



# 'The Loyalist'

Loyal, responsible and anxious

- Type SIX · HEAD Centre -

## The Enneagram describes 9 ways of seeing the world.

If you have always been the person others rely on while quietly wondering if anyone will ever show up for you, this one is yours. You are motivated through your head. But where a Five seeks understanding, you seek certainty. Your mind is always scanning for what could go wrong and who can be trusted so you can keep the people you love safe.

### Why this name?

The Six is named The Loyalist because loyalty is at the very core of who they are. They are deeply committed to the people and causes they believe in and will show up when everyone else has already left. But this loyalty comes at a cost. A Six will scan, prepare and worry with extraordinary dedication, and still not feel safe. Their journey is accepting that the security they have always searched for outside themselves has been within them all along, and that starts with understanding the motivation that propels them forward and the fear that is quietly shaping their every move.

### What gets you out of bed

To feel safe, supported and certain in an uncertain world

### What keeps you up at night

Being without support, guidance or certainty

These three levels describe the range of how a Type Six can show up; from your most expansive self to your most contracted.



### When you are in flow · Levels 1–3

You have found your own inner ground. You no longer need the world to be certain before you can feel safe, because you have discovered that the safety you were always searching for was never out there. You lead from a place of genuine courage and your loyalty inspires everyone around you. People don't just rely on you at this level. They trust you with their whole heart.



### When life gets hard · Levels 4–6

The anxiety takes over. You seek reassurance from others, doubt your own judgment and find it almost impossible to trust your own instincts. You look for reassurance, for systems, for authority, anything that will tell you that everything is going to be okay. The scanning never stops. You are always looking for the thing that could go wrong and finding it.



### When you are running on empty · Levels 7–9

Fear has completely taken over. You see danger everywhere and trust nobody, including yourself. The very vigilance that was meant to keep you safe has become the thing that makes you feel most unsafe of all. This is not the truth. It is what fear looks like when it has been running unchecked for too long.

Discover how to begin living in flow →

## Type SIX

# 'The Loyalist'

This is what becomes possible when you release and surrender

Most Type Sixes will read this and immediately look for evidence if it is really true of them or if they are just telling themselves it is. That doubt about their own perception is the most Six thing of all.

### Type Six - Your true gift to the world

To see what is actually true and have the courage to say it. A healthy Six has spent a lifetime developing a mind of extraordinary precision, one that can read people, situations and systems with an accuracy that borders on the supernatural. When they finally learn to trust that mind rather than doubt it, and to speak what it tells them rather than scan for all the reasons they might be wrong, they become one of the most powerful and trustworthy presences in the world. Not because they are fearless. But because they act anyway.

This is what release and surrendering looks like for a Type 6.

Not fearlessness. Not certainty. The moment you realise that the mind that has been running from the fear was always powerful enough to face it.



#### With Yourself

You find your own inner ground. You stop looking outside for reassurance and discover a quiet, unshakeable trust in your own knowing. You realise you have always had everything you needed within you.

*The work: making one decision today based on what you know rather than what you fear.*



#### With People You Love

You become the most committed, courageous and deeply trustworthy presence in the lives of those you love. Not loyal out of fear, but loyal out of genuine love and chosen devotion. And for the first time you let them show up for you too, without immediately doubting their motives.

*The work: letting someone love you without looking for the catch.*



#### With The World

You build communities and systems that genuinely keep people safe and supported. You show up when it matters most and you never let people down. People don't just rely on you. They follow you because you see what nobody else dares to name.

*The work: saying what you see before you have talked yourself out of it.*

### Begin Here: Observe

You have spent your life collecting evidence that the world is safe and that you are capable of handling it. Observe this: what evidence have you been ignoring that was always already there?

The Enneagram is a lifelong practice. If your curiosity has been sparked and you are ready to explore further, I would love to continue this conversation with you.

Ines Curin

ENNEAGRAM & INTEGRATIVE COACH



inescurin.com