

ENNEAGRAM

The Instinctual Subtypes

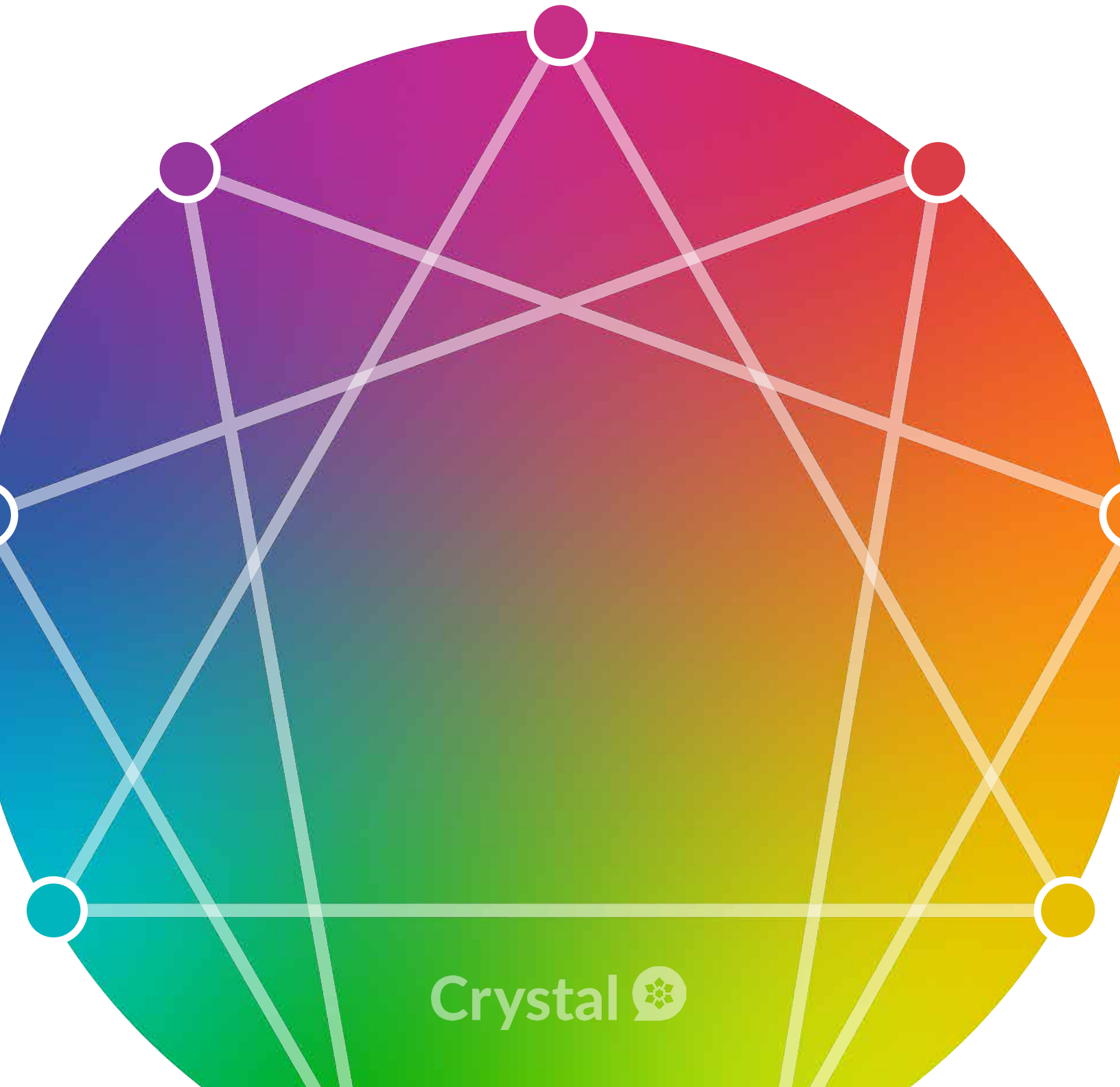


TABLE OF CONTENTS

3 WHAT ARE THE INSTINCTUAL SUBTYPES?

One-to-One

Social

Self-Preservation

7 HOW THE SUBTYPES PRESENT

16 LEARN MORE ABOUT THE ENNEAGRAM

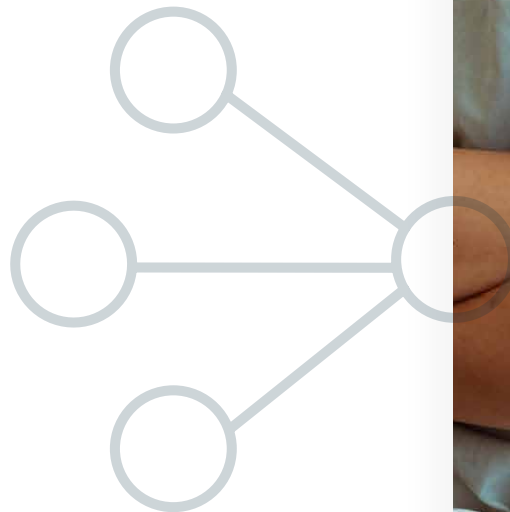


WRITTEN BY MEGAN BANDY

WHAT ARE THE INSTINCTUAL SUBTYPES?

According to the Enneagram personality model, everyone has three “instincts” that govern them: the self-preservation instinct, which governs the need for survival through essentials like food, water, and shelter; the social instinct, which governs the need to be a part of a group or community; and the one-to-one instinct, which governs our intimate relationships with partners, friends, and family.

Although each instinct is present in everyone, there is often one that is more dominant in an individual than the other two. This dominant instinct is known as your “primary subtype.” A person’s primary subtype affects how they see themselves, form relationships with others, and prioritize needs.



ONE-TO-ONE

Prioritize chemistry and intense connections with other individuals.

One-to-one subtypes tend to be relationship-oriented. They often crave intense closeness with other people or to be in union with nature. They may be very spiritual people who seek to connect with the very core of another person. One-to-one subtypes tend to enjoy eye contact, physical touch, and the sharing of personal details more than other subtypes. Generally, they aim to build highly-connected relationships. They may tend to romanticize what relationships look like (even platonic relationships with their friends and family).

One-to-one subtypes may be keenly aware of the natural chemistry between people. They tend to be very energetic and may intimidate those who are more reserved. Their intensity can seem competitive or aggressive, at times, despite their best intention. They may be more emotionally expressive than other subtypes. One-to-one subtypes are often very experience-oriented and tend to seek stimulation from the world around them.



SOCIAL

Prioritize relationships to establish a sense of community and value.

Social subtypes tend to abide by certain expectations or social norms. They are likely to appreciate order or tradition. Social subtypes are more likely to identify with a group or community they're a part of, like their religion, ethnicity, occupation, nationality, etc., than other subtypes. They tend to seek a sense of belonging and may naturally consider the good of the group before acting. They may also be very involved in group or community activities.

Social subtypes are often concerned with their “duty” to others. They will make sacrifices for their community as necessary and care deeply about roles and responsibilities. They may seek recognition for their actions and are likely to recognize authority through titles, ranks, or positions.

Similar to the One-to-one subtype, Social subtypes tend to seek connection. However, they seek several broader relationships with others in their community, rather than investing deeply in one or a few people. They are likely to have reasonably high expectations of others, often assuming that people should fulfill their roles. However, they are also willing to adapt and fit the mood of the situation to help things go smoothly.



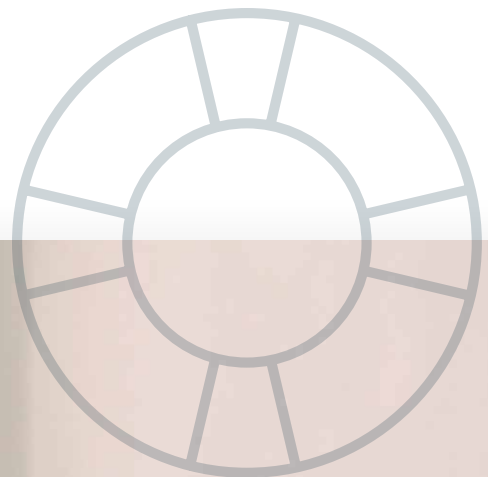
SELF-PRESERVATION

Prioritize personal comfort, safety, and stability.

Self-preservation subtypes tend to prioritize their safety and comfort above most else. They are cozy environments that allow them to relax. When outside of their own spaces, they may make small adjustments to help feel more comfortable, even if the changes seem odd to others, like adopting a uniquely specific position in their seat.

However, this comfort likely extends beyond just physical ease - they may prioritize their finances, health, home, and other personal spaces. Self-preservation subtypes can seem pickier than others, at times, since they have less tolerance for being too hot or too cold, eating food that is too spicy, salty, or sweet, feeling too itchy in their clothes, and more.

They tend to “nest” naturally and will likely put a great deal of effort into making their space as inviting and relaxing as possible. Depending on the person, this may mean they invest time and money in carefully curating decorations, electronics, furniture, blankets, and more.





HOW THE SUBTYPES PRESENT

Though instinctual subtypes tend to exhibit similar characteristics across all personalities, they look different depending on someone's Enneagram type.



Enneagram TYPE 1

SOCIAL ONES

Social Ones tend to exemplify morality. They want to demonstrate what it's like to do the right thing for the good of others. Social Ones are likely to have a strong belief in a specific way of doing things. They may adopt teaching roles in a group, as they have a natural desire to guide other people.



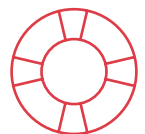
ONE-TO-ONE ONES

One-to-one type Ones tend to be intense, outspoken people who work to make others better. They may have a harder time admitting their flaws than other Ones, but they are determined to help other people work toward personal growth. They are likely to be idealistic and honest, often comfortably expressing anger when people don't meet their expectations.



SELF-PRESERVATION TYPE ONES

Self-preservation Ones tend to be friendly people bent on self-improvement. They may be somewhat perfectionistic and are likely to focus their energy on making a measurable difference in their small community. They want to be right and do right by others. Although they may be determined to get better day-by-day, they may have fewer expectations of other people than their one-to-one and social subtype counterparts.



[LEARN MORE ABOUT ONES](#)



Enneagram TYPE 2

SOCIAL TWOS

Social Twos are likely to be more leadership-oriented than other twos, often seeking recognition for social achievement. They tend to be skilled at impressing others and gaining popularity through meeting people's needs. Twos often want to be the person the group turns to for help and are likely to spend a lot of time and effort, proving their worth to the group.



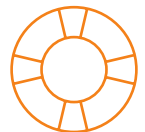
ONE-TO-ONE TWOS

One-to-one Twos are often charming and magnetic. They have an innate ability to draw in people. Their desire to have open, intimate conversations that help them connect to others helps drive them. They tend to seek plenty of recognition and physical closeness from the other person, especially in a romantic relationship.



SELF-PRESERVATION TYPE TWOS

Self-preservation Twos are likely to be naturally supportive and nurturing toward others. They may seem like natural "parents" in a group, tending to look after others and make them feel comforted and welcome. They also are likely to expect others to provide the same attentiveness in return, even if they aren't always conscious of this expectation.



[LEARN MORE ABOUT TWOS](#)



Enneagram TYPE 3

SOCIAL THREES

Social Threes tend to be competitive, successful people who seek to rise through the ranks. They may feel very dedicated to their team and are likely to devote themselves to leaving a measurable impact. They enjoy taking on leadership roles, often working to dazzle other people.



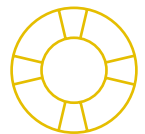
ONE-TO-ONE THREES

One-to-one Threes tend to be natural performers. They are likely attractive and charming people who enjoy positive attention from others. Where other Threes may feel more determined to set and meet their own goals, One-to-one Threes may find satisfaction in helping the people they're closest to succeed.



SELF-PRESERVATION TYPE THREES

Self-preservation Threes tend to seek personal security through material gains. They may be even more concerned with being financially stable and successful than other self-preservation types. Threes are likely to look for comfort in things like a big house, a high-paying career, and more. They are naturally hardworking and charming while maintaining healthy levels of self-awareness and modesty.



[LEARN MORE ABOUT THREES](#)



Enneagram TYPE 4

SOCIAL FOURS

Social Fours are likely to compare themselves to others in their group. They are very self-aware, which may cause them to become overly self-conscious at times. However, they have a strong desire to be incredibly honest and authentic, inspiring others to be more open.



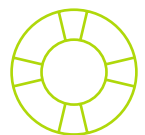
ONE-TO-ONE FOURS

One-to-one Fours are likely very openly expressive people. They are often more direct in communicating their emotional needs than other Fours. They may compare themselves to others and seek to be the dominant one in their relationships.



SELF-PRESERVATION TYPE FOURS

Self-preservation Fours tend to be very independent and creative in their comforts. Like other Fours, they may have an overly romanticized version of what life should look like in their heads, but they are likely to seek their comfort in a sort of real, raw authenticity. They may be less emotionally open than other Fours and may take more time alone to think in their own space.



[LEARN MORE ABOUT FOURS](#)



Enneagram TYPE 5

SOCIAL FIVES

Social Fives tend to be very aware of the dynamics at play in a group. They may feel more drawn to building knowledge through observation and discussion than other Fives. Social Fives are likely to acquire practical skills that can benefit the group rather than learning about more conceptual ideas.



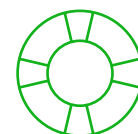
ONE-TO-ONE FIVES

One-to-one Fives tend to enjoy connecting with others through subjects they're passionate about. They tend to form close relationships with a few people and may be more emotionally open than other Fives.



SELF-PRESERVATION TYPE FIVES

Self-preservation Fives are likely to retreat to their homes and find comfort in movies, video games, books, and other hobbies or passions. Their desire for security may manifest in collections that border on hoarding. This process of acquiring a new item, particularly one that can help fulfill some need of theirs, is likely to help them feel settled and at peace. Though they tend to be friendly, they are likely to be more intensely private than other Fives.



[LEARN MORE ABOUT FIVES](#)



Enneagram TYPE 6

SOCIAL SIXS

Social Sixes may question their role in the group more often than other social subtypes. They want to know what duty they have to those around them. They are naturally systematic and want to follow the “rules” of the world. Social Sixes may feel naturally called to demonstrate loyalty to a specific cause within the community.



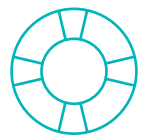
ONE-TO-ONE SIXS

One-to-one Sixes tend to be more confident and assertive than other Sixes. They may be very strong-willed and dominant people who prefer leading the relationship. As they develop in relationships, they may soften a bit, but can quickly put their defenses back up.



SELF-PRESERVATION TYPE SIXS

Self-preservation Sixes are likely to seek comfort in their relationships with others. Though they are still more independent than other Sixes, they tend to want people to be on their side. In a way, they may be working to build a team to help them feel safer. Like other sixes, they are likely to have more stressors than different types. However, self-preservation Sixes may have an internal conflict between wanting to trust and count on other people and protect themselves.



[LEARN MORE ABOUT SIXS](#)



Enneagram TYPE 7

SOCIAL SEVENS

Social Sevens tend to be reasonably idealistic within the group. They want to keep everything positive and help others through difficulty. They may seem more self-sacrificing than other Sevens since they are so dedicated to the greater good of the community.



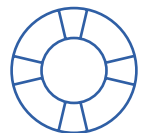
ONE-TO-ONE SEVENS

One-to-one Sevens are likely very charming, convincing people who openly advocate for new ideas. They tend to be idealistic and positive, often choosing to dramatize the good things in life. They may romanticize people or ideas and may move on when things become boring.



SELF-PRESERVATION TYPE SEVENS

Self-preservation Sevens tend to be very practical and persuasive. They are skilled networkers who can use their connections to their advantage. Sevens are likely to seek comfort in joy through big parties, lavish vacations, and a trendy house. They may seem overly indulgent in things like shopping, eating, and more.



[LEARN MORE ABOUT SEVENS](#)



Enneagram TYPE 8

SOCIAL EIGHTS

Social Eights often like taking charge of the group and adopting a leadership role that allows them to teach others. They tend to be naturally protective and dedicated to those around them. Unlike other Eights, Social Eights may seem to sacrifice their comfort, at times, for the greater good.



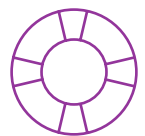
ONE-TO-ONE EIGHTS

One-to-one Eights tend to be naturally intense leaders who follow their passion and intuition. They may seem overbearing at times and can have a hard time adapting to a situation if others are in control.



SELF-PRESERVATION TYPE EIGHTS

Self-preservation Eights are natural survivalists in everyday life. They don't mind openly stating any discomfort or frustration and are likely to be less patient with having their needs met. They tend to be fiercely protective of the people they love. They are also more likely than other types to extend the intense defense of their comfort by advocating for the support that their friends or family seek.



[LEARN MORE ABOUT EIGHTS](#)



Enneagram TYPE 9

SOCIAL NINES

Social Nines tend to be the type most merged with the ideas of the group. They often genuinely want to belong to something bigger than themselves and are likely to commit on a deep level to others. They often adopt some sort of mediation role to help other people ease tensions, which adds to their community's overall cohesiveness.



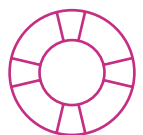
ONE-TO-ONE NINES

One-to-one Nines often want to be in a complete union with their partners, friends, or the world around them. They are likely to be intuitive and gentle in their relationships. In an attempt to feel most at one with the world, they may unintentionally take on others' opinions or ideas, rather than openly disagreeing or stating their preferences.



SELF-PRESERVATION TYPE NINES

Self-preservation Nines tend to get stuck in the rhythms of life. They may numb their feelings of discomfort by engaging in repetitive behaviors, like watching television. Nines have a stronger desire to meet their physical needs, like sleeping and eating, above all else. They may also build a collection of things that help them feel cozy or peaceful, like blankets, candles, and more.



[LEARN MORE ABOUT NINES](#)

Learn more about *the Enneagram*

If you want to discover your type and learn more about the Enneagram, check out Crystal's Personality Hub.



RATIONAL AND BALANCED



OPTIMISTIC AND ORDERLY



**DISCOVER
YOUR TYPE**

MORE ENNEAGRAM