

TYPE NINE



Nines seek peace, harmony, and positive mutual regard and dislike conflict, tension, demands, and ill will.

Four Questions

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

1. Do you wish that everyone could live in a world of mutual respect, minimal tension, and limited conflict?
2. Do you have trouble knowing and expressing what you do want, but are better at knowing what you don't want?
3. Do people tell you that you are highly approachable and very easy to talk to?
4. Do you dislike pressure to have to do something and find yourself saying 'yes' rather than 'no,' as a way to keep the peace?

Strengths | diplomatic | easygoing | accepting | affable

Development areas | conflict avoidant | unassertive | procrastinating | indecisive

Nines search for harmony and comfort and avoid tension and conflict. Symbolized by yin and yang, Nines try to reconcile oppositional ideas, forces, and perspectives as a way to have all perspectives considered.

Relaxed, easy to relate to, and accepting, Nines perceive and honor multiple viewpoints and are usually excellent facilitators, drawing out the ideas of others so everyone gets heard. While they value harmony, seek comfortable ways of relating, and are often adept mediators of conflict between and among others, most Nines are extremely uncomfortable with conflict when it's directed toward them and even more uncomfortable when they feel angry with someone else. As a result, Nines keep themselves from doing anything that might generate conflict or create disharmony; they keep themselves from being aware that they are upset; don't express opinions or preferences that could cause discord or disagreements; and diffuse their attention by engaging in activities that comfort them, rather than focus them on their own desires or priorities. As examples, Nines may do some of the following: watch television for hours, flipping television channels on a regular basis; cut the grass or work in the garden when they have projects at work or home they should be doing; go shopping or walk the dog for extended periods of time as a way of avoiding what they should be doing; or even do the dishes in an overly thorough way rather than have a difficult conversation with someone or do work they don't feel like doing.

While Nines appear easygoing on the outside, many experience some degree of internal tension, and they are not always as non-judgmental as they appear. In addition, some Nines tend to satisfy their desire for comfort through the satisfaction of their physical needs – for



example, eating, sleeping, and/or reading; some Nines submerge themselves in service of group needs by working extraordinary hours, which allows them to forget about their own desires; and other Nines find such comfort in fusing or blending almost completely with other people who are important to them that they lose a sense of themselves in the process.

The Nine's interpersonal style is agreeable, relatively unassertive, and non-invasive, and they are often able to talk with others about a variety of topics in an easy-going manner. For example, Nines often nod their heads in affirmation or say "Uh, huh," which doesn't mean they agree with the other person, just that they heard what was said. Affable and humorous, they express themselves indirectly rather than boldly or directly as a way to create and maintain positive relationships and reduce potential discord between themselves and others.

While we can all prefer rapport and ease to discord, for Nines, the search for harmony and comfort and the avoidance of conflict is their primary, persistent, and driving motivation.

Core development areas

- Expressing your thoughts, needs, and preferences even when these oppose the wishes of others
- Being active and assertive rather than acting de-energized and passive
- Learning to embrace conflict and deal with it directly, with the understanding that resolving differences brings people together

Three great development ideas

Express your needs directly.

Each day, express one need, preference, or desire to someone else. Suggest where to go for lunch, how to proceed with a project, or ask for a raise. Express these desires without someone first asking you what you want. Take the initiative.

Set priorities, and keep them.

Commit to completing two tasks or chores each day. Make sure you complete each task without any interruptions.

Take a position.

Each morning, think about one opinion that you hold strongly; during the day, share that opinion with two people. Every day, select a new opinion or idea and discuss it with two new people. Continue this activity for two weeks and then reflect on it by asking yourself these questions: Has it become easier to say what I really think? Are some topics easier to discuss than others? Are some people easier to share with? After you've answered these questions, continue the activity for one month, each day selecting new topics and new individuals.