

Type 6 – part of the HEAD Triad

For Enneagram Type 6, working Step One involves facing the role that fear, anxiety, and the need for security play in their relationship with food. Type 6s may use food to calm their anxieties or as a way to manage uncertainty, constantly seeking safety and reassurance.



1. Admit Powerlessness Over Using Food to Soothe Anxiety:

Type 6s tend to rely on food to soothe their anxiety and provide a sense of safety. Admitting powerlessness means recognizing that food won't provide the security they seek.

Week 1 Reflection question:

“How have I used food to calm my fears and anxieties, and how has this approach failed me?”

Step 1

Type 6

Question 1



Type 6 aka:

Loyalist

Passion (Defect):

Fear

Virtue (Gift of the Spirit)

Courage

People are untrustworthy & I must keep myself safe.

MANTRA:

“Faith is believing in things unseen. I am guided within.”

Type 6

