

# SUBTYPES: THE KEY TO THE ENNEAGRAM

The Enneagram is a powerful tool for self-discovery and personal growth. It helps us to identify our strengths and weaknesses, and to understand our motivations and fears. However, the Enneagram is not just a static system of nine personality types. Each type has three subtypes, which add another layer of complexity and nuance to our understanding of ourselves.

## What are subtypes?

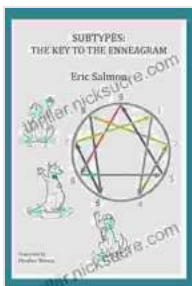
Subtypes are variations within each of the nine Enneagram types. They are based on the idea that we all have a dominant instinctual drive that shapes our personality and behavior. These three instincts are:

- **Self-preservation:** This instinct is focused on our physical and emotional well-being. People with a dominant self-preservation instinct are often practical, grounded, and security-conscious.
- **Social:** This instinct is focused on our relationships with others. People with a dominant social instinct are often outgoing, friendly, and cooperative.
- **Sexual:** This instinct is focused on our desire for intimacy and connection. People with a dominant sexual instinct are often passionate, intense, and magnetic.

## How do I find my subtype?

There are a few different ways to determine your subtype. One way is to take the Enneagram subtype test. This test will ask you a series of

questions about your personality and behavior, and will then give you a score for each of the three instincts.



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★★★★☆ 4.6 out of 5

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Enhanced typesetting : Enabled  
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Another way to find your subtype is to simply pay attention to your own behavior. Which of the three instincts do you find yourself most drawn to? Which one do you most often rely on when making decisions? Which one do you find most difficult to control?

### **What does my subtype mean?**

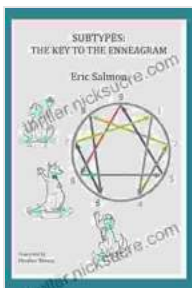
Your subtype can give you a deeper understanding of your personality and motivations. It can help you to identify your strengths and weaknesses, and to develop strategies for managing your challenges.

For example, if you are a Type Two with a dominant self-preservation instinct, you may be a very nurturing and caring person. However, you may also have a tendency to be overprotective and controlling. Understanding your subtype can help you to find a balance between your need for security and your desire to help others.

If you are a Type Seven with a dominant social instinct, you may be a very optimistic and enthusiastic person. However, you may also have a tendency to be scattered and impulsive. Understanding your subtype can help you to focus your energy and to achieve your goals.

If you are a Type Nine with a dominant sexual instinct, you may be a very peaceful and harmonious person. However, you may also have a tendency to be passive and avoid conflict. Understanding your subtype can help you to find a balance between your need for peace and your desire for intimacy.

Subtypes are an important part of the Enneagram system. They can help us to gain a deeper understanding of ourselves and our motivations. By understanding our subtypes, we can develop strategies for managing our challenges and unlocking our full potential.



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