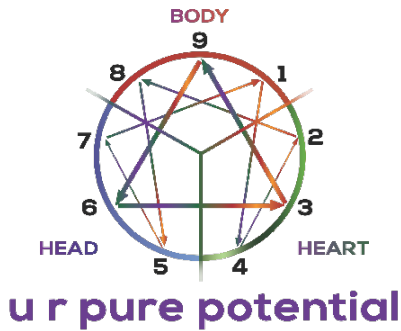


**Session 9**  
**How Each Character Structure and the Addictive Style**  
**Type 6 – Loyalist or Loyal Skeptic**



**Renée Siegel, MA, LISAC, MAC, ICGC-II, BACC, LMT, HHP, CPIC**

**What happened as a result of using the Enneagram?  
For the Client and for me**  
**What might have happened without it.  
For the Client and for me**

Triad of Enneagram:

Head Center

Fear primary emotion expressed as movement away from fear in suspiciousness or phobic stance or plunging through fear as counter-phobic stance

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Unmet Childhood Need:

To be safe and secure

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Focus of Attention:

Potential danger

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Avoidance:

Danger

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Cognitive Habit:  
Doubt

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Emotional Habit:  
Fear, self- doubt and second guessing

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Corresponding Virtue:  
Courage

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Adaptive Strategy:  
Phobic: submit to authority or Counter-phobic-rebel from authority

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Motto:  
"I am faithful, obedient and loyal."

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Process of Addictive Cycle:  
Scanning for potential hazard or danger in their environment and living with a low-level anxiety sixes, have a lot of self-doubt, play the "Devil's Advocate" and second guess themselves frequently. Consuming mood-altering substances and participating in addictive behaviors can be a temporary distraction or provide a temporary vacation from the fear and worry they live with. When plunging through fear in the counter-phobic stance this type is likely to use amphetamines and alcohol as artificial courage. Some body builders are also common in this type and steroid abusers.

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Likely addictions:  
benzodiazepines, alcohol, amphetamines, pain killers or opioids, abuse of sleep medications

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### What helps Each Type in Recovery?

1. Utilize the FEAR acronym False Evidence Appearing Real as a therapeutic tool.
  2. Name fears out loud.
  3. Use curiosity to assist the six in identifying what information is necessary to allay fears.
  4. Notice analysis paralysis and move into taking some form of action, even moving the body through exercise.
  5. Notice what happens when you succeed and practice sitting with success. Allow others to see you when you succeed.
  6. Seek out friends and ask them to remind you of your competence.
  7. Have a list of what you are seeking in recovery supports and use it to evaluate choosing your support systems.
  8. Address the tendency to risk management in recovery and discuss when it is helpful and when it is not.
  9. When addressing consequences of addiction, i.e. legal, potential job loss, bring in experts to address their fears or refer them to others that can be helpful.
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If you are a type 6 counselor or coach, consider the following type bias:

1. Do not bring your fears into sessions unless warranted.
  2. Do not test your client's loyalty to you.
  3. Make sure you do not second guess your client's motivation, accept them for where they are at and if that changes, make room for those changes.
  4. Do not do the work for your clients.
  5. Support your clients by letting them know you have either seen them through this before or you have seen others through this before.
  6. Notice your anxiety peaking with success and allow compliments. Sit with them.
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Q and A

**Homework:**

**Watch the video of the type 7**

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