

## 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.



### **2. Recognize the Unmanageability of Fear and Worry:**

For Type 6s, life can become unmanageable when fear and anxiety dominate their thoughts and behaviors, particularly around food.

### **Week 2 Reflection question:**

**“How has fear and worry affected my ability to manage my eating and my relationship with food?”**

Step 1

Type 6

Question 2





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**

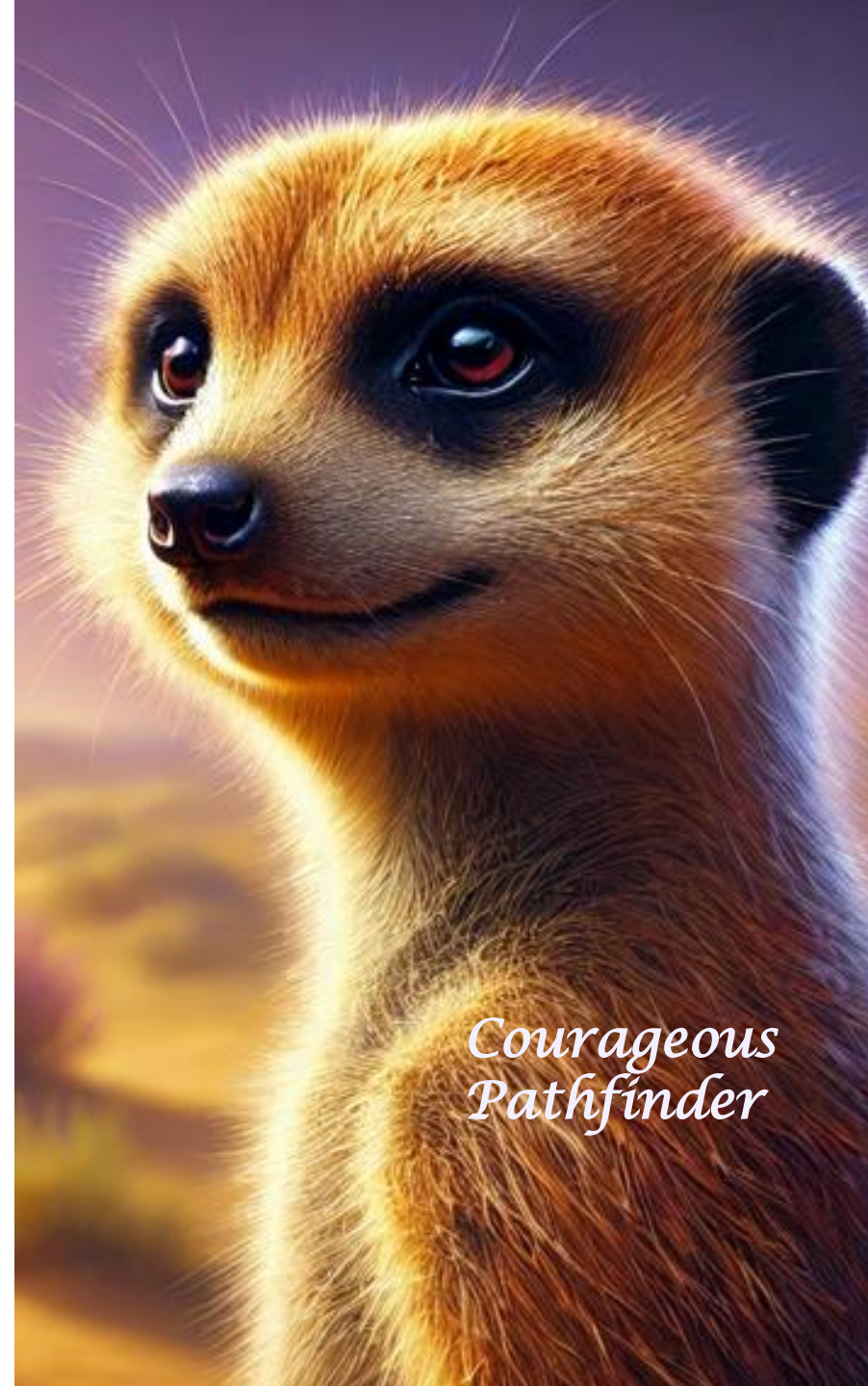


Type 6 aka:  
*The Courageous Pathfinder*

STRIVING TO:  
*Feel Secure*

BY:  
*Avoiding being told what to do*  
*Avoiding not being prepared*  
*Avoiding self-doubt*

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



*Courageous  
Pathfinder*