



Friday, December 13, 2019

Congratulations Shawna!

You have finished the complete Enneacards Test.



*We recommend that you print or save this report.
Your results will not be saved by Enneagram Explorations.
This report has been sent to you by email.*

Your Report Summary:

Top ranked Enneacard overall: Type 1
Top Ranked Enneacard in your Enneasread: Type 1
Potential Wing(s): 2
Potential Tritype: 146
Potential Instinctual Stacking: Sexual > Social > Self-Preservation

Enneacards Enneagram Personality Report

Below you will find your top ranked **Enneacard**, your six card **Enneasread** and your **Tritype**. If you also took the Instinctual Subtypes Test, your **Instinctual Subtype Report** will be found below as well.

The Enneacards Test reveals a great deal more than your dominant Enneagram Type. Please take the time to carefully read this report to fully benefit from the profound insights into your behavior, values, and motivation this test reveals.

The Enneacards Test was given to you in two parts. The first part revealed your Enneasread. The second part revealed your Tritype. To determine your most likely Enneagram Type, you were asked to choose between the results from both sections of the test.

This test employs a sophisticated use of pattern sets based on extensive research into the language usage and self-image of each Enneagram Type. The order in which you were shown the Enneacards was predetermined to yield the most accurate results. The first three sets of Enneacards you were shown were arranged in one order and the second three sets of Enneacards were arranged in a different order. This was done to improve the accuracy of your rankings and to yield both your Enneasread and Tritype.

How does the test work?

In the first section of the test you were asked to choose the Enneacard that was most like you out of a set of three Enneacards six times. This has resulted in your choosing a total of six Enneacards from a set of eighteen. These six Enneacards comprise your Enneasread. From these six, you were asked to choose two final Enneacards and then you were asked to choose between your top two choices.

In the second section of the test you were again asked to choose the Enneacard that was most like you out of a set of three Enneacards six times. However, this time the Enneacards were in a new order. This was done to determine your Tritype, your dominant Enneagram Type in each of the three Enneagram centers: head, heart and gut.

Your Enneacards Enneagram Personality Report

Your Top Ranked Enneacard



Enneagram Type 1:**Perfectionist, Reformer, Judge, Crusader or Critic****Overview**

You want to be accurate, thorough, fair and objective. More importantly, you want to be respectable, to do what is right and what you feel is appropriate. You see yourself as rational, orderly and principled. You would like others to see you as reliable, responsible and ethical. Your idealized image is that you are hardworking and do what is right.

Gifted with a strong sense of purpose, you have high ideals and like to follow protocol, policies and procedures. You are sincere, earnest and diligent. You like to excel and take pride in doing things well. You value honesty, integrity and objectivity. Conscientious and methodical you focus on paying close attention to detail. Earnest and hardworking, you are particular and constantly strive to improve. You take action from your heart because, for you, the heart is the only thing that is truly perfect.

You have a strong 'internal critic' that reminds you of what you should and shouldn't do. At times, you can be judgmental and critical of others, telling them what you think is right. You behave this way because you want to help people avoid mistakes. You believe that there is only one way to do things and that is the right way. As a perfectionist, you feel that if something is worth doing, it is worth doing right. As a result, you are only satisfied with what appeals to your strong sense of what is moral. Idealistic, you naturally wish to educate others to help them improve themselves.

Life for you is about adhering to your strong internal set of standards. Sometimes, you wish that you could let go and have more fun. This can be hard for you to do unless you are on vacation because of your strong work ethic. You innately recognize that in most situations there are standard operational procedures. Privately, you may criticize yourself for your shortcomings far more than you ever criticize anyone else. Because you can be so hard on yourself, you long for positive feedback, serenity and happiness.

Need

You need to know what is expected of you so that you can act accordingly and excel. You want to know what is considered appropriate and to do things by the book to avoid making a mistake. You continuously strive for self-improvement and expect others to do the same. You always act in accordance with your high standards, moral beliefs, philosophies and principles, instead of basing your behavior on another person's rules.

Avoid

You avoid impropriety, irresponsibility, high risks and/or extremes. Most importantly, you avoid expressing your anger, feeling that to do so is wrong or inappropriate. Underneath your attitude of moral superiority and need for correctness, you have a deep fear of being wrong, bad, evil or corruptible. You prefer what is practical, grounded and stable and avoid appearing silly or frivolous to others.

Virtue

Your integrity, wisdom and adherence to sound procedure can bring clarity and guidance to a confused world. You are a true pioneer with the ability to envision utopia and the discipline to put in the hard work necessary to make it happen. Like a White Knight, you are not afraid to act according to your strong convictions – even if your actions go against the beliefs of your parents, boss or society. You have a special gift for teaching and you enjoy helping people learn and improve.

Vice

Your vice is resentment because you work so hard to repress your negative emotions. As you feel that showing overt anger demonstrates a loss of control, you suppress your wrath when others are not working as hard as you and don't feel the same level of responsibility that you do. At times, you can be self-righteous, overly strict and rigid. You can become irritable, nit picking and critical when others don't abide by your lofty moral code and need for procedures. Remember, that people think of you as a teacher, and the best teachers lead by example, not criticism.

Attention

Your attention goes outward, to the environment, creating improvements, correcting imperfections and righting what is wrong. In your search for what is perfect, you can become mired in details and lose sight of your original goal and intention. Often it is more important to compete a task than wait for perfection.

Spiritual Path

Your spiritual journey is to reclaim a sense of serenity. Even flaws may have a purpose. Recognize that true perfection and spiritual growth will come to you when you realize that all things are inherently perfect just as they are.

Mantra

True perfection already exists in every moment, and there is nothing that needs to be reformed or improved in the eyes of God.

Wing

If you are the **Enneagram Type 1 with the 9 Wing**, you desire to appear patrician. You see yourself as classic, casually elegant, simple, relaxed and natural.

If you are the **Enneagram Type 1 with the 2 Wing**, you desire to appear cultivated. You see yourself as put together, fashionable, moody, apropos and unique.

Famous 1s

Amish, Julie Andrews, John Bradshaw, Tom Brokaw, Susan Brownmiller, William F. Buckley, John Calvin, Cesar Chavez, Ong Teng Cheong, Hillary Clinton, Confucius,

Crusades, Jane Curtin, Angela Davis, Michael Dukakis, Mary Baker Eddy, Dr. Dean Edell, Daniel Ellsworth, Harrison Ford, Jodie Foster, Barry Goldwater, Al Gore, Lillian Hellman, Katharine Hepburn, Charlton Heston, Inquisition, Glenda Jackson, Peter Jennings, Joan of Arc, Samuel Johnson, Dean Jones, John Kerry, Dr. Jack Kevorkian, Ted Koppel, Dr. Laura, Laura Linney, The Lone Ranger, Martin Luther, Nelson Mandela, Miss Manners, Thurgood Marshall, George McGovern, Arthur Miller, Ralph Nader, New Zealand, Leonard Nimoy, Gregory Peck, H. Ross Perot, Pioneers, Sidney Poitier, Pope John Paul II, Emily Post, Colin Powell, Puritans, Marilyn Quayle, Yitzak Rabin, Ayn Rand, Tony Randall, Vanessa Redgrave, Donna Reed, Cliff Robertson, Eleanor Roosevelt, Bernard Shaw, Singapore, Gene Siskel, Kenneth Starr, Martha Stewart, Peter Strauss, Switzerland, Margaret Thatcher, Emma Thompson, Harry Truman, Jack Webb, Joanne Woodward, Jane Wyman.

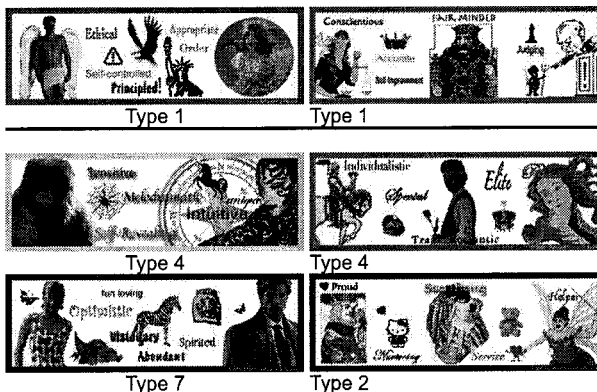
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Enneagram Type 1



Your Enneasread Results

Your top ranked "Enneasread" Enneacard is Type 1
 Your 2nd ranked "Enneasread" Enneacard is Type 1



Your 6 Card Enneasread Interpretation

Your Enneasread

The Enneacards Test was originally developed to quickly and easily determine Enneagram Type. We soon found that not only was the test very accurate, but also that the final grouping of six Enneacards revealed additional key personality traits. It is important to look for certain patterns in your Enneasread.

Are your top two ranked Enneacards the same Type and a pair?
 How many head, heart or gut Type Enneacards did you choose?
 Is a potential wing indicated?

You have all three Idealists Enneacards (Enneagram Types: 1, 4 & 7) in your Enneasread.

Your emotional energy goes towards seeking ideal relationships and circumstances. You want fulfilling experiences, relationships and environments. You tend to be fussy and easily frustrated and/or disenchanted with less than ideal relationships or situations. Overall, you

want a sense of idealistic perfection. You are quite discriminating and tend to compare yourself to others.

Enneacard pairs: 1, 4

Potential Wing: 2

What is a 'Pair'?

A pair occurs if you have two Enneacards of the same Enneagram Type anywhere in your Enneasread. This is particularly important if your top two ranked Enneacards are a pair.

Our research suggests that if you have a "pair" as your top two Enneacards in your Enneasread there is a 90% probability you are that Enneagram Type. In giving the test to thousands of test takers we have seen very few exceptions to this.

Types 6 and 9

The only exception is if you are a Type 6 or 9. Sometimes a Type 6 or 9 will chose a pair of 4s or a pair of 2s as their top ranked Enneacards. So, if you have a pair of 2s or 4s as your top ranked Enneacards and you have a Type 6 or 9 in your Enneasread, we strongly suggest that you consider Types 6 or 9 as well.

Due to the nature of the defense strategy of Type 6 and 9, we have found they have the most difficulty identifying their Enneagram Type. Type 6 is naturally doubting and seeking certainty and Type 9 is identified with aspects of all of the Types. This is particularly true with the Social Subtype of Type 6 and 9.

Types 6 and 9 are often more accurately typed by the Centers grouping of Enneacards as shown by your Tritype Results. If your top ranked Tritype Enneagram Type is a 6 or 9, there is a strong possibility that you are one of those Types.

This is true even if your top ranked Type overall in this report is not a 6 or 9. In testing, both 6 and 9 tend to focus on their behavior and how they feel they should be, could be, want to be or might be, instead who they actually are. This makes testing very difficult for these Types.

In summary, if you have any Type 6 or 9 Enneacards in either your Enneasread or Tritype results, we recommend you take a few minutes to explore Type 6 or 9.

If you have a 6 in your Enneasread. We suggest that you [read the Personality Report for the 6](#). If you have a 9 in your Enneasread. We suggest that you [read the Personality Report for the 9](#).

Does my Enneasread suggest my Instinctual Subtype?

Often it does. We find that Sexual Subtypes will often choose the Type 4 Enneacard, particularly the one with a green border. For example, a Sexual 7, often has Types 4 and 7 as their two top ranked Enneacards.

We find that strong **Social Subtypes** will often choose the 1,2,6 or 7 Enneacards. For example, a Social 2, often chooses 7 as one of their two top ranked Enneacards.

We find that **Self-Preservation Subtype** will often choose gut center (8-9-1) Enneacards even if they are not a gut type. For example, a Self-Preservation 3, may have Types 8 and 1 in their Enneasread.

As this is not conclusive, we highly recommend you take the Instinctual Subtypes Test. However, your Enneasread pattern reveals much more about you than your dominate Enneagram Type.

Your Tritype Results

You ranked the **Gut Center** as your preferred Enneagram Center
Within the Gut Center, you prefer to use Type 1



Type 1

Type 1

You ranked the **Heart Center** as your next most preferred Center
Within the Heart Center, you prefer to use Type 4



Type 4

Type 4

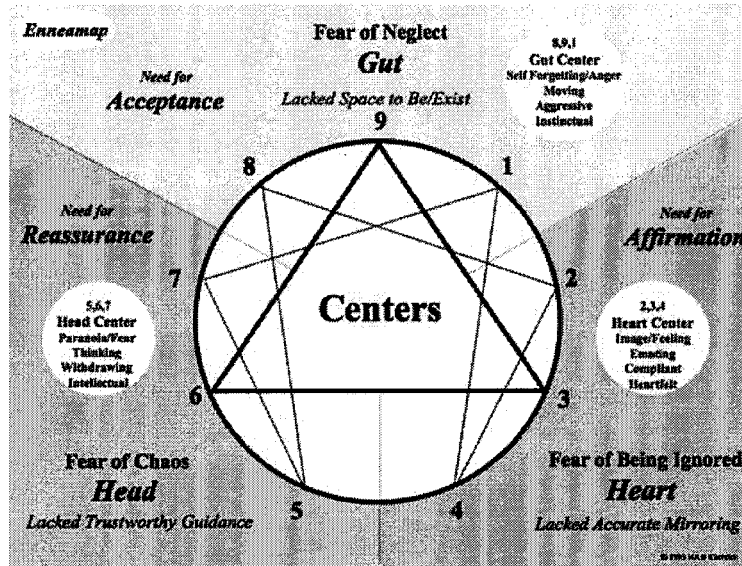
You ranked the **Head Center** as your least preferred Center
Within the Head Center, you prefer to use Type 6



Understanding your Tritype Spread

What is the Tritype?

The Enneagram is a trialectic system. The Tritype concept suggests we have three Enneagram Types that we use in a preferred order. These three Enneagram Types will always be located one in each of the three Enneagram centers: head (5,6,7), heart (2,3,4) and gut (8,9,1). This concept has been researched and developed extensively by Enneagram Explorations. The term Tritype means three types.



How the Tritype works

Your Tritype is like your own unique Enneagram thumbprint. It shows the strategies you employ to negotiate life and what motivates you. Further, it reveals why you are different from others of the same Enneagram Type with a different Tritype. Although one of the three Types in your Tritype is dominant, or your primary Enneagram Type, the other two Types play a large role in your life.

What is surprising is that these two other Types are not always the Types along the lines of connection (the lines connected to your primary Type by the Enneagram symbol). For example, if you are a Type 9, even though a line on the Enneagram connects you to Types 3 and 6, you may or may not have Type 3 and or Type 6 as part of your Tritype. You could have a Tritype of 9-2-6 or 9-3-6 or 9-4-6 or 9-2-5, 9-2-7 and so on.

Someone with a Tritype of 4-6-8 will predominantly use Type 4. However, if the Type 4 strategies don't work they will next use the strategies of Type 6 and then Type 8. Enneagram Type 4 will still be in charge, however, when the 4 strategy fails to produce results and all permutations (wings and lines of connections) of Type 4 have been exhausted, the person with this Tritype will then shift to use their dominate Type in each of the two other centers, 6 in the head center and 8 in the gut center to manage problems and create solutions.

Someone who's primary Enneagram Type is 8 could have a Tritype configuration of 8-7-4. This Tritype combination describes a person who is strong and who seeks solutions (8), options (7) and meaning (4). What is fascinating is that if the strategy of Type 8 fails to give the desired results of overcoming obstacles, this person would then employ the strategy of Type 7 and then if needed Type 4.

Tritype Examples

Those with the same Enneagram Type, but a different Tritype, will have distinct differences in their motivation and strategy. For example, if you were an 8-7-4 you would have secondary strategies that are very different than an 8-2-6. The 8-7-4 is a fast paced creative, feelingful and optimistic 8 whereas the 8-2-6 is a more cynical, loyal and helpful 8. Further, if you are the 8-7-4 Type 8, you may relate more to a 7-4-8 than another Type 8 that has a different Tritype.

The Tritype also explains why individuals sharing the same three fixations may have more in common than those sharing only their primary Enneagram Type. For example those with a Tritype of 4-6-8, 6-8-4 and 8-4-6 would share the same three strategies for dealing with life and have a lot in common.

Understanding the Tritype in practice

Just as with your primary Enneagram Type you will experience the other Types in your

Tritype in both positive and negative ways. You will experience both the high and low sides of the expression of the three Types in your Tritype.

On the positive side, if someone with a Tritype of 8-7-4, finds that taking charge like an 8 isn't working, they may try to lighten up or be positive like a 7, and if that doesn't work, they may search for meaning like a 4. Here the person is using the high side or more positive solution of each Enneagram Type. On the negative side, if an 8-7-4 feels disempowered and unable to direct their circumstances like an 8, they may feel over-extended and become scattered like a 7 and then may feel painfully lacking like a 4.

Another example would be a 4-6-8. Here we have a more aggressive and reactive Type 4 than a 4-9-5, who would be more withdrawn and avoidant. Another example would be a 9-7-2. This would be the Type 9 with a very rosy and positive outlook desiring easygoing relationships. A 9-5-3 would be the kind of 9 who is more intellectual, perfectionist and focused on efficiency with less of an emphasis on maintaining harmonious relationships.

How your Tritype was determined and what it means about you.

In the second half of the Enneacards Test, you were asked to rank Enneacards to determine your preferred Enneagram Type in each of the three Enneagram centers: head, heart and gut. You were then asked to rank your choices among the three centers. This revealed your preferred Enneagram Type in each center, in order of preference or your Tritype. This identified your possible Tritype. Now you will want to explore how this is or isn't true for you.

Difficulty determining your Enneagram Type.

When it is difficult to determine your primary Enneagram Type it can be helpful to try and first determine your Tritype. Understanding the Tritype also helps clear up look-a-likes.

We suggest you take the time to learn about all three Enneagram Types in your Tritype. Additionally, if you are still unsure of your Enneagram Type, research has shown, that there is a very high probability that your actual Enneagram Type is among the three Types in your Tritype. With observation, you can determine which of the 3 Types is the CEO. Identifying and confirming your dominant Enneagram Type is an essential part of the transformation process. Do not be discouraged if it takes time, as the process itself will give you many valuable insights.

[Click here to download your free 'Introduction to the Enneagram' mp3](#)

Take the Instinctual Subtypes Test



Buy Test

Determine your Instinctual Subtype stacking in minutes!
15 minutes. Price: \$8

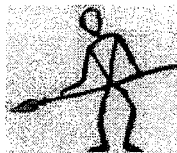
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This report has been sent to you by email*

Your Instinctual Subtype stacking order is:

You ranked **Sexual Instinctual Subtype** 1st.
You ranked **Social Instinctual Subtype** 2nd.
You ranked **Self-Preservation Instinctual Subtype** 3rd.

Instinctual Subtypes Report

Enneagram Instinctual Subtypes

In the human condition, we all have a unique personality that includes our instinctual drives, our ego and our higher more spiritual "essential" qualities. The Enneagram is a sophisticated, yet easily understood typology that identifies nine distinct personality types, each with their own view of reality, inner motivations and sense of integrity.

In the context of the Enneagram, there are three instinctual drives that govern the more primal strategies for survival known as the Instinctual Subtypes: **Self-preservation**, **Social** and **Sexual**. The subtypes reveal the most unconscious aspects of personality and relate to three key domains of life-- how we take care of ourselves, relate to others and create personal bonds.

Self-preserving:

The drive to seek safety and security and a sense of well-being.

Social:

The drive to seek others, to belong and be a part of a group or community.

Sexual:

The drive to seek personal affinity, closeness and one to one relationships.

You will always want the security that comes with feeling physically safe (self-preserving), belonging to a group (social) and having intimate bonds (sexual). However, the way you create that security depends on which of these three instinctual drives is your preferred survival strategy and is most dominant and influential in your life. The drive that is most influential is called your Enneagram Instinctual Subtype. Identifying your dominant Instinctual Subtype will increase your self-awareness and help you to see your more primal and often inflexible patterns of response.

Powerfully protective, your dominant Instinctual Subtype is a critical part of your survival. It represents an area of constant concern, stress and attention. Your dominant Instinctual Subtype insures your survival, but narrows your view of the world. It determines the way in which you habitually and automatically filter your experiences. It creates a sense of reality that reinforces any bias you may have and omits any evidence that does not support that view. It feels natural and you probably assume that others see things the same way.

Your Instinctual Subtype is operating 24 hours a day, 7 days a week. It hyper focuses on monitoring what it perceives you need to have safety and security. When the needs of your dominant Instinctual Subtype are satisfied you will feel a powerful sense of well-being. When these primal needs are threatened your dominant Instinctual Subtype sets off an inner alarm bell that something is very wrong causing you to feel anxiety and distress.

To others, your Instinctual Subtype may look like a talent or a skill but to you it is an area of continuous worry and nervous tension. Often unconscious, it is always on guard, constantly monitoring your needs and enabling you to quickly find the resources, relationships and circumstances that will ensure your immediate and future survival. However, in its extreme, your dominant Instinctual Subtype may cause you to behave in ways that are irrational, inexplicable and/or self-destructive.

If you have two Instinctual Subtypes which are close

You may find that two of these instincts are close in dominance, making it difficult to distinguish which one is in charge. If that is the case, it is critical to understand and develop your third, and least expressed instinct. It is the distorted, imbalanced use of these three instincts that causes you to feel distress. When your dominant Instinctual Subtype is distorted, you may feel enslaved by its demands—for it is never satisfied, and is always anxiously craving more. When your drives are in balance, you can tend to your needs as they arise and live life in a more fluid and meaningful way.

Deciding which Instinctual Subtype is dominant

We have found in both testing and in teaching that the Social Instinctual Subtype can be the most difficult to determine. When taking the test, the introverted or anti-social, Social Subtype, will frequently find himself stuck between the Self-Preservation and Sexual Subtype answers. If this happened to you, it is important to explore the Social Subtype even if the test indicates that it is your least likely Instinctual Subtype. Try and observe how often you are thinking about what others are doing, if you fit in and who is related to whom.

Instinctual Subtype and relationships

Your dominant Instinctual Subtype is generally so ingrained in you that it's hard to recognize it or even see how strongly it motivates you. It pervades all of your thoughts and behavior, significantly influencing your values and the manner in which you interact with others. In fact, the drive of your Instinctual Subtype can be a more powerful predictor of behavior than your Enneagram Type.

Primal in nature, your dominant Instinctual Subtype may cause great tension and misunderstandings in your relations with others. Take the example of a couple talking on the phone late at night. The Self-Preservation Subtype girlfriend might want to get off the phone so that she can get sleep, feel well rested, stay healthy, etc., while her Sexual Subtype boyfriend might prefer to stay on the phone for hours more and continue their intimate discussion, regardless of the ill effects on his health. Who is right? Neither; they're both just acting out of their primal instinct.

Instinctual Subtype Drives in different stages of life

Different stages in life and extreme stressors will bring these drives into focus at different times, but your method of solution is still governed by the influence of your dominant Instinctual Subtype. For example, we all tend to focus on our health and body when we are ill, our social standing and others when we feel excluded and our appearance and attractiveness when we feel undesirable. However, it is your dominant Instinctual Subtype that is in charge and directing the manner in which you meet all of your needs.

If you are Self-preserving Subtype, you will be preoccupied with the desire to have the security of a home, financial prosperity and physical well-being. If you are a Social Subtype you will be preoccupied with the need to belong, be included, and have prestige and social acceptance. If you are a Sexual Subtype, you will be preoccupied with finding the closeness and emotional security that comes with intimate bonds, a sense of wholeness and affinity with someone special.

Your Instinctual Subtype as a tool for transformation

Research suggests that these three drives need to be equally cared for and in balance to harness the energy you need to move against fixation and towards transformation. If all three instincts are in balance, you will respond perfectly and appropriately to the needs of any given situation. Nevertheless, such balance is rare, as usually one of these drives is damaged and commands an undue amount of your attention. The resulting imbalance is what distorts your perception and causes problems. It is only the distorted use of these drives that interferes with your quality of life and causes unnecessary suffering.

Primal survival behavior

The Self-preserving Subtype is focused on conservation, protecting the body, self, and one's resources, with a desire for stability. Because it is so primal, in a truly life threatening situation it will over-ride your other two Instinctual Subtypes. It is human nature to rise to the occasion and preserve your body when it is at risk of perishing. However, if your dominant Instinctual Subtype is Self Preserving you will always tend to monitor the needs of your body to be more comfortable and relax.

Relationship between the Enneagram and Instinctual Drives

There are nine Enneagram Types and three Instinctual Drives. These three Instinctual Drives can manifest within each of the nine Enneagram Types (in effect resulting in a total of 27 Instinctual Subtypes). The combination of the core fear of your dominant Enneagram Type with the core fear of your dominant Instinctual Subtype reveals the predictable way you will try and manage your life stressors. Understanding this dynamic greatly enhances your ability to interrupt and transform the more habitual and reactive aspects of your personality.

Instinctual Subtypes at a Glance

Source of anxiety:

Sp: Suspense, not surviving and annihilation

So: Loneliness, not belonging and alienation

Sx: Loss of appeal, disconnection and invalidation

Fear of estrangement from:

Sp: Resources and self

So: Group and others

Sx: Intimates and object of desire

Attribute and focus of attention:

Sp: Enduring, anxious, cautious and/or self destructive

So: Friendly, convivial and/or rejecting

Sx: Magnetic, charismatic, intense and/or possessive

Sp: Self-preserving So: Social Sx: Sexual

Your Top Ranked Instinctual Subtype



Sexual Instinctual Subtype

The Drive for Closeness, Intimacy and One to One Bonds

The Instinctual Subtypes Test suggests that your strongest drive is for deep and intimate bonds, indicating that you may be a **Sexual** or **One-to-One Subtype**. This instinctual drive is probably unconscious, but it nevertheless directs your decision-making and preoccupations.

You can experience this drive mildly or intensely, and you can embrace it or act totally against it. Either way, this strategy or instinct is all-pervasive, powerfully influencing your values and the manner in which you interact with others.

As a Sexual Instinctual Subtype, you primarily focus your attention on your passions, intimate relationships and degree of closeness with significant others, whether a lover, parent, child, sibling, friend or co-worker. Your desire is to be matched and to have affinity, wholeness and a deep bond with a special someone—wherever you go, whatever you do. Your greatest fear is of invalidation, and you become anxious when you feel undesirable, unworthy and disconnected. You may find that you are preoccupied with a continual search for your other half, for someone or something who matches you and gives meaning to your existence. Whether abstaining or promiscuous, you usually focus on the search for twinship and your 'other half' to feel whole and complete. Your playful and imaginative sense of humor may conceal your underlying fear of being incomplete.

Being strong and/or beautiful to attract specific others is always on your mind. It is very important to create intimacy and the security of one-to-one relationships to have the power to influence. In general, you tend to think about finding meaning in life and especially in relationships, frequently asking yourself, "What am I?" and "What do I mean to you?". You are willing to make sacrifices for intimate relationships to ensure connection. Your energy is high, intense, penetrating and lyrical, with a sense of vibration.

If your dominant Instinctual Subtype drive is Sexual, you may find that in your communications with others, you tend to seek excitement and intensity, and often discuss the people, places and things you feel passionate about and the meaning attached to them.



Social Instinctual Subtype

The Drive for Others, Community and Prestige

The Instinctual Subtypes Test suggests that your 2nd strongest drive is for others, groups and community, indicating that you may be a **Social Subtype**. This instinctual drive is probably unconscious, but it nevertheless directs your decision-making and preoccupations. You can experience this drive mildly or intensely, and you can embrace it or act totally against it. Either way, this strategy or Instinct is all-pervasive, powerfully influencing your values and the manner in which you interact with others.

As a Social Instinctual Subtype, you primarily focus your attention on your role, place or position within any group. Your desire is to belong and to be socially accepted by others. Your greatest fear is of alienation, and you feel anxious when you are unwelcome or excluded by others. You may find that you are preoccupied with thoughts about what other people think and feel and about group interactions. Whether friendly and outgoing or anti-social and withdrawn, you usually focus on how you relate to others and how others relate to one another. Your engaging sense of humor may conceal your social anxiety.

Finding your place and knowing your role or position is always on your mind. It is very important for you to be liked and to feel valued by others. In general, you tend to think about fitting in, frequently asking yourself, "Who am I?", "Who am I with?" and "How am I perceived by others?". Service-oriented, you are willing to make sacrifices for the group, to accommodate the needs of others to ensure status. You want to be valued for your contributions, participation and cooperation. Your energy is personable and cooperative, but can appear superficial, as it is usually split between the needs of the individual and the needs of the group.

If your dominant Instinctual Subtype drive is Social, you may find that in your communications with others, you want to hear a quick interview/overview to catch up and then tend to discuss current events and people who are not present.



Self-Preservation Instinctual Subtype

The Drive for Resources, Safety and Security

The Instinctual Subtypes Test suggests that your 3rd strongest drive is for personal survival and a sense of well-being, indicating that you may be a **Self-Preserving Subtype**. This primal, instinctual drive is probably unconscious, but it nevertheless directs your decision-making and preoccupations. You can experience this drive mildly or intensely, and you can embrace it or act totally against it. Either way, this strategy or Instinct is all-pervasive, powerfully influencing your values and the manner in which you interact with others.

As a Self-Preserving Instinctual Subtype, you primarily focus your attention on your body and your surroundings. Your desire is to meet your basic needs for food, shelter, protection and resources. Your greatest fear is of annihilation, and you feel anxious when your bodily needs are not met. You may find that you are preoccupied with what can go wrong or what might endanger you. Whether overly cautious or self-destructive, you usually focus on what will make you feel safe, secure and comfortable. Your ironic sense of humor may conceal your more reserved and serious nature.

Being able to cope with life and stressful circumstances is always on your mind. It is very important to aggressively go after what you want, and protect and defend what you have. In general, you tend to think about the needs and concerns of your body, frequently asking yourself, "How am I?" and "Am I secure?" You are willing to make sacrifices for your physical comfort and your future well-being. Your energy is conserved for your personal use, to have what you need when you need it.

If your dominant Instinctual Subtype drive is Self-Preserving, you may find that in your communications with others, you tend to be practical and often discuss issues of safety and security, physical health, money or food.

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