

Enneagram #6



The Enneagram 6 is the Loyal Skeptic

The Loyal Skeptic is always aware of the world around them and they are thinking about what can, will or might go wrong. This is true in regards to their physical environment and their relationships. They value security and relationships but are constantly questioning the strength of both. They are devoted to people and causes, thrives when working in healthy teams, and is loyal to their relationships and the commitments they make. At their best they are courageous and vigilant but at their worst they can be full of fear, anxiety and doubt, keeping them from letting down their defenses to let others into their life.

KEY WORDS



Grounded and
Courageous



Loyal and
Unsettled



Self-disciplined and
Vigilant



Anxious and
Suspicious

WHAT DRIVES ME

I want my life and the world around me to be safe and secure. I want to know I am supported by the people whom I depend on and am connected to.

FEARFULLY AND WONDERFULLY MADE

- I find comfort in God because He is the God who walks beside, goes before and protects from behind. He has promised He will protect me and watch over me.
- I am stretched by God because He requires that I have faith in Him. I have trust that God is in control and he can use difficulty and danger to bring about His purposes and blessings to my life.
- I experience love from others when you are trustworthy and follow through with your promises; you show support for the things that are important to me and you take seriously my concerns about situations and people; you affirm your commitment and loyalty to me regularly - not just in situations where I am under stress.
- I love other people by keeping you safe and showing you all the things that can go wrong. I want to feel safe and secure so I will love you by being aware of the challenges and difficulties I can see and sharing them with you.

SPIRITUAL PRACTICES

PRACTICE THIS PRAYER

As you breathe in, "God is my strength and shield...", as you breathe out, "I am courageous through Him."

BE AWARE

When you are feeling threatened by a person or situation. Ask the Holy Spirit to reveal why and how God wants you to respond.

JOURNAL

Your thoughts and feelings about your fears, how you feel insecure and what threatens you. Read Psalm 91 and Phil. 4:4-9 and write down the truths that counter your fears.

MEMORIZE

2 Timothy 1:7 "For God has not given us a spirit of fear and timidity, but of power, love, and self discipline." Take time to meditate upon this truth and ask God to make it true for you.

BE INTENTIONALLY CONNECTED

to the community of encouraging relationships where you practice honesty and openness, allowing others to encourage you and challenge your thinking and acting.

AT MY BEST

- I am connected to people and organizations where I respect those in authority because they have integrity and act fairly.
- It is important to me to feel prepared for whatever I might face and I find security in the known.
- I am loyal and dependable.

AT MY WORST

- I don't know what to expect & am forced into situations for which I haven't had time to mentally or emotionally prepare.
- I don't trust people who have control or influence over me.
- I get in negative thought patterns where I can only see the negatives and risks that - in my mind - will inevitably happen.

Other people experience me as wanting to connect and belong but wrestling with distrust of the intentions and commitment of others. This can be confusing - for me and them! I can come across as very fearful and distant or the exact opposite - overly assertive and courageous.

WHO I AM

TO GET WHAT I WANT, I WILL MOST LIKELY

be compliant by going along with the group and striving to have a sense of belonging with others.

WHEN I DON'T GET WHAT I WANT, I WILL MOST LIKELY

be reactive to the situation and the people I am in conflict with. I will be defensive and tend to blame others by projecting my fears and insecurities onto others as the cause of my anxiety.

I LIVE MOSTLY OUT OF MY

head- I'm a thinker. I am very aware of my surroundings and the people around me. I can't help but think of the dangers, challenges and things that could go wrong and they constantly play in my head.

MY SELF MEDICATION TEMPTATION IS

to either move toward a person I completely trust to feel secure and safe OR to be fierce and strong to the point of being intimidating to assert my security.

MY CORE WEAKNESS IS

anxiousness - my mind is like a missile radar detection system, constantly scanning the horizon to predict and prevent negative things happening, leaving me feeling worried and apprehensive about life and the people around me.

SPIRITUAL TRANSFORMATION

HOW TO SHARE JESUS WITH A 6

"Recognize that I naturally am aware of the worst-case scenario. Talk to me about how Jesus faithfully led and provided for His disciples even in the hard things. Remind me of God's eternal promises of provision and care for my needs. Take the time to listen to my questions and doubts, helping me see God's perspective instead of just my own."

MY JESUS TRUTH IS

Jesus you are completely trustworthy and you protect me with your love and power.

"So be strong and courageous! Do not be afraid and do not panic before them. For the Lord your God will personally go ahead of you. He will neither fail you nor abandon you." Deut. 31:6 NLT

