



— ENNEAGRAM TYPE SIX · A REFLECTIVE GUIDE

You Were Never Too *Anxious.*

*You simply learned that the world did not always
feel safe.*

A REFLECTIVE GUIDE FOR
The Loyalist

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You likely learned the world was not always *safe*.

The Loyalist moves through life quietly scanning for what could go wrong before it happens. Somewhere early, you learned that safety mattered — that being careful, prepared, alert and responsible reduced risk and uncertainty. So you became the one who thinks ahead for everyone, who notices the danger others miss, who can be relied upon when things fall apart.

The loyal one.

The prepared one.

The one who thinks ahead.

This brings incredible gifts — loyalty, courage, awareness, commitment, protection, discernment. But it can also become exhausting. Beneath the vigilance sits a quieter fear: *what if I am left unsupported?* Over time trust can become difficult — not because you do not want connection, but because uncertainty can feel deeply unsettling.

Yet the Six does not simply seek security — they seek the deeper safety that no longer needs constant defending. Healing is not becoming careless. It is learning that safety does not only exist outside of you. Your nervous system can rest. You are stronger than your fear would have you believe.

— PERMISSION

- ◆ You are allowed to *rest*.
- ◆ You are allowed to *trust yourself*.
- ◆ You are allowed to feel safe without *bracing*.

"What if I am left unsupported?" The question can feel enormous — but the safety you are searching for has always been closer than it seems. It does not only exist outside of you.

Understanding the world of the *Type Six*.

— WORLDVIEW

*“The world can feel uncertain and I must stay **prepared** to protect myself and others.”*

Type Sixes naturally orient towards security, trust, responsibility and anticipating potential problems — a drive to keep themselves and the people they love safe.

— FOCUS OF ATTENTION

*What could go **wrong**. Potential risks. Hidden dynamics and motives.*

The attention of the Six moves towards scanning for danger, uncertainty and what needs preparing for — continually reading the room for threats before they arrive.

— CORE FEAR

“Being alone, unsupported, or unable to survive uncertainty.”

Beneath the vigilance is a fear of losing security, guidance or stability — fuelling a mind that turns preparation into protection and questioning into safety.

— INNER SELF-TALK

“What if something goes wrong?”

“I need to stay prepared.”

“Can I trust this?”

Sixes often experience an internal pressure to remain alert, careful, loyal and responsible — long after any danger has passed.

Your gifts, and the *patterns* that cost you.

Gifts of the *Type Six*

Loyalty

Courage

Commitment

Reliability

Awareness

Problem-solving

Protectiveness

Community

Healthy Sixes bring steadiness, honesty, courage and grounded support into the lives of everyone around them.

Shadow *patterns*

Overthinking

Anxiety

Doubt

Hyper-vigilance

Worst-case thinking

Suspicion

Sixes often carry more internal fear than others realise — doubt in self or others, and a mind that projects worry onto situations and people before they unfold.

The invitation

Growth is not becoming
fearless.

The healing path of the Six is not to stop caring about safety. It is to discover the deeper safety that already exists within you — the kind that no longer needs constant defending.

The price of always *bracing*.

Many Type Sixes carry an invisible weight — the sense that they must stay alert so nothing catches them off guard, that safety depends on foreseeing every outcome. The mind often lives in a handful of quiet phrases.

What if...

I need to be ready...

Can I trust this?

Better prepare...

OVER TIME, THIS BECOMES

Overthinking · Anxiety ·

Self-doubt ·

Hyper-vigilance · Suspicion

Others often rely on the Six's loyalty, courage and reliability — without ever realising how exhausting it is to feel you must anticipate every danger before it arrives. The nervous system struggles to settle, because it believes safety depends on staying ready.

— WHAT GROWTH ASKS

Life is not asking you to become fearless. It is inviting you to trust that you can handle what comes.

- ◆ Safety also lives within you.
- ◆ You can pause before spiralling.
- ◆ Fear creates stories, not truth.
- ◆ You can accept support without losing yourself.
- ◆ Courage means moving forward carrying fear.

*There is wisdom in your caution.
There is also freedom in learning to
trust yourself too.*

— RETURNING TO TRUST

*At the heart of the Type Six is something deeply beautiful: a longing to feel safe enough to fully live. Not constantly bracing. Not endlessly preparing — but **resting in trust**.*

Healthy Sixes become deeply stabilising people. Not because they eliminate fear, but because they learn to move forward whilst carrying it with courage.

The invitation is not to become fearless. It is to stop abandoning yourself whenever uncertainty appears. You do not need to predict every outcome to be okay — your strength is not found in constant vigilance, but in your capacity to remain present.

The world does not need more exhausted protectors. It needs grounded people who can hold both wisdom and trust.

TRANSFORMATION BEGINS

To trust your *own inner knowing*.

To pause *before spiralling*.

To notice when fear *writes stories*.

To allow support *without losing yourself*.

Breathe, soften, and trust the next step — without needing the entire map.



Reflective questions for the *Type Six.*

01 What am I constantly preparing myself for?

02 Where do I seek certainty outside of myself?

03 What would trust feel like in my body?

04 Do I notice when my mind moves into worst-case scenarios?

05 What helps me feel genuinely grounded and safe?

06 Where do I doubt myself unnecessarily?

07 What happens when I slow down instead of scanning ahead?

08 Can I distinguish intuition from fear?

09 What would change if I believed I could handle uncertainty?

10 Who am I without the constant need to brace for danger?

*A gentle
reminder*

You do not need to carry the weight of every possible outcome. There is wisdom in your caution — but there is freedom in learning to trust yourself too.

BEGIN RETURNING TO YOURSELF

Growth begins through *trust*, not bracing.

You are stronger than the fear that keeps you bracing. The safety you are searching for may not exist only outside of you. Sometimes growth begins not through predicting every outcome, but through building deeper self-trust and inner grounding. If you're ready to move from vigilance into steadiness, you don't have to begin alone.

STEP 01

Take your Enneagram assessment

Discover your type with an evidence-based iEQ9 profile — your map for the work ahead.

STEP 02

Book a 1:1 coaching session

A confidential, compassionate space to reflect, soften, and build steadiness at your own pace.

BEST VALUE · PACKAGE

Assessment + 1:1 coaching, together

Pair your profile with a guided session — the most supported way to begin returning to yourself with compassion.

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BEGIN YOUR JOURNEY →

