

Volume II

in The Conscious Person Series



THE NINE PROFILES
OF THE
INNER & SPIRITUAL
ENNEAGRAM

*A New Orientation of Self-Awareness
And Inner & Spiritual Growth*



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ABOUT THIS SAMPLE

This is a sample of the e-book, *The Nine Profiles of the Inner & Spiritual Enneagram*. It is in PDF format as it is currently in the final stages of editing for book publication. In purchasing this e-book, once I have finished editing I will then send you the final copy.

The Table of Contents should be helpful as it is extensive and will give you an idea of the range of contents of this book.

I have included in the first chapter, selections of the second chapter, and then a sample of one of the nine Inner & Spiritual Enneagram profiles which is representative of the comprehensive nature of each profile.

- Chapter 1: "Before You Begin: Understanding This New Approach," which provides the basis for this new orientation to the Enneagram system.
- Selections from Chapter 2: How This Inner Enneagram System Works.
- The Enneagram Nine's Profile.

The Nine Profiles of the Inner & Spiritual Enneagram is Book I in the book series, "The Conscious Person series." The necessary companion volume is Book II, *The Conscious Couples Relationship*, which establishes the framework for this new approach. I recommend that you download the free Sample to see the importance of its contents to understanding the new orientation.

Note that in this editing process, the page numbers in this Sample may not always be accurate. And that some e-readers may distort the charts and exercises, until I have finished the final editing and design process.

Best,

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Volume II

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Note on the Use of Gender Neutral Language in this Book

There has yet to develop a grammatical standard for a singular gender-neutral pronoun when making reference to the subject in a sentence other than constantly using “he or she” each time. For example, in this sentence the correct reference is this:

“When the partner lacks these awarenesses, he or she will find that. . .”

However, in this book on couples, as I refer to couples and partners throughout most paragraphs, I have chosen to avoid the awkward repetitive use of the masculine and feminine pronoun “he or she” in each sentence.

In avoiding gender-specific language and gender-based pronouns, instead I use the plural subject “their” for referring to the singular partner as the subject:

“When the partner lacks these awarenesses, they will find that. . .”

I recognize that in current grammar standards “their” should only be used when referring to a plural subject. Nevertheless, I believe that most readers will not be confused by this and will find it more fluid reading without the repetition of “his or her” throughout paragraphs.

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Chapter 1

BEFORE YOU BEGIN: UNDERSTANDING THIS NEW APPROACH

This book is Book II in the “Conscious Person series.” Book II in this series provides a new paradigm of self-awareness based on the Inner and Spiritual Enneagram. Book I, *The Conscious Couples Relationship*, systematically explains the dynamics that underlie and give rise to the findings here in Book II with the nine Inner and Spiritual Enneagram profiles.

However, these nine profiles of this new paradigm are based on the understandings gained in Book I. Without them the reader can easily miss the necessary explanations for a fuller understanding of the inner dynamics of self-awareness that is offered here. So I recommend that you begin with Book I, and use this Book II as a handbook to gain specific awareness of the different personality types.

This recommendation is especially true for those who are already familiar with or teach the conventional Personality Enneagram. Here in Chapter One, the new framework for this system is outlined. And the last chapter reviews the misconceptions and missed important relevancies that are commonly taught in the Personality Enneagram.

As a couples therapist, I started using the popular Personality Enneagram with clients in the 1980’s. As each of the partners opened up in the sessions, however, new understandings emerged of fundamental inner dynamics that have been unrecognized.

In the sessions, partners of the *same* Enneagram personality type consistently shared *the same inner* world of inherent gifts, core ego needs, sensitivities and insecurities, pressures and imbalances in their personality. These largely unconscious forces turned out to be fundamental to each other’s well-being. And awareness of them provided a basis for inner personal growth as well as to the success of a couple’s relationship.

As a result of these discoveries, a new framework emerged called the *Inner Enneagram* for making sense of these dynamics within each person’s personality. And the *Spiritual Enneagram* emerged as it became clear that the specific gifts and qualities in their personality Enneagram type were an expression of their *essential nature*. And that people of each type shared the same specific *quality of being* that made them who they are.

Understanding these inner dynamics in the relationship between our pure essential nature and the personality is what creates this new paradigm of understanding in the Inner and Spiritual Enneagram. Let’s review these findings of partners of the same Enneagram type consistently discovered as they opened up.

The Inner Enneagram: Gaining Self-Awareness in the Personality

The Inner Enneagram is a new paradigm in understanding each person’s *inner world*. In working with couples the Inner Enneagram revealed **six dynamics** that were found to *fundamentally affect* each partner’s inner personal world *and* their relationship’s success:

Discovery #1: Each Partner’s Specific Core Ego Needs

The Basis of Fulfillment Together is Responding to & Honoring Each Other’s Core Ego Needs!

As each partner opened up, **the first dynamic** became evident as people of the same Enneagram types consistently shared *the same* three or four *core ego needs* – that is, what each partner in their personality *fundamentally needed* in the relationship in order to *thrive*.

This becomes important in a lifetime partnership with someone of a different personality type, who has different fundamental *ego needs*. That is because these core ego needs tend to be connected to the person's emotional well-being.

Simply put, when those fundamental needs are met in your life, you thrive. When they are not, you become distressed. Finding someone who appreciates these personality needs, and who naturally responds to them, will dictate your level of compatibility. For most marriages this becomes the basis of the level of your happiness and fulfillment together.

Having these few underlying needs met in your relationship makes all the difference. When each of you is responsive to what *really* matters to the other, you each feel nourished and live harmoniously. These are the times in your relationship together when you feel loved, happy, fulfilled, and at peace with your partner. You feel fortunate to be together.

On the other side of the coin, when a partner disregards or is insensitive to what *really matters to you*, that is what creates tensions in the relationship. Those are the times you feel disappointed, irritated, angry, or upset with your partner. In fact, *all* arguments and conflicts stem from each other's underlying core personality needs and sensitivities not being respected, honored, made important, or responded to.

When these ego needs are left unfulfilled, you will feel empty in this relationship. That emptiness deep inside is a scary place. In fact, at its core, it can feel intolerable. It is simply too painful to go there. And whenever this sensitive, empty place inside is triggered, that is when you will feel emotional tension and turmoil inside and in your relationship. You become frustrated, angry, hurt, or you pull away or shut down. All of which makes you unhappy.

Overtime if these ego needs are not met you will feel more and more unfulfilled in the relationship. The innocence of your original love inevitably starts eroding. You start to feel more separate as your heart starts to shut down to protect your self. At the same time you can find yourselves arguing more. Which leads to further emotional distance -- within your self, and with each other.

According to the statistics, this is a road that many couples inadvertently find themselves who eventually divorce. But ask yourself, what about those that don't divorce - what percentage of those who remain married have over the years have lost the innocent, loving, intimate connection together? They stay together and yet are not fulfilled.

These are sobering facts for couples starting out in love who are getting married. As innocent as they feel, it can mean that the chances of a marriage ending up unhappy and unfulfilled as a couple are much more likely than not. Ouch. Those are not good odds. Yet on one's wedding day, it is hard for the couple to even imagine that their chances of a successfully sustaining the intimacy in the marriage might be just thirty percent. Alas.

This is why it is so fundamentally important for partners to come to identify what their few fundamental *core personality needs* are. And in their formal marriage commitment, they each vow to make their partner's core needs as important as their own! "*Both Needs Matter*" is the mantra. Your partner's fundamental ego needs have to be as important in the relationship as your own in order for you both to stay fulfilled and keep your hearts open. After all this is what a team and a partnership are. This is what you both are signing up for when you committed to each other!

More importantly, as you will see, the *Inner Enneagram* shows "*Why*" those specific needs matter deep inside each other. This in itself you will find revelatory. So then "*Now it makes sense!*" This enables each of you to put yourselves in your partner's shoes in what they go through deep inside. As a result you come to understand, empathize and care for what your partner goes through. And not just yourself! So you both thrive in the relationship.

Discovery #2: Each Partner's Inner Sensitivities

As couples opened up in sessions, **the second dynamic** became clear -- that each Enneagram type *shared the same emotional sensitivities* and underlying *core insecurities* that were being triggered in the relationship.

It is the natural human condition to have emotional wounds and insecurities in their personality. Just as people have physical imbalances. However, it these fundamental emotional insecurities that generate the inner pressures that show up in their personality. These also are what generate the emotional sensitivities and fuel the upset feelings in a conflict.

Most people have little self-awareness of *the source* of those tensions deep inside themselves when those pressures arise or when they become upset. An when those unresolved emotional wounds are inflamed, they tend to take those tensions out on their partner, instead of having the inner self-awareness to recognize and own them.

The Inner Enneagram is the result of countless clients of *the same personality type* collaborating the same specific insecurities – what they are sensitive to and what makes them upset.

Gaining these shared awarenesses together is what enables each partner to better attune to and respect the sensitivities that each faces inside. This enables them to understand and relate to each other more deeply. And care about what each other goes through.

Partners also find that gaining this personal self-awareness within themselves is empowering. Most people are unconscious of these sensitivities that grip their personality. And thus act them out freely and righteously.

However, Knowledge is power here. It enables them to immediately recognize the source of their tensions when they emerge. And together with the tools we teach here in Section III, be able to safely resolve them with their partner rather than act them out. In doing so, they increasingly free themselves of the binding hold these sensitivities have on them.

Discovery #3: Each Partner's Inner Pressures & Imbalances in Their Persona

Most people are not aware of how their insecurities will create pressures and imbalances in their personality. Lacking that self-awareness, it is typically each other's partner in the couples sessions who is the one who is very aware of where the other tends to go out of balance in their personality and in the relationship.

We all have imbalances in our personality, particularly when we are under stress. However, while it is human to have them, it sure can be difficult to live with someone who is completely unaware of them in their personality. And as a result, acts them out freely. And righteously!

In the sessions with couples this **third dynamic** became clear -- that people of the same personality type typically *shared the same inner pressures* and *specific patterns of how they would go out of balance* in their personality. These patterns show up in their stressed behaviors as well as in distorted attitudes and beliefs that make up each partner's "issues."

Issues can go both ways, either way too much or way too little. Examples might include issues about money and finances – the spender versus the miser; chores – the clean freak versus the lazy; the need to control versus the need not to ever feel controlled; power versus avoid feeling dominated; opening up, romance and affection, jealousy, sex, how to treat the kids, in-laws, how they spend their time, and their specific pet peeves. You can see the list could go on and on.

Of course most of us do not tend to see any imbalances in our personality. So imbedded and attached we are in our own *filtered reality*, we each feel that our world *is* and *should be* the norm. As a result, many have little or no self-awareness when their imbalances would show up.

So no wonder partners create tensions in the relationship and are not be able to recognize that they are doing it. And then defend themselves whenever they are called on it. And they tend to become righteous about it. That is what an argument is, isn't it?

The Inner Enneagram is a record of what people of each personality type discovered as *the specific patterns of imbalances* that tend to show up in their personality. This is important in life as it can make all the difference when someone is so self-aware of their inner world, such that *they can step out of their ego and see* when their inner pressures start to go out of balance.

Without this self-awareness, how are people expected to change? After all, even with all of the critical feedback they have received in their life, has it made much difference?

These uncomfortable imbalances that show up in your personality and in the relationship, just like imbalances that affect your physical health, are simply a signal that there is something that needs attention in order to be resolved inside. But without these inner awarenesses and tools, how would you know? Instead isn't it always someone else's fault? And of course, that is the trap.

Notice also that partners do not tend to take well to the other's criticism of their personality. Maybe they have heard it for years and just tune it out. Partly because it tends to come from a place in their partner of frustration and righteousness, so it feels like they are being made wrong by the other. So naturally they defend themselves.

But how could it be wrong? It certainly does not feel "wrong" to them, does it? "*How could what I am doing, what I am needing, what I believe in, that makes so much sense to me, or feels so good to me, and so natural in my world, be wrong?*" But then, that is exactly how the other partner also feels about their world. No wonder both feel so righteous.

So it makes sense that in a conflict neither partner wants to discover their individual imbalances, nor the source of the pressures that drive them. At least not from their partner! Fortunately, couples discovered that gaining these awarenesses in the Inner Enneagram was a positive experience. For in this orientation there is no blame. No one is wrong. We are simply human. After all, this *is* the human condition in the evolution of consciousness. And safely working through and resolving these imbalances *is how* we evolve – by hook or by crook. Otherwise we ourselves (and our relationship) pay the price!

Partners also found that gaining these awarenesses was freeing. Being unconscious and completely at the effect of these inner pressures was not any fun. Just as it is not any fun being at the effect of a physical health problem that is causing distress. Without these awareness people become a prisoner of their inner pain that is forever locked away deep inside.

At a certain point in one's evolution people realize that they *want to know* what it is about, so they can free themselves. This is why we look for the *source* of the surface problems that show up in conflicts, resentments, and anxieties. Just like when a bothersome health problem emerges, we go to a doctor to discover the source of the problem that we have little or no awareness of.

What makes this process holistic, and even more powerful, however, is the understanding and experience of this from a different dimension. This is the domain of **the Spiritual Enneagram**

The Spiritual Enneagram: Gaining Awareness to Live From Your Pure Self

Discovery #4: Your Inner Self

The **fourth fundamental dynamic** comes from the exploration of the Spiritual Enneagram. As each of the partners opened up in sessions it became clear that beyond their personality was a truly incredible being. When people sincerely open up, we see something innocent and pure as an expression of their individual spirit in life. This is the natural goodness of their being -- a noble place inside that in its purity is inherently loving, joyful, caring and wise. These indeed are the *pure* essential qualities of the human spirit.

However, people are different in their inherent gifts expressed in their personality. In working with couples in such an intimate setting, it became evident that people of the same Enneagram type were expressions of *the same exact essential nature*. They shared the special quality of spirit that made them who they are.

This may seem esoteric, but it is not. These are the natural *extraordinary qualities* and *essential talents* within each person that stand out to everyone. In fact, these are the very qualities in each other that first drew them together in their relationship. These attributes of their *inner nature* are what each partner so appreciated, valued, and loved about the other.

However, *the source* of these striking qualities is not the personality. Nor were these specific essential qualities *learned* or brought out in their upbringing in their family of origin. After all, brothers and sisters are usually a different personality type, with different gifts, different natures -- yet they were all brought up in the same family system

These distinguishing qualities in the human personality are inherent in *their very being*. They are singular expressions of their pure, absolute nature within. This is why they are considered *spiritual* qualities – essentially unbounded qualities like pure *Peace*, unconditional *Love*, inner *Bliss*, pure *Intelligence*, and essential *Power*. And each of those is *the source* of an Enneagram type personality.

This is not some theory about one's spiritual nature. After all you can readily see these inherent gifts in people -- the essentially *peaceful* and easy going person, the pure *loving* and *caring* person, the innately *happy* person, the *intelligent* person, the *powerful* person, and so on. This is what determines which personality type you are.

Couples in the sessions and those reading *The Conscious Person* book series were able to identify and come to personally appreciate the essential qualities of their inner nature, of their true Self. And their partners too!

This experience crystalizes for them in an intimate way as partners realized that this pure Awareness was their true identity inside. Its very nature is who they are. Not their ego. Nor their physical body. Those are mere reflections of their inner Self, however pure or impure those reflections may turn out to be in their persona.

*"We are not human beings having a spiritual experience.
We are spiritual beings having a human experience."
Pierre Teilhard de Chardin*

This body of knowledge that unfolded has generated the Spiritual Enneagram, a new revelation in the evolution of the conventional Personality Enneagram. The focus in the Spiritual Enneagram is on the specific *pure nature* of each of the personality types that makes up each individual's Higher Self, as it were. As it turns out, these are not concepts or models. They are the experience and reality of Self, of who we are.

The Spiritual Enneagram also provides a unique view looking into the ego, from the top down as it were. This gives us a new and more fundamental dimension in understanding and working with the inner dynamics within each person. For it is *this* specific force that describes *why* people are the way they are. It also makes clear how the persona, one's personal ego, loses its purity in reflecting its essential nature. This is what in turn develops each person's specific *core ego needs, sensitivities, pressures, and imbalances* that the Inner Enneagram so clearly identifies in each personality type.

The *Spiritual Enneagram* is invaluable for finally clarifying and deepening your understanding and self-awareness of your true inner Self. Making this distinction inside can make a huge difference in your inner life. Individuals and couples found that it enabled them to better attune to their pure essential nature and its intuitive wisdom in their life. A place inside which underlies all of the humdrum of mental and emotional activity that can tend to consume the ego.

On this conscious path, the goal is to realize and increasingly deepen our awareness and connection to our *pure consciousness* within our natural Selves. For this place of pure Awareness at the core of our being is a place of wholeness, of peace and fulfillment within. This is Home.

The purer our consciousness, the more we naturally experience this place of Peace within ourselves, pure Love and Compassion, Wisdom and rationality, inner Security and Fulfillment. Those qualities are not something to be gained outside of ourselves – they *are our* pure Selves.

Our goal is to cultivate this pure Awareness -- stay connected to this place of wholeness within ourselves through the thick and thin. This is why we seek to gain this self-awareness and become conscious of our inner world. So that even when we become stressed or upset, we maintain our *Presence*. So we can step out of our egoic world of not peace, not love, not wisdom *and see it*. Recognize it. And transform it.

In this Conscious Orientation we use a simple but vital *framework of awareness* to sustain this pure Awareness in our lives. We use this framework throughout the profiles to distinguish our pure Enneagram Selves from the inner pressures that tend to distort our selves.

When our Awareness is pure, this is when we are *Person A*. This is when we are our natural Selves. We are happy within, free of stress, relaxed and open, caring and fully alive. These are the times that we are fully *Present* in every experience. You can readily recognize this and your partner can easily tell when you are being *Person A*. This is the natural experience we are looking to sustain.

However, when tensions emerge, the stress agitates our consciousness and disturbs our inner peace. This is when we become *Person B*. Instead of feeling naturally relaxed we become agitated or frustrated inside, nervous or anxious, we are becoming negative, or we are shutting down and going numb inside due to the inner stress. It is this inner turbulence that by nature overshadows *and distorts* our pure Self.

To the extent we are stressed, to that extent we are not as fully *Present* as the inner stress is now taking over. That is when our inner tensions are taking over and are doing the talking and reacting. It is our frustrations or anxieties, slighted feelings or sensitivities, or tiredness or bad mood that have taken us over. Or they are causes us to pull away or shut down. Others are the ones who can readily see when this is happening, as our own Awareness tends to become overshadowed.

We become *Person C* when the stress level becomes emotionally upset. This is when we tend to become completely overshadowed. This is when the anger takes over. Or the fear. Or we shut down. And there is nobody at Home. No inner *Presence*. This is *not* who we are. It is the anger or inner pain that is talking. There is not normal wise or caring Self.

This *is* the human condition to have insecurities that can become triggered and inflamed in our relationships and in life. There need be no shame about that, anymore than there is if you have too much pollen that triggers an allergic reaction. The main problem in that moment is that we lose our Self in the process. And *it is this* that creates the troubles that follow.

The awareness we gain in the Spiritual Enneagram enables us to *recognize* (and seek to live from) the goodness of our inherent nature – our true Self. And then the self-awareness we gain in the Inner Enneagram enables us to *recognize* the inner sensitivities and insecurities that become triggered and move us to *Person B* and upset *Person C*. And as well enable us to *recognize* the imbalances in our personality that show up in stressed *Person B* and upset *Person C*.

So now whenever we start moving towards *Person B* or *Person C*, we are able to catch it. It is this Awareness that catches it. So we are able to maintain our pure awareness of *Person A* – our *Presence* -- even in the midst of inner pressures and distress inside!

Now instead of “I am angry,” it is “I have anger.” Or anxiety, or hurt feelings, or stressed out, or tired, or bad mood. It is important to deeply realize that who “I” am is not the allergy; “I” have an allergy that has become inflamed right now. But that is not my true Self – who I am.

Without this personal inner awareness of their pure and noble inner Self, people tend to get caught up in, and can even live from, these distortions. Their insecurities and fears, their resentments, and their self-serving egos in life take over and feel natural. Then how would they see it?

And if people do not see their distortions, then how will they ever *own* them? And if they do not own them, how will they ever deal with them, resolve and heal them within themselves? If that is true, no wonder people do not grow and become increasingly free of their emotional insecurities over time. Instead, they can become more entrenched by them, and even more righteous and defensive. What a trap that is!

In contrast, *everyone* can always tell whenever someone is responding from their Higher Self. Especially when they are in a conflict or stressful situation. This is when they react graciously, thoughtfully, compassionately, unselfishly, nobly, wisely. This is when the person takes the 'High Road.' And whenever someone does, it stands right out. Immediately. To everybody. This is naturally *inspiring* because it comes from *spirit*. The very word "*inspire*" is from the Latin '*in-spirare*' – "*in-spirit*."

This holistic place of pure consciousness lies inside each of us. This is why we seek to become conscious. So we can increasingly live from our natural purity – our wisdom, security, and peace, and in our love and caring for others. The orientation cultivates this pure Awareness of who I naturally am as *Person A*. And so this deeper level of consciousness becomes a *lighthouse beam* within that we align to inside to guide us through the situations and challenges we face.

Discovery #5: New Skills & Tools For a Conscious Relationship

This new wisdom based on the Spiritual and Inner Enneagram generated a new and revolutionary shift in how we now approach *and* process our differences and emotionally charged issues together. This is the **fifth fundamental discovery** that couples made possible.

As couples began to realize and gain more sophistication of *self-awareness* and understanding of each other's world, they became more sensitive and responsive to each other's sensitivities and needs. And when they did trigger each other, they each began to see immediately the true source of those tensions *within themselves*.

A new *framework* emerged with a new set of tools that focused partner's awareness *inwards* whenever tensions emerged. Instead of blaming or taking those tensions out onto others, they learned frameworks for exploring and safely processing and healing the underlying issues that would naturally become triggered. These new tools are outlined here in Section III. And extensively laid out in Book III, The Conscious Couples Skills & Tool (in preparation).

Whereas the Inner Enneagram helped partners understand each other's inner world of sensitivities and needs, the safe frameworks made it safe to open up and share themselves. The safety this generated in the relationship changes everything. For some this was the first time in their lives to let someone in.

Couples found that this newfound level of vulnerability strengthened their relationship. They felt a stronger connection with a partner who doesn't blame but instead opens up. Differences, tensions, and conflicts now became a safe and poignant opportunity for sharing and healing, instead of arguing.

So not only were they able to intellectually understand their partner's personality Enneagram type, but in opening up and sharing together, they were able to actually *feel* what their partner goes through around their clashing issues. This is what enables each of them, not only to relate, but to *care about* their partner's core needs and sensitivities.

"If you could feel what I go through inside myself in living with you around this issue, you wouldn't do that." That's true. But it is true on both sides. Being able to *fully understand* each other *and* open up and *feel* what each goes through inside – this is what that enables the partners to respond empathetically and wisely to each other's needs. As a result, needed changes now are motivated because they each *cared*, not because "*they had to*." In a Conscious Relationship, "*needed changes are not about compromise*." It is about growth and caring for each other.

As a result of these tools and understandings, couples formed a conscious alliance to safely work through issues that emerge together. The relationship becomes more than just a pact for enlivening each other's love and meeting each other's needs. It also becomes a primary means for their individual growth and healing in their lives, and for deepening their capacity to love together.

This is what enables partners to make each other's needs as important as their own. After all, that is why they got married or together in the first place – to support and make each other happier. But at the same time, as they resolve their underlying issues together, they become increasingly free of those binding ego needs.

As a result, couples will find that they increasingly are meeting their ego needs *within their Self*. In this

way partners grow, become healthier, less desperate, less needy, and more established in their naturally fulfilling pure Selves. The openness together provides the basis for more freely sharing appreciation, romance, and fun so there is greater meaning and fulfillment together. This is the progression of experience that couples can gain. And you can have it too.

Discovery #6: Lastly, Your Personal 'Road Map' to Wholeness

If each of you is intimately familiar with your individual Road Map of *what you specifically need to do* to become a more wholesome person and to feel closer together, then what would there now to argue about?

But then how are people expected to see in their personality where their insecurities and imbalances are? How would they know how to respond differently when their needs and pressures conflict with their partner? Everything they do actually serves to protect from their inner pain or desperately fill their emptiness of spirit. That is why it makes so much sense to them. And even feels "normal." No wonder they do not tend to change, no matter how many times you have told them!

This is the **sixth fundamental dynamic** that became clear in sessions with couples. It is a fundamental dynamic for it can determine the success of your relationship – whether each of you become clear of *what specifically you need to do* in your personality on your road to wholeness in your evolution of consciousness. And to become closer together in your relationship.

Without this individualized blueprint that relates specifically to you in your personality, partners are left to fend for themselves. Which can mean they stay stuck in their rigid patterns and gripped by their inner pressures and needs.

That is what each partner says about the other in a divorce: "Good riddance! He didn't learn a thing. He is taking his baggage to the next relationship. Good luck with that." And typically, he feels the same way about his partner!

Again the specificity of this vital knowledge in the Inner Enneagram comes the couples. As you can well imagine, the person in the relationship who readily recognizes the imbalances in you -- *is your partner*. Just as you see his or hers! When you live with someone day in and day out, their gifts *as well as* their imbalances stand out. Especially when those clash *with your own!*

This is the value of having *The Conscious Person* book series. It lays it out rationally, objectively, and simply so it is easy for each of us to recognize. For what we are all up against is the natural human condition. We are saddled with our inner insecurities and imbalances just as we are with our physical health issues. But we need a way out. We need to discover what we need to do to become healthier. So we don't suffer. Or cause others to suffer -- like our partner and our kids.

You, your partner, and each of your kid's personal Road Map is fully laid out in the companion volume, Book II, *The Nine Profiles of the Inner & Spiritual Enneagram*. It provides you with a comprehensive review of each of the personality types. More importantly, each of the profiles ends with a final section that describes what individuals of *that Enneagram type* came to realize that they specifically need to do to become a more wholesome person – within themselves *and* in their relationship.

So this gives you an individualized Road Map of how to become a healthier expression of who you are. For your personality is simply an expression of something pure within you. However, it is only as pure or impure as your filter or persona is. And the purer your consciousness, the more connected you are to your true wholesome Self. And the more in balance you naturally are in your personality. This means the more at *peace* you are, the more *loving* you are, the *happier* more *fulfilled* you are *within yourself*, and the *wiser* you are as a spiritual human being.

Couples can find that this approach is actually a more positive approach to solving their personal and interpersonal problems. Thank heavens there is a Road Map that can free you of your inner pressures. This process is designed to be empowering, not disempowering. And for most people, reading about it gives them a safe way to gain these awarenesses. For it will hit home.

Ignorance is not bliss here in our human condition. Knowledge is power. And it can help to free each of you. In this whole series, you are actually benefiting from the wisdom of those who have gone before you.

Section II

PREPARING TO READ THE NINE INNER & SPIRITUAL ENNEAGRAM PROFILES

Chapter 2

HOW THIS INNER ENNEAGRAM WORKS

In the Enneagram system, there are nine different personality types as represented in the figure below. In the Spiritual Enneagram, each is an expression of a certain essential quality of consciousness -- a specific natural gift that is the source of one's personality. There are no standard names for each of the nine types. They are simply numbered One through Nine and they are referred to by their number. You are born one of these nine Enneagram types and the expression of that quality becomes your *core personality type*.

You Are Not Just One Enneagram Type!

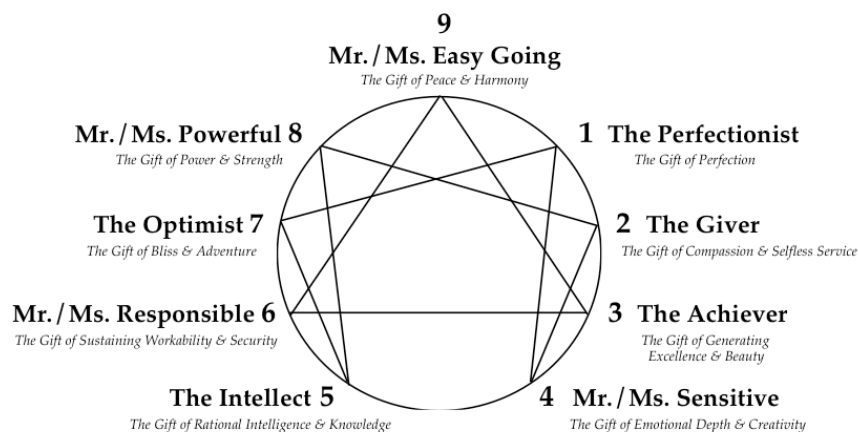
Your personality is an expression of a number of different gifts, inherent talents, and pure qualities of being. The Enneagram system describes those spiritual qualities that make up who you are. You are born a *core personality type* that is connected to **four** additional types, additional qualities that account for the different facets and gifts in your personality. They are called your **Wings** and your **Lines**. Together, your core personality type *and* your strong *wings* and *lines* express the gifts that give rise to all of the striking qualities that make up your personality.

As you see in the diagram below, your Wings are the number before and after your *core personality type*. For example, someone whose *core personality* is a One has a Nine wing and a Two wing -- the number before One and after One. The core personality Five has a Four wing and a Six wing.

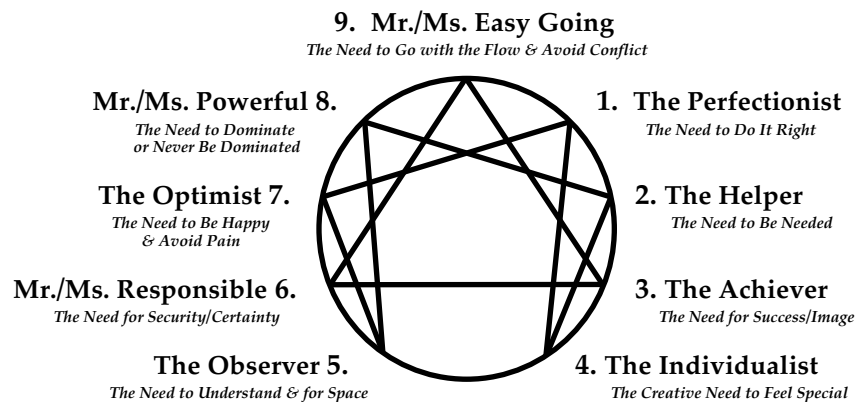
In addition to your Wings, each core personality type also has two Lines that connect to two other types in the diagram. Notice that core personality Threes have a line to Nine and a line to Six. Sevens have a line to One and a line to Five.

The gifts and qualities of a Wing or Line that are connected to your core type, however, can range from being very strong to very minimal, or not even show up at all in your personality. And you may only draw certain, specific features of that type's quality.

Once you know your *core personality type* and which of the qualities and features in your wings and lines that are strong in your personality, those together are the qualities and natural gifts that represent all of the wonderful facets that make up who You are in your persona.



The Core Needs of the Nine Enneagram Types



HOW TO DETERMINE YOUR CORE ENNEAGRAM TYPE

To help you discover your core personality type, I use the following nine Statements that represent the thinking of each type. I have found in the large seminars that I teach this can quickly point people in the right direction, usually in eight out of ten people.

So start with this exercise and see which one (or which ones) stand out to you as your possible *core personality type*. Do the same for your partner, and then we will go from there.

Select the statement that fits you the most:

“I tend to be a person who . . .”

1. Notices details and works hard to have things done “the right way.”
2. Is the Giver and supporter in my relationships.
3. Needs to achieve and is highly motivated to Excellence and Success.
4. Is Sensitive. I also know inside that I am different from others. I am more of a creative, emotional type person.
5. Is a Thinker. I am a perceptive Observer, curious, and very rational. I also value my space.
6. Is very Responsible. I am hardworking and dependable. Trust is fundamental to me. And when I read through these statements I can see myself in most all of them.
7. Really enjoys life. I tend to be happy and optimistic. I enjoy creativity and relish new and interesting experiences.
8. Is Confident and direct with people. I value truth and straight forward honesty. I don’t shirk away from confrontation.
9. Is easy going and goes with the flow in life. I also avoid conflicts. And I tend to procrastinate.

Now look at the *Outline of the Nine Types* that follows. The summary may give you more insight on which Enneagram type profiles that you will want to read in this Book II to discover you core personality type, strong wings and lines.

OUTLINE OF THE NINE ENNEAGRAM TYPES

EMOTIONAL TYPES

TYPE TWO - THE GIVER: *The Need to be Needed, Worthwhile*

Gifts: *Caring. Connecting. Helpful*, kind, compassionate, nice, flexible, hard working, truly cares about others.
 Fears Emptiness: *Being not Worthwhile*. Alone, not appreciated, disconnected from loved ones & others.
 Out-of-Balance: Gives & does too much. Unaware of own needs. Gives to get love. Too nice. Needy, Doormat.

TYPE THREE - THE ACHIEVER: *The Need to Be Someone -- to Succeed & be Impressive*

Gifts: *Generates Excellence*. Attractive, Highly Motivated, Hard-working, efficient, Effective, Charming, smooth.
 Fears Emptiness: *Being Nobody*. Failure. Feeling inadequate. Poor image. Alone. Not feeling appreciated.
 Out-of-Balance: Overworks. Overly Ambitious. All about Me, and Appearances. Can't be criticized. Deceit.

TYPE FOUR - Mr./Ms. SENSITIVE: *The Need to be Special, Original, Creative*

Gifts: *Original. Special. Creative*. Sensitive. Authentic. Deep. Passionate & Emotional. Imagination. Different.
 Fears Emptiness: *Blending In. Being Nobody*. Meaninglessness. Abandonment Uncreative. Lack of passion.
 Out-of-Balance: All about Me, Me, Me. Too Sensitive - Drama queen. Get attention through Crises. Envious.

MENTAL TYPES

TYPE FIVE - THE THINKER: *The Need to Understand & for Personal Space*

Gifts: *The Knower. Observer*. Objective. Analytical. Rational. Independent. Self-contained. Calm. Perceptive.
 Fears Emptiness: *Not Knowing or Understanding*. Being Engulfed. Feelings. Being Vulnerable.
 Out-of-Balance: Analyze vs. Feel. Detached. Private. Un-giving. Unsocial. Unemotional. Compartmentalizes.

TYPE SIX - Mr./Ms. RESPONSIBLE: *The Need for Trust/Security/Certainty*

Gifts: *Faithful, Reliable*. Loyal. Helpful. Cares. Engineer mind & Problem-solver. Structure for everything.
 Duty. Valor. Service. Sacrifice.
 Fears Emptiness: *Fear of life*. Distrust - Everything can or will go bad. Therefore Trust is everything. Being alone.
 Out-of-Balance: Anxieties & Worries. Controlling. Negative focus. Indecisive. Plan, Plan, Rules, Rules.

TYPE SEVEN - The OPTIMIST: *The Need to be Happy & Avoid Pain, Boredom & Suffering*

Gifts: *Bliss. Idealist*. Happiness. Positive. Adventure. Fun. Creative. Loves Newness. Trusts & enjoys Life.
 Fears Emptiness: *Unhappiness*. Boredom. Pain. Suffering. Sameness. Lacking Freedom or wings clipped.
 Out-of-Balance: Too Idealistic, Positive & Happy. Not Real. Pollyanna. Superficial. Restless. No follow thru.

VISCERAL, WILLFUL TYPES

TYPE EIGHT - Mr./Ms. POWERFUL: *The Need to be Powerful - Dominate or Not be Dominated*

Gifts: *Powerful*. Warrior. Dominant. Confident. Assertive. Decisive. Solid. Reliable. Earthy. Real. Justice.
 Fears Emptiness: *Weakness*. Vulnerability. Powerless. One-down. Vanquished. Wrong. Appetites unfilled.
 Out-of-Balance: Aggression. Confrontational. Insensitive. Domineering. Lustful. One-up. Can't be wrong.

TYPE NINE - Mr./Ms. EASY GOING: *The need for Peace and to Go with the Flow*

Gifts: *Peace. Harmony*, Flow. Easy going. Likable. Humble, Self-Effacing. "Relax. Be Happy." Harmonizes.
 Fears Emptiness: Tension & Stress. Discord. Criticality. Drama. Efforting for no reason. Sweating small stuff.
 Out-of-Balance: Passive, Lazy, Procrastinates, Neglectful, Disorganized. Avoids conflict & commitment.

TYPE ONE - THE PERFECTIONIST: *The need to do it Right, and not Wrong*

Gifts: *Perfectionism* - Always knows the Right way. Exacting Details. Principled, Disciplined. High standards.
 Fears Emptiness: *Being Imperfect*. Doing it wrong. Being Wrong. Not measuring up. Not emulating perfection.
 Out-of-Balance: Perfect expectations. Judgmental. Critical. Righteous. Cold. Nick-picks. Pushy, Too detailed.

Summary of Personality Dynamics

	<i>Natural GIFTS</i>	EMPTINESS <i>Fear of...</i>	CORE NEEDS <i>To Fill Emptiness...</i>	TRAP <i>I Struggle with...</i>	OVER THE TOP	To Bring into BALANCE
1	PERFECTION IDEALISM	Imperfection Not done Right. Or feeling Imperfect	<i>Partner:</i> Be Pro-active Complete projects Do everything Right	Judgmental Superiority. Righteous. Can't Feel Imperfect	Nit Picking Advice giving Directing	Humility Heartfelt Validate others
2	GIVING <i>Selfless Service Compassion</i>	Being Nobody Not being Worthwhile Being Alone	Feel <i>I am Someone</i> to others Feel Connected to someone Be Liked, Appreciated Help Everyone	Needy <i>Give in order to Get in order to feel...</i>	<i>Have no Needs</i> Others needs more important Being too Nice	Own Your Importance & Needs. Let others...
3	GENERATE <i>Excellence Beauty</i>	Being Nobody Inadequacy Failure Be Liked, Appreciated.	Feel <i>I am Someone</i> to others Achieve. Success. Be Impressive.	Deception Competitive Time is Enemy Use people.	Workaholic Vanity Me. Me. Me. Relax.	Make Others as important. Vulnerable.
4	ORIGINAL <i>Special Creative</i>	Being Nobody I'm not Special Abandonment	Feel <i>I am Someone</i> to others I'm Special. I'm #1. Be Creative.	Emotional Sensitivity Self Consumed Not satisfied in the <i>Now</i>	Drama Need to be #1 Me. Me. Me.	Mindful vs. Drama Other's Needs Be Here <i>Now</i>
5	KNOWING <i>Intelligence Silence</i>	Overwhelmed by Multiplicity (the World)	Figure out. Unify with Knowledge. Need Space.	Being in your Head, Fear of being Engulfed Opening my Heart	Too Intellectual Too Seclusive Not Feeling	Open up Heart Engage Express
6	SUSTAINER <i>Responsible</i>	Life falling apart Not Prepared! <i>Bad things will happen</i>	Certainty. Security. Be Always Prepared! Need Reassurance	Distrust. Worry. Doom & Gloom Fear of Life	Controlling Questions, Questions! Conspiracies	Relax Trust Life Lighten up
7	BLISS <i>The Optimist Adventurer</i>	Boredom, Unhappiness Can't Expand Suffering, Negativity	Happiness, Fun Adventure New Experiences	Boredom Limitations Pain & Suffering	Polly-Anna No Follow through Me...Me. Chatter.	Embrace Shadow Be with what Is. Feel Emotions
8	POWERFUL WILL	<i>Powerlessness</i> Being One-Down Being Vulnerable	To Dominate or Not Be Dominated To be <i>The Authority</i>	Insensitivity Not Caring Others Feelings Being Vulnerable	Overpowering Aggression Lust - Big Appetites	Sensitive Control Appetites Admit Wrong
9	PEACE <i>Easy Going Unifier</i>	Disturbing my Peace Conflict <i>I'm Flawed.</i>	Connect to my Peace Harmonious environment Feel Esteemed	Passivity Procrastination Disorganization	Inertia Ineffective, Befuddled My world is a Mess	Take Responsibility Need Structure Open up.

Crossing The River By Styles

ONES approach the river from the one and only perfect place to cross.

TWOS start to cross the river then double back to help others cross. As they continue to do this, they never get to cross the river themselves.

THREES wear their best and wait at the edge until they are the center of attention. Then they do the best, eye-catching strokes as they cross the river.

FOURS use a variety of fancy styles and even do a water ballet.

FIVES never get into the river. They hide behind trees and take notes and examine what everybody else does.

SIXES distrust the river currents. They wait, of course, for the security of others to take the ferry across the river.

SEVENS splash and dive and generally have a party, and it doesn't even matter if they ever cross the river.

EIGHTS march into the water and swim Upstream -- against the current.

NINES amble into the water and float Downstream with the flow of the current.

Section III

THE NINE PROFILES of the INNER & SPIRITUAL ENNEAGRAM

9

Mr. / Ms. Easygoing

WHOSE NATURE IS PEACE & HARMONY

The Need to Go With the Flow (And Avoid Conflict)

Nine's Nature is Being...		Inner Pressure Can Make Nine Energy...	
Peaceful	patient	passive	ineffectual
good-natured	likable	oblivious	disorderly
humble	unpretentious	neglectful	passive-aggressive
easy to get along with	laid back	numb	stubborn
self-effacing	relaxed	apathetic	lazy
in Nature	friendly	procrastinate	disorganized
non-confrontational	good will	shut down	unable to feel feelings

"Take it easy. Relax. Enjoy. Don't sweat the small stuff. Be Happy."

Gift: Peace. Unity of Life -- Unifier.

Peaceful. Relaxed. Easy Going. Peacemaker. Harmonizer. Accepting.

Pitfall: Passive. Laziness. Nothing seems so important or urgent. Energy is spent on maintaining inner peace (numbness) -- ignoring anything that takes effort or trouble. Especially tension, condemnation, & conflict.

NINES (Or Wings/Lines to Nine) WOULD LIKELY SAY...

- "I often feel in *union* with people and nature. That's my nature."
- "I try to avoid unpleasantness and conflict. Why bother. Life's too short."
- "I tend to procrastinate, putting things off until the last minute."
- "When people try to control me, I tend to get stubborn."
- "I do things at my pace and don't like being pushed."

THE SPIRITUAL ENNEAGRAM

Everyone likes Nines. Being around someone who is relaxed with you, accepting, truly humble, who has no agenda of their own, who goes with the flow, gets along with everyone, and is a good time -- he or she is enjoyable to be with. This is because Nines essential nature is *Peace*. That is the nature of their soul, and it is their innocent experience of life.

This is also why Nines are such a source of harmony in life. Spiritually, Life at that level of *Peace* is all harmony. This is because at the source of the Nine energy, *all* of Life is One. This unifying Oneness - - to merge, and blend harmoniously -- is the nature of the Nines' personality. After all, *where is there conflict when you are at One with everything?* No wonder Nines are so easy to get along with. In their Essence, their relaxed Self readily makes *you* feel at ease, good inside, and more connected to *your* Self. So you too can relax, and begin to feel that essential Peace and Oneness of life.

In Life, all of the Laws of Nature are working in harmony as One whole system. Everything that happens is just as it should be in the evolution of Life. Nines know this at the core of their being. As a result, they fully trust Life, and live from that ultimate trust of everything unfolding in Nature.

When you trust everything, there is nothing to do, just relax and go with the flow. *"Don't sweat it. It all works out. There is nothing to worry about."*

"If you worry about what might be, and wonder what might have been, you will ignore what Is."
Unknown

Nines are grounded beings, and live from "what Is." They are natural expressions of the *Physical* triad energy center. The Nine energy is not a mental energy, it is not an emotional energy. Nines are not emotional by nature. Why be emotional? Nor do they mentally worry about the future, or focus on the past. They live in the Now. Everything is the way it Is. And everything at some fundamental level of life is One, where differences merge. Connected to That, That is where Peace Is -- their nature. It is quite a gift this spiritual harmony and *Peace*.

This is also why Nines by nature are the *peacemakers* in life. They can easily merge everyone's point of view within their being. Differences are not emotionally threatening to unified Nines. They readily can see each point of view, and do not feel compelled to take sides. Their nature is to find what *unifies* rather than divides. This is why the United Nations usually picks Nines (or those with strong Nine energies) to be Secretary General -- most recently Kofi Annan and Ban Ki-moon.

You also see this gift as a harmonizer as part of President Barack Obama's nature. President Obama is a natural *leader* Three with a strong line to the *peace* and *harmony* nature of the Nine. It is the Nine part of him that earned him the moniker *"No drama Obama."* And, his Nine nature that is willing to harmonize his programs with the opposition, sometimes much to the consternation of the progressives.

Nelson Mandela also has this natural gift of *Peace* in his essential role of unifying his country South Africa and reversing apartheid (along with his strong line to *leadership* Three and *standup-to-oppression* Eight). The same is true of Abraham Lincoln, a Nine with a line to Three, whose incredible gifts unified a country in civil war. Interestingly, as their nature, Nines Nelson Mandela, Kofi Annan, and Barack Obama have all received the Nobel Peace Prize.

This gift of *non-violence* in the Nine can also be seen in powerful Eight activists like Martin Luther King and Mahatma Gandhi whose *Unifying* nature of *Peace* has affected the entire world. Interestingly, on Gallup's *List of the Most Admired People* in the world, a whopping 40% are Nines or those strongly connected to Nine. After all, who does not value true peace?

Nines ARE Nature

What most closely represents the natural *physical* Nine energy is pure Nature. And what brings the Nine energy closest to their inner essence of *Peace* is **being out in Nature**. Being in the forest, hiking on a trail or mountain, camping in the woods, being around water, relaxing on a beach, surfing on the ocean waves, sailing on the sea, or having a RV, being outdoors on a motor cycle or bicycle, playing golf -- this is what feels like home for the Nine energy. This experience of being out in Nature so closely replicates the *Peace* of their essential nature -- it is Home.

Everything out in Nature flows innocently, naturally -- just like within the Nine. Nothing needs to be done, everything just **Is**. Being out in Nature is the Nines' cathedral -- this is where Nines most easily connect to their innermost Selves. Nature's rhythm is their natural inner rhythm. In nature is where the Nine energy can truly relax and find their missing Self.

This is why what most closely represents the natural Nine energy is physical Nature. And what brings the Nines closest to their inner essence of *Peace* is **being out in Nature**. Being in the forest, camping, hiking on a trail or mountain, being around water, relaxing on a beach, surfing, sailing on the sea, having a RV, being on a motor cycle or bicycle experiencing nature, playing golf -- this is what feels like home for Nines. This experience so closely replicates the *Peace* of their essential nature -- it is Home.

Maybe the best example of this natural experience of Nines is found in fishing. In fishing there is nothing to do -- just Be. Completely *merge* with the whole experience of the pure, natural rhythms

and inherent beauty of all of nature around you. That is why those with Nine energy in their personality are drawn to fishing.

Now you can see why Nines might be drawn to living close to nature. More Nines, and those connected to Nines, than any other type live in rural areas -- surrounded by nature. It also why so many Nines prefer having a job or career working in Nature -- like a forest ranger, a trail guide, or white water rafting guide, a sailor out to sea, or work at a resort, a fisherman, or work at a marina, a caddy at a golf course, a lifeguard, a beach bum. Oneness with Nature is Oneness with Self.

NINES' WINGS & LINES AND FOR THOSE WITH STRONG WINGS & LINES TO NINES.

The Nine energy is a contextual energy. It can show up in different personalities differently. So if your core personality is a Nine, or if you have a strong wing or line to Nine, or if you are in a relationship with someone who has this Nine energy, then you will want to identify how it specifically shows up for you (or your partner). As you read through this profile, *underline* or note those qualities, needs, expectations, pressures, attitudes, and behaviors that are particularly relevant.

There are so many Nines on the planet, and they are easy to pick out. Everything about Nines reflects their easy going, relaxed nature. With core Nines, their pace tends to be slower -- they may talk slower, move slower, think slower, or seem to accomplish slower (especially when it involves those things that their partner wants them to do!). After all, what's the rush?

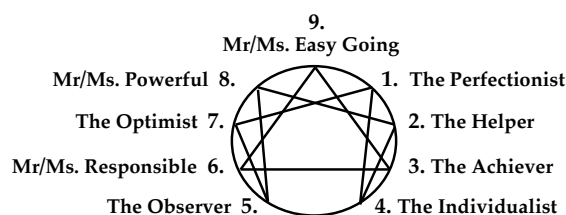
From the popular, contemporary Buddhist saint, Thich Nhat Hanh, a pure Nine who wrote the aptly titled book, *Peace Is Every Step*:

"Smile, breathe, and go slowly."

Those with strong Nine energies in their personality can be so easy going that they do not usually take the effort to organize themselves. Why bother? Their clothes and appearance can tend to be a little disheveled, maybe unkempt, certainly laid back. Their hair is not usually carefully groomed. The men easily have facial hair or beards. Their cars tend to be practical old cars or trucks, and usually a little messy. But who cares? Their peaceful, harmonizing nature is easy to appreciate. Think of Owen Wilson, Whoopi Goldberg, Ellen DeGeneres, and Snoop Dog.

This peaceful nature of the core Nine personality tends to make their personality appear passive. This is especially true of Nines who are without any strong countering wings or lines. They can be so passive, seemingly lethargic, with little or no initiative (except for what they want to do), or ambition. Left to themselves, Nines could relax and take it easy all day, just piddling around with things that give them pleasure.

Nines typically just do what makes them relaxed and feel good. To get everything else done, Nines usually require a structure or supportive framework. Their job at work is usually their primary (and only) structure. And they can be effective within that framework of expectations and support. But when they get home -- after work and on their days off -- all bets are off.



Nines with a One Wing / Ones with a Nine Wing

Strong wings and lines add gifts that will modify the Nine's personality. A Nine with a *perfectionist* One wing will be naturally orderly and precise in *certain areas* of their life. This is unlike the Nine

energy. Typically, Nines' home environment tends to have that relaxed, untidy, neglected feel to it. Nines seem to be okay living amidst disorder. Unless they have some orderly wings or lines, living amidst a mess does not seem to matter to them.

After all, the Nine energy reflects the natural order you see in the forest. Vines, brush, earth covering could all be seen as disorganized. However, there is an inherent beauty of the forest, but it certainly is not the same as the "man-made" manicured look that an expensive resort would showcase. Nines are more comfortable in an organic, natural, "lived-in" environment -- just like out in nature. They do not see the apparent disorder, just as people would not notice the "mess" in the forest. When camping, why would you want to clean up the forest. For Nines, their home environment is much the same. If you live with a Nine, you must understand this.

For orderly types, they wonder how can Nines live in a home like this. It is not a problem for Nines. If Nines need something, they will find it or do whatever it takes when they need it, and not until then. That is because it is no big deal. Nothing is. The effort to keep everything organized or clean is simply too much trouble. And the amount of effort it would constantly require to keep everything orderly moment-by-moment would only disturb their need to relax and feel pleasure inside. And for what?

However, those who are a Nine with a strong *perfectionist One wing* do notice details and disorder. They do take the initiative and the effort to make sure *certain things* are done perfectly. Yet, because it is just a wing to Nine, the area of focus is usually limited in scope. There are just specific things or certain areas that their One wing will need to be orderly or scrupulously clean in an otherwise disorganized life. With the One wing, maybe the kitchen must be kept cleaned, or cleaned a certain way, or is completely germ-free, but then the bedroom, or living room, or garage is a disorganized mess.

You may also see the One wing's focus on details and precision in their hobbies or in certain projects that are important to them. Nines with a strong One wings tend to be drawn to professions that require precise, detailed work -- where there can be no mistakes. Julia Child was an impeccable French chef, but her seemingly befuddled, likeable core personality as a Nine shown forth. And her Eight wing gave her incredible strength to stand up to any opposition (and gave her six foot, two inch height!).

Coming from the physical energy center and anchored in their bodies, Nines tend to be drawn to earthy, manual endeavors and projects. That is why Nines tend to work well with their hands. The One wing enables the Nine to be very good at carpentry, expert tile work, auto mechanics, and mechanical professions, for example.

Ones are also known for their ideals, morals and ethics. A Nine with a strong One might be someone like the popular television preacher Joel Osteen who reaches over seven million views weekly. His peaceful, relaxed spiritual nature with his natural sense of the ideal is inspiring to many. The title of his books illustrate these combination of Nine and One gifts. *Every Day A Friday* is a perfect title for a Nine.

"Quit worrying about how everything is going to turn-out. Live one day at a time." Joel Osteen

"Why not be happy while God is in the process of changing things? After all, there's nothing we can really do to make it happen any faster. We might as well relax and enjoy our lives, knowing that at the appointed time God is going to bring his plan to pass." Joel Osteen

And his One's focus shows up in his three most popular books, *Starting Your Best Life Now*, *Become a Better You*, and *Your Best Life Now*.

"Your best days are still out in front of you" Joel Osteen

"God wants you to have a good life, a life filled with love, joy, peace, and fulfillment." Joel Osteen

This Ones' ability to access deeper archetypes also can make some Nines philosophers. Your philosophy professor in college who had a beard, probably had this Nine - One connection of gifts. And, as you will see, also a strong line to the *inquisitive, problem-solving*, Mental Six energy; and the *motivated* Three energy propelled them to get a Ph.D.

Core type **Ones who have a strong Nine wing** have similar combination of qualities and tendencies. As Ones, they require extreme perfection in certain areas of their life, but their Nine wing is amazingly relaxed and disorganized in other areas. Ones who have strong Nine wings also tend to avoid conflict or drama in their personality, just like Nines.

Ones who are idealists will be more relaxed as a Nine. Al Gore's nature is the hard working One who focuses on the ideal, yet has a Nine-ish ruffled feel to him. As does Dr. Jack Kevorkian. Jimmy Carter has that Nine, down home feel to him in his gifts of peace around the world.

Interestingly, Ones, with their self-image of perfection, will notice everyone else's imperfections, and not their own. In the Physical, Will-based, aggressive triad, Ones easily feel frustration and anger when they see deficiencies. When someone does something that is not perfect, Ones catch it immediately and hold them to blame, at least in their mind. After all, the One would have done it perfectly. Why can't you! In psychological terms, Ones hate to experience that place of imperfection deep inside themselves, so they tend to project their own abhorrence onto everyone else. They never blame themselves. And they are critical and tend to blame others.

It is Ones' natural aggressive wiring that enables them to focus their frustration onto the world. On the other hand, the Nine core personality is the middle number in the Will-based triad -- they thoroughly repress their aggression. Their outlets for anger and outward blame are blocked. They do not get angry, instead they shut down. So instead of blaming others, Nines with a strong One wing are hard on themselves. Deep inside they unconsciously blame *themselves* when things go wrong.

You would not know this about Nines. In a conflict they simply go numb, and give no indication that they feel somehow flawed inside themselves. But this is how sensitive the One energy is to feeling deficient at their core. This makes it even harder for Nines (and Ones) to hear constant disapproval, criticism, blame, or being made wrong for their innocent nature.

Nines with a Eight Wing / Eights with a Nine Wing

Nines nature is peace. Eights nature is power and aggression. Nines with a strong Eight wing will be more confident, grounded, and powerful. However, whereas Eights have a need to dominate others (and life), Nines with an Eight wing do not feel a need to *dominate* anyone with their natural power. But they *do not like to feel dominated*. They are an easygoing kind of person, just do not try to order them around, tell them what to do, talk down to them. Nobody talks disrespectful to the Eight energy.

Eights stand for justice and will fight injustice. Nelson Mandela a peace-loving Nine, stood up to apartheid and spent 27 years in prison for it. It is his Eight wing that enabled him to fight for freedom. On the other side, Eights with a strong Nine wing are powerful in their stand for peace and non-violence. Martin Luther King and Mahatma Gandhi are examples.

As a harmonizer, it is Nines nature to avoid conflict. If an argument starts, Nines typically will shut down. However, Nines who have a strong *aggression-based Eight wing* will fight back *if pushed*. The powerful Eight wing gives the Nine backbone they otherwise do not have. They usually do not provoke an argument, but with an Eight wing they will stand up for themselves if you antagonize them too far, come on too strong, or *disrespect* them. That Eight energy can be fierce. Nines who have a lot of Eight aggression inside could have "anger management problem."

Most Nines are naturally lean or thin. However, a strong Eight wing can make the Nine physically big. If the Nine is big boned, heavy set, overweight, or very tall, or if they have a bull neck, or a woman who is overweight or has big chest or large breasts, it because of their connection to the Eight energies. And if so, it is also difficult for them to lose weight.

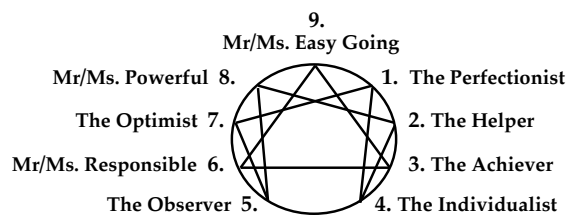
That is because Eights have big appetites. They tend to eat a lot, drink a lot, have big libidos, and go to excess in everything in life -- so that can affect Nines as well. Nines with a strong Eight wing can also have strong sex drives. With this kind of surcharged lust, Nines could even desire to have sex

once or more a day.

Lastly, Eights are naturally big. They are big boned and typically have big appetites. You can usually tell if someone has a strong wing or line to Eight. If they are big bodied, or very overweight, or very tall, or have a bull neck, or big chest or large breasts, it usually because of their connection to the strong Eight. And if so, it is also difficult for them to lose weight.

Nines' personality seeks peace. With all of the responsibilities in their marriage, family, and career, it seems there is never enough peace inside. So Nines naturally could be drawn to substances like alcohol or marijuana to help take the edge off so they can relax more. If they have a strong Eights' *big appetite* wing, they might easily drink too much, in excess.

Eights who have a strong Nine wing can make the Eight more gentle and peace loving. They are still strong as Eights, but a "gentle giant." They probably are not nearly as dominant an alpha dog, or as domineering. Yet they still cannot be dominated. With the strong *peace loving* Nine energy, they do not like to argue, unless provoked. They also can be a little disorganized or procrastinate from the Nine energy.



Strong Lines to Six & Three Add New Dimensions & Skills

The Nines' lines to the other two triad energy centers also add totally new dimensions to their personality. The core Nine energy is Physical in the energy triad. As Yogi Berra famously said,

"Baseball is ninety percent mental and the other half is physical."

When Nines have a strong **line to Six** to the *Mental energy*, this adds natural gifts in using their mind. They have good minds and reasoning skills, and delight in figuring things out. They could also be drawn to mental, white collar professions. You see a lot of mechanical engineers, for example, or IT computer software engineers who have this Nine - Six configuration. They are easy going, likable, capable, and good problem solvers, but not terribly ambitious (unless they have in addition, a strong line to *success-driven* Threes.

Typical Nines rarely notice if something is a problem or needs solving. Nines with a strong *responsible, problem-solving* Six line, however, will notice and take preemptive efforts. They are more responsible and responsive to the demands in their environment -- whether at work or at home.

The *distrustful* nature of Sixes' personality can make a Nine sensitive to trust issues in a relationship. Sixes are naturally suspicious or jealous, and trust is of utmost importance to them. The worse thing you can do to the Six energy is betray their trust. As a parent, this Six energy can make them over-concerned about their children's welfare. I had a Nine client tell me that he secretly taps his 15 year old daughter's telephone so he could monitor her calls. Of course, from his perspective, he was doing this for her benefit, to protect her, he said. That is the kind of fears that the Six energy can bring.

The Sixes and the **Self-Preservationist's** need for security could mean that the Nine is careful with money (Nines usually are not). Or that the Nine has a difficult time getting rid of old, unneeded possessions, leaning towards hoarding.

Sixes tend to be straight shooters. With their core, overwhelming need to resolve problems, they will confront issues directly. They will readily stand up for themselves, and their needs, and easily argue for them if necessary. **Sixes with strong lines to Nine**, however, will tend to avoid conflict. In a

marriage, instead of arguing, they would probably pull away if tensions rise.

The Six energy is naturally upstanding in their Boy and Girl Scout values. A Nine with a Six wing might look like Roy Rogers. Dale Rogers, a natural Six wife, ran the show (as Nine's spouses tend to do). But Roy was All-American, and his natural performer Three energy made him a star.

Nines with a strong *achiever* **Three line** connects them to the Emotional energy triad center. This adds emotional ambition and a distinctly aesthetic dimension to the Nines' personality. They tend to have charisma and be physically attractive, expressing the natural beauty of the Three energy. And they are now more motivated. Instead of just having a job, they want a career where the sky is the limit. The natural Three energy enables them to be much more effective and results oriented in what they do. If they have an advanced graduate degree or start their own business, this is generated from the ambitious Three energy.

Nevertheless, Nines with the ambitious vision of the Three energy usually lack the pedal-to-the-metal, workaholic, work ethic that is natural for Threes. The laid back Nine energy is too passive for that. This means that they now really want to be successful, have a big vision of being successful, talk about being a success, but unless "the force is with them," they may not be strong on the follow through as much as the pure Three energy would be. They tend not to work as consistent or hard, or take on as much, that is required to meet their dreams. So they may not be as successful as they would like. This can set up an internal frustration in the Nine -- the Nine opposite the Three part of themselves.

These dynamics are also similar for **Threes who have a strong line to Nine**. The laid back Nine style tends to keep the natural Threes from going full out in achieving their vision. They can work hard, but maybe not hard or effectively enough.

Threes are natural *performers*. They tend to be charismatic, charming, and good looking as *beauty* and *excellence* are their nature. And unlike the Nine energy, they tend to seek attention. These are the actors and actresses who, as Nines, have a strong line to Three:

Robert Redford
Brad Pitt
Jimmy Stewart
Owen Wilson
Will Farrell
Jerry Seinfeld
Adam Sandler
Diane Keaton
John Stewart
Maggie Gyllenhaal
Renée Zellweger
Melanie Griffith
Ellen DeGeneres

Ray Romano - "I lived at home until I was 29."

Al Roker - TV weatherman: "I was thrilled to get the gig to begin with. Ten years later to still have it is not only thrilling but also somewhat of a puzzlement."

And, Roy Rogers: "I did pretty good for a guy who never finished high school and used to yodel at square dances."

Nines with strong Three lines who also seem to have the rough-edged, *tough* Eight energy might include:

Woody Harrelson
Billy Bob Thornton
Whoopi Goldberg
Jeff Bridges
Kris Kristofferson

Having these strong lines to these different dimensions of the Emotional and Mental energies makes the Nines gifts more multifaceted and talented. Those who are strong in all three of the different energy triads -- with strong lines to both Three (Emotional triad) and to Six (Mental triad) -- evidence the strengths and qualities of all three. So the stereotype of the core Nine energy as outlined in the traits below will be greatly modified. Thus, like with every type, Nines are not all alike.

“Buried Nines” Will Show Up Completely Different

Buried Nines are those whose core personality is a Nine, however their lines and wings are so strong in their personality that those qualities stand out more strongly than the Nine. That is why it can be hard to ascertain if which core personality type they are. The strong qualities from their wings and lines also can nullify or overshadow some of the Nine’s qualities. As a result, some of the behaviors, attitudes, and inner dynamics outlined here that are typical of the Nine energy might not show up in that person’s personality.

Imagine a Nine having all of these contrary energies strong in their personality. For example, Nines with a strong *perfectionistic* One wing are “clean freaks” in certain areas that matter to them. They are not passive or lazy as can be the typical perception of Nines. Nines with their strong line to *ambitious, charismatic* Three energy also do not fit the stereotype of being passive or shut down. They are instead animated, emotional, and driven. Nines with their strong *mental, responsible, problem-solver, engineer’s mind* in the Six energy is not characteristic of the irresponsible, dull-minded Nine. And Nines’ strong wing to the *powerful, aggressive, stand-up-to-domination* Eight energy, with big bodies are characteristic of the Eight energy. The Eight energy is completely different from the harmonious, avoid conflict at all costs, which is the Nines’ nature. And a Nine can be a One-on-One Subtype and *need* emotional connection and intimacy, which is contrary to the typical Nine’s tuned-out, avoiding feelings, self-consumed energy.

A “Buried Nine” is someone who has *many* of these strong wings and lines making up their personality. In fact, qualities of the wings and lines are so strong that they “bury” the standard Nine energies. You don’t see the Nine -- you see the *perfectionistic* One, the *ambitious* Three, the *responsible* Six, and/or the *powerful* Eight qualities stand out. These persons are still a Nine at their core, as the fundamental Nine qualities form the basis of their personality (and their Gifts). But in so many ways there are aspects of their personality that do not fit the stereotype of the Nine. Nor will the Nine identify with some, or even many, of the Nine qualities that are profiled below.

No wonder it is not always easy to identify which Enneagram type is a person’s core personality. Although they have these various strong energies from these other types, it is the Nine energy that all of those types are connected to. And this is their home.

If this is the case with you or someone you know, as you read these profiles you will have to identify *which specific qualities* in the core type, each wing and line are strong in that person’s personality, as not all of them will apply.

THE INNER ENNEAGRAM

Like all types, to the extent that Nines lose touch with their essential nature, to that extent there is an **Emptiness** of Self inside -- a *place* where *their* Essence -- *Peace* -- is *absent*. This is a place of turmoil deep inside, a place at their core where there is no Peace. Nines cannot go there. It is intolerable. This hypersensitivity creates a pressure in their personality to **avoid** ever **feeling disharmony** -- the lack of *Peace* -- within themselves *or* in their environment (with you!).

Nines innocent, pure nature is *being* Peaceful dynamically in each moment. When separated from this inner Self, they now have a core insecurity and hypersensitivity to the *lack of Peace*. The more separate they are, the more unrest deep inside. It then feels to Nines like there is *never* have enough *Peace*, as the underlying unconscious churning is constant. This generates their fundamental **core need** -- to maintain as much as possible a relaxed, peaceful world **inside** of themselves, and a harmonious world **outside**. *At all costs*.

Partners of Nines can have a difficult time understanding this. How could someone so laid back,

who did not do anything all weekend, feel that they never got enough *Peace*? They look relaxed. And they got to relax certainly more than their partner!

This desperate **ego need** to maintain the *relaxed flow* of their pure nature inside takes a toll on Nines. To avoid any inner turmoil -- inside or out -- **they have to numb out**. To the extent they are missing that natural *Peace* inside their Self, Nines' brains will overcompensate by maintaining a sort of numbness inside. This enables them to relax as much as possible. Since early childhood they develop this ego-survival ability to tune out anything that could disturb their scant inner peace. Otherwise, it can be all too much.

Of course, aestheticizing the pain only works so far. Nines can still sense inside the froth quietly stirring underneath, keeping them still gripped by the need to avoid feeling any of it. This is why Nines do not feel emotions, nor do they ever want to open up and feel emotions. This is also why Nines do not see problems, or look for potential problems in life. Or at home. They are oblivious of whatever you as their partner are needing or worried about. And they wonder why you need that, why does it really matter! *Why worry. Be happy. It is all going to work out.*

In Enlightenment, dynamic *Peace* is their innocent nature. In separation from their Self, numbness becomes the ego's way to mimic that peace as an innate survival response. Being numb becomes the Nine's core defense mechanism as an ego need to maintaining their sanity -- **avoiding anything** that could be **disruptive to their inner flow**. However, the numbness is in reality an illusive, never-ending attempt to replicate their transcendent nature of innocent peace.

Every personality has a core need to stay connected to some semblance of their essential nature. And to they are disconnected from their Self, to that extent there are inner pressures that create imbalances in their personality. For a relationship to work, both partners will need to become aware of those imbalances in their personality. These s that follow outline the imbalances that tend to show up with those with strong Nine energies in their personality.

If you are a Nine, it is also important to understand what a healthy Nine would be like, and how a pure, enlightened Five's ego would respond in any given situation, to help guide you in your life. Self-awareness of this archetype is very intimate to you. After all, it is who You are in the purity of your being in living life. Developing this simultaneous awareness inside of what is pure and what is imbalanced in your personality will enable you to "see through the distortion" of your ego filter, moment-by-moment, as you engage with life.

Here are what those with strong Nine energies and those partners who are married to Nines identify as the typical imbalances in the Nine's ego, as distortions of their pure, innocent nature. If you are an Nine, or have strong lines or wings to Nine, or if you have a relationship with someone with strong Nine energy, then underline those qualities outlined in these s that might apply.

Remember however, most people *are not only* their core type as their *essential nature*. They are a mixture of pure divine energies. Most Nines will have some strong wings or lines to other spiritual energies that will modify or even cancel out some of the Nine's tendencies. That particular quality simply does not apply to the person.

And for those core personality types who have a strong wing or line to Nine, they too will only have selective Nine qualities or tendencies show up in their personality. So if this applies to you, or if you are married to someone who does, your task here in reading this is to discern specifically *which* of the following qualities and tendencies show up and affect the marriage as an imbalance.

Nines Tend to Avoid Inner & Outer Tension By . . .

This natural avoidance for those with Nine energy can show up in a number of ways in their personality.

◆ AVOIDING CONFLICT

First and foremost, Nines will contract inside around **conflict**. They are sensitive to their partner

becoming upset, angry, argumentative, or hostile. They cannot keep their heart open in the face of being confronted, accused, blamed, criticized. It is simply too much tension, too much disharmony, too much drama. In the face of it, their consciousness becomes too disordered, unregulated. In their world, if unchecked, it feels like they could come unglued. So of course, the brain automatically shuts down and withdraws.

Nines can argue back, but they have a long fuse before they explode. Their anger, if it shows up, is always provoked by their partner. For Nines hate being angry, or rageful. Losing control like that, becoming so disordered inside, is very disturbing to the Nine.

◆ AVOIDING CHORES

Nines tend to have a hard time disciplining yourself to do **chores**, especially by themselves, outside of a supportive structure. They tend to struggle to complete tasks, even ones that seem simple to others. They also have a tendency to overlook details, leading to errors or incomplete work. It can be difficult to sort out what is relevant as you usually start out with the easiest or most interesting part of the task, saving the hard part for last.

Anything that requires effort, work, or focus will tend to interfere with their Peace. Unless it is something the Nine wants to do that will make them feel better, it can typically feel like an *intrusion* into their relaxed world. And they do not really want to do it. In fact, for most Nines there is a huge inner resistance to doing chores, hard work, reading, concentrating, or the many projects or needs that are important to you, their partner. Instead, the Nine energy could sit around all day, or watch TV, or play on the computer, or play around with some mindless project, or just hang with their friends.

This overriding need for *Peace* overdevelops the faculty that becomes the Nines' **Core Sin** -- being too **Passive**. Nines can sit and do nothing and feel fulfilled. In fact, there is a strong inner pressure to *not* do anything -- inertia. Moving out of that passive *flow* to something that is not pleasant or relaxing can be very difficult for Nines. That is why they live with disorder and chaos around them -- it simply is not worth the effort. They don't pick up after themselves. Or do the dishes (until they need a dish). They don't balance the checkbook. Or notice the refrigerator needs to be cleaned out or the lawn needs mowing. It simply is too much trouble.

In 2003 to 2007 there was a hit television show, *Queer Eye for the Straight Guy* that focused on the Nine's lifestyle. In each episode the "Fab Five" -- gay men who experts in fashion, style, grooming, interior design, and cuisine -- would go to a Nine's home. The Nine was always the nicest guy you could meet -- sweet natured, humble, good willed, however his home and personal style was an incredible mess. They would do for him a make over -- revamping his wardrobe, organizing and redecorating his home, changing his appearance and grooming (cut his hair, cut off his beard, groom his bushy eyebrows), clean his kitchen, throw out spoiled food -- creating an elegant and fashionable environment and man. Because the Nine was so easy going and likeable, it was a popular show to watch.

This is why Nines marry partners who are responsible, hardworking, proactive, get-the-job-done people. So their partner can focus on all the details that need to be attended to make life work. After all, the partner enjoys doing that kind of stuff. To the partners, however, it might look like all of the burden is on their shoulders. Why doesn't the Nine help out or do their share? Of course, to the Nine, much of what people worry about does not really matter.

◆ AVOID INITIATING -- PROCRASTINATING

Even if the Nine agrees that what is needed *does* matter, they usually do not have enough peace inside yet to marshal the energy to do it. Or finish it when the partner wants it done. This is why all Nines, and those with strong wings and lines to Nine, procrastinate. This is a feature of Nineness, and here is why.

When Nines at home have a task to do -- something that the partner asked for, or a task that is expected of them -- if in that moment a stronger, competing ego need arises *to relax just a bit more*, what do they do? Without countering wings or lines, typically that pressure inside for that need is so

gripping, it will be very difficult to get up. *"I'll do it later,"* they say to themselves.

But when later arrives, again the need to relax is still stronger than the need to do what it is that their partner wants done. This could go on for days, weeks, months. Projects that were started and were never finished. Projects that the Nine agreed to do, that have not yet been started. This is what procrastination is, and it is something that all Nines struggle with. Nines will typically end up putting off arduous tasks -- particularly mental -- like studying for an exam or writing a paper for school. They will wait until they finally have to as they reach the deadline. That is when they pull an all-nighter to get it done. Or not. This certainly plagues all Nines in high school and in college. And it drives their parents and teachers nuts. What about their spouse?

◆ FORGETTING

Even if the Nine has good intentions, they could easily forget to do an agreed-upon task. Tuning out means not remembering useless details. And even if Nines do the job, they tend to do the minimal amount necessary, and could easily do a poor or incomplete job. Teenagers who have Nine energies in their personality are the worst of all! Getting them to do chores is difficult at best. And even when they do them, they do not care if it is done well or complete (unless they have a counter wing or line). After all, it does not matter to them. If it did matter to any Nines, they would have done it without having asked, and they would have done a quality job. After all, they will initiate, put out effort or work hard for what is important to them! (This drives their partner nuts).

◆ WHAT'S THE RUSH?

What's more, all Nines have a "relaxed" pace in doing the tasks that have little or no meaning to them. That is who they are. *What's the rush? Relax. Don't sweat it.* So they could take a long time, or a very long time, to do something that you could have accomplished easily.

Lastly, because Nines do not want to experience turmoil or conflict, when you ask Nines to do something, they will typically say yes (or *"Whatever,"* which is their favorite all-time phrase). But many times they say "yes" just to mollify you. To say "No" would only result in more pressure from you, which they hate. Or it will turn into a conflict, or anger,, which they hate even more. However, in saying "yes," what you are wanting or they are agreeing to may never have even penetrated in their minds. It may go in one ear and out the other.

Even when Nines are sincere and good willed, they could still completely forget when it was time to do the task. It slipped their mind. Or they might forget some of the important details of what you wanted done. *Which brand of milk did she want?*

What We Love About Nines

Nines' partners are drawn to Nines for their gift of being easy going, likeable, malleable, good willed, and peaceful. They secretly wish they could relax like that. And somehow they hope it will wear off on them. At least there is no drama with Nines, so a feisty partner usually gets her or his way. And the Nine can become their partners "rock."

In fact, Nines easy going nature is like a salve that relaxes the whole family. Their steadiness, good cheer, humble nature sets everyone at ease. Nines do not seek to be the center of attention, but their presence is important in setting the tone. And for keeping everyone in balance. They tend to defuse the build up of tension.

"When you love someone, the best thing you can offer is your presence." — Thích Nhất Hạnh

As parents, Nines harmonious nature is loved by their children. No pressure, no blame or criticizing directed at the child, the Nine tends to be an appreciative pal rather than the disciplinarian. They may seem too permissive or non-directive with the kids (to their worrisome partner), but their kids love them. And the Nine likes everyone by nature. After all, Oneness with everyone and everything is who they are.

Nines nature is to let the River Currents in Life take them down the River. Relax, enjoy the ride. Most every other type worries about the River, worries about the boat, where the boat is going, where it needs attention, what needs to be done, what others think of their boat. In fact, Nines ARE the River Currents. There is nothing that needs to be done!

"Presence is when you're no longer waiting for the next moment, believing that the next moment will be more fulfilling than this one." – Eckhart Tolle

If who your very nature is Unified with all of Life, you naturally trust everything. That is why Nines do not worry about anything -- the past or the future. It will become obvious when your attention is needed, and then it will become clear what needs to be done -- not before then. So why bother?

"Have patience. Wait until the mud settles and the water is clear. Remain unmoving until right action arises by itself." – Lao Tzu

This is why you will rarely convince your Nine partner why it matters so much whatever you are upset about. Your logic does not matter. It just shows them that you do not understand what they know at the core of their being. Your upset shows that you do not trust the Universe in how everything that happens is evolutionary -- the good and all of the challenges. Nines know that it always works out in the end, one way or the other.

As the partner, when you lost touch with your Higher Self, you lost that *Basic Trust* as H.A. Almaas writes in *Facets of Unity*. No matter what Enneagram core type you are, there is a fundamental distrust at the core of your being, that you will not get your ego needs met. That is why the constant efforting, scanning, and hyper-sensitivity -- you have to take charge or your needs will not be met. Nines do not have that fear.

So in the Nines' world, your frustration and upset are typically due to your insecurities, not your wisdom. The problem is yours. That is why they are always surprised by your reactions. They also know that they will never be able to convince you of that, so attached you are to your fears and needs. So why argue? They might as well shut down.

"People suffer because they are caught in their views. As soon as we release those views, we are free and we don't suffer anymore." -- Thich Nhat Hanh

HEALTHY vs. UNHEALTHY NINES

For all of us, how balanced we are depends on how much of our natural essential nature flows in our personality versus how much Emptiness there is generating tension and pressure inside. The more distant Nines are from their natural *Peace* inside, the more churning and inner tension they experience. To survive they need to relax, so their brains go into overdrive to numb out the inner pressure. At least now there is some semblance of *Peace* inside. In doing so, however, they also numb out their vital Life force energy coursing through their

Remember inner pressure, turmoil, negativity, and drama cause Nines to lose themselves and go crazy inside. Avoiding those inner and outer pressures are how Nines are wired to survive. Nines are born this way. Shutting down is how they survived birth and the early years of life. Childhood can seem easy for innocent, easy going Nines. Their go-with-the-flow nature blends well with other kids. They do not tend to be *needy* for emotional affection (unless they are the One-on-One subtype or have a strong Three line). All of that changes, however, if home life or schoolwork becomes more demanding or more stressful.

As a child growing up, if the home life is full of strife or if a parent is critical and domineering with the Nine, that creates a flurry of adrenaline in any child. With Nines, however, it has the counter effect of spacing them out. Over time, they tend to become even more numb, and less able to think clearly and precisely, so their efforts can fall short of everyone's expectations. Sensitive to feeling flawed inside, this makes Nine as children doubt themselves. They become unconsciously afraid of making mistakes (which they continually do). So they play it safe and do the minimal amount necessary. *Why bother. I am just going to disappoint others or be criticized.* Don't risk. Don't feel.

You can imagine how it must be for core Nines growing up in a culture where achievement, success, and hard work were highly rewarded, and expected. But if your nature is *Peace* and *flow*, your pace is naturally slower, as the Nine energy is. In many contexts, this is a Gift. However, in order contexts it can become a liability. And Nines can pay the price for that in a critical family. Or at school.

In school, the Nines' easygoing nature can make it difficult for them to keep up. Their pace is inherently slower than other children, particularly with book knowledge. The natural *physical* Nine energy is a gut or instinctual energy -- it is not a Mental energy. They are anchored in their bodies, not in their minds. They tend to learn more by doing -- by seeing it modeled, physically doing it, or with their hands -- not so much mentally by memorizing, reading, or even listening.

However, they can have a very strong connection to the mental energy triad with their line to the natural *problem-solver* Six or to *motivated achiever* Three line. But most Nines, as the demands or school material becomes more difficult with each grade level, the pressure from the teachers and parents to keep up becomes greater. And it can become increasingly more difficult for them to discipline themselves to study.

Instead of mentally focusing on the lecture or homework, they tend to "zone out." They can have trouble focusing their mind on things that are not interesting or pleasurable (*it takes too much effort*). So their mind tends to wander instead of paying attention or staying on track, especially during class lectures, doing homework, or reading.

As you can imagine, Nines tend to grow up in an environment where their caregivers and teachers become frustrated with them. Their expectations put pressure on the Nine, always with the threat of criticism or disapproval if Nine does not excel. Nines tune it out, however, they do notice that other students are picking up the knowledge easily. All of this sense of underachievement develops a feeling of being somehow **flawed** deep inside the Nine -- a place that is too painful to experience.

This sense deep inside of feeling flawed is compounded with each new disappointment Nines experience from those in their environment. You can see how years and years of this can create an even bigger wound or sensitivity within the Nine.

You might never know that Nines are sensitive to feeling flawed deep inside. They seem so easy going, and nothing seems to phase them. *It doesn't matter. Whatever.* However, this can become a life long, unconscious issue for Nines. It is why, as adults, they tend to shut down to any criticism, or of being made wrong. They could easily have a lifetime of feeling judged and a disappointed by family, teachers, or friends for being who they are.

If Nines have a One wing, then they are even more sensitive to feeling imperfect inside. They tend to blame themselves even more. This further separates them from their natural dynamic inner Selves even more, with even more inner pressure at the core of their being.

Of course, having strong, active, responsible wings and lines to Eight, One, Six, and Three will add gifts and qualities that will counter and modify to some extent these inner dynamics and outer behaviors. A review of the list of well known people illustrates that Nines can be as successful as any other type.

Attention Deficit Disorder

The most common psychological syndrome for those with strong Nine in their personality is ADD -- Attention Deficit Disorder. Although Nines effectively numb out their inner turmoil, the underlying churning can affect their ability to pay attention. Those with ADD find that with the inner pressure deep inside, they literally cannot concentrate.

For children at school, as the subjects and grade levels become harder, the mental pressure to learn and excel can begin to sink the Nine. If they lack any of the *mental* Six or *achiever* Three in their personality, this can create a stronger churning inside that makes it even harder to concentrate. Or sit still.

Faced with these inner sensitivities and pressures, how can the Nine *relax* inside, which is necessary to absorb new information. There is simply too much chaos going on inside. This is the source of Attention Deficit Disorder.

Look at the clinical symptoms of Attention Deficit Disorder below. It is also the tendencies in the passive Nine personality. If you have strong Nine energy in your personality, or if you are married to someone who does, circle the tendencies below that are prevalent:

- Extreme distractibility; wandering attention makes it hard to stay on track
- Difficulty staying focused and attending to daily, mundane tasks
- Trouble focusing on tasks that are not interesting to them
- “Zoning out” without realizing it, even in the middle of a conversation
- Struggling to complete tasks, even ones that seem simple
- Tendency to overlook details, leading to errors or incomplete work
- Poor listening skills; hard time remembering conversations and following directions
- Overwhelmed by your responsibilities,
- Poor organizational skills (home, office, desk, or car is extremely messy and cluttered)
- Difficulty sorting out what information is relevant for the task at hand, prioritizing the things that you need to do, keeping track of tasks and responsibilities, and managing your time.
- Tendency to procrastinate
- Trouble starting and finishing projects
- Chronic lateness
- Frequently forgetting appointments, commitments, and deadlines. Can completely lose track of time and neglect what you should be doing
- Constantly losing or misplacing things (keys, wallet, phone, documents, bills)
- Underestimating the time it will take you to complete tasks
- Sense of underachievement
- Trouble staying motivated
- Hypersensitivity to criticism
- Dreamer, a goof-off, a slacker, a troublemaker, or just a bad student.

Self Esteem

Sensitive to disappointing others or making their parents and teachers mad, falling short tends to develop low self esteem in Nines. Not meeting others expectations creates even more inner pressure, which makes it even harder to concentrate and absorb information. They start to doubt themselves, and their abilities. All of this tends to feed their defense mechanism to avoid trying, or just get by. And it increases their not caring. That is the numbness. *Why care? Why bother? I am just going to be criticized or let people down. Or be told that I did a bad job.* The message is: *Who you are is deficient.* No wonder they lose their initiative, and become passive.

You would never know Nines had low self-esteem inside. They almost never open up and share their feelings. And they are such nice, seemingly relaxed guys and gals on the surface. But start putting pressure or expectations on the Nine to achieve something that *you want*, and notice how they react. The unhealthy Nine will procrastinate, or forget to do it, or do it poorly. Then, if you bring their attention to it -- all they hear is criticism and shame. If you become frustrated by their passivity or lack of attention to detail, and chastise them or nag them about it, you are simply deepening that sense inside their Emptiness that they are “*no good.*” Unfortunately, nagging only serves to further disempower them and deepens the Emptiness and inner pressures of inertia in their lives.

Alcohol & Marijuana

When pressures becomes too much -- from work, their partner, or demands from their environment, it puts the Nine further on edge. The numbness may not be enough to blot out the pressure. This is why many Nines will resort to alcohol -- a few beers or glasses of wine, or marijuana, to take that edge off. If this was your primary issue in your personality, you can imagine how hard it would be to not have a drink (or two, or six!).

Even without a lot of outer pressure in their lives, typically Nines still never feel they get to really relax enough. Like with every Enneagram type, what we seek outside to fill us, *it's never enough* to fill that Emptiness. Or keep that Emptiness filled. That is because the repressive gating mechanisms in the brain are unable to completely blot out all of the pressure churning deep inside. So Nines could still find themselves sitting around, avoiding any chores or responsibilities on any day, and still not feel satiated.

Repressing all feelings, however, itself is hard work on the brain. The overload of chemicals that are produced to numb out deep-seated pain actually consume a lot of energy, and can be exhausting. This adds to the Nines inclination to passivity and inertia. It is simply too much trouble. Initiating anything that is not pleasuring is not worth the effort.

Healthy & Enlightened Nines

Meeting society's expectations for achievement and success is not where the core Nines' natural gifts are in life. This is because Nines do not, and have never *needed* that in order to feel fulfilled. Their fundamental nature is much simpler. They are not driven for speed, productivity, perfection, or impressive results. To the peaceful Nine, there is nothing out there to achieve. The currents of Life take you where you *are* to go. That is the nature of their being. That is the nature of Life. They are grounded in that cosmic flow. And they trust it implicitly, that life always works out, despite everyone's fears.

That is their gift -- their connection to Life's currents. Enlightened Nines, who have purified and unified their ego with their natural Selves, they are a pure expression of these river currents. At times smooth and peaceful, at other times turbulent and rapid, but whether challenging or joyful, it just IS what it IS for Nine. No more, no less.

"Peace is present right here and now, in ourselves and in everything we do and see."

Thich Nhat Hanh

That is why they intuitively know at the very core of their being, *Don't sweat the small stuff. And it is all small stuff.* They are so rooted in that knowingness -- that is why they do not worry. That is why they can relax. All of the time. Rooted in their natural Peace, at the very source of Life, they never lose touch with it amidst the ever changing universe.

"We are here to awaken from our illusion of separateness."

Thích Nhất Hạnh

For when flowing in their Essence, Nines sustain their inner *Peace* even in the midst of challenging demands. Free of the binding traumatic imprints in the ego, they are not numb, nor tuned out. Their inner *Peace* is naturally who they are. It has a solid power, a Will of its own. They can stand up for themselves, initiate projects, complete them, and enjoy the fruits. They will even lead others as evidenced in the incredible leaders and statesmen throughout the world who are Nines -- like Ronald Reagan, United Nations' Secretary General Kofi Annan, Carl Rogers, Ram Dass, and Sri Sri Pundaji. They never lose their innocence, humility, and good natured personality.

IDENTIFYING NINE'S CORE NEEDS & UNDERLYING INSECURITIES

The true value of the Enneagram is not in identifying the qualities that make up our personalities. Many systems do that. In astrology you may be a Capricorn, but so what if you are. What is

important to become aware of is the underlying pressures that give rise to those qualities. That is where transformation and the possibility for true, healthy change and growth lies.

The Inner Enneagram focuses on this domain. There are four dynamics that are important for each of us to become self aware of.

The first is your Spiritual Gifts -- who are you, what is your spiritual nature, your essence that lies beyond your personality. Your personality is an expression of this essential nature. It is that absolute aspect of self, or True Self. For Nines, and for those with a strong connection to Nine, Peace and Oneness is their nature, or a significant part of their nature. It is who they are at the core of their being. And it is a wonderful gift that is expressed in their personality.

The traumas we experience at our most sensitive, fragile and impressionable time in natural birth and early childhood, the emotional wounds of adolescence into adulthood leave painful, unresolved imprints that disturb our inner being, and to whatever degree, separate our natural connection to pure Self. This gulf of Emptiness at the core of our being shows up in areas of Emptiness -- numbness and repressed pain in our personality -- that are intolerable, too scary, too painful to experience.

These form the **second dynamic** that is important for us to become aware of -- **our human insecurities** that we experience and unconsciously act out in our personality. After all, they make it difficult in a relationship together. Of course, it is natural for people to avoid those places inside that are very painful, and especially Nines. However, our attempts to skip over them, defend against experiencing them, eat and drink whatever will help numb them out, only leaves them intact. And leaves us prisoners to our insecurities.

This is the value of the Inner Enneagram. It shows us precisely where we are most insecure. It does not show us the specific experiences that overwhelmed us in birth, childhood growing up, or as adults. But it does point to where the pain is in our personality that we need to embrace and heal within our selves and in our relationships.

This Emptiness of spirit, devoid of our essential nature, creates an incredible pressure at the core of our personality -- -- emotional needs to experience the very qualities we do not have enough of with our selves. This is the **third dynamic** that is fundamental to the success of the relationship for these needs feel essential to our well-being. In order for our relationship to thrive, we need to have these **ego needs responded to**.

For Nines and those with strong connections to Nine, let's use the simple exercise from the earlier chapter on discovering your insecurities -- your 90's -- and the core needs they generate. Each time something bothers you, this exercise allows you to discover in your own words, based on your past, what you are sensitive to, and why. This is an important tool to develop your skills for uncovering and embracing the underlying needs and insecurities in your personality that your partner triggers.

Start by taking anything that bothers you. For Nines, a common complaint is their partner getting on their case. In their own words -- *bombarding me with stuff when I get home, too demanding, and being micromanaged and controlled*. Let's suppose the husband is the easy going Nine in this exercise, and to give you an idea of how this works, imagine this is how he might respond.

First, Discover What are the Nine's CORE NEED?

1. *"What I'm wanting is . . . for her to relax and get off my case. Because I need . . . to settle down. It has been a long day at work and I need to feel it is peaceful around her so I can recharge. I also do not want to feel that I am so how flawed for not meeting her crazy expectations."*
2. *Why do you need that? "Because I need to feel inside. . . peace and ease. And to feel good about myself."*
3. *Why do you need that? "Because deep inside I need to feel . . . whole, completely relaxed, open, flowing and alive. And that I am a good person."*

4. Why is that? *“Because I have a Core Need inside . . . for peace and harmony, and good will -- inside my self and with my wife.”*

For each conflict, upset, or experience of tension in the relationship, run it through these simple steps to discover what is your core need in the relationship. Of course, in real life the Nine would elaborate fully on each point to flush it out -- for themselves and for their partner. It is important for you both to discover, recognize, be sensitive and responsive to these core needs that emerge.

Now let's discover **why** do you have that ego need in your personality. Why does it really matter? Why are you so sensitive to this? What are the pressures and insecurities that give rise to that Need?

Secondly, Discover What are the Nine's CORE INSECURITIES that drive those needs?

1. *“I need that because I'm uncomfortable inside myself . . . with anyone's drama, criticism or blame. Being around all that tension drives me nuts. I am also uncomfortable being told what to do -- disrespected.”*

2. Why is that? *“Because it is hard for me . . . to relax when someone is bombarding me with chores, expectations, and taking their own pressures out on me. Since I was a child, I can remember . . .”*

3. Why is that? *“Because I am very sensitive inside . . . to having to do things that don't really matter when I need to just relax. I am also sensitive to feeling any disgruntlement directed at me. It drives me crazy to here her complaints, or telling me what to do, or to be around her when she is not relaxed. I need peace and relaxation or I can't think clearly. I can't relax around here. I am going nuts. This sensitivity goes way back. I can remember . . .”*

4. Why is that? *“Because I struggle deep inside my self . . . with anything negative. I immediately start shutting down. I just go numb inside. And I get frustrated because there is nothing I can say that will stop the abuse. Until I can't take it anymore. This is the worst thing for me . . .”*

5. Why is that? *“It is Because I am afraid to experience inside my self . . . chaos. So I numb it all out -- within my self and in my environment. When there is too much tension coming at me, I can't stand it. It makes me feel bad about my self. And I feel like I am going to come unglued. If I didn't numb out, I would lose it. I hate experiencing that. I need peace. I always have.”*

Each point is elaborated on for it is the story that enables the person to connect to the actual trapped, wounded energies that create the insecurities and ego needs. Every time the couple does this exercise together, they discover the underlying ego needs and insecurities that give rise to their conflicts. And in the process, each partner is finally engaging those sensitive areas in a healing context. Their self-awareness grows, their burdens and sensitivities get untangled, sorted through, and lightened as they restore their true Self.

When a couple shares in this way when they are upset, where they take the blame off of their partner and go inward to their own insecurities, it shows their partner where the partner is “over-the-top.” This is the **fourth vital dynamic** for each partner to become aware of -- **how their individual pressures throw them out-of-balance** in their needs, attitudes and behaviors. This is why in this profile we focus so much on the pressures that tend to distort the Nines' personality.

The more each partner understands these pressures, and *all of the ways they show up* in their personality, the more effective they can be in transforming them. Most people have no awareness of where they are over-the-top in their personality. They simply act it out unconsciously. . After all, it feels natural to them how they think and act, for it gets them the sugar they need to fill their Emptiness. So how could it be bad? It also protects them from incredibly sensitive pain inside. That is why they become so highly defensive when their distortions are pointed out

When couples are skillful in sharing their inner world together, as above, they increasingly gain compassion for each other's sensitivities. Over time, this develops a friendly attitude towards those areas where we are sensitive and tend to go over-the-top . They can now talk about it freely, sensitively, in an honoring way, what is at their core dysfunctional. And then whenever these pressures emerge, this enables them to own it, embrace it, heal what limits them.

For the Nine, their fundamental needs are simply to be in a relationship where there is lightness of being, peace, and harmony. They need to be in a relationship that honors the Nines' need to relax and restore connection to Self. Given the Nines' travails in growing up, they thrive in a relationship where they are respected, valued, honored, and understood.

Nines' core ego need is to be able to maintain an inner flow -- free of contracting emotional tension, free of too much mental effort, free of other's disappointment, criticism, blame, anger, or drama. A strong Eight wing would require respect and fairness. A strong One wing needs order in certain areas or arenas in their life. A strong line to Three needs support to meet their goals, and to feel valued, appreciation and love. And a strong line to Six needs security, rules, values.

Lastly, Nines need to be with a partner who expresses his or her needs, pressures and tensions sensitively and skillfully, within safe frameworks that are heartfelt and empowering for the Nine. Complaining, whining, nagging, blaming, dominating, controlling, intimidating -- all close the Nine's heart and energy centers and tend to simply distant the Nine over time.

The greater the Emptiness of spirit deep inside Nines, the more *over-the-top* these needs and pressures are in the Nines' personality. On the other hand, Nines who have unified their ego with their inner Self, no longer have ego needs that bind them. There is fullness of Being now, where they experience their unbounded nature -- *Peace*. There is no lack now inside themselves that generate desperate "need." They are finally at peace within themselves. That stability makes them resilient. That wholeness restores their dynamism of peace, so responsibilities are taken care of. Innocently, with good will -- which is the Nines' nature.

PARTNERS IN RELATIONSHIP WITH A NINE OR SOMEONE WITH A STRONG WING or LINE TO NINE

You can see why strong and fiery personality types marry Nines or those with Nine energy in their personality. It is because Nines' peaceful nature relaxes them. Nines are like their rock in an otherwise turbulent sea in their world. The last thing they want is to be with someone who is emotionally volatile, who fights back, or adds their own drama to an otherwise full plate. It is refreshing to be with someone with the Nine's steady, easy going nature. And they only wish they could relax like that, and not worry, like Nines. And not be so driven inside to take on so much or work so hard -- and in the end, for what?

The personality types who are most drawn to and who marry Nines work so hard out of fear -- the *perfect Ones* fear imperfection in their world, the *busy Threes* fear not achieving enough, the *anxious, overly responsible Sixes* fear problems are always about to happen. Each one of them needs to be with someone who can relax them. The emotionally volatile *drama queen Fours* are drawn to the peaceful Nines' nature for it stabilizes them. The self-consumed Fours also get to be the star with the self-effacing Nines. The *aggressive, powerful Eights* need to be with someone who blends with their need to be the boss, which is the Nines.

I imagine that this is why there are so many Nines on the planet. Who else could these types marry who balance them, or will put up with their tensions like the relaxed Nine will?

In fact, Nines almost exclusively are drawn to these fiery, responsible types. They do not marry as often *sweet natured, kind, giving Twos* or *quiet, erudite, distant Fives*, or *fun loving, light, easy to be with Sevens*. These would be relationships that would be harmonious, and yet are somewhat boring to Nines. Go figure. Examples include Abraham Lincoln and his less than peaceful marriage to the Six Mary Todd Lincoln. Nelson Mandela's marriage to tough minded Eight, Minnie Mandela. Actress Kim Basinger was married to the aggressive One actor, Alex Baldwin. This striking difference in natures is natural -- they both complement each other. And it can be problematical.

With so many Nines and their mates in couples therapy, I see it all day long. And maybe eight out of ten times the Nine is a man married to a strong, powerful woman who is frustrated, or mad, or fed up, with him. She has tried everything, and nothing has worked to motivate the Nine to respond to her reality of needs.

How could that happen? Everyone loves Nines. Just like the television show "Everyone Loves Raymond," whose character is a Nine, as is the actor who plays Raymond. When Nines die, everyone goes to their funeral. That is because everyone likes Nines. "He was such a nice guy." "The greatest guy." "Such a great friend." What is not to like about Ringo Star, Owen Wilson, Ellen DeGeneres, Jerry Seinfeld, Whoopi Goldberg, and Diane Keaton? Even if they all have been married to partners who ended in divorce. What accounts for the difficulties Nines can face in marriage relationships? After all, Nines are no more neurotic or nor have more problems than the rest of us.

No Wonder There Can Be Conflict in Nines' Relationships

Remember, every Enneagram type is driven to focus their attention on experiences that will fill exactly what their personality is missing inside themselves so that they will feel better. Their very well-being depends on it. Nines' mates usually have *ego needs* to get things done -- and they cannot relax or feel at peace *until* the project, chore, or activity is completed. This is the opposite of the Nine, who cannot start the project *until* he or she has relaxed enough. Or their mates have emotional needs in the relationship that the Nine is unable to respond to as pressures build up between them. You can see how for both this can become a source of incredible stress in their marriage. Each partner is gripped by their ego -- their contrary fundamental needs that sustain their very well-being.

So of course the Nine's partner will wonder with frustration and sometimes with anger as to why the Nine does not respond to their needs. *Why can't they pitch in and help out, or do their share?* And the Nine wonders and becomes frustrated as to why do you fixate on things that do not need to be done right now? Or have emotional needs that the Nine does not need?

The majority of my couples therapy practice is filled with a strong woman in a relationship with a man who has strong Nine energy in his personality. You can see why Nines and their fiery partners can have conflict. And how frustrating it can be for each of them in the relationship. Neither feels wrong, but are at a loss of what can be done. From the Nines' point of view, their partner is usually the one who is provoking the conflict by obsessing on non-essentials and criticizing the Nine. From the partner's point of view, the Nine is the source of the partner's suffering by not responding to their natural needs in a marriage and shutting down.

Watching Nines sit around the house in the face of all of the responsibilities that need to be done, their partner could think Nines are lazy, just wasting the day away. But that is not true for Nines. Having time each day, free of responsibilities, pressures, and expectations, where they can commune with their Self, this is essential in their life.

After all, everyone else is just as driven to reconnect to the qualities they are missing within themselves. The Ones are driven to come home and make everything "perfect." The Threes stay at work to meet their ego need for achievement. The Sixes come home and obsess about what needs to be done to keep all the trains running on time. Nines come home and want to experience their nature -- *Peace*. Others who do not have *this* core ego need can have trouble understanding this, or honoring it.

The Relationship In Their Own Words -- Tensions & Difficulties These Couples Report in Their Relationship

In seeing so many Nines and their mates over the years, I have had the opportunity to gain much experience in relating to their worlds. Let me outline what the Nines and their partners specifically say, using their own words, that they need in order to thrive in their relationship.

When a couple comes to see me, the first thing I do is ask each of them *what needs to happen in this relationship for you to be happy and fulfilled?* I write each need, concern, issue down on the marker board under the person's name, *using their words*.

As each points out all the things that they want in the relationship in order to be fulfilled, what I am really listening for is those four above dynamics:

1. What is the **Core Need** underlying each complaint?
Those core needs will indicate which Enneagram core personality type each partner is and which wings and lines are strong.
2. Identifying their type clarifies and confirms what is so striking and wonderful about their personality -- their **Spiritual Gifts**.
3. Their core needs also immediately give me understanding and an empathetic sensitivity to the person's **Core Insecurities**.
4. Those insecurities now show me where the person is hypersensitive and tends to go "**Over-the-top**" in the relationship.

So this becomes the roadmap of the core needs that will need to be met and the insecurities and pressures that will need to be resolved for the relationship to be successful.

Afterwards, their lists are put in the computer as part of their records. So after so many years, I have quite a file built up on *every* personality type -- their core ego needs and underlying sensitivities in living together.

Let's look at these needs and sensitivities the Nines and their partners run up against in their relationship. In reading these, however, you have to remember that not all Nines have all of these tendencies, sensitivities and needs. Nines can have strong wings and lines that can cancel out any one of these tendencies. The same is true for those core types who have strong wings or lines to Nine.

As you read through each one of these, see if you can identify:

What is the **Core Need** that drives it?

What might be the **Core Insecurity** that they are afraid to experience inside themselves?

Where are they or their partner a little **Over-the-top** in their sensitivity or inner pressures that give rise to that issue?

This is the training for couples -- to be able to gain this awareness and insight whenever people talk, complain, need, or act out their inner pressures.

Also, as you read, if you do have Nine energy in your personality or are in a relationship with a Nine, underline or put a check next to the statements that apply to your relationship.

At the beginning of the couple's session, most all **Nines start with** these as the most important thing they want in the relationship:

*Better communication
More understanding*

Then they continue with the following. Notice the words that each of the Nines used to capture their underlying core needs:

*Serenity in our Home
Live harmoniously

A lot less negative
Less irritated with me
Tired of feeling it's my fault
Not concentrate on my faults
I'm Simple
Love me for who I am
Less judgment
More Respect
Respect
Accept each other's differences
I don't feel appreciated & respected
Not holding resentment*

When it is the **Nines partners'** turn, their partners start off with what they consider most important. Their responses include:

Learn to effectively communicate - he withdraws
Be able to communicate about our frustrations vs. tuning out
How to communicate to him.
Angry that Rick doesn't communicate with me
Respond to me
Talk to me. He shuts down. Drives me crazy
Have his full attention
How to feel heard with him
He has checked out – given up
Resolution of disagreements & challenges
Never comes to resolution

From the Nines' perspective, this is what they run up against with their partner:

Bombarded with stuff when I get home
Too Demanding
Freedom – not be micromanaged or controlled
I try to help at home – but not enough for her
Mountain out of mole hills -- does not need to be
Everything is utmost urgency -- necessity?
Nothing is ever urgent – everything just Is
Not sweat small stuff, step back
Priority
Don't make it a big deal.
She comes on strong
Foster a positive energy vs. insignificant stuff
Patience
Relax & enjoy the ride – make it easier for me, more enjoyable

The Nines' partners, from their side, put on the marker board:

I'm pulling most of the weight - Housework, money...
I ask him to do something simple – huge
Participate in House and Family – Engage
For Charles to be more assertive, decisive... take charge
Initiative
Responsibility vs. me telling him
Katie is planner. Wants me to organize more
I need to be able to follow thru
No follow through – forgetful
Consistent - Follow thru

Give back. Caring behaviors.
Reciprocate.
More considerate

◆ NINES MAY SAY YES, BUT THEN . . .

When Nines' partners ask them to do something, Nines will typically say yes, but then many times not do it. They could easily forget, for they do not always pay as much attention to what you are saying that does not advance their agenda. And it might not even be clear to them what you are asking, or what they in effect are agreeing to. So it does not always sink in and penetrate through their easy going layer of protection.

Typically with Nines, when it comes time to doing it, *in that moment* they could feel an even stronger *need* inside to relax a little more or enjoy doing what they are doing right then -- *I'll do it later*. That can go on, and on, and on, until maybe it becomes too late.

Sometimes they may never had really an intention to do it even though they indicated that they would. For Nines, to stand up to their partner and say “No,” would have easily resulted in a conflict. And the grief is not worth it. So by default, they tend to say whatever their partner wants to hear to get their partner off their back. Ah so.

When Nines go to do the task, it can be frustrating to their partner that the Nines forget the details of what was expected. Which kind of laundry soap did she want? Details like these do not seem to matter to Nines so much, so Nines do not anticipate clarifying what exactly is wanted or expected. But those details do matter to their partners.

When Nines do a chore that involves organizing or cleaning, they have a more relaxed sense of the level of order needed. So they do not do the job to the standards their partner expected. This can frustrate their partner so much that the partner over years ends up doing everything themselves. If they want it done, it is better to do it themselves. Otherwise, it takes just as much time, and is more frustrating, always having to follow up after the Nine and do it over the “right” way. And when they do it themselves, they will know it is done and done perfectly -- so they can relax.

If it is important to you, and you want to know that it is done right -- like registering your kids at school, paying the mortgage on time, getting the kids to the doctors appointment on time, or purchasing everything that is needed for the dinner party tonight, you might just have to do it yourself or pay someone to do it. After all, if you were single, what would you do? But you would not necessarily complain about it. It just Is what it Is.

Nevertheless, this can be frustrating for busy partners who can do each of these things with one arm tied behind their back. *Why can't my partner?!!! It is so simple! What's wrong with him?*

◆ NINES TUNE OUT OTHER'S NEEDS -- AND THE CONSEQUENCES

Being numb to their own feelings, can also mean that Nines can tuned out to others feelings and needs. Nines could be oblivious to the expectations and emotional needs of the people in their life. Like being late to their dinner party or event, dressing too casual for a special event, not always knowing the proper etiquette at functions (or caring), missing birthdays or not sending thank you cards, or returning calls or emails. Nines can tune out consequences so that it does not affect them. *It is just not that big a deal if we're late. Relax.*

The problem is that it usually is a big deal for their responsible partner. Partners are the ones who do care about the consequences and the effect their actions or non-actions have on others. So the partner becomes frustrated that they have to do it all.

◆ NINE'S PARTNER HAS TO BE THE ONE WHO INITIATES

Nines' partners are usually the ones who initiate the activities they engage in. Where they go for dinner, the movie they go to, who they go out with, the activities they engage in on a Saturday or Sunday, and any romance or fun events, and of course all vacations. This is partly because their partners are very good at planning. And it is also because their partners care much more than the Nine does about the experience they are looking to have. It is also true that, not only are Nines not good planners, they tend to overlook details that really matter to their partner. So if the partner wants to do something they enjoy, typically they have to be the one that plans it all.

The Nines add to their list their core needs:

*Negative response keeps me from taking initiative
So much negativity – More positivity
Feel heard vs. judged*

*I keep it to myself – or she will blow up
I need to feel safer talking about my needs*

These natural differences can frustrate Nines' partners. Over time, frustration can turn to anger. Nines' partners are usually comfortable expressing their emotions, so they arguments can become increasingly volatile. That is why all Nines include on their list:

*Fight less
 Less Fighting
 Less arguing
 Resolve conflicts – calm way
 Communicate instead of fight
 Walk on egg-shells – her moods can shift
 Feels abusive*

Other complaints from the partner might include the Nine's parents or kids:

*I don't get along with his Mom. He defends her.
 He doesn't stand up for me.
 Doesn't have my back*

Nines in this situation always wonder why you cannot get along with my family -- their parents or if you have blended families, their children. They invariably feel stuck in the middle, and it is a no-win situation for them. So they do nothing. So the issues continue unresolved, and nothing changes. Except, you the partner, suffer.

◆ NINES AVOID EMOTIONS

Without any strong emotional wings or lines, Nines stay relaxed (and sane) by numbing out emotional feelings, if they can help it. So Nines tend not to *feel*, or open up and share their inner feelings. This is particularly true for the men. They do not share their inner struggles with their partners or their friends. Nor do they freely share positive, loving, and caring feelings (unless they are a One-on-One subtype).

If their partner has emotional needs for intimacy, romance, and passion that enliven loving feelings together, they could become frustrated with the Nine. *How come you do not open up and express your feelings with me? I want to feel more love and romance from you!*

Look at what some of Nines' partners say about the Nine:

*Emotionally unavailable
 Emotionally detached
 More intimacy, consistency, excitement
 Not just a piece of furniture
 More Expressive with his emotions
 Share feelings – not trivialized
 Tell me how you feel
 Want more passion
 I don't always know what Tim is thinking
 Pay attention
 Not fully engaged
 Defensive*

Being emotional is not the nature of the Nine energy, however, they do love their partner, and their family. And they do care. They express their love in ways that are natural to them. If their partner is frustrated and becomes critical, now it becomes even more difficult for the Nine to become vulnerable and express their feelings. This can start down a road that can lead to even further emotional distance.

Nines have a core need to be around people who like them, who they can be at ease with, where they can be themselves and still be loveable. To the extent they do not feel that with their partner, to that extent Nines will start hanging out with their **friends** and buddies, or co-workers, instead of being with their wife or partner. Hanging with the guys or gals is also so enjoyable as there are no expectations, no emotional pressures on them. Everyone is happy to see them, there is no criticality, and no emotional drama to deal with directed toward the Nine. So the Nine can now let their hair down, feel appreciated, relax and recharge. Of course, this tends to fuel their partner's frustration. *How come you hang out with them and not me!*

◆ **NINES AND SEX**

For many Nines who are men, their common complaint on the marker board:

More sex
Sex – have more
Sexual Intimacy

Because Nines suppress their emotional tension, it builds up pressure inside. As Nines avoid their emotions, or even talking about their tensions, they have few outlets to get a release. So for many Nines, their natural outlet for inner pressure is sex. Particularly for men, a sexual orgasm can be a very pleasurable and important release of the build up of inner tension. This is particularly true for Nines who have a strong *lustful* Eight wing, or a Three wing. In fact, not having a sexual release can be frustrating to the Nine.

However, women partners can tell the difference between sex and lovemaking. When over years, the act becomes a way of just “getting him off,” the Nine’s partner can feel like an object. The experience is not about opening their hearts in divine lovemaking together. Typically the partner starts pulling away and they have sex less often.

On the other side of the coin, there are many Nines who are the ones who shut down sexually in a relationship. It is their partner who writes down,

More sex
Sex – have more
Sexual Intimacy

It can be hard for some Nines to feel intimate with someone who hurts their feelings -- who is negative, angry, controlling, demanding, blaming, or makes them feel unappreciated or unlovable. Their hearts close and they do not feel safe readily opening up or being intimate with someone they feel is negative or abusive.

Lastly, men as they age, can have a difficult time sustaining their erection. This can especially happen to those with Nine energy in their personality. In over 90% of the cases of erectile dysfunction (ED) that I see, the problem is primarily emotional. Any emotional pressure felt by the Nine can cause them (and other types as well) to lose their natural, sensitive coordination to having an erection.

Nines need to be able to fully relax to respond fully with an erection. So any unresolved tension in the relationship could sink Nines ability to let go. Also, if Nines have felt any emotional pressure or criticism from a partner who has strong, demanding emotional or sexual needs, it can be difficult for the Nines to relax. These can easily throw the Nines off their natural rhythm. The anxiety of not performing up to the standards expected by their partner, of disappointing their partner, or could result in their partner feeling upset at them, can sink the Nines.

Any added internal pressure or tension can gum up the works in the Nine or shut down any desire for sex. When the Nine is fully relaxed, he is drawn to make love, and he can have an erection naturally. But in the face of strong needs or expectations from their partner, or emotional tension in the relationship, Nines can find they have a difficult time responding or initiating sexually.

◆ **NINES’ HEALTH & WELL-BEING**

Nines’ partners have voiced concerns about their health:

Worried about his health, he doesn’t care
Take care of our health
Exercise more

Nines without strong connections to *perfectionistic* One, *in-shape* Three or *responsible* Six will tend to tune out taking care of their well-being. As Nines bottle up their feelings, they could avoid the churning inside by overeating, or eating emotionally with sugary, trans fat, or processed, un-nutritious foods like cookies, cakes, donuts, fries, colas, and of course, beer. Nines without strong

active wings or lines also tend not to exercise -- it simply takes too much effort.

So partners can find it frustrating that Nines can let their health slide. Even more frustrating is that Nines might not even notice or care. They tend to lack the initiative to make dentist or doctor's appointments. If they do, they might forget. If they do go, they might have difficulty following the doctor's prescription, especially if it involves a life style change. So being overweight, having high blood pressure, high cholesterol, or back pain that requires specific regimens could be problematical to the Nine. Actually, it becomes problematical for their partners, as Nines could simply block it all out and not care.

◆ COMMITMENT PHOBIC

Nines sometimes can be called "commitment phobic." That is not true for all Nines. It is only true of Nines who are in relationship with someone who creates tension. Nines may truly love their partner, but deep inside they are afraid to make a formal, legal, life-long commitment like marriage if there is turmoil in the relationship. They may resist actually getting married, but they tend to stay in the relationship, especially if they are living together. They stay until the anger and resentment is so great they have to leave.

This happens more with men Nines. Remember, their partner is usually a woman who is independent, responsible, financially together -- so there are many benefits for the Nine to stay together. However, if you are the woman, it can be difficult to figure out why the Nine's resistance to tying the knot. It is hard to figure out because Nines will not tell you this in a way that you "get it." With all that you put up with, it would only make you mad to find out that he thinks it is all your fault. Mad enough maybe to leave them and find someone who will want to marry you. So why go there.

Nines & Conflict

Each Enneagram type is wired to respond to conflict according to their nature. The Nine's essential nature is pure Peace – *the peace that passeth all understanding*. The purer the consciousness of the Nine, the more naturally grounded and secure the Nine is *within themselves* with Peace. However, the more insecure the person is who has strong Nine energy, the more they will tend to automatically shut down in order to maintain as much inner peace and relaxation as possible. And this is particularly true around conflict.

Unless the Nine has strong, contrary wings or lines, they tend to marry partners who are good at taking care of all the details in their lives, so they can relax more. Of course, this can create conflict in their relationship when the partner begins to feel overwhelmed with responsibilities. But this more relaxed attitude can show up in many areas of the relationship and create all kinds of emotional conflicts.

The difficulty then becomes Nines typical inability to stay open to work through the differences in ways that have an impact on them. Or they lack the staying power to continue doing the solutions they agreed to, given the more powerful inner pressures within their personality that undermine them.

Without these understandings, Nines will tend to follow their nature and unconsciously continue these patterns. How would they know any different? Everything feels natural in their world. It is the partner that is too uptight or takes on too much stress. They are the one with the problem, according to most Nines inner judgment.

And without these understandings, the Nine's partner could fall into the trap of making their Nine partner wrong for not having the same inner pressures, concerns and attachments that the partner has. Lacking these shared awarenesses, trying to tackle the problem on the surface with angry confrontations and resentful attitudes tend to only serve to disempower the Nine. And further shut them down and ending up distancing them emotionally in the relationship.

What Upsets Their Partner Depends Precisely on the Partner's 90's

Most Nines are in satisfying relationships. Their roles blend naturally and are usually well-defined and understood together. So the partner is not disgruntled. They love the natural gifts of the Nine, and given their own pressures, they appreciate being with the Nines easy style and harmonizing nature. For example, *Perfectionistic Ones* and *responsible Sixes* who like to do all the detail work themselves (because they only trust themselves to do it, no matter who they are married to!), are fine taking on those tasks. It works out great for both of them.

However, partners who expect the Nine to carry some of load of responsibilities or who have emotional needs in the relationship, they could find themselves disgruntled. Remember, ego needs -- what you need in order to thrive -- are generated from insecurities deep inside. That is why, if you are married to the Nine, which of their tendencies actually bothers you will depend on your own sensitivities and insecurities. For what bothers you most in your relationship with a Nine, might not really bother someone else of a different Enneagram type or subtype. The only reason it upsets you is that you have a conflicting ego need that is based on your own insecurities. Otherwise, whatever the Nine does just simply *Is what it Is*.

*"The marriage partner is not really the problem.
No other person can ultimately make you happy.
You must learn how to be happy within yourself."* Joel Osteen

This is true for everyone, and every relationship. Remember the earlier description on the "90/10" -- that 90% of the tension you are experience in an upset is coming from your past unresolved feelings that the current situation (the 10%) is triggering. That means, if you did not have a "90" -- past emotional wounds or insecurities that link to this event, the 10% frustration would be just a "10" percent frustration. And it would not then overshadow your heart or become an upset.

Without the unresolved feelings inside, you recognize that Nines tend to be late to everything, so you say to yourself, "*Ah so, we need to be on time tonight. So I will have to organize everyone to assure we leave on time.*" Or since Nines might not know what to choose at the grocery store, you go yourself. What's the big deal? After all, you are good at that. There are other things in the relationship that the Nines are gifted at. And, you would have to do that anyway if you were not married to a Nine. So what is all of the emotional tension really about?

It does not mean you are wrong in wanting your partner to carry some of the responsibilities in running a household. Or that you have to do everything yourself if you are married to a Nine. However, each of us (including the Nines) have to recognize the true source of our frustration deep inside. What is the meaning you derive from the experience that is triggering your own inner wounds? That what the Communication Tools in Volume II in this series will cover.

As with everyone in all types who becomes upset in their marriage, there must be some meaning you are sensitive to that inflames deep-seated wounds, which are the source of the emotional tension you feel with the Nine. If you were married and in love with your partner who survived a serious car crash, which required you to take on most all of the responsibilities in your family, you would just do it. It just *Is what it Is* -- the next thing that has to be done.

So why do you get mad at your Nine partner? Why do any of us get mad at our partner? It is because we do not understand. In our world, what our partner is doing is offensive. If they could be in our shoes, they would know that. That is because what you need to survive in your ego is completely different than what the Nine needs. So naturally you project your world, your values, your needs, your fear of consequences onto the Nine and his or her world as if yours are the natural order of things. And theirs is not.

However, if we could be in their shoes, if we were born our partner's Enneagram type, and brought up with the emotional experiences they went through to survive, we would respond much the same way as they do. We are all human. We all have egos with insecurities and pressures. What makes it more difficult is our lack of self-awareness -- within ourselves and with each other. So we act out these pressures and insecurities righteously, with criticism and blame projected onto others who do not respond to our own gripping needs.

Yes, Nines need to become self aware, and be able to recognize the inner pressures in their personality that drive them “over-the-top ” and frustrate you. And they need to take responsibility for those out-of-balance behaviors and attitudes. And they need to be committed to protecting you, your kids, family and friends from unconsciously acting them out. But so do you. We all need to do that.

The more each of you (including the Nine) fully understand and appreciate your partner’s inner world of insecurities, pressures and survival needs, the more you will be able to navigate as a team.

I am not sure how most people would gain this self-awareness and understandings without knowledge of the Inner Enneagram. Without this awareness, of course you would blame your partner. In your world, given your ego needs and insecurities, certainly your partner is wrong and to blame for your frustrations. And your partner, from his or her side, will naturally blame you. What at trap?

As the partner married to a Nine, imagine that I take you to a room full of educated Nines, and ask you to present to them your case with how frustrated you are with your partner. When you leave the room, guess what they say about *you*? Who do you think that they see as the problem? The same would be true, only reversed, if I took the Nine to a room filled with your Enneagram type. People of your type and needs would see the Nine as a disaster -- *to getting their ego needs met!* And that is only reason they would make the person wrong instead of responding empathetically and wisely.

So then which of you is the one with the problem in this relationship?

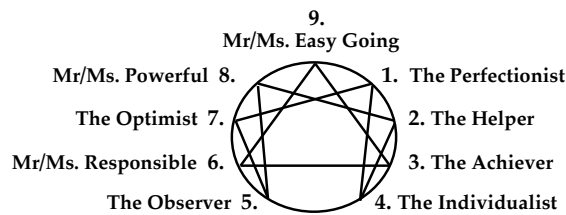
Nines Respond to Positive, Supportive Structures

While this is the Nines’ inner nature, nevertheless they still need to respond to the practical needs of life -- the mortgage, their children, his or her career, and their partner’s needs. However, Nines who lack strong wings or lines are usually not ambitious or have much initiative (unless it will give them pleasure). That is why Nines tend to achieve more if they are within some kind of outer structure. Like a supervised job that enables them to be productive at work. Otherwise, left to their own devices, they tend to divert their energy on to trivia that keeps them from tackling the guts of any job.

The Nine energy, without countering qualities from their wings or lines, typically choose the path of least resistance -- jobs that are mentally easy, even mindless. Like a security guard, a cab driver, bartender, or a factory worker. They are drawn to jobs free of stress -- like a forest ranger, dog walker, baby sitter, building engineer, cameraman, hostess, museum guard, writer, bookstore clerk, stockroom or warehouse, massage therapist. Nines are physical based and usually work well with their hands -- a carpenter, a handyman, a mechanic, or in construction.

At work they can be very responsible, even if they do just what is required to get by --“*I am not my work.*” However, as soon as most all Nines arrive home from work, all bets are off. That is when they need *their* precious time to relax and connect to them Selves. A sanctuary, free of all tension, demands, expectations, pressures, or duties. Just peace and love. They fundamentally *need* to integrate (*unify*) all of that intense stimulation generated inside from working all day, so they can find again their natural *Peace*. After work is now *their time* to reconnect to Self (even if it turns out to be a false self of numbness and passivity that replicates what they are missing inside).

This is why Nines after work typically like to go hang out with friends and have drink. Both help to take the edge off. Nine guys like hanging out with their guy friends, because with other males there is no drama, or feelings that need to be discussed. Now contrast that with coming home to be with his wife. His wife is not usually like his buddy friends are. Being married means having to deal with emotional demands and “feelings,” which is anathema for Nines. Particularly after a long day.



The Ego Needs of Enneagram Types Married to Nines

Let's look at the needs of each Enneagram type in a relationship with a Nine. However, remember that most all types have strong wings and lines that will modify their needs and expectations, and add to their abilities.

The perfectionist One's need for the Nine to be orderly, which is the opposite of the One energy (Oh, oh). Nevertheless, Ones seem to marry Nines. If the Ones enjoy taking charge of all of the details and prefer doing all of the tasks themselves, this can work well. However, if the One expects the Nine to should the responsibilities, keep their environment perfect, or to act in public perfect, there can be tension.

Ones typically expect Nines to clean up after themselves, leaving everything exactly where its "right" place is. They need Nines to be proactive -- to take initiative and scan for anything in the environment that is out of place, and then put it the way it is suppose to be. Like dust on the table, or the things that the kids leave out that need to be put away. Ones also may need Nines to be vigilant about germs and dirt -- particularly in the kitchen, bathroom, and on their body -- disgusting to most Ones.

Twos emotional need for attention and appreciation may be a source of tension in the relationship with the Nine. If the Nine is a One-on-One subtype, however, their mutual need for emotional connection works out well.

The **Threes** tend to be workaholics. As long as the Nine does not get in the way or add to the Three's tasks, it can be fine. Threes are in the emotional triad, so Threes have an ego need to be appreciated, stroked, and cared for. Women Threes, *and women with strong wings or lines to Three*, need a partner who notices them, desires them, who is romantic, and fun. They need to feel emotionally filled up and nourished in the relationship. This can be a struggle for the Nine energy.

Look at what a Three married to Nine came to couples therapy for:

- Effective way to communicate*
- Strong friendship*
- Understanding each other and listening to me*
- Better response and reaction*
- Better Appreciation and patience*
- Better Romance*
- More initiative*

The *deep feeling, passionate* **Fours** need to feel special and loved, and yet here they are with this nice guy who is numb. He can not open his heart, he can't feel, he never thinks of me. He is off in the ozone somewhere. Fours can feel alone inside, at times abandoned or unloved. Especially if the Nine hangs out with his buddies, or plays golf all Saturday and watches football all day Sunday.

The *emotional* Fours need for a grounded mate who is stable (and relaxed!) who balances them, however, tends to be greater than their other needs. Look at Angelina Jollie, a Four who married Nines, Billy Bob Thornton and Brad Pitt. Or Madonna who was married to Guy Richie (who spent more time hanging with the guys than her, so she left him).

The *worrisome, responsible* **Six** also typically marries Nines. Again, for the balance Nines provide them. This works well as Nines allow Sixes to run everything, which Sixes prefer doing. However, if

Sixes need the Nines to take some of the pressure off of them, this can create friction. They can become as frustrated as the One is. Sixes do not need everything perfect, but they are always afraid of what can (and will) happen that could become a problem. That is why they think, plan and work so hard to make sure nothing breaks down, falls apart, goes bad, or affects their children -- all the time while the Nine is oblivious! Typically, the Nine does not help, nor sees the potential problems.

The *powerful Eight* usually gets along well with the Nine. Unless the Eight has strong perfectionistic tendencies like the One, they usually complement each other. Eights, however, do not like slackers, or people who give excuses, or show weakness. Nevertheless, both are earthy based types in the Will energy center. And Eights value the *peace* of the Nine.

There it is -- a sampling of needs in relation to the innocent, easy going, sweet natured Nine. So are the problems that can show up in a relationship with the Nine a fault in the Nine's personality or is it the expectations that their partners in their Enneagram types put on Nines?

Every Enneagram type pairing will have differences in ego needs. These emotional needs are *emotional* because they represent areas where each partner is most vulnerable, fragile and insecure. That is why partners can become frustrated and upset with the Nine. And that is why Nines shut down. Which tends to make it worse. Each sees the other as crossing a line that feels intolerable. Of course, this is true in every troubled marriage of all Enneagram types.

"The things we touch have no permanence. My master would say: there is nothing we can hold onto in this world. Only by letting go can we truly possess what is real."
 – Crouching Tiger, hidden Dragon

What Makes it So Difficult to Solve or Change Together

There are three important reasons why relationships with Nines' can be difficult for them to solve.

1. What Draws Nines and Their Partners Together is also What Divides Them.

The first is that Nines tend to marry types who have vital ego needs that complement each other, but can also be contrary to the Nine's nature. So their partners' needs can be a steep climb for Nines to step up and adequately respond to. In all fairness, however, it is also true that Nines' fundamental needs for harmony, respect, and to live life as it unfolds in a relax manner can run contrary to their partner's ego needs. And be just as difficult for their partner to attune to and honor.

2. When Nines' Needs Conflict With Their Partner, Nines Tend to Shut Down rather than Argue or Fight -- So Nothing Ever Gets Solved.

Nines do not do well under emotional tension. They absorb it, and absorb it until they lose control. So they are not good at staying present to work through emotionally-charged issues. However, their partners do not tend to suppress their feelings when they are frustrated or upset. When the fiery partners' needs are not met, they tend to voice their displeasure. In their world, the tasks, chores, projects, activities, or intimate experiences they want feel completely natural to them. They feel entitled, even righteous. And they cannot understand why the Nine is not responding.

That frustration explains the second reason why relationships with Nines can be difficult. If you are a Nine, you are highly sensitive to conflict -- to criticism, to being made wrong, to feeling flawed (again and again), and to your partner's frustration, anger, hostility, control. To survive, you have to numb it out. In the Nine's world, it is life or death.

So when differences, tensions, or issues arise in the relationship, if the Nine's partner does not have the skills to present her or his needs in a harmonious, sensitive, honoring, respectful, heartfelt, non-blaming, emotionally safe manner, the Nine will close down. If the partner persists to the Nine's breaking point, he or she might will either explode in anger or rage or go distance themselves. (If they have a strong *powerful Eight* wing, they will fight back!).

Once the Nine shuts down, there is no ability to talk about and solve the problem. From the Nines'

point of view, their partner is talking *at* them, not connecting *to* them in their world. *Na na na na na na*. It becomes just noise. There typically is no discussion. Nines are simply told what to do -- that is it. All of the tensions, however, go underground inside the Nine. Over time, those buried tensions quietly accumulate, and result in more and more emotional distance in the relationship. And they only serve to further erode Nine's natural good will to respond to their partner's needs.

So the natural differences between Nines and their partner create tensions, and those tensions directed at the Nine will only serve to disempower the Nine in responding to those needs. So the issues do not get resolved, and the Nines efforts are not sustained or consistent. Over years, this erodes the Nines' initial good will. As the numbness increases in the relationship, they stop caring. How can they care what their partner goes through if they feel numb? This can end up furthering the emotional distance over years.

Nines' partners will say they have tried everything with the Nine to get them to respond. They have tried being straightforward, they have tried being stern, they have become upset, they have tried being rational, they have tried being nice -- and nothing has worked. The Nine may respond for a little while, but cannot be consistently counted on to raise their bar.

What Nines will say is, even if their partner tries to be nice when their needs conflict, Nines do not trust when all of the sudden the partner tries to be civil. They know from the past that the other shoe can (and will) drop at any moment. *So why bother?*

When the Nines' partner has tried everything and are wits end, that is when they call a couples therapist. If they cannot figure it out themselves, they do not give up. They are fine going to an expert who will set their Nine partner straight.

3. Even Without Conflict, It is Not Easy for Nines to Sustain Meeting Their Partner's Needs.

This leads us to third reason for the difficulties in a relationship with Nines. Even in the best conditions, it is not easy for the Nine energy alone, when separate from its Self, to marshal up the ability to counter their own compelling need to relax in order to respond to what *you*, the partner, need. *If it is not what the Nine needs, it can be an uphill climb for them. And many times, it is a steep climb (just as it is for you to not need it).*

In order to bolster the Nine's ability to continually meet your needs and expectations, Nines who are without any motivating wings or lines tend to need *structure*. If just left on their own, getting the initiative to meet your demands may not be easy. . Within a positive, supportive, effective structure, however, Nines can do well. In fact, that is why they do well in their job or career. When they have a structure where they fully understand the requirements, and they are positivity supported, and rewarded! (i.e. the paycheck and appreciation from colleagues at work), they do the job.

Solving the Differences, Tensions, & Issues Together

I am sorry to tell you, the partner of the Nine, this: I do not believe it is possible for a Nine to raise his or her bar to meet your core needs as long as you are a source of tension, upset feelings, blaming, criticizing, shaming, disrespect, hostility, disappointment, coldness, negative, whining, victim, making wrong, arguing, fighting, or taking your frustrations, resentments or insecurities out on the Nine.

Many partners appear to grab their Nine partner by the neck and bring them to therapy for me to fix him or her. That is how frustrated the partners have become. And I cannot blame them. It is not easy to be in a relationship with someone who cannot take responsibility for his or her partner's core needs, or the needs of the family. But I have realized since early on working with couples that most Nines, especially Nines who lack strong responsible wings or lines, do not have the wherewithal to gather the emotional energy to consistently do what you want, or ever appreciate or value what you want, in the face of what they perceive as hostility.

It is the partners of Nines that have all the leverage. Nines have none. What that means is that if I can move the partner an 6 inches, I can then move the Nine forward. And not the other way around. So it is the partner who carries the primary responsibility (again!!!!) for moving it all forward. You

can imagine how thrilled the Nines' partners are to hear that. And how resentful they must feel. After all, what they are asking for in the relationship to them seems not that difficult at all. Yes, it takes time and it takes energy, or caring, but the Nine's partner has to do that all the time. What is the big deal?!! *Why can't my partner step up! I have to in life!*

Given these three dynamics, if you are the partner with a Nine, to have *your* needs responded to, you have to:

1) Fully Understand the Nines' World of Needs and Inner Pressures.

Do you really get what it is like for your partner, the Nine -- to be in his or her world? If you could *feel* what they feel, if you could understand and feel what they have gone through *their entire life* in disappointing people just like you, people they depended on for their self-esteem and self-worth -- their Mother or Father, most of their teachers, their social life, some of their boyfriends or girl friends, their educational expectations, their jobs and careers -- walk in their shoes and that would change your attitude and realign your expectations (off course this is true about all couple pairings!).

The more *clearly* you understand and can *feel* the inner world of the Nine and what go through in their world, the more sensitive and honoring you will be towards them. That does not mean you are letting them off the hook in responding to their responsibilities, but it does mean it shifts your attitude in how you respond to them. You become wiser, more effective, and empowering so the Nine has the kind of support necessary to rise to the occasion. And in the process gain the kind of muscle it takes to sustain their efforts. This is the support they needed growing up, that others like you were unable to sufficiently provide.

Even if intellectually you can understand the Nine, how can you actually be *honoring* to them when their needs conflict with yours? Like with every Enneagram type, for this marriage to be fulfilling for each of you, you will have to make their emotional needs -- for respect, harmony, and positive support -- as important as your own need for whatever you want done.

That means that, proactively, in *every* situation together, you are *so clear* about their inner world that you can intuitively sense what they would need and respond to. And that you come from a place inside that honors that. Of course, like every type, the Nines' needs can and will be over-the-top. Yet you recognize the inner insecurities that drive those behaviors, and that felt sense directs you forward in a sensitive, wise way together.

So understanding is just the first step. That is the purpose of this profile is to provide each of you with a broader understanding of the inner dynamics of the Nine. So that they do not act it out unconsciously any longer. And so that you now understand what is going on instead of just reacting and becoming frustrated. But it usually takes moving to your heart and empathizing for you to take the extra step required. The more you understand, the more you will feel what the Nine is going through and the more you will be able to empathize.

After all, for any of us, if our beloved partner (or children) unexpectedly ended up tragically in a wheel chair, we would step up and change our expectations of what the partner can offer in return. In your case, you would take on similar to what you have to take on now with a dysfunctional Nine. But how can you blame the person who is disabled? Of course, it can be frustrating, but empathy trumps blame.

I know -- your partner is not in a wheel chair. Nines are an able bodied adult. But, as with everyone, they have disabilities that you have to work with. However, in all fairness, *so do you!* You are not as "abled" to empathize, or sustain the peace, or skillfully empower the Nine as some partners can do. Remember, from the Nines' perspective, it is you who is nuts. Actually, given our human insecurities, we are all nuts.

What will help you experience more fully your Nine partner's world is for your Nine to open up and share what his or her inner world is like. Imagine anytime there are conflicting needs or emotional tension together, that you and your partner can lay down and share about what it is like inside. If the partner is a man, imagine him becoming vulnerable, and letting you into his world, as he makes sense of the experience in relation to his past. With you he feels safe to engage his fears and past

disappointments, sort it all out, and increasingly free himself of those binding memories.

In the process, you gain insight into your man -- his past, his fears, his pain. This is what solidifies your understanding of his world. And this is what will enable you to feel him, and feel for him in empathizing with what he is up against. Solutions still need to be found and developed, but now there is a base for both of you going forward.

How much are you and your Nine partner able to do this now?

2) Learn to Communicate Your Needs, Expectations, Frustrations and Tensions Safely and Harmoniously.

If you are married to anyone connected to the Nine energy, it is vital that you learn to share your needs, tensions, frustrations, and upsets together using simple yet powerful, safe frameworks. These tools and skills will enable each of you to open up and share in a heartfelt way what it is like inside living with each other, free of criticism or blame. The process is a sensitive and honoring one, where the good will is maintained. And the differences are resolved, and reinforced so that they do not keep happening.

It is even important how you ask a Nine to do something. Remember, what you are wanting, or what you need done, is probably not as important to the Nine as what the Nine is wanting. So in addressing Nines, if it sounds like they are being told what to do, or being talked down to, this can cause them to contract inside. You do not want that. You need their good will -- *you need them to care* -- to fully accomplish what you need done. And still feel in love with you.

The communication tools and skills laid out in Book II of this series are designed to provide this safety so that issues are resolved together. And you feel closer having gone through the process.

3) Learn how to establish support structures that ensure that the Nine consistently follows through.

Most Nines need some framework or structure that will empower them to move forward in achieving the tasks that their partner requires. Either a reward (best) or a threat of a consequence (not always best) can be helpful. Their jobs usually provide this as they need the money. But most all of, what disempowers many Nines is when they have to do the task alone. It can feel like punishment. After all, they can feel like it is being foisted onto them, that is really not that important to be done. However, if there are others doing it, or their partner is joining in the effort, that can give the Nine the inspiration to move forward.

So if you want the Nine to do something, set up a structure where they feel supported. Support that lightens the load, that makes it more fun, that engages them without feeling the drudgery of it all. That might mean that you initially join in the task together, and once it gets going move on. Remember to be encouraging, appropriately appreciative, and a reward always helps.

Whenever conflicts of needs emerge, and you talk it through together, make sure the Nine gets to agree to the solution. It is a good idea to ask rather than dictate what is to be done so that they feel involved in the decision. I know this can take patience, particularly if you are fast on your feet. Alas, maintaining the Nines' good will is paramount.

Note, however, that it is usually not enough to just agree on a solution together for something that really matters to you. Nines may need the two of you to establish a framework of support to ensure that the solution is *sustained*. For example, the tools and skills we teach in *The Couples Course* focus on what will enable the Nine to remember to do the solution? What will empower the Nine in that moment they feel like putting it off? What rewards, what boundaries, what consequences, and what level of support is needed to ensure the Nines' effectiveness? Also, what if the Nine forgets or falls back? Instead of their partner's typical critical response, what is a positive response you can agree on -- even the actual words you are to say -- that will empower the Nine to carry on. So that it does not come off as criticism, or shame.

These important reinforcements can be needed, for after all, what you are asking of the Nine, even though it is so logical or so clearly needed, it may nevertheless be against their very wiring. Just as

what they are needing from you can be so against how you are wired! So who is the one with the problem? We all are.

Without these awarenesses together, and without the skills and tools for resolving the natural differences, how will how will tensions and issues with a Nine ever get resolved? Instead of harmony, there is conflict. Instead of heartfelt resolution, there is emotional distance and distrust building. Without these understanding and tools, what all couples naturally do is they both just adapt. And whatever ill, unresolved feelings were generated will go underground. And even though they may continue to love each other, some distance results. That is until it accumulates and becomes unbearable.

IN ORDER FOR NINES TO GROW...

Most Nines are content in their lives. It is typically their partners who are disgruntled, which to whatever extent then spoils it for the Nine. None of this material outlined in this profile would matter much to the Nine if he or she lived alone. They would never read it as there would be no real source of tension in their lives. Why would there be tension -- they can do what they want whenever they want. It's all good. Yes, they would feel somewhat lonely, but they get alone fine. Usually though, Nines are in relationships. And that is where this self-awareness and understanding these dynamics becomes vital.

Like most everyone, Nines usually lack any awareness or understanding of their inner dynamics. Where would they have learned this? They do not teach it in elementary school, high school, or college. They do not teach it graduate therapy school for couples therapists. They do not even teach it in Enneagram circles. And like everyone, the Nines' world seems completely natural to them. They wonder what is wrong with everyone else. *Why can't people just relax, take it easy, and go with the flow in Life. What's the big deal.*

Without the Inner Enneagram, I am not sure how people can make sense of the patterns in their world that the rest of us see so clearly. And particularly they do not see the off-putting pressures that underlie and give rise to those patterns. As Nines become aware of their "Nine-ness" in the Enneagram, they begin to relate to those features in their personality. Right in the very first couple's session with Nines, they get it. And they finally feel like there is someone who finally understands them. For the Nine did not understand it themselves, much less be able to communicate it so their partner ever understands.

However, how are the Nines going to learn about these inner dynamics? I have tried to make this book as comprehensive as possible so people can readily learn about their types and the dynamics in their interactions. But each case is individual given all of the forces in the wings and lines and all of the other factors going on in their lives. Most other types can read these dynamics to broaden and strengthen their understanding. However, most Nines do not learn by reading -- they are not big readers. That is fine when couples can come to a few sessions to pick this up, or telephone or skype sessions. But for those couples on their own -- oh, oh. What are they to do? Their partners typically are readers. And, in the past, they have given their Nine partner books to read about their situation. But the Nines typically do not get around to reading them.

If this is your situation, and I was the partner with a Nine, I would suggest reading aloud together the s of this book that matter. Do the exercises together, and discuss them.

As Nines increase their understanding, they start to make sense of their patterns. With awareness, they begin to open up and discover their underlying insecurities, fears and pain. This is huge as their psyche has always been wired to avoid going inward to anything unpleasant. After all, it just makes them feel bad (or worse) about themselves. Now they see it objectively, which gives them the clarity that enables them to explore and make connections in who they are.

The goal is for Nines (and everyone else!) to become increasingly familiar with their underlying insecurities, and all the ways those pressures drive them *over-the-top*. So instead of unconsciously acting it out, they now can recognize the dysfunctional behaviors and underlying distorted attitudes as they emerge (this same process is occurring with their partner gaining their own awarenesses,

which makes a difference that both are growing). When either confronts these pressures, they can now learn how to process and work through their underlying issues together.

In doing so, they are freeing themselves. Their personality increasingly reflects the purity of their true Self. This is the dynamic, humble *Peace* that their partner loves about them, and it is now being sustained, free of the taint of distortion.

However, how are Nines going to get there if they are forever unconscious of the pressures (and the source of those pressures) in their personality. As long as these inner pressures, fears, and deeply repressed pain are avoided, defended, denied, projected on those who trigger them, or freely acted out -- how would they ever free themselves? It is those pressures and pain that are keeping the person from being them Selves, being fulfilled in themselves, and being pure and balanced in their personality. How could it be any other way?

So in talking one-on-one with the Nine who has read this far in the profile, I would ask, "What are you going to do?" You now see that you are a Nine, or have some strong Nine energy in your personality. You can relate to the inner pressures laid out here in this profile that the Nine experiences. You recognize the dynamics these pressures generate in your marriage. And you now understand that the success of this marriage depends on your responding to your partner's core ego needs. Whether they are the needs of a *perfectionistic* One, or the *emotional* needs of the Two, Three, Four, or One-on-One Subtype, or the need for you to take on more *responsibilities* for the worried Six, or step up with the *powerful* Eight.

You also are now becoming aware of all the areas in your personality where you are *over-the-top* that create tension in your relationship. So you cannot act them out unconsciously any longer. But what are you now going to do? And whatever you figure out, how are you going to do that, or be able to sustain that? For all of us, the desperate pressure of those underlying ego needs at times is much greater than our ability to control or modify them. Otherwise people would not over eat or argue or take drugs, or act out.

Now that you understand your partner's needs, how are you going to meet them? All of this will take some Initiative on your part. What is going to motivate you to do so? It is not your nature to initiate what does not give you pleasure. So what will happen? A plan, a structure, is needed to counter your natural inertia. But you are not good at making plans, much less keeping them.

Most Nines probably do not want to even think about all of this. They sort of put their head in the sand and hope it goes on as best as possible. And that is the dilemma -- for the Nine and particularly their partner. But moving forward in the face of those strong inner pressures takes a strong Commitment. As a Nine, do you really have that? Do you have an even stronger Intention to adjust your bar to respond to your partner's emotional needs? And to talk about it together whenever obstacles arise so as to find ways and the support that will enable you to continue?

Having self-awareness and understanding of these dynamics is one thing. But without learning and developing the skills in communication that make opening up and interacting together safe and harmonious, it probably will not be sustained. This is why I have found that working with your partner is so essential. If your partner continues to express tension, criticism, disappointment in getting their needs met, than this is an quite an uphill climb.

Of course, it is probably just as difficult for your sparky partner to recognize where he or she is *over-the-top* as well. They want you to change, but are unable to change and adjust their own bar that would support and honor you. They may have as much difficulty opening up and become vulnerable to their own insecurities *and own them* instead of projecting them on to you, the person who triggers them.

So I suggest that, along with these awarenesses, you need to develop the skills and tools *together* that enable you and your partner to talk freely about these issues affecting your relationship as they emerge. With these understandings, you both develop a "friendly" attitude towards the underlying insecurities and inner pressures (that we all have in our ego), where there is no shame. After all, it is just the distorted wiring of your ego. It is not who You are. This will make it safe to talk about issues together, sensitively, in a sacred, honoring way, so that you can resolve them, heal them. But I

believe your partner is going to have to get on board and lead the way.

Specifically, the two of you are going to need to come up with solutions that enable you to resolve your differences. Remember, you are just different. Neither of you has to be right or wrong, as you both have egos that are gripped by different needs. And typically both of you are over-the-top in what you want. It can be important that both can recognize that as it shows up.

It also would seem important to establish together what obligations the Nine is expected to do. And to walk through them so there is no confusion of what the end product looks like. Nor confusion that requires the Nine to guess whether to do it this way or that way. Everything needs to be spelled out (or have the partner do it!). Nor confusion about the time frame of expectations that are agreed to. Everything is articulated and agreed to, and maybe even written down clearly and simply so that it is now objective.

Now add the supportive structures that will ensure and enable the Nine to initiate and follow through. Without a structure, left to do it alone, it might not happen.

When you are both skillful in using the tools in *The Couples Course*, all of this interaction together can happen in a positive, supportive frame, without tension. This is essential for the Nine to be able to grow.

Even though saddled with these pressures that limit us, they need not overshadow the recognition of the tremendous gift that Nines are, and what they offer in a relationship. We are spiritual beings, and the Nines gifts are at the apex, and are incredibly important. They deserve that recognition and support in their path back to wholeness.

Section III

Common Characteristics
of People of the
Same Type.

&

Misconceptions in the
Conventional Enneagram
System.