must survive.

Fear

Sixes tend to see the world through insecurity, doubt, and anxiety, fearing they are unsafe, will be betrayed, or have no place within the group.

Motivation

To create a safe and secure environment where they can loyally serve others, create community, and dutifully serve their cause.



The Loyalist

WHAT

WHAT THEY VALUE



The Loyalist is probably the most well-represented type in the population but certainly has the broadest range of sub-types, ranging from extremely anxious (called "phobic") to extremely rebellious (called "counter-phobic"). However, what all 6s possess is a deep need for safety, security, and belonging. They are the most loyal and devoted of any type, fully committed to whomever they have vowed their loyalty or to whatever cause they have pledged their service.

Devoted Politicians

Agree with them or not, Devoted Leaders are loyal to, and advocate for their cause.



Anthony Fauci



Marjorie Taylor Greene



Robert Kennedy



George H.W. Bush



Malcolm X



George W. Bush



Richard Nixon



Condoleezza Rice



Vladimir Putin



Alexandria Ocasio-Cortez



Benjamin Netanyahu



Jeb Bush



Robert Kennedy Jr.



Chuck Grassley



J. Edgar Hoover



Mitch McConnell

SIX-ISH SYMBOLS

Rubiks Cube



Sixes are natural problem solvers, able to anticipate and attack problems that others deem impossible.

First Aid



Sixes will have a first-aid kit in their house, car, or purse. They are prepared and ready for whatever the unsafe world brings.

Question Mark



Sixes navigate their world with questions. They poke, prod, even interrogate others as a way to discern the truth.

Plan B



Sixes are the most likely type to have a plan A, B, and C all worked out and ready to roll.



Sixes are committed to what they value, expressing duty and care in service of people and responsibility.



Sixes seek to belong, build community, and serve their loved ones, families, friends and communities.



Sixes are all about safety and security, constantly running internal threat assessments and determining risk.



Sixes are the most prepared of any type, showing up with a plan, the necessary ingredients, and probably some backup plans.



Sixes are discerning in who they give their allegiance to, but once they do, they're the most loyal and trustworthy type.



The Loyalist

WHY

WHY THEY DO WHAT THEY DO



At the heart of the Loyalists' WHY is to be safe, secure, and belong. They have a sixth sense for threats, or at least what they perceive as threats, whether real or not. They are the most prepared, thinking things through and taking the necessary action to see it through. They do this for themselves but equally for those around them and those they serve, love, and lead.

Why Loyalists REACT

The Loyalist is the most cautious type, **reacting** when they feel vulnerable to threats, fear they are not secure within the group, or lack the necessary resources to stay safe. **Here are some signs they are reacting...**

- **Anxiety:** They will grow increasingly anxious and even paranoid.
- **Doubt:** They become doubtful of themselves and their abilities, overwhelming others with questions that can feel more like an interrogation.
- **Indecisive:** They get caught in analysis paralysis, unable to make decisions.

Why Loyalists RESPOND

In **response**, the Loyalist is the most loyal leader on the Enneagram. When they trust their instincts, stop prepping, and take action, they instill a sense of security and devotion in others. **Here are some signs they are responding...**

- **Warm:** They become humorous, friendly and inviting. However, it's no longer a defense mechanism to defuse threats but an authentic warmth.
- **Supportive:** They demonstrate unwavering loyalty and support.
- **Considerate:** They are extremely considerate, providing for the needs of others.

SIXES IN POP CULTURE

The Neurotic



George Costanza of *Seinfeld* is the quintessential phobic 6. Anxiety, doubt, neurosis: this is an extreme caricature but he sure is lovable and really makes the show.

Devoted Servant



Frodo from *Lord of the Rings* is not the swashbuckling, thrill seeking protagonist, but the 6 servant willing to confront his fears for the cause.

The Hero's Journey



On the hero's journey, there's a 6 in all of us that feels vulnerable, scared, and inadequate as we strive to become brave and find our lion heart, just like the lion in *The Wizard of Oz*.

The Rebel



Mad Max, the movie about a post-apocalyptic reality centers around a counter-phobic 6 played by Mel Gibson, a real life (reactive) counter-phobic 6.



The Loyalist

HOW

HOW THEY MOVE THROUGH THE WORLD



Sixes tend to operate from their head and focus on mental strategies to be secure, safe, and free. Sixes grapple with anxiety and react by either succumbing to it or charging head-first to deny or defy it.

Head Types & Anxiety

Anxiety



Like all Head types, 6s struggle with anxiety. Unlike others in the triad, 6s embrace it fully and wear it on their sleeve for others to see.

Head Types & Thinking

Thinking



All Head types think their way through life. Sixes run threat analyses, scour memories to learn from mistakes, and create plan A, B and C for future escape.

Head Types & Security

Security



The Head types all seek security, and 6s are unequivocal and unapologetic in their need for it. (Counter-phobic 6s may not be as apparent.)

Head Types & Resources

Resources



All Head types focus on resources. Sixes make sure they have enough of what they need, for themselves and for others, to be safe and to survive.

Reference & Movement

Both Referencing

Sixes are conflicted in reference, paying attention to themselves and what they need to feel safe, as well as authority figures or rules and systems. They become conflicted, deciding whether to answer to themselves or external authority.

Time & Energy

Present-Oriented

Sixes are present-oriented, tending to the rules and systems in the here and now. They become compliant in approaching people, regulations, or authority figures to resolve inner and outer conflict; counter-phobic may react, appearing defiant, not compliant.

If Sixes Were....

AN ANIMAL

The wolf is 6-ish, as it's both extremely fearful and anxious, but also courageous and fierce. It is a pack animal, but not afraid to hunt alone.



A COUNTRY

Germany is a 6 culture, with its reliance on rules and processes and authority. Israel would be a counterphobic 6: defensive, tough, but scared.



A PROFESSION

Law enforcement and armed services embody 6s' loyalty, sense of duty and honor, and need to serve the group or a cause, and create security.

