

The logo consists of a light blue geometric design, resembling a complex star or a series of overlapping triangles, positioned behind the text.

**EnneaTest®**

"A valuable opportunity to trigger your personal and professional growth path."

## What is the Enneagram?

In times of great transformation sometimes we wish we had a tool to help us better read ourselves and others around us. Here is where knowledge of the **Enneagram, a powerful tool for decoding** why we are the way we are, our behaviour, how our character traits influence us in situations that bring us happiness or unhappiness, can come to our aid. It helps us to understand more deeply **what we are afraid** of and what we run away from, **to identify our strengths on which to trigger change**, how instead to **recognise the traps we fall into**.

Today there are many paths and tools for knowing ourselves: the Enneagram is among them. A tool of awareness for better self-knowledge and understanding of others who, like us, fall back into their automatisms and fears.

The Enneagram is a tool that identifies **9 main personality types** that lead back to a primary conditioning aspect and automatisms that we do not recognise and struggle to get rid of. From childhood we have built defence mechanisms that generate recurring compulsions and anxieties whenever we are in trouble.

The power of the Enneagram is precisely its becoming a traveling companion at our service, valuable support because of its ability in reading us and others, and **to guide us on how to work on the blocks and conflicts** that prevent us from being as we would like to be.



# Enneatype Six

Your test result is:

## Enneatype Six

### The Skeptic/Loyal

**Enneatype Six** is one of the nine personality types described in the Enneagram system.

They are known as the **Faithful**, the **Skeptical-Loyal**, the **Defender**: they are characterised by strength of will and, often, a strong desire to see their thoughts and feelings confirmed by others to whom they have assigned a role as a point of reference in the contexts of their life.

Many times they may appear cautious, fearful, and worried about the future, but their main goal is to ensure the safety of their own life and the people they are close to.

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# Enneatype Six

Enneatype Six is **loyal and sincere**, but extremely **fearful and indecisive**, although in several instances or contexts they may flaunt a confidence that masks this aspect. They are **respectful of rules and traditions**, but are not very trusting of others and especially appears wary and suspicious of strangers.

Conversely, when they "espouses" an idea, something or someone, they become an **uncritical servant** with a **tendency toward fanaticism**. They tend to be a **procrastinator** and to avoid, where feasible, possible success. They favor occupations where there is a **clear hierarchical line** and could be an excellent wingman or right-hand man to a leader. This tendency of their leads them to loyalty within the group and to individual persons chosen as valid references or to faithfully follow a charismatic leader or the rules that society imparts to them.

Under stress they can have opposite behaviour: depending on whether pressure comes from people who are not or are references for them, they become hyperactive and reactive or subservient. When they feel comfortable, they can instead be an excellent diplomat, especially when stimulated by strong and decisive people, taking strength from acknowledged loyalty and delegated trust.

Enneatype Six is distinguished by a **tendency to feel threatened**, as if there is nothing solid enough to hold on to. At the heart of this temperament is a kind of fear or anxiety that can manifest themselves in a variety of ways: one of these is a sense of deep-seated fear, which manifests itself in worry and fantasies of anything that could go wrong.

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This tendency causes the Enneatype Six to solve problems, but at the expense of the spontaneity and mental serenity they so badly needs. Anxiety is at its essential core. This posture leads Enneatype Six to develop a kind of defensive trait because of which they do not trust easily. They are therefore often ambivalent with others until they firmly show them that they can be trusted.

"They are very reserved and cautious, but also extremely loyal and secure. Their desire for security often leads them to follow someone they recognise as authoritative, sometimes creating real bonds of dependence."

Enneatype Six is inclined to respond with **unwavering loyalty**, considering also that they are usually looking for something or someone to believe in. This, along with their **general distrust**, creates a complicated relationship with authority. The side of the Enneatype Six that is looking for something to believe in is often very susceptible to falling into the temptation of turning an outside source (be it in the form of an individual or belief or entity or group) into authority. Because of the distrust and suspicion inherent in their temperament, they **tend to work without trust in authority**. There are thus two opposing forces fighting in this Enneatype: **loyalty** and **distrust**.

Enneatype Six basically adopts two different strategies for dealing with fear: **phobia** (more usual in affable and cooperative temperaments) and **rebellion** against anything it finds threatening (generally more common in those who confront authority or take a bold stance toward physical danger).

In both cases, Enneatype Six is often unaware of the fear that motivates their actions. In fact, they tend not to perceive the magnitude of their anxiety and to have little awareness of its fear.

In many situations, Enneatype Six may show indecision, such that it shows **difficulty in making important decisions independently**. This occurs because they seek security in the authority of people or large groups, on whom they rely on to make relevant decisions. In some ways, they trust the judgment of others more than their own.

Its willingness to be guided by outside authority can be a source of strength, but it can also be a source of weakness, as it can be easily influenced by malicious people or false information; for this reason, Enneatype Six develops a **strong sense of suspicion** of new contacts and situations in which it feels vulnerable.

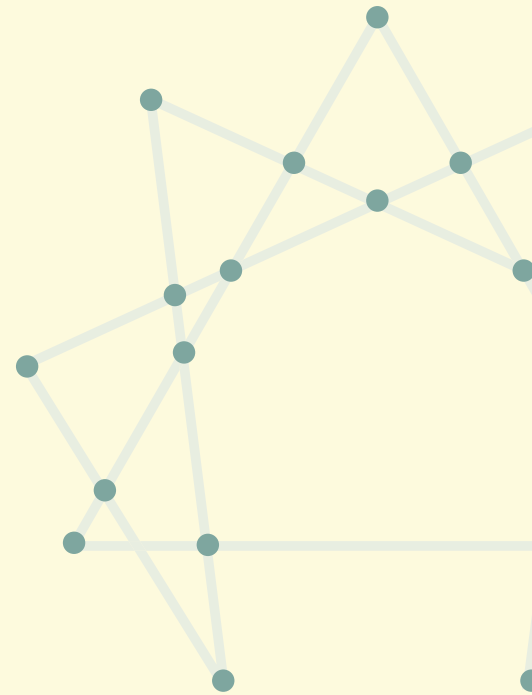
Enneatype Six mostly **fears instability and lack of security**: they worry about their own health, their job or the safety of their loved ones. However, in difficult situations, their intelligence and adaptability can emerge and demonstrate great courage and survival skills.

On some occasions, the enormous need for security can cause in the Enneatype Six a deterioration of entrepreneurial skills, limiting creativity and the ability to think "outside the box." They may be very diligent and careful in setting up their projects, but they **tend to stay within the confines of the known and the safe**, with a strong need for external approval, specifically from the person or group to whom they have entrusted the role of reference point for them.

Enneatype Six is very devoted to relationships and always **tries to maintain positive relationships** with other people, as these very relationships are a source of security in their life. Friends and family, in fact, are fundamental pillars for them, and they are often very protective of their affections. They can be jealous or possessive when they have the perception that they may lose a relationship with a loved one. Sometimes, **they have difficulty relaxing and managing emotional relationships** because they fear the risk of failure or abandonment and the related sense of insecurity; in this case, the main goal is to find understanding reference persons who can offer them the support and reassurance they feel they needs.

## In summary

Enneatype Six is very **reserved** and **cautious**, but also extremely loyal and reliable. Their desire for security often leads them to follow someone they recognise as authoritative, sometimes creating real bonds of dependence. The enormous challenge facing Enneatype Six is to learn to rely more on its own judgment, stepping outside its comfort zone that excessive adherence to a widespread culture of uncertainty and insecurity can generate.



# Strengths of Enneatype Six

Enneatype Six is generally highly organised, endowed with considerable awareness and responsibility with respect to its actions.

01.

Enneatype Six is **loyal** and **trustworthy**. They love to increase their knowledge and is attracted to great truths and spirituality. They are interested in truth and are not satisfied with false appearances.

02.

Enneatype Six **prioritises the needs of the group** and makes sure that everyone sticks together. Doubting everything, they are therefore good at foreseeing difficulties and anticipating problems.

With their approach to “we” instead of “I” they strongly carry this sense of belonging, which also transfers to others and can make them a formidable ambassador.

03.

Enneatype Six is used to **carefully and precisely observing** everything going on around them, grasping the details and nuances of each situation. Their attention is directed both to the external environment (behaviour and words of

others) and to their own internal sphere (the feelings they feel and the thoughts they process). They can turn this attention with great skill to operational, analytical, and reporting work.

04.

Enneatype Six is distinguished by its **reliability**. This characteristic implies the ability keep their word, to meet deadlines and commitments to others. The word of this Enneatype has great value: others know they can count on them and their seriousness.

Trustworthiness is therefore a key factor in building positive and successful relationships. When they are loyal to someone or something they are a faithful guardian of this covenant.

05.

Enneatype Six **pays close attention to future scenarios** and events that may occur in order to prevent possible consequences and by implementing the necessary actions to cope with difficult situations. They therefore implement foresight strategies due to the knowledge that life is made up of uncertainties

and must be lived with caution and prudence. At work, this leads them to be very lucid in estimating and anticipating negative impacts of even operational changes (change of management, change of price lists, new procedures, new organisations, etc...).

Enneatype Six often has a **great capacity for managing situations**, as they can keep every aspect of their actions and goals under control. Their ability to manage is based on careful planning, which requires constant control of goals and organisation of all the activities necessary to achieve them.

Enneatype Six is **often valued in the work sphere**, where a certain amount flexibility and adaptability to situations is often required. Their organisational and foresight skills enable them to successfully handle all kinds of tasks, even the most complex and difficult ones.

In addition, this temperament has a **strong sense of duty and responsibility** that pushes it at times to go beyond the necessary effort required. Indeed, the Enneatype Six feels a responsibility to do their best to ensure that everything related to work or commitments made is done correctly.

Enneatype Six **can have great leadership skills** that enable them to achieve ambitious results. Their great organisational skills and goal awareness can be used to motivate and guide others in the right direction. Therefore, they can be seen as a key resource for businesses and other groups, as their presence relieves the stress and worries of other members, as they know they can count on their reliability.

## In summary

Enneatype Six is defined by their great **ability to handle** situations, their sense of duty and responsibility, and their great attention paid their environment and daily life. Their reliability and seriousness make them a highly valued presence in every sphere of relationships and work.

They can have remarkable **leadership skills** that enable them to achieve ambitious results. Their **organisational skills and awareness** of goals can be used to motivate and guide others in the right direction.

Loyalty

The Group

Reliability

Pension plans

Attention



# Weaknesses

## of Enneatype Six

Enneatype Six is accustomed to living under the effect of strong emotional tension, which causes it to react with suspicion and distrust toward others.



01.

Enneatype Six may be **afraid** of concrete things, but also more generally, in the face of life, it has an unconscious perception of the world as a

dangerous place. Fear can express themselves in an attitude of cowardice, or through an aggressive-defensive or fighting attitude.

02.

Enneatype Six is often **anxious**: living in expectations, fears and apprehensions that can affect various spheres of life. This is a constant mental condition that can be triggered by a variety of factors: work, personal relationships,

health, and more. Those who live with this condition are aware of this feeling of constant worry and often try to control it with their will.

03.

Enneatype Six becomes **easily suspicious**: they tend not to trust others easily and to interpret every action or word of others as a sign of danger. Suspiciousness can be triggered by a variety of situations such as betrayal or abandonment, but also by more mundane events such as an unpleasant word or look.

Suspicion can have very negative consequences on the relational life of this temperament, prompting it to avoid others and to try to protect themselves from potentially dangerous situations.

04.

Enneatype Six is **defensive**: they act very protectively toward themselves or the person or group they have identified as a reference, as they experience every situation as a possible threat. They often feel attacked by the words or actions of others and tries to defend themselves against

what they perceive as danger. This defensive attitude can also be triggered by situations in which they feel challenged, such as in a confrontational or conflict situation.

05.

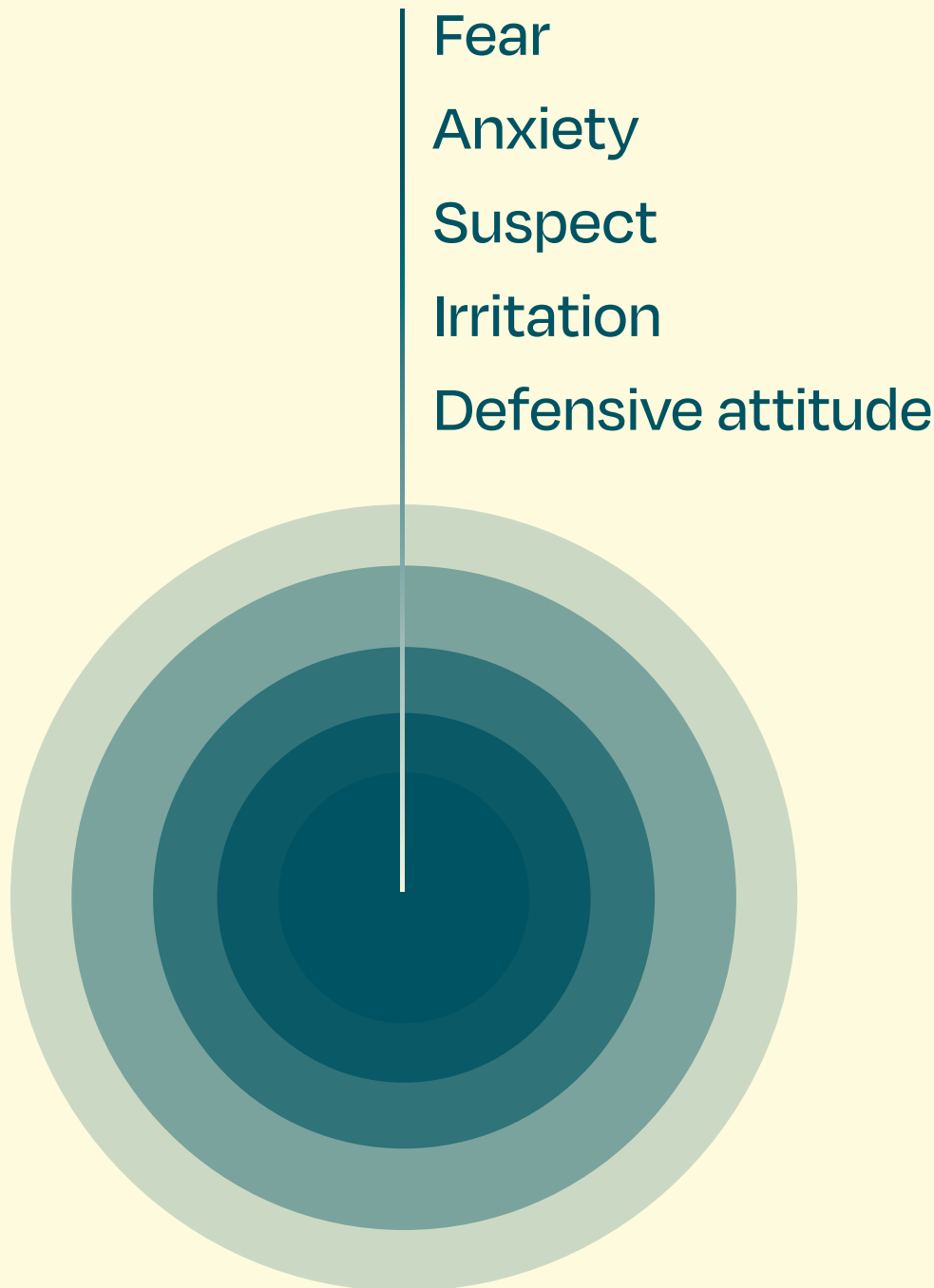
When Enneatype Six loses connection with their own sense of inner guidance and trust, they feel the need to find something or someone who is reliable, solid, safe, a reference. They **begin to believe that in order to feel safe and be able**

**to trust**, it is necessary to carefully examine the environment and anticipate problems, becoming overly careful to find out what may be threatening to them, dangerous or negative.

06.

Enneatype Six **strives to be an honest and solid citizen or employee in business**, responsible, disciplined, meticulous and park-like. It seeks the approval of others to create, organise and maintain alliances and structures for the preservation and continuity of its security. Everything becomes a matter of safe direction to follow. They explore and analyse systems, beliefs and traditions. They are forgetful about their own achievements and envious of those of others. They become obsequious toward authority and at the same time doubtful and competitive.

They are busy and constantly vigilant, very cautious, evasive and indecisive with others' demands. They question the positive, seeks and repairs faults, follows procedures. Challenges the commitment of others by sending ambiguous signals, with wry humor, passive aggression or insolence. They believe they are able to grasp the unspoken thoughts of others and becomes irritable and defensive toward what they are imagining and projecting onto the other. They are often seen by others as pessimistic and negative, although this is not how they perceive themselves.



Ultimately, what strongly characterises Enneatype Six is the connection between the three characteristics described: anxiety, suspiciousness, and defensive attitude, all of which can create difficult situations in the workplace. Enneatype Six lives in a constant state of tension and tries to protect themselves from every possible threat. They have difficulty in having authentic and deep relationships as the suspension aroused by their fears and suspicions blocks any kind of openness to others with an attitude of closure and isolation. This is a condition that, in order to be overcome, requires time, patience and understanding both from the person themselves and from others who interact with them. In the dynamics toward the leader, Enneatype Six tends to have a radical judgment of strong skepticism or very solid loyalty depending on the relationship built.

# Conflict management

## of Enneatype Six

### 01.

Conflict management in business can be an opportunity for Enneatype Six. Indeed, its special characteristics can be exploited to deal with and resolve conflict situations effectively and constructively. The Enneatype Six is attentive to relational dynamics and communication, **managing conflict in a qualified manner and with practical sense.**

It is important to try not to gain the Enneatype Six's trust right away, simply because you cannot. It does not grant it. Better to expose things as they are since the Enneatype Six **is very afraid of being deceived**, so they want to be very clear about their interlocutor's intentions.

In their world there are only two kinds of people: them and others. Hence the seemingly paradoxical search for an us in whom they can believe, trust and rely on and for whom they will fight without any fear of fighting.

### 02.

Excessive enthusiasm can also frighten Enneatype Six and they are a temperament that does **not appreciate too much praise**, as they will think you are trying to flatter them. It is also important not to belittle their fears or try to reassure them; they will become irritated. Better to be understanding, sincere, explaining the problems to them. In this way they will always be willing to help the other person. To prevent conflicts or resolve them constructively, a gradual path of trust built in small steps at times over time is necessary for them.

### 03.

When Enneatype Six is in a suspicious and defensive attitude, conflict may be handled ineffectively, as the tendency to react with suspicion and distrust immediately triggers a cycle of conflict, latent or expressed. In such cases, the conflict is likely to go unresolved and destabilise the work environment, causing unnecessary tension. Consequently, an Enneatype Six who is dealing with conflict must make sure to maintain a calm and rational attitude. Of course, **they tend to react emotionally to situations**, but managing conflict requires a very thoughtful attitude. The ability to remain calm and think clearly can be a great asset in managing conflict effectively. In addition, usually Enneatype Six **is attentive to communication**: they know that in conflict words are very important and that their interpretation can have a significant impact on relationships. They are able to select the right words to avoid harm or misunderstanding. They pay special attention to understanding the other person's reasons and exercising their empathy to try to find common ground between the parties.

### 04.

The anticipatory trait of the Enneatype Six can become very useful in both avoiding and anticipating conflict. With this tactic, Enneatype Six transforms their anxiety into a resource for conflict management, as it allows them to take a **long-term perspective** and implement preventive measures to maintain the serenity of the context in which they find themselves.

Enneatype Six's trustworthiness is an excellent asset in conflict situations: they **inspire confidence** in other people and stand out for their sense of duty and responsibility, a factor that becomes crucial in conflict resolution. They are able to support others when necessary, even entering conflict for them, and are able to make a difference in creating a positive corporate culture. However, when suspiciousness and distrust take over, Enneatype Six risks becoming counterproductive. To deal with conflict effectively, it should recognise the importance of trust in relationships and strengthen this component through its work.

In summary, Enneatype Six can manage conflict effectively with the support of their best gifts. The **ability to keep calm**, be attentive to communication, and prevent possible conflicts are key factors. In addition, their **reliability, empathy, and strategic ability** can be harnessed to achieve goals.

It is important for the Enneatype Six to be able to recognise their tendency to react with suspicion and distrust, precisely so that they can turn it into a resource for managing conflict effectively, creating a synergy between their skills and the practical situations to be implemented.

# Working independently

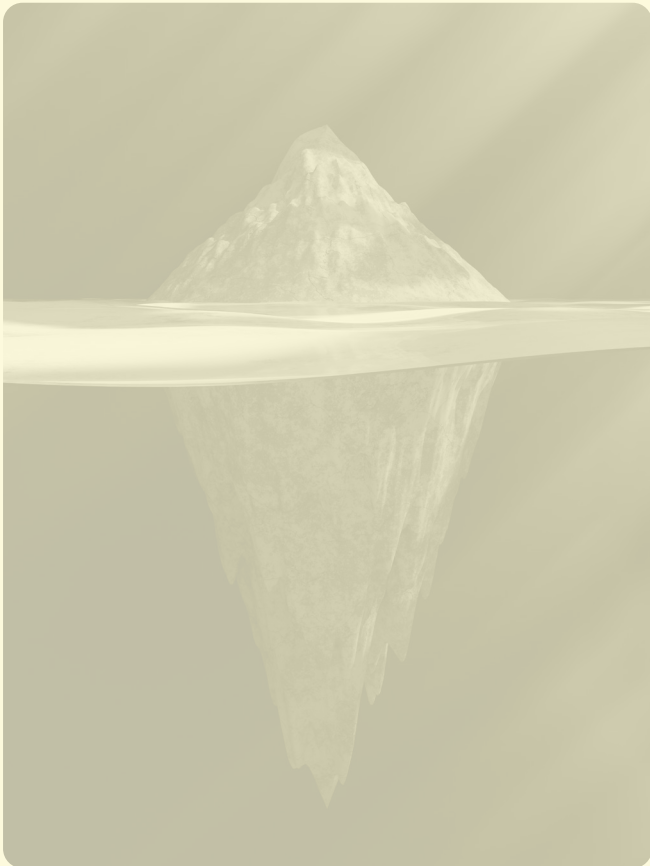
A person with the characteristics of Enneatype Six may be **excellent at working independently**. However, their tendency to be anxious, suspicious, and defensive may hinder their ability to work independently. In this section of the text, we will explore the various ways through which their reliability, alertness, and foresight can be used to work effectively and independently.

Enneatype Six **seeks a strong leader to follow** because they are generally doubtful of their own ability to act, so they project their strength onto the other person, especially in those who exercise an authoritative role that is responsible for making important decisions. They take an attitude of idealisation and submission to authority and often adheres wholeheartedly to the group, especially to manage their natural paranoia.

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**They act only when forced to do so** and is paradoxically attracted to dangerous or competitive activities that require a quick response, which becomes for them to test themselves and challenge their fear to such an extent that for the group they may sacrifice themselves for a just cause. It is difficult to address praise to Enneatype Six, because special attention may arouse suspicion in them. **They tend toward procrastination** and may work in environments where competition is minimal or there are established hierarchical constraints. They may therefore prefer independent professions or roles that grant them broad autonomy or responsibility for issues that are not handled by others, leaving them to be the gatekeeper of that information.

The trait of dependability is a key factor for an employee who works independently. The Enneatype Six is able to build a positive reputation among their colleagues and superiors because of their **ability to keep their word and fulfil their responsibilities in a timely and accurate manner**.



This reputation for reliability can make them assume greater autonomy and assignment of responsibility in work activities.

Importantly, the **ability to be focused** is equally crucial for working independently. The Enneatype Six is able to pay close attention to details and any issues that may arise while performing tasks. They have a **sense of responsibility** that allows them to act promptly to resolve problems and unforeseen issues, avoiding oversights or acting to prevent any negative consequences.

**Avoidance** and **attention** are fundamental skills that can be used effectively to work independently. The Enneatype Six pays special attention to all details and makes sure that all activities are carried out in the best possible way. In particular, prevention is perceived as an asset when carrying out its activities, adopting the right strategies to prevent any problems from restricting its autonomy while offering a high level of safety and efficiency.



Enneatype Six, because of their **self-control skills and a predisposition to optimise personal resources**, can work productively and independently because they are able to manage and cope with stress effectively. As a result, their anxiety does not affect the quality of work or interpersonal relationships.

## In summary

A person who is at times anxious, suspicious, and defensive but also reliable, careful, and preventive can work autonomously and be a valuable team ally. Anticipation and alertness prove central to achieving goals, while dependability is a basic prerequisite for autonomous work, and Enneatype Six falls among the most reliable. In addition, the ability to handle stress and to adopt an open and cooperative attitude are critical for interpersonal communication and proper coordination among team members. By adopting this mindset and with proper training, the Enneatipo Six will be able to work independently, but always in a constructive and productive manner that can generate a positive work environment for themselves and their colleagues.

# Teamwork

Enneatype Six's level of attention is manifested in the accuracy and precision with which they want to see different responsibilities assigned in the team. They will always tend **to carefully analyse the skills and abilities of each team member** to prevent problems that they might cause.

This demonstrates an attention to detail that is critical to the success of any team project. They know that every task is important and that entrusting it to the right person can make the difference between success and failure.

In addition, its prescient nature leads the Enneatype Six to **plan ahead and consider all possible variables.**

This enables them to anticipate challenges and adequately prepare for them. Because of this trait, they are able to delegate not only tasks but also responsibilities, providing clear guidelines and detailed instructions to ensure that goals are achieved effectively.

Enneatype Six is able to anticipate possible problems and foresee the consequences of their actions: they are therefore a valuable asset to the team because they stimulate the confidence of others (colleagues, managers, and clients). This predisposition of their can enables them to anticipate possible delays or blockages in projects and adopt strategies to prevent them from becoming larger or more burdensome problems.



There is a need to consider that anxiety, mistrust and a defensive attitude can prevent healthy collaboration with other group members, making it difficult for Enneatype Six to identify common goals and work in synergy.

To combat these tendencies, the Enneatype Six should try to **maintain a more open and cooperative attitude**, putting aside mistrust, fostering clear and honest communication. In this way, they will be able to engage with colleagues and managers, explore the opinions of others, and gain new perspectives on the tasks at hand and the problems to be solved, thus bringing a positive and constructive attitude that can prove invaluable during the activity carried out as a team.

## In summary

The defensive attitude typical of the Enneatype Six in the face of any criticism or comments that are not exactly positive can generate an obstacle in the way they work and interacts with others. They must learn to accept criticism and encouragement in order to put themselves out there and achieve the best possible result.



# Ability to delegate

Enneatype Six's level of attention is manifested in the **care with which they assigns responsibilities**. It carefully analyses the skills and capabilities of each team member and then assigns them specific tasks based on their characteristics. This demonstrates an **attention to detail** that is critical to the success of any project. They know that every task is important and that entrusting it to the right person can make the difference between success and failure.

Enneatype Six, with their **anxious, suspicious, and defensive nature**, might appear to be an individual who prefers to keep everything under control, but they actually manage to harness these traits to become a reliable, careful, and prescient professional. Their ability to delegate tasks within the company is one aspect that demonstrates their talent for handling responsibilities efficiently.



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Enneatype Six's anxious attitude may stem from a fear of making mistakes or a desire to ensure that everything goes right, which prompts them to be constantly vigilant and detail-oriented. Instead, their suspicious nature helps them identify possible critical issues or risky situations before others, enabling them to take the right precautions and act accordingly.

This quality combines perfectly with their **propensity to remain defensive**, leading them to protect themselves and their company from potential threats or negative consequences.

However, these characteristics do not limit their ability to delegate. In fact, their reliability and attentiveness make them acutely aware of their own limitations and the skills of others. The Enneatype Six generally knows that they cannot do everything themselves and that it is necessary to involve and trust their team members. Delegation then becomes a tool for leveraging the skills of others and optimising the overall efficiency of the company. The additional challenge for them is not to always delegate the bare minimum, thus preventing the delegatee from growing and developing greater autonomy. This will allow them a balance between judicious risk management and the growth of trust with others.

## In summary

Enneatype Six has characteristics that allow them to delegate strategically, leveraging the skills of their team members to achieve positive results. Despite their constant worries, they can balance control and trust in others, creating a collaborative and productive work environment. They become a point of reference and confidence for others, both in receiving and in delegating to others.

## Conclusions

Enneatype Six has a **strong desire to see their thoughts and feelings confirmed** by others. Many times they may appear cautious, fearful, and worried about the future, but their main goal is to ensure the security of their own life and of the people they love or who, corporately, they have elected as their reference points.

They can seem very reserved and cautious, but also extremely **loyal and secure**. Their desire for security often lead them to follow the authority of someone they recognise as trustworthy, sometimes creating bonds of dependence.

When a figure or entity of reference is not there, this emptiness ignites a dynamic of skepticism, distrust, and lack of trust toward the context and people with whom they must work. The Enneatype Six can become **anxious, suspicious and distrustful** to the point of living in a constant state of tension, in which they try to protect themselves from every possible threat. They have difficulty having authentic and deep relationships as their fears and suspicions threaten to block any kind of openness to others.

Enneatype Six can manage conflict in the company effectively with the help of their best gifts: the ability to keep calm, be attentive to communication, and prevent hostility. In addition, their reliability, **empathy**, and **strategic ability** can be harnessed to achieve common goals.

They are able to work independently and be a **valuable ally to the business team**. Avoidance and focus are central to achieving their goals, while reliability is a prerequisite for work autonomy. In addition, the ability to handle stress and to adopt an open and cooperative attitude are essential for interpersonal communication and proper coordination among team members.

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The Enneatype Six who knows how to express their potential to the fullest can be a valuable resource for themselves and the people who refer to them and about them, both in personal and in professional and business settings.

