



THE

Questioner

*I've developed a new philosophy—
I only dread one day at a time.*
—Charles M. Schulz

Sixes are motivated by the need for security. Phobic Sixes are outwardly fearful and seek approval. Counterphobic Sixes confront their fear. Both of these aspects can appear in the same person.



**Sixes at their
BEST are**

loyal
likable
caring
warm
compassionate
witty
practical
helpful
responsible

**Sixes at their
WORST are**

hypervigilant
controlling
unpredictable
judgmental
paranoid
defensive
rigid
self-defeating
testy

How to Get Along with Me

- Be direct and clear.
- Listen to me carefully.
- Don't judge me for my anxiety.
- Work things through with me.
- Reassure me that everything is OK between us.
- Laugh and make jokes with me.
- Gently push me toward new experiences.
- Try not to overreact to my overreacting.



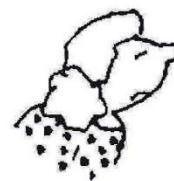
Let me worry in peace.

Relationships

Sixes at their best in a relationship are warm, playful, open, loyal, supportive, honest, fair, and reliable.



Sixes at their worst in a relationship are suspicious, controlling, inflexible, and sarcastic. They either withdraw or put on a tough act when threatened.



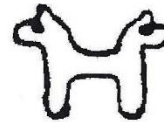
What I Like About Being a Six

- being committed and faithful to family and friends
- being responsible and hardworking
- being compassionate toward others
- having intellect and wit

And What I Like About Being Counterphobic

- being a nonconformist
- confronting danger bravely
- being direct and assertive

What's Hard About Being a Six



- the constant push and pull involved in trying to make up my mind
- procrastinating because of fear of failure; having little confidence in myself
- fearing being abandoned or taken advantage of
- exhausting myself by worrying and scanning for danger

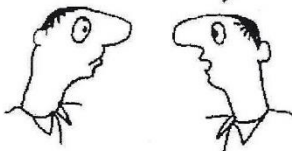
Today is the day I worried about yesterday.
Tomorrow is the day I'm worrying about today.
The next day will be the day



- wishing I had a rule book at work so I could do everything right
- being too critical of myself when I haven't lived up to my expectations

Typical Phobic Thoughts of a Six

Cheer up!
The worst is yet to come.





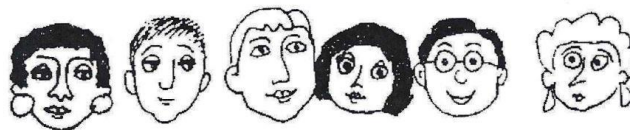
Sixes as Children Often

- are friendly, likable, and dependable, and/or sarcastic, bossy, and stubborn
- are anxious and hypervigilant; anticipate danger
- form a team of "us against them" with a best friend or parent
- look to groups or authorities to protect them and/or question authority and rebel
- are neglected or abused, come from unpredictable or alcoholic families, and/or take on the fearfulness of an overly anxious parent



Sixes as Parents

- are often loving, nurturing, and have a strong sense of duty
- are sometimes reluctant to give their children independence
- worry more than most that their children will get hurt
- sometimes have trouble saying no and setting boundaries



Careers

Though Sixes can be found in almost any career, they are often attracted to the justice system, the military, the corporate world, and academia. Sixes often like being part of a team. Many are in health care and education.

Counterphobic Sixes sometimes have jobs that involve risk. Those who lean toward the antiauthoritarian side are usually happier when self-employed.

If Sixes are unhappy with their work situation, they are likely to become rebellious or secretive.



And Free Time

Sixes have a lot of energy and are often very busy. Besides doing the same kinds of leisure activities that the other eight types do, Sixes often enjoy physical exercise and nature. Some belong to groups that help the underdog. Sixes

who lean toward the counterphobic frequently engage in dangerous activities or join rebellious groups.

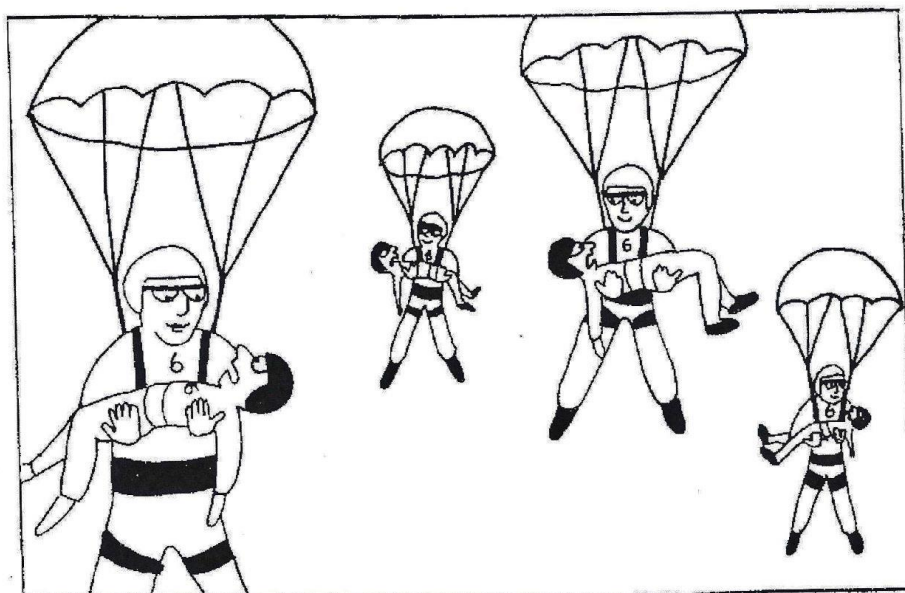
Comments About Sixes

“Lieutenant Holmes never misses a thing! He’s been responsible for solving more crimes than anyone else in the department.”

“He is the most reliable, trustworthy, and hardworking manager my company has ever had. And he keeps morale high with his terrific sense of humor.”

“She was a great teacher. Her warmth and insight inspired me to work hard and get into a good college.”

“She’s an intelligent, loyal, and lovable friend and has never failed to keep her word or to give me support when I needed it.”



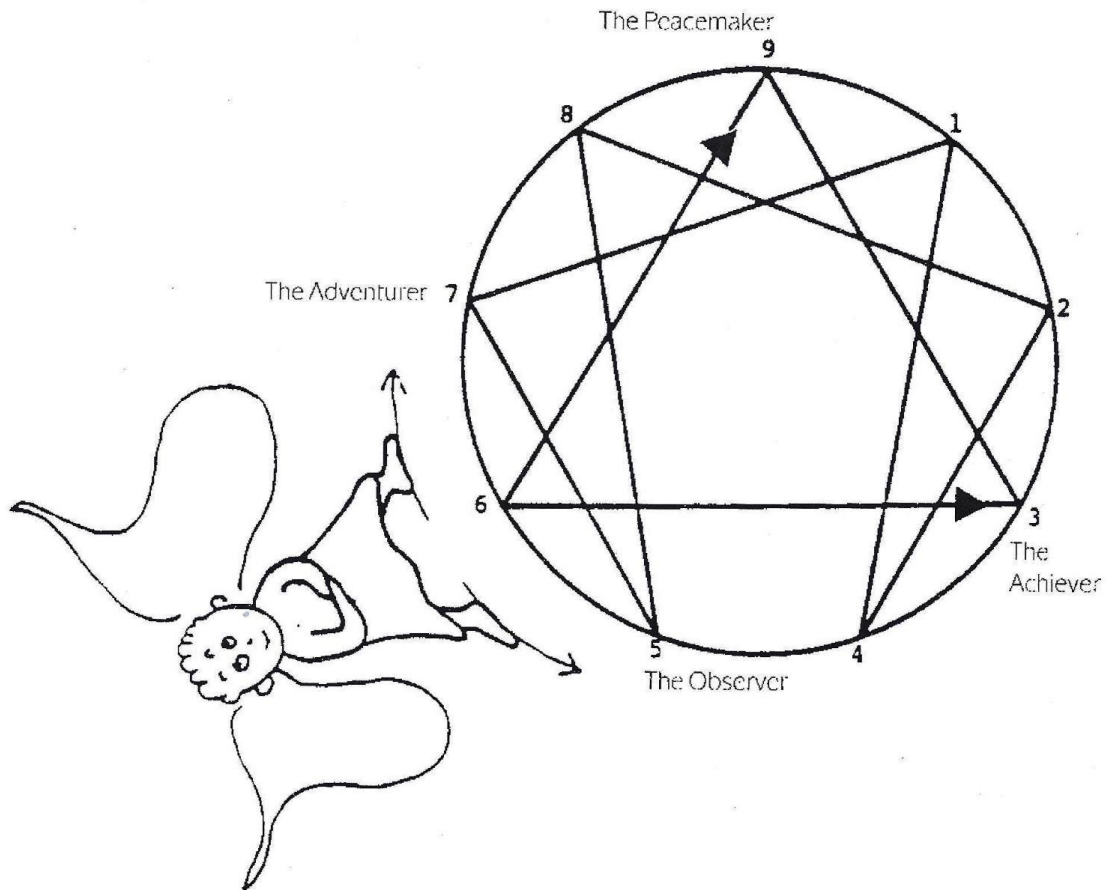
Fear of Flying Support Group

Wings

Your personality may blend into or be influenced by the types on either side of yours. A strong wing can make a big difference in your personality.

Sixes with a more developed Five wing tend to be more introverted, intellectual, cautious, and standoffish.

Sixes with a more developed Seven wing tend to be more extroverted, materialistic, active, and impulsive.



Moving Around Within the Enneagram

Following the lines in the diagram, the Six moves toward Nine in one direction and toward Three in the other. Sixes move toward the positive side of Nine when they feel secure; they can also consciously cultivate these positive qualities. Sixes move toward the negative side of Three when in stress; they can consciously try to avoid these negative traits. Read the chapters about types Nine and Three to learn more about them.

When Sixes Move Toward the Positive Side of Nine They

- empathize more with others
- see things from a broader point of view
- take life less seriously and free up their energy
- put more trust in their own inner authority

When Sixes Move Toward the Negative Side of Nine They

- numb themselves with drugs, television, reading, food, or sleep in order to stop obsessing
- become spaced out and apathetic

When Sixes Move Toward the Negative Side of Three They

- avoid feeling anxious by always being busy; may become workaholics
- become reluctant to try anything new if there is any possibility of failing
- take on a role or image in order to feel more secure
- tell lies about themselves in order to cover up or get ahead

When Sixes Move Toward the Positive Side of Three They

- take decisive and effective action
- feel good about all they accomplish

Practical Suggestions and Exercises for a Six

1. Self-Confidence

- Try to be around people who are accepting, trustworthy, and encouraging.
- Really notice and try to believe the positive things that people say about you.



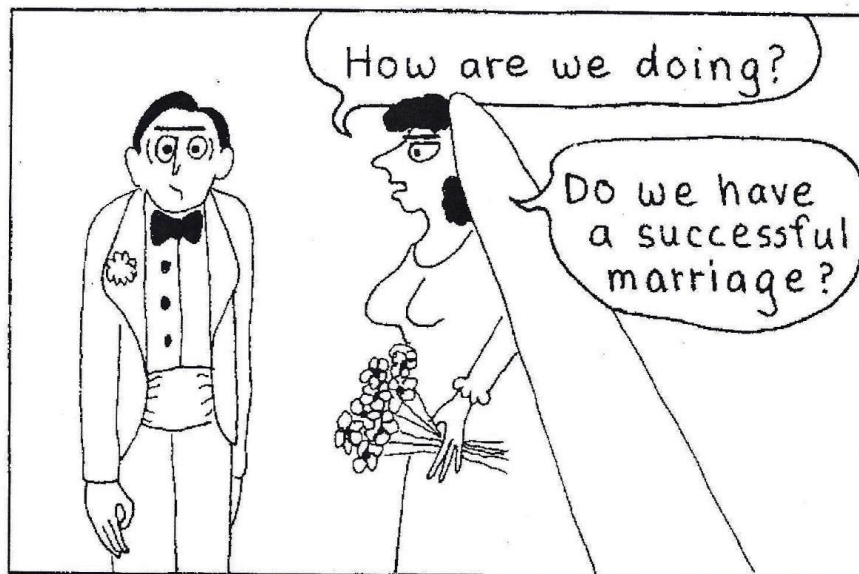
- Keep in mind that you *can* change and overcome your fears and learn to take action in the presence of fear.
- Remember that there is no one “right” way to live, as long as you are satisfied inside with what you are doing.
- Pat yourself on the back. Don’t wait for someone else to tell you that you did well.
- Write and talk to yourself in nurturing and caring ways.
- Remember it is OK to make mistakes.

2. Relationships

*I always prefer to believe
the best of everybody—
it saves so much trouble.*

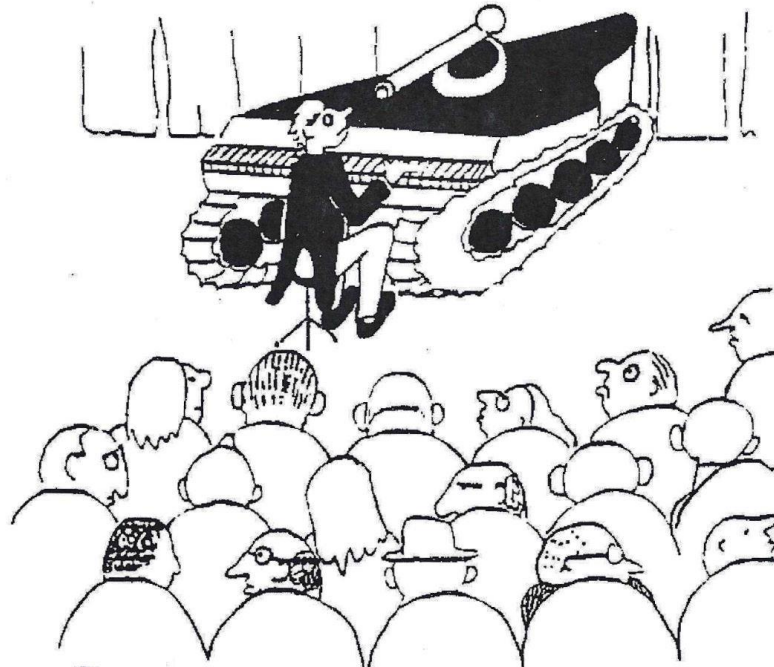
—Rudyard Kipling

- Sixes are likely to overreact when they are stressed. Don’t underestimate the negative effect this can have on people.
- Give only when you really want to or you will feel drained.
- Reality check with other people: “Were you just thinking . . . ?” or “Were you just thinking what I *thought* you were thinking?”
- Learn to have a sense of humor about your hypervigilance.



3. Work

- Acknowledge yourself for being a hard worker. Focus on your strengths.
- Break jobs into small parts and do them one at a time.
- If you feel overworked or overstressed because you have taken on too much work, delegate as much as you can to others.
- Be patient when others move at their own pace rather than at yours.



Play it out -- even though
you are scared to death!

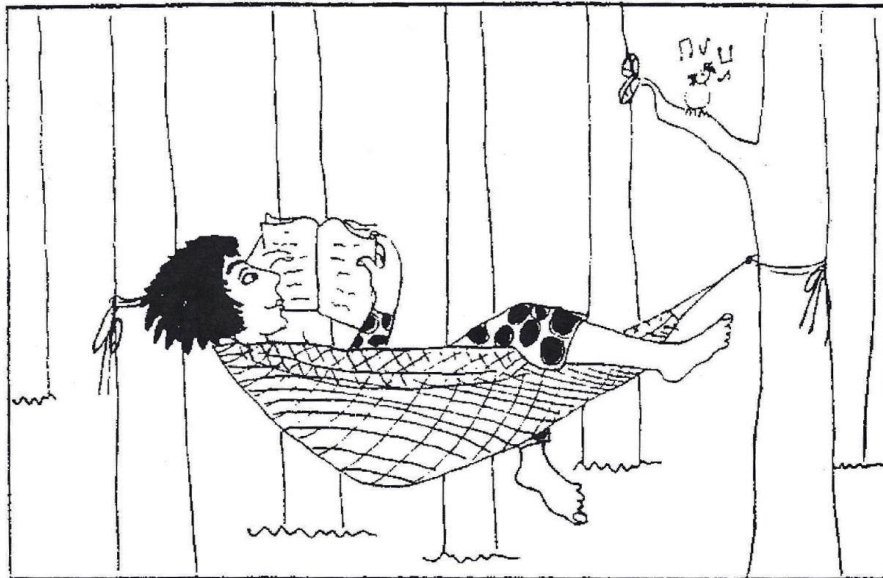
4. Anxiety and Fear

- Observe your fears without judging yourself for having them.
- Check the facts when anxious. For instance, look up the statistics of the number of plane crashes in a year.
- Learn to accept being in limbo. Your indecisiveness will not last forever.
- Take up meditation, breathing, and visualization techniques, or take a stress-reduction class.
- Visualize a peaceful scene. When a worry creeps in, take deep breaths as you go back to the scene. Practice this regularly.

- Don't call yourself lazy when you are relaxing.
- Take up physical activities: sports, working out, walking.

Things Sixes Would Never Dream of Doing

- hearing a familiar noise during the night and being sure it was the cat and not a burglar
- forgiving themselves after breaking their best friend's favorite vase
- not taking an opinion poll among their friends when contemplating a career change
- going to a new therapist or doctor and not asking even one question about their credentials
- being confident they had made a wise choice after making a major purchase



Hortense has no feeling of doom concerning her lost job or her biological clock running out.

Positive Things to Say to Yourself

Being prepared means trusting whatever each moment brings.

I am strong. I am calm. I can do this.

I am OK today, I'll be OK tomorrow.

I am learning to trust my own decisions.

It is OK to take risks and make mistakes.

