

am I a six?

6's Core Motivation – I am striving to be:

- Secure, and feel safe and supported

I focus my attention on:

- What can go wrong, establishing certainty
- Determining who and what I can trust
- Preparing to prevent bad things from happening and how to respond when they do (phobic 6)

I avoid:

- Situations and people that are perceived as dangerous, untrustworthy or risky

Typical characteristics and strengths:

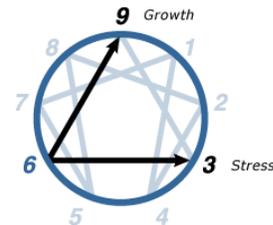
- Dependable, dutiful, reliable
- Trustworthy, loyal
- Team player
- Responsible
- Protective, supportive
- Perceptive, mentally sharp
- Troubleshooters, problem solvers
- Hardworking, persevering
- Strategic
- Convicted to beliefs, steadfast
- Sensible, cautious

Typical challenges or blindspots:

- Anxious, worrisome
- Defensive, reactive
- Over analyze, analysis paralysis
- Rigid
- Projectors (project thoughts and feelings on to others)
- Overcommunicates
- Question and challenge authority
- Overly cautious and risk-averse
- Paralyzed by fear
- Skeptical, suspicious, paranoid

Typical patterns and behaviors:

- Once you prove trustworthy, I am steadfast in my loyalty and devotion to you or your cause.
- I work hard. I want you and the team to know you can rely on me.
- I typically see issues and problems coming before others do.
- I tend to project my feelings of anxiety outward, sharing my concerns often and with urgency that is not always acknowledged (or appreciated) by those around me.
- I worry about a lot of different things. While I wouldn't say I like to worry, I do like that worrying keeps me thinking and well-prepared for whatever may happen.
- I go to great lengths to avoid negative scenarios becoming realities (phobic behavior.)
- I face my fears head-on, meeting danger when I can (counterphobic behavior.)
- When my worry gets the better of me, I become suspicious and paranoid seeing trouble at every turn.



Considering your **wings** and **arrows** may help clarify nuances of your type.

- 6's Wings: 5 and 7. Most of us "lean" more toward one of our two wings, sharing some behaviors with that type.
- Growth Arrow: 9 – 6's "move" toward 9 adopting 9ish behaviors and patterns for growth and development.
- Stress Arrow: 3 – where 6's may go when they are experiencing acute stress or difficulty. Here we see the 6 demonstrate "low-side" or unhealthy type 3 behaviors.