WHAT TRIGGERS YOU & HOW YOU BEHAVE

Enneagram Types in Threat

Each type has a particular set of circumstances that moves it below the line. Notice what triggers you, and the patterns that follow, as a first step toward conscious choice.

	TRIGGER	BELOW THE LINE RESPONSE	
TYPE 1 PERFECTIONIST	• Irresponsibility • Unfairness • Making mistakes • Being criticized • People who disobey rules or do things incorrectly	• Feeling irritated or frustrated • Self-righteousness • Criticizing self and others • Worrying about making mistakes • Over-working	• Being rigid or inflexible • Perfectionism • Black-and-white thinking • Righteous outbursts • Hyper-sensitivity to criticism • Body tension or tightness
TYPE 2 HELPER	• Not being appreciated • Loss of connection • Giving too much • Not being needed • Needs not getting met	• Over-giving • Denying own needs • Feeling “better than” or “less than” • Being overwhelmed by meeting others’ needs • Manipulating with flattery	• Giving to get • Resenting others for being unappreciative or too needy • Blaming others • Feeling entitled • Overindulging to satisfy unmet needs
TYPE 3 ACHIEVER	• Obstacles to getting things done • Incompetence, indecision • Inefficiency • Failure • Anything that reflects poorly on them	• Impatience • Working too much • Overly concerned about image • Lack of empathy for others’ feelings • Inability to slow down or relax	• Chameleon-like behavior • Feeling the need to impress • Intolerance of their failures • Wanting to win at any cost
TYPE 4 INDIVIDUALIST	• Not being treated as special or unique • Feeling abandoned or rejected • Feeling unfulfilled • Phoniness or insincerity	• Overly attached to feelings • Focus on what is missing • Big mood swings • Angry outbursts • Romanticizing what could be or what once was	• Feeling a sense of longing • Feeling inferior, shame • Wanting what others have • Feeling misunderstood and like they don’t belong

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	TRIGGER	BELOW THE LINE RESPONSE	
TYPE 5 INVESTIGATOR	• Demands or intrusions on time and energy • Being considered factually incorrect • Not having enough time alone to recharge • Feeling overwhelmed by others' emotions	• Withdrawing or isolating • Detaching from feelings • Over-analyzing, becoming consumed by thinking • Minimizing own needs • Being stingy with time, energy, money	• Having overly rigid boundaries • Believing resources are scarce • Arrogance • Feeling overwhelmed
TYPE 6 LOYALIST	• Uncertainty, unpredictability, untrustworthiness • Disloyalty • Feeling cornered, controlled or pressured • Illogical arguments	• Hyper-vigilant and suspicious • Obsessive worry or anxiety • Procrastination • Doubt of self and others • Indecisiveness • Projecting fear or doubt onto others	• Magnifying danger or threats • Focusing on negatives • Mistrust of authority • Overly compliant or defiant • Intolerance of ambiguity • Overly cautious or risk-averse
TYPE 7 ENTHUSIAST	• Constraints or limits on freedom • Inability to get what they want • People who are stuck in negativity • Being pushed to face difficulties or issues they don't want to face	• Difficulty maintaining focus • Making excuses and rationalizing • Avoiding difficulties, pain, negativity • Insatiable need for stimulation • Excessive positivity bias • Distraction to avoid boredom	• Craving more, not feeling satisfied • Avoiding sadness, anger or fear • Difficulty committing • Self-referencing thoughts, missing the needs of others • Anti-authoritarian and nonconventional behavior
TYPE 8 CHALLENGER	• Deceit, manipulation • Injustice or harm to innocent victims • Weakness, indecisiveness • Attempts to control them • Untrustworthy authority	• Denying vulnerability • Excessive eating, drinking, working, pleasure • Needing intensity, adrenaline rush • Impatience • Denial of their own limitations	• "My way or the highway" • Plotting or seeking revenge • Controlling or dominating • Aggressive, confrontational • Rebellious against authority • Taking justice into own hands • Being insensitive or callous
TYPE 9 PEACEMAKER	• Being treated as unimportant • Feeling controlled • Being pushed to make a decision or take action • Conflict or anything that disturbs their peace	• Going along to get along • Quiet stubbornness • Zoning out: media, food, alcohol • Passive aggressiveness • Focus on inessentials, avoiding priorities • Merging with others' agendas	• Rumination or over-thinking • Fogginess about own wants and needs • Believing "I don't matter" • Avoiding conflict • Excessive need for peace and comfort • Occasional angry outbursts when pushed over the edge

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