



THE

Observer

You can observe a lot just by watching.

—Yogi Berra

Fives are motivated by the need to know and understand everything, to be self-sufficient, and to avoid looking foolish.



**Fives at their
BEST are**

analytical
persevering
sensitive
wise
objective
perceptive
self-contained

**Fives at their
WORST are**

intellectually arrogant
stingy
stubborn
distant
critical of others
unassertive
negative

How to Get Along with Me

- Be independent, not clingy.
- Speak in a straightforward and brief manner.
- I need time alone to process my feelings and thoughts.
- Remember that if I seem aloof, distant, or arrogant, it *may* be that I am feeling uncomfortable.
- Make me feel welcome, but not too intensely, or I might doubt your sincerity.
- If I become irritated when I have to repeat things, it may be because it was such an effort to get my thoughts out in the first place.
- Don't come on like a bulldozer.
- Help me to avoid my pet peeves: big parties, other people's loud music, overdone emotions, and intrusions on my privacy.

Relationships

Fives at their best in a relationship are kind, perceptive, open-minded, self-sufficient, and trustworthy.

Fives at their worst in a relationship are contentious, suspicious, withdrawn, and negative. They are on their guard against being engulfed.



What I Like About Being a Five

- standing back and viewing life objectively
- coming to a thorough understanding; perceiving causes and effects
- my sense of integrity: doing what I think is right and not being influenced by social pressure
- not being caught up in material possessions and status
- being calm in a crisis

What's Hard About Being a Five

- being slow to put my knowledge and insights out in the world
- feeling bad when I act defensive or like a know-it-all
- being pressured to be with people when I don't want to be
- watching others with better social skills, but less intelligence or technical skill, do better professionally
- having trouble expressing some of my thoughts succinctly



Typical Thoughts of a Five



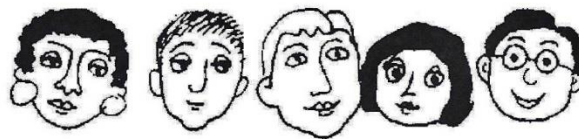
Fives as Children Often

- spend a lot of time alone reading, making collections, and so on
- have a few special friends rather than many
- are very bright and curious and do well in school
- have independent minds and often question their parents and teachers
- watch events from a detached point of view, gathering information
- assume a poker face in order not to look afraid
- are sensitive; avoid interpersonal conflict
- feel intruded upon and controlled and/or ignored and neglected



Fives as Parents

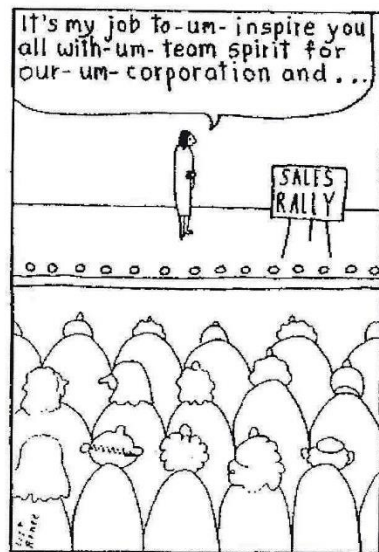
- are often kind, perceptive, and devoted
- are sometimes authoritarian and demanding
- may expect more intellectual achievement than is developmentally appropriate
- may be intolerant of their children expressing strong emotions



Careers

Fives are often in scientific, technical, or other intellectually demanding fields. They have strong analytical skills and are good at problem solving. Those with

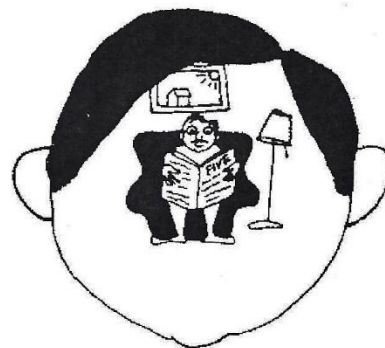
a well-developed Four wing are more likely to be counselors, musicians, artists, or writers. Fives usually like to work alone and are independent thinkers.



The WORST job for a Five!

And Free Time

Fives enjoy reading books, learning about a subject in depth, having stimulating discussions with friends, going to concerts, museums, and lectures, playing intellectually challenging games, working on their collections or projects, and traveling to study foreign cultures and customs.



Comments About Fives

"She enjoys her own company. I marvel at the hours she spends by herself reading, gardening, playing music, and analyzing the universe."

"His voice is soft, calm, and soothing. He has a different perspective on things, for example, regarding an insult from someone as an interesting event!"

"She is full of information and innovative ideas. I also like her dry and whimsical sense of humor."

"I was always impressed by how much my Five friend could contribute to any conversation on any subject."

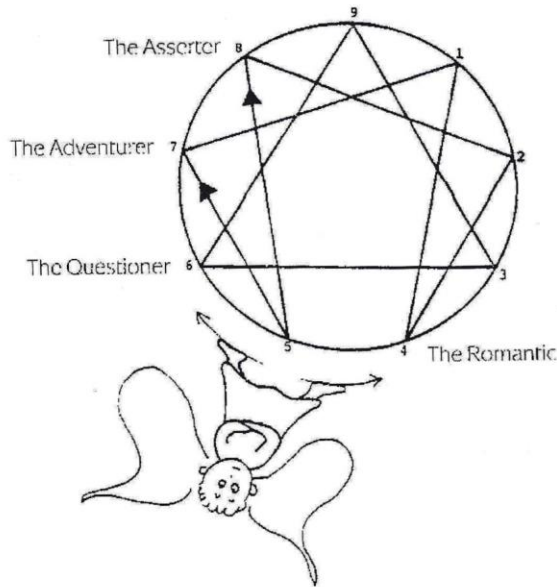


Wings

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.

Fives with a more developed Four wing tend to be more creative, humanistic, sensitive, empathic, and self-absorbed.

Fives with a more developed Six wing tend to be more loyal, anxious, skeptical, and cautious. They are more likely to be interested in the sciences.



Moving Around Within the Enneagram

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

When Fives Move Toward the Positive Side of Eight They

- get in touch with their body, its power, and its energy by moving away from pure thought and toward action
- trust their instincts more; become more outspoken and spontaneous
- become more assertive, doing whatever it takes to win when they have a justifiable cause to uphold
- become energized and motivated by their anger instead of withdrawing
- defend themselves more effectively; set clear limits

When Fives Move Toward the Negative Side of Eight They

- become punitive
- act unreasonably
- ignore other people's feelings and desires blatantly instead of secretly

When Fives Move Toward the Negative Side of Seven They

- take on new projects impulsively
- become scattered and distracted

When Fives Move Toward the Positive Side of Seven They

- experience life more broadly
- become less self-conscious
- become more fun-loving and uninhibited

Practical Suggestions and Exercises for a Five

1. Getting out of Your Head and into Doing

- Take risks and speak up, even if you fear appearing foolish. Emulate some others you know who are not afraid to put their foot in their mouth.
- Become more active by taking up creative or sports activities.
- Value being in the present.
- Go for psychotherapy or body work to learn to express your feelings.



Don't avoid conflict.
State your opinions.
Take a stand.



2. Relationships

- If you have the tendency to deliver long treatises, limit yourself to two or three sentences, then determine if people are interested before continuing. Make it a conversation.
- When you are in a group, be aware of any desperate urge to prove you know something.
- Let others know it when they are important to you.
- When you feel the tendency to give to others, go ahead and do it.
- Ask for what you want, including the setting of limits.

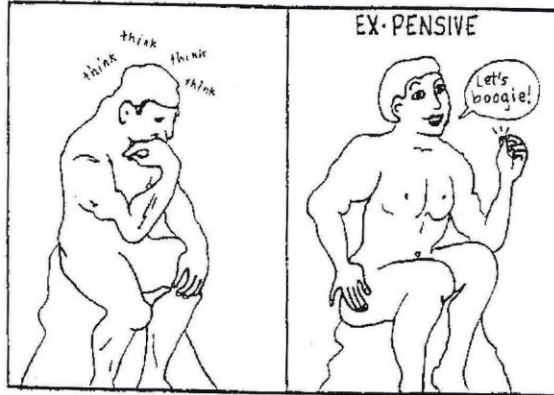


A Nerd-Anon meeting.

- If you desire more experience in interacting with people, become a member of an ongoing therapy group where it is acceptable to speak or not to speak.

Things Fives Would Never Dream of Doing

- missing an opportunity to exhibit their extensive knowledge of an obscure area of their field to their colleagues
- throwing a big party
- volunteering to be the master of ceremonies at their next high school reunion
- subscribing to the newspaper only for the society page
- becoming a used-car salesman or selling vacuums door-to-door
- referring to the plants in their garden by their everyday names instead of their Latin names
- going away with a group where they didn't get a minute to themselves for two weeks



Positive Things to Say to Yourself

Interaction and experience are necessary for real understanding.

I will experience being an individual fully when I empty myself of my preconceived ideas and categories.

I don't have to be the smartest person.

