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# The Loyalist

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Report for Enneagram  
Style Six

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## Your Enneagram Style: Six

# The Loyalist



### Summary

As Loyalists, Sixes are faithful, responsible, trustworthy and resilient people. They are very aware of their surroundings, keeping an eye out in order to make the world a safer place. Sixes live their lives with integrity and high ethical standards. Sixes are very loyal and will remain devoted long after others have moved on.

Sixes are detailed and practical, especially with contingency plans in case something should go wrong. They are great at knowing which steps to take and in what order, and they will recruit others to help. They will rarely let you down. Their word is their bond. They are warm, supportive and provide continuity in their relationships. They are a consistent and stable presence in others' lives.

Sixes love the security of a good plan and prefer not to be caught off guard. Sixes need to know that others are trustworthy, valuing the stability and security that consistency and planning provide.

Loyalists show us faithfulness and how to be an unflinching presence.

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### Motivation & Core Fear

Sixes want to be supported and to have guidance. They work to ensure that they have done all they can to protect themselves and others. They take time to make careful decisions and do not like to be pushed or rushed when doing so. This motivation is driven by their fear of what can go wrong. While they greatly desire security, they have developed a core fear that they must keep themselves and others from harm.

### Phobic and Counterphobic

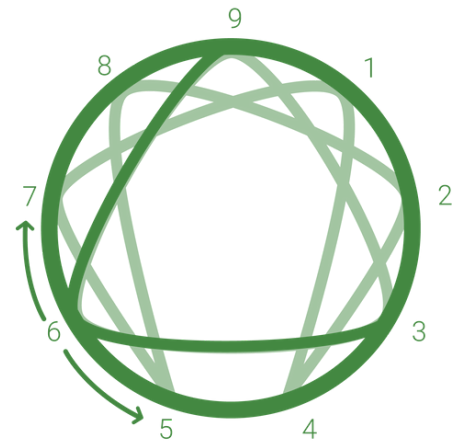
Sixes are unique in how they express their fears. The majority tend to have anxieties and fears that usually cause them to withdraw. These people are referred to as "Phobic Sixes". However, some tend toward facing their fears and anxieties and appear to be very strong and tough. These are referred to as "Counterphobic Sixes". This latter group can be rebellious, aggressive, and outspoken. They will move toward their fears rather than away from them.

# Wings

Each person is unique. Thankfully, the Enneagram recognizes this and actually shows how each style carries “flavors” of the other styles.

On the diagram to the right, the lines on the outside of the Enneagram drawing (pointing from the Six to the Five and to the Seven) are called “Wings.”

If you’ve taken our assessment, your wing is the higher score between a Five or a Seven.



## SIX WITH A FIVE WING

This variance is often called “The Defender.” Having Defender tendencies means that you are probably very good at problem solving, have technical expertise, and enjoy learning. Most likely your learning will be centered around systems and parameters. You enjoy serving various causes that help others who are disadvantaged. You can be skeptical, reactive and possibly aggressive. You are more independent and focused.

## SIX WITH A SEVEN WING

This variance is often called “The Buddy.” Having Buddy tendencies means that you are more outgoing, serious about your commitments, and place an emphasis on taking care of your family and friends. You have the ability to laugh at yourself, enjoy the company of others and appreciate the stability of solid relationships. You may avoid things that cause you anxiety by creating diversions for yourself. You may depend on others to reassure you.

# Subtypes

Each style has three different "subtypes" or instincts often referred to as self-preservation, social, and one-to-one (sexual).

The self-preservation instinct is interested in safety and well-being.

The social instinct is very aware of others and how they affect those around them.

The one-to-one instinct has a higher drive for intimacy in another person.

## SOCIAL

- This Six loves accuracy and precision. They see life in terms of black and white.
- They do what is expected of them. That's why they want to "know the rules" to help them deal with their fears and anxieties.
- This also helps them to know what is expected of them so they cannot get in trouble. They can be legalistic, efficient, and dutiful.
- They tend to identify who is "good" and who is "bad" based on the way a group behaves.

## SELF-PRESERVATION

- This subtype is the most phobic Six. Their fear will manifest itself in insecurity, worry, and self doubt.
- They feel safe, secure, and protected in friendships.
- They may take on a surrogate family to feel safe and secure.
- They will be warm, friendly, and trustworthy in order to gain friends who can protect them.
- Safety and security is a main concern when making decisions.

## ONE-TO-ONE

- Since this subtype is more "counterphobic" and not wanting to give into their fears, they will push back against them. They can do this both verbally and physically.
- They can appear bold, strong, and brave in order to appear intimidating to ward off any threat or harm. Their motto is "The best defense is a good offense".
- They can look like an Eight but they struggle more with anxiety and self-doubt. They think in terms of the "worst case scenario".
- They need to be ready mentally and physically for any situation.

Note: You use all three of these, but one is more influential upon your style. Also, the order of intensity of these three is why you can be very different than another person with the same style.

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# Your Circumstances

## Childhood

As children, Sixes may have grown up with a parent who was unstable, unreliable or emotionally unavailable. They may have been provided little stability or guidance. Some Sixes may have grown up with overprotective, domineering parents who may have exhibited love in unpredictable ways. Sixes may have either responded with compliance, clinginess and dependence or rebelliousness, independence and ambivalence. Because responses from their parents were unpredictable, Sixes have an “inner committee,” imagining what others responses might be to their decisions. Sixes desire connection with a strong, protective person who will make them feel safe.



## At Work and in Relationships

Sixes can be good troubleshooters, problem solvers, and can remain calm in the midst of a crisis, especially when they are operating from a place of health. Sixes have a keen sense of risk and potential threat to a project. They are also insightful and pay close attention to detail. In addition to these traits, their protection and support of those around them make them an excellent addition to any team. They are loyal, reliable and value equality, making sure everyone in the group is considered. At their best, high-functioning Sixes are observant, understanding and confident in their ability to meet demands. They radiate courage when situations are adverse.

When Sixes focus on risk and threat, they can become untrusting, especially taking a long time to build trust in others. They may rebel

against the opinions of others--even leadership--either openly or internally. In their weaker moments, Sixes can get so caught up in the “what if’s” that they can slow down projects and processes. They can also make things more complicated because they see a variety of solutions to a problem. They can be hesitant and find it hard to move forward because of overthinking. Sixes can become paranoid, fearful, and struggle with anger.

Sixes need to accept that their security and support doesn’t come from their active awareness and planning, but from faith and courage. When they do, Sixes will live a more enjoyable life by living courageously and conquering their fears. They will also find peace instead of anxiety and worry.

# Stress & Security

The lines on the inside of the Enneagram drawing (pointing from the Six to the Three and to the Nine) are called “Arrows.” They reflect how a person operates in times of stress or security.

Generally, Sixes gain a few characteristics of Threes under stress. They can become competitive, image-conscious, self-promoting or dismissive of others. But when Sixes operate healthily, they can develop themselves, motivate others and be goal-oriented.

In a more secure or relaxed setting when Loyalists feel comfortable expressing their innermost thoughts and feelings, they gain a few characteristics of Nines. They can grow more optimistic, relaxed and trust their instincts more. But if Sixes feel uncomfortable expressing anxiety, they shut down and retreat. They may avoid conflict, become stubborn and forget to take care of their own needs.



# Gold & Shadow

When Sixes are motivated to create security for themselves, they operate in the dark side of their personality and often feel anxious, untrusting and cautious. But when Sixes have most of their needs met and are well-loved, they can seek to help improve the world with courage and confidence.

The following table shows your responses in the assessment. Typically, they are your characteristics when you are healthy (gold box) and your characteristics when you are unhealthy (gray box):

## Loyal

I remain devoted even after others have moved on.

## Faithful

I keep my commitments.

## Watchful

I keep a close eye on the people that I am responsible for.

## Trustworthy

You can depend on me.

## Careful

I take my time to do things well.

## Insecure

I feel unsure of where I stand.

## Worrying

I turn things over in my head too much.

## Hypervigilant

I often feel “on guard.”

## Suspicious

I am wary of other people’s motives.

## Feel Vulnerable

I feel unprotected



## Healthy

Healthy Sixes become courageous and understand that their security is not found in someone or something. They become trusting of themselves and others, becoming independent in their decision-making and socially interconnected. Instead of focusing on all the things that can go wrong, healthy Sixes fully know, believe and trust that there is security and safety. In believing this, Sixes are able to fully participate in creating stability in the world around them.

When they are healthy Sixes develop relationships that allow them to give and receive support. Sixes at this level are more calm, optimistic, and engaging as their fears have been laid aside. Sixes become community builders, bringing others together for a common cause. They want to be a part of something that makes an impact. They will be committed to and work cooperatively with others because more can be accomplished. They are diligent and have endurance to see things through to completion.

Healthy Sixes are attentive, affectionate, reliable, responsible, practical, detailed and disciplined. They actively work on self-development. They have a deep sense of loyalty and can always be counted on by friends and family.

## Average Health

Average health Sixes tend to focus their attention on the areas of life that bring them security and support. They become more cautious as they begin to anticipate potential problems. Sixes at this level of health may long for independence but their fears cause them to seek out reassurance from others. Sixes tend to have low self-esteem, and rather than focus on their past successes they look at their past mistakes. They worry about the future and take action--such as saving and investing--to guarantee that their needs will be met. They may remain loyal to their place of employment, even when it is not the best fit simply to ensure that they have provision. They have hopes and dreams but will not pursue them because they perceive the risk is too great. Although they may set goals, their targets often move because they can't quantify the results. They find comfort in predictable routines of life. Average Sixes often struggle with anxiety but they internalize it.

## Spiritually Unhealthy

Unhealthy Sixes become panicky and feel helpless. They may lash out at others in critical, derogatory and berating ways. They may have made reactionary decisions resulting in vulnerability, causing them not to trust themselves or their decisions. They fear abandonment, rejection and harm. They have anxiety that may be manifested physically in panic attacks. Unhealthy Sixes feel that everyone is working against them and that nothing will go right for them. They may become paranoid and self-destructive.

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# Next Steps

Here are some helpful steps in how you can boost your understanding of yourself and the people around you.

## Personalize It!

Begin by reading through your report with purpose. Grab a highlighter and mark any word or phrase that is especially true of you. This process will help you evaluate your results and “hone in” on the truths that are most applicable to your growth.

## Team Building

This study is perfect for groups and leadership teams. Your group will grow in empathy, understanding, and in the ability to speak to one another in a more personalized way.

## Spiritual Questions?

Since the Enneagram emphasizes emotional health and character growth, it's a great tool to explore the spiritual beliefs that drive your motivations.

We also have courses for leaders who want to learn all nine Enneagram styles from a Christian perspective. To learn more, click the link below.



[Click Here to Preview Courses](#)

## Coaching

We're happy to help boost your self-awareness, spiritual vibrancy and giftedness for individuals, couples and teams. We will customize our time to meet your needs and desires.

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## Speaking

We are equipped to help boost productivity, unity and the health of your leadership team through retreats and conferences. Email us at [john@peoplelaunching.com](mailto:john@peoplelaunching.com).