



Fives thirst for information and knowledge and use emotional detachment as a way of keeping involvement with others to a minimum.

Four Questions

If you answer Yes to three or four of these questions, your likely Enneagram is type Five.

1. Do you guard your privacy closely, sharing information about yourself with only a few select people?
2. Is important to you that people respect your personal space and do not sit or stand too close to you?
3. Do you not experience most feelings in real time, but process and reflect on them later when you are alone?
4. Do you believe logic is objective and trustworthy, but view emotions as too subjective?

Strengths | analytic | objective | systematic | expert

Development areas | secretive | detached | autonomous | under-emphasize relationships

Fives search for knowledge and wisdom and avoid intrusion and loss of energy. Symbolized by the light bulb of mental knowledge, Fives try to accumulate information from which they can gain insight.

Emotionally detached, private, self-controlled, and highly independent – autonomous may be a more accurate description – Fives have an insatiable need to know, particularly about areas that interest or concern them. Fully understanding how everything works and fits together helps Fives believe that they are on the path to wisdom, but just as important, accumulating knowledge helps them feel prepared for the inevitable surprises they would prefer to not experience. The quest for privacy is a constant among Fives, although the areas they consider private vary widely. Some Fives like to share their knowledge, while others consider this proprietary. Some Fives are highly private about what they do in their spare time, while others consider their age, marital status, and other such personal information to be in the confidential realm.

All Fives automatically detach from their feelings in the actual moment of an emotional experience, reactivating some of these feelings later, at a more convenient and private time. Fives also compartmentalize or isolate aspects of their lives from other parts. However, the content of what Fives compartmentalize can differ widely. Some Fives compartmentalize their work life from their home life; others keep their friends separated from one another; and other Fives keep themselves isolated from other people.

In addition, most Fives are extremely wary of intrusions on their physical space, their time and energy, and demands for intense interpersonal interactions. Some keep extremely controlled boundaries and are attached to their seclusion, coming out for more engagement at



specifically selected moments; others are more outgoing and social – though the content of their conversations tends to be information and facts that interest them – and are so drawn to lofty ideals that they can lose interest in everyday life; and some Fives engage primarily with the few others they completely trust and with whom they feel a special bond.

The Five's interpersonal style is highly self-contained, with little animation in either their voice tone or body language. They may appear forthcoming about giving information and others less so, but all Fives appear remote to some degree. Some Fives may be engaging in a way that attracts others and others less so, but all Fives make it obvious that there are clear boundaries about what they will discuss and how they will discuss it.

While we can all be emotionally detached and many people enjoy interesting information, for Fives, the search for knowledge and wisdom and the avoidance of intrusion and loss of energy is their primary, persistent, and driving motivation.

Core development areas

- Engaging emotionally in real-time rather than automatically disengaging from your emotional responses
- Sharing more of yourself — including your thoughts, feelings, and personal experiences — with others
- Being a central part of events, interpersonal interactions, and organizations, rather than staying on the periphery

Three great development ideas

Allow yourself to need others.

Each week, think of one thing you can't provide completely for yourself and that you therefore need from others. Then think of someone who might be able to provide this for you, and ask that person if he or she will do so. What matters most is not whether the person says yes but that you have identified a need and asked for it to be met.

Connect with and express your feelings.

For two or three days, every hour on the hour, ask yourself this question: What am I feeling right now? Don't settle for a one-word answer. Then ask yourself this: And what else am I feeling? After three days, continue asking yourself both questions, but do so at those times when you are aware that you are becoming extremely analytical. These moments of extreme analysis may be covering over your feelings.

Increase your capacity to engage rather than to withdraw.

When you attend any sort of social gathering, force yourself to stand or sit right in the middle of where people are interacting. When you do this, look at other people and smile, which will encourage them to approach you. When someone approaches you, engage in interaction by asking a question or offering some information about yourself.