

EXPLORING ENNEAGRAM TRITYPE™: THEORY AND PRACTICE

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Abstract

When theory building for a system like the Enneagram, it is important to base new distinctions on a solid empirical and practical foundation. With the breadth of fine distinctions already built into Enneagram theory, it seemed that most avenues of distinction had been fleshed out. However, upon working with a multitude of clients, a fascinating pattern emerged. Research and test results with clients revealed that people utilize one type in each center of intelligence: head (5,6,7), heart (2,3,4) and gut (8,9,1), and that these types were used in a preferred order, with one being dominant. These Tritype™ combinations also reveal specific character archetypes that enrich and enhance current Enneagram theory and provide Enneagram researchers and enthusiasts with a new typing language. Understanding the basics of Tritype™ can help those working with the Enneagram (enthusiasts, clients, therapists and coaches) communicate in a new typological language. Aristotle suggested that true internal harmony could be achieved only when internal conditions allow each aspect of the psyche to perform what it was primitively meant to perform. The authors have found that one's Enneagram Tritype™ reveals critical aspects of the psyche and how they were meant to perform, thus allowing one to develop the self-awareness needed to create internal harmony and live a more fulfilling life.

Keywords: Tritype™, Enneagram, Instinctual Types, Instinctual Subtypes

Part I: Research, Design and Analysis

What is the Enneagram Tritype™?

Extensive research, beginning in 1995, has shown that individuals have not one, but three Enneagram Types used in a preferred order. These three Enneagram Types always occur in each of the three centers of intelligence: head (567), heart (234) and gut (891). The Enneagram Tritype™ combination identifies these three Enneagram Types, adding significant precision, accuracy and scope to the Enneagram Typing process.

One of the three types in one's Tritype™ is dominant (or primary) and represents the ego's preferred defense strategy. However, when the strategy of the dominant Enneagram type fails, the ego uses the strategies of the other two

types within the Tritype™ in a repeating, descending order. In an attempt to solve a problem, the ego will continue to deploy the other two types in the Tritype™ until the issue is resolved. The dominant type in the Tritype™ is always in charge, therefore, ultimately the individual will always return to the resources of their core or dominant strategy.

The combined defense strategies of the types within the Tritype™ create a unique focus of attention with a shared worldview. Research suggests that the common theme found among the three types within one's Tritype™ will be one's archetypal life purpose and a critical blind spot to self-awareness. Research emerged from diverse studies: *Enneastyle: The 9 languages of Enneagram Type*, (1995), *Enneagram Instinctual Subtypes* (1995), *Enneagram Core Fears* (1996), Katherine Koch Horpel Chernick, *Enneagram, Instinctual Subtypes and Intimacy* (1998), Katherine Chernick with Victoria Ruderman and Kit Snyder (1998), *A study of Instinctual Subtypes* (2005), *A Study of Trifix* (2007), *A Study of Tritype* (2008, 2009, 2010 and 2011), Katherine Chernick Favre and Katherine Chernick Favre and David W. Favre, MA, (2010). In addition, the shared view by the types in one's Tritype™ gives important clues as to what is needed to live a more conscious and meaningful life.

The high side of the intersection of these three Enneagram Types is that they define what gives life direction, focus and purpose for the individual with that Tritype™ combination. The low side of this intersection is that the type's defense strategies collude, narrowing one's ability to accurately self-assess, thus impeding personal growth. One's strengths are the gifts that emerge as a result of the specific focus created by these three types working in concert with one another. One's weaknesses are a result of this intersection as well, limiting self-awareness and spiritual growth, thus creating what the authors term an egoic 'blind spot.'

Illuminating this blind spot often releases neurotic symptoms. Further, aligning one's self with the archetypal energies found in the three types in one's Tritype™ can align one with his or her higher life purpose and mission. Identifying one's Tritype™ Archetype also creates an opportunity to discover one's innate abilities, develop expertise and experience a greater sense of satisfaction.

Research Origins

In 1995, Katherine Chernick began her first empirical research exploring the self-image of the nine types with the "Enneastyle Questionnaire," a testing instrument made of 20 questions on image, self-projection and style. This research revealed that each Enneagram type has a self-image that includes positive attributes accompanied by a set of core fears. More importantly, the image statements, combined with the corresponding core fears, reveals the more hidden, 'internal experiences' of type. This data further explained the underlying motivations that drive the behaviors of the nine types.

Inspired by unexpected findings during her initial study, Katherine immediately followed with a research study on the instinctual subtypes. These studies led to the development of an entirely new research endeavor including

significant findings centered on the types, instinctual subtypes, the instinctual subtypes and intimacy, and the aforementioned Tritype™ theory which will be expounded upon later. What emerged from the initial research was the discovery that lexical patterns that were used by participants and clients on their Enneastyle Questionnaire and during “In-depth Inquiry Process” coaching sessions, consistently organized ego strategies around three Enneagram types. In other words, clients consistently utilized the language and lexicon of three Enneagram types when revealing their personal psychological experiences. Clients preferred a dominant Enneagram type, but also identified with the core fears of two other types; a type from each center of intelligence: head (5,6,7), heart (2,3,4) and gut (9,8,1). More importantly, many used the language of types that do not connect to their primary type by a line or a wing. This is an important distinction in the discovery of Tritype™, as most theorists believe that all Enneagram behaviors can be attributed to one’s dominant style, wings or lines of connection, yet it was found that clients repeatedly utilized the personal lexicon of a type in each center. So, it became apparent that an expansion of traditional Enneagram theory would need to be explored to explain this deviation.

Circa 1996, Katherine attended a presentation given by a teacher from the Arica School and learned that Enneagram pioneer, Oscar Ichazo, had added the term “tri-fix,” (the use of three fixations) to his teachings. This concept intrigued her and appeared to validate initial findings that one uses three types. This complimented her ongoing research. In 2008, after 12 years of research, Katherine coined the term Tritype™ to distinguish Katherine (and David Fauvre’s) vast body of work from Ichazo’s early teachings of “tri-fix.”

In 1996, Katherine met David W. Fauvre, MA and began collaborating with him on Enneagram projects. In order to lend greater validity and scientific weight to this emerging theory, a methodology was conceptualized by David and developed along with Katherine, to uncover how these three styles could be derived from personal lexicon use.

Methods

In 2003, David commissioned Michael Tsai, Ph.D., a MIT computer science expert (who specializes in software to detect complex language patterns) to program software for Enneagram Explorations. Together they developed two methodologies, the “Enneastyle Bayesian Classifier” and the “Enneagram Lexicon Tagger” to confirm and further investigate the complex language patterns that emerged in Katherine’s research. The language patterns revealed that each Enneagram type, instinctual type and Tritype™ consistently described themselves and their life experiences in a unique and identifiable lexicon set.

The “Enneagram Lexicon Tagger” software classifier was developed by examining the language patterns found in the responses on the Enneastyle Questionnaire. The words (and word combinations) the participants used to describe themselves were weighted based on Katherine’s assessment of how frequently a particular word, or combination of words, was utilized by a particular

type on the Enneastyle Questionnaire. This was based on hundreds of questionnaires, typing interviews and participant corroboration. The word weighting system is based on a +2 to -2 scale, with +2 indicating a high probability of use by a particular Enneagram type, instinctual subtype or Tritype™ and a -2 being a low probability of use. Then the word-tagging system was programmed into the classifier and questionnaires were entered into the classifier and analyzed utilizing the weight system to help ascertain possible Enneagram type, instinctual subtype and Tritype™ combinations. After the data was analyzed utilizing the classifier, researchers corroborated classifier assessments to help create validity. Initially, the classifier was programmed using 1000 questionnaires. The classifier was able to canonically detect the correct Tritype™ based on questionnaire responses with 80 percent accuracy (N=1000). It was able to detect two of the three types in one's Tritype™ with an over 90% accuracy. After the initial questionnaire analysis, over 15,000 questionnaires have been subsequently collected and substantiated with both the algorithm and inter-coder confirmation. Personal lexicon became a remarkably accurate predictor of Enneagram type, instinctual type, wing and Tritype™.

The Enneastyle Classifier has been used to statistically validate the language choices in the Enneastyle Questionnaire, and confirms the hypothesis that each Enneagram type speaks in their own lexicon, regardless of language, age, gender, education, nationality or race. Further, it also confirms that they use the lexicon of the three types in their Tritype™ as well as the language of their dominant instinctual type. Thus, the typing process proceeds through five basic steps 1.) The Enneastyle Questionnaire, 2.) The Enneacards Enneagram Test, 3.) The Instinctual Subtypes Test, 4.) The Enneastyle Language Classifier and 5.) Coaching.

With this software revealing empirical and statistically verifiable data on language use by type, Enneagram type research has moved beyond the traditional heuristic or experience-based style of research. This previous method of research often left gaps in understanding, analogous to the mapping of a forest by walking amongst the trees, versus the statistically verifiable, robust research methodology of mapping a forest from aerial photographs.


Sample Data and Analysis

The analysis process consisted of four primary steps: 1.) Analysis of the questionnaire utilizing the classifier 2.) Corroboration of the classifier assessment of Enneastyle questionnaires 3.) Corroboration of Enneastyle questionnaire and Enneacards Enneagram Test 4.) Inter-coder reliability assessment of the Enneastyle Questionnaire and Enneacards Enneagram test.

The questions: greatest strength and why and greatest weakness and why along with or saying were added after the initial 400 Enneastyle Questionnaires. These additional questions further confirmed the initial findings of probable type, instinctual type and later, Tritype™.

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Example 1, shows the test taker's responses to the Enneastyle Questionnaire and scoring by the Enneastyle language classifier software. The Enneastyle Questionnaire asks the test taker to describe themselves as if to a stranger using five adjectives. This is followed by a series of questions to further elicit self-image. A blank Enneastyle Questionnaire appears before example 1.



Enneastyle Questionnaire

Name _____ Date _____
 Address _____ Phone _____
 _____ Email _____

Enneagram Point _____ Wing _____ Subtype _____ MBTI _____

Presentation

Considerations:
 Please list the five adjectives that would most fully describe your personality character traits.

Greatest Strength _____ Why _____

Greatest weakness _____ Why _____

Favorites:
 Color _____ Symbol _____ Creature _____

Image

Please fill in the blanks with appropriate words that describe your personal image. Remember to include your attitudes in your early 20's, especially if they are different.

Desire	To look
Need	I need
Fear	I'm afraid of styles that are
Avoidance	I avoid
Image Personality	My personal image style is
Image Statement	I am
Image Theme	I dress for

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Example 1 Enneastyle Questionnaire responses as scored by the Enneastyle Language Classifier

Terms: 'ActualType' is the actual Enneagram Type of the test taker as determined by the Enneagram Enneacards Test results, test taker interview and corroboration. The same applies to 'Actual Tritype'TM

ActualType	7
ActualTritype TM	729
Adj1	sincere, creative, innovative
Adj2	caring
Adj3	outgoing
Adj4	thoughtful
Adj5	listen

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<i>Strength:</i>	aware
<i>Strength: Why:</i>	able to understand impacts my actions and words have on others and relations
<i>Weakness:</i>	details
<i>Weakness: Why</i>	tend to look at large picture and not work out details completely
<i>Color:</i>	blue
<i>Symbol:</i>	zen circle
<i>Creature:</i>	fish
<i>Desire:</i>	healthy
<i>Need:</i>	food and sleep
<i>Fear:</i>	abrasive
<i>Avoid:</i>	conflict
<i>Image Style:</i>	clean cut
<i>Image Statement:</i>	soul
<i>Image Theme:</i>	comfort and to be interesting
<i>Saying:</i>	rumi poems

Notes on Score Interpretation:

The score below is the predicted Tritype™ Archetype of the test taker based on analysis of the language patterns found in the test taker's Enneastyle Questionnaire responses.

The score is canonical and as such does not take into consideration the weight of the score between the three types in the test takers Tritype™.

Often the score weights of the words will correctly predict not only the Tritype Archetype™ but the preferred order in which the test taker uses these types in their Tritype™. For example, the language classifier accurately predicted type 7 as the dominant type in the test takers Tritype™.

Report Terms

Tag: Enneagram Type

Score: The weighted score of the language combinations found indicative of a single Enneagram Type.

Math: The word combination indicative or counter indicative of a specific Enneagram Type.

Score from Language Classifier

Canonical Tritype™: 279 (predicted); 279 (actual)

(The weighting given to each word has been removed to protect the intellectual property of Enneagram Explorations. The score is the sum of the weights assigned to the words listed.)

Tag	Score	Math
7	17	abrasive + caring + clean + comfort + conflict + creative + healthy + innovative + interesting + outgoing
6	12	abrasive + actions + caring + clean + comfort + conflict + outgoing + sincere + thoughtful
9	11	caring + circle + comfort + conflict + details + others + thoughtful
2	11	caring + comfort + interesting + others + outgoing + sincere + thoughtful
3	6	caring + comfort + healthy + outgoing + work
1	6	caring + clean + comfort + healthy + thoughtful
8	5	comfort + creative + innovative
5	3	blue + comfort + conflict
4	3	aware + comfort + creative + thoughtful

In the above example, the classifier was able to isolate the dominant lexical usage of three types. Type 7, 9 and 2 are shown to be the highest rated types in each center of intelligence (head, heart and gut). The classifier indicates the possible Tritype™ canonically (hence 2-7-9). However, because this respondent utilized the most words from the Type 7 lexicon, it ranked Type 7 with a score of 17, followed by Type 6 (indicating this person is likely a 7 with a 6 wing, followed by Type 2 and Type 9 equally weighting at 11 points. After careful review from the researchers, the Tritype™ of 729 is confirmed first through analysis of the Enneastyle Questionnaire and then through a typing interview. In this particular example, the Enneacards test corroborates the classifier assessment.

In some examples it is vital to weigh the respondents test results against the classifiers prediction of Tritype™, particularly when there is overlap between a person's wing and a possible Tritype™ type. In the second example we can see this principle at work:

Example 2 Enneastyle Questionnaire Responses

<i>Actual Type</i>	8
<i>Actual Wing</i>	7
<i>Actual Tritype™</i>	873
<i>Adj1</i>	Confident
<i>Adj2</i>	Creative
<i>Adj3</i>	Enthusiastic
<i>Adj4</i>	Strong
<i>Adj5</i>	Fidgety
<i>Strength:</i>	My complete confidence in the fact that I can do anything—I am not afraid to try.

<i>Strength Why:</i>	This has been put to the test time after time, and when I am bold and dare I can and have made great things happen.
<i>Weakness:</i>	I have problems dealing with emotions--I'm either too much or too little, except with certain people I trust completely. Then it's easy.
<i>Weakness Why:</i>	I don't know, honestly. I can blame my father (who was sort of like this), but that seems too easy, doesn't it? :)
<i>Color:</i>	Purple
<i>Symbol:</i>	Spiral
<i>Creature:</i>	Dragon
<i>Desire:</i>	To look elegant, confident, relaxed
<i>Need:</i>	Something in my hands all the time; to be connected (online), to be in control fear overly busy, floral. Loud is OK but not WITH flowers!
<i>Avoid:</i>	Clingy people. Mediocre people, Crowds of people.
<i>Image Style:</i>	Simple but with bold colors and neutrals, great jewelry,
<i>Image Statement:</i>	Successful, relatively content but master of my domain! :)
<i>Image Theme:</i>	Myself!
<i>Saying:</i>	Boldness, boldness, and again boldness (paraphrased from E. Roosevelt, I think)

Scores

Canonical Tritype™: 378 (predicted); 378 (actual)

(The weighting given to each word has been removed to protect the intellectual property of Enneagram Explorations. The score is the sum of the weights assigned to the words listed.)

Tag	Score	Math
7	12	busy + clingy + colors + control + creative + enthusiastic + people + trust
6	9	afraid + blame + certain + confidence + loud + trust
8	8	afraid + bold + confident + creative + dragon + loud + myself + strong
3	7	busy + confident + elegant + successful
9	6	content + easy + loud + simple + too
2	6	enthusiastic + people + too
1	1	afraid + control + elegant
4	0	confident + creative + enthusiastic + purple

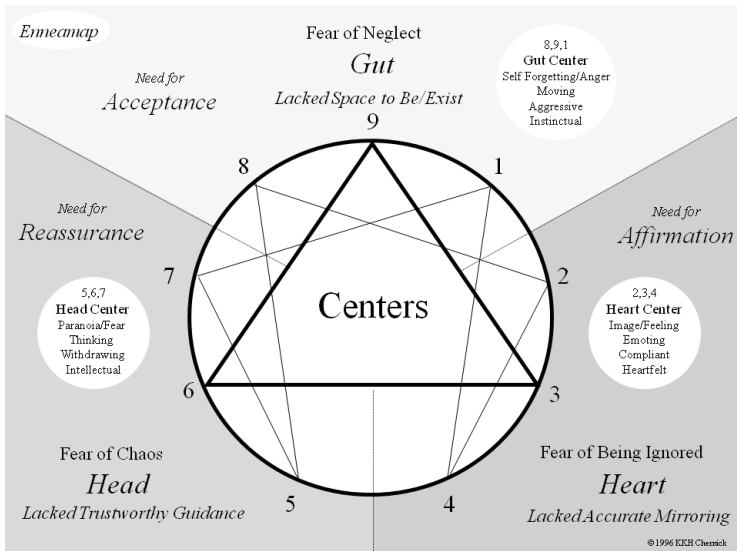
In example two, the classifier isolated the 378 Tritype™ as the probable Tritype™ for this respondent. The Type 7 was indicated as the top probable type (with a score of 12) based on the lexical choices in the questionnaire, with type 8 (with a score of 8) in the gut center, and type 3 (with a score of 7) in the heart

center. However, the respondent’s Enneacards questionnaire indicates a dominant type of 8, with a wing of 7. Thus, the questionnaire must be measured against the Enneacard test results to reach greater confluence between the Enneacard results and classifier assessment. The final typing of 873, as opposed to 783, seems to be accurate when analyzing the data utilizing inter-coder validity. Due to the preponderance of type 7 in this person’s lexical usage, the 7 lexicon is more heavily weighted, however, after review of the Enneacards test results and researcher validation of the respondents type, the core style of Type 8 can be confirmed over Type 7 (which concurs with the Enneacard test results). The 8 with the 7 wing, with 7 in the Tritype™ will seem very 7ish, however, if we return to the motivation of the types and the core fears of the types then we can isolate in the above mentioned example, a core strategy of 8 as opposed to Type 7. Words like “strong,” an indication of avoiding “mediocrity” and “weakness,” as well as the desire to look like “themselves” and be “master of their domain,” all indicate 8 as a core strategy, and 7 as both a wing and the preferred type in the mental center (confirming the classifiers illumination of a high preponderance of 7 words). Thus, in this example, utilizing the classifier in conjunction with the Enneacards test and typing interviews allowed for greater accuracy in predicting the probable type of the respondent based on their lexical usage and Enneacard selections.

Part II: Deeper Into Tritype™ Theory

Enneagram Centers of Intelligence

The nine Enneagram types are grouped into three triads or centers. There are



three Enneagram types in each triad. Each triad represents a different center of intelligence: head (5,6,7), heart (2,3,4) and gut (8,9,1). In human nature, we use

all three centers but tend to primarily use one of these three centers. In the center that we predominantly use, one will use one of the three types. This is one's dominant Enneagram Type. Tritype™ demonstrates that one utilizes a type in each center, in a particular order. So once the primary center (and type in that center) is unable to resolve a problem, one will move to one's wings and lines of connection, and then move to the secondary and tertiary center of intelligence (and the preferred types within those centers).

Gut Center

The instinctual or gut center (8,9,1) is body-based and can be seen as having a desire to direct their course and take action in the world. They focus on their physical environment. They are gutsy, instinctive and visceral. Their primary issues are judgment, denial and resistance. They may struggle with being asleep to their true self. Whether or not they overtly express it, they are motivated and take action when they are angry. They fear being unimportant, neglected or overlooked. They seek acceptance and a sense of well-being.

Heart Center

The emotional or heart center (2,3,4) is feeling-based and can be seen as having a desire to positively affect others. They focus on their relationships. They are heartfelt, emotive and adaptable. Their primary issues are of craving attention, needing affirmation and wanting to be attached to others. They may struggle with being identified with their image or 'false' self. Whether or not they overtly express it, they are motivated by and take action when they feel emotional anxiety. They fear being ignored and unseen. They seek attention and mirroring.

Mental Center

The mental or thinking center (5,6,7) is thought-based and can be seen as having a desire to give greater importance to the interior world of ideas. They focus on their thoughts. They are knowledgeable, intellectual and visionary. Their primary issues are aversion, avoidance and projection with a focus on authority. They struggle with preconceptions that can manifest as prejudices and the fear of being alienated. Whether or not they overtly express it, they are motivated by and take action when they feel fear and anxiety. They fear chaos and their ability to cope with it. They seek reassurance; whether from an authority, a theology, a philosophy, or a kind word.

Understanding the importance of the centers helps to lay the basis for our discussion. The core fears of the individual Enneagram types reveal the underlying fear of their corresponding center. One uses all three centers, and the center one prefers is the center that houses the core Enneagram style. However, Tritype™ theory states that as one shifts focus (outside of the dominant style, wings and lines of connection) one will employ the other two centers in a

particular order, whilst utilizing a particular style in those other secondary and tertiary centers.

Core Fears and Self-Image

Research not only revealed consistent self-image statements but also consistent “core fears” reported by each of the nine Enneagram styles (Chernick, 1995, 1996; Chernick-Fauvre & Fauvre, 2010). These fears have been found to be one of the most significant factors in determining one’s Enneagram type. The core fears and image statements are reliable indicators of one’s Tritype™ preferences as individuals report the core fears of a type in each center of intelligence.

Type	Idealized Self-Image and Core Fears
1	I am good, I am right, I am in control, I am diligent, and I am appropriate. Resentment with the fear of being wrong, bad, evil, or corruptible.
2	I am caring, I am nurturing, I am helpful, I am altruistic, and I am appealing Pride with the fear of being worthless, needy, inconsequential, or dispensable.
3	I am successful, I am efficient, I am competent, I am focused, and I am productive Vanity with the fear of failing, being incompetent, inefficient, exposed, or unable to do.
4	I am unique, I am special, I am deep, I am accomplished, and I am tasteful Envy with the fear of being inadequate, emotionally cut off, defective, or flawed.
5	I am perceptive, I am knowledgeable, I am observant, I am wise, and I am different. Avarice with the fear of being ignorant, invaded, not existing, annihilation, or obligation.
6	I am dedicated, I am dutiful, I am provocative, I am loyal, I am compliant, and/or rebellious Fear of Fear itself, submitting, being alone, blamed, targeted, or physical abandoned.
7	I am happy, I am optimistic, I am fun, I am enthusiastic, and I am playful. Gluttony with the fear of being incomplete, inferior, limited, bored, or missing out.
8	I am invincible, I am powerful, I am protective, I am straight-forward, and I am authentic Excess with the fear of being weak, powerless, harmed, controlled, or manipulated.
9	I am agreeable, I am easy going, I am peaceful, I am humble, and I am unassuming Indolence with the fear of being in conflict, loveless, shut out, discordant, or inharmonious.

The core fears of the types have been found to have nine distinct methods with which to manage the core fears of each center of intelligence. For example, the type 2 fears being worthless, needy, inconsequential and/or dispensable which, when interviewed, were found to be more specific ways in which the 2 manages the heart center's core fear of being ignored. Being helpful and nurturing is the 2s way of compensating for the core fears of being ignored, worthless, needy, inconsequential and/or dispensable

With knowledge of the image statements and the core fears, one can observe the primary triggers that influence one's ability to successfully respond to any given situation and can learn to avoid habitual, self-defeating over-reactivity.

Tritype™, Wings and Lines of Connection

Research indicated that individuals utilize the lines of connection (defined as the lines in the Enneagram symbol that connect one point to another) and wings (the types that lay on either side of the primary type), but that these lines and wings were not the only strategies used by individuals. Thus, research endeavors moved toward uncovering why individuals were reporting core fears, lexical preferences, core triggers and desires that have no direct connection with their dominant type. What was uncovered is that quite often people utilize the types in their Tritype™ that may or may not be a wing type or the types along the lines of connection.

For example, a type 9 may or may not have type 3 and/or type 6 as part of their Tritype™ (9 connects to 6 and 3 on the Enneagram symbol). A type 9 could have a Tritype™ of 925, 926, 927, 935, 936, 937, 945, 946 or 947. Each Tritype™ combination of type 9 creates a different expression of the type 9. If the 9 has the 3 and 6 in their Tritype™ as with the 936, the influence of 3 and 6 is greater and creates a very focused 9 that matches the traditional descriptions of 9s. However, if the type 9 has types in their Tritype™ that are not connected by a line such as the 945 or 947, they will appear to be very different from 9s that have the 936 Tritype™.

In addition, a person may or may not have a wing type in their Tritype™. For example, a type 7 may or may not have the type 8 in their Tritype™. If the type 7 has a wing type of 8, and has an 8 in the Tritype™, the 7 will be heavily influenced by the 8 defense strategies and can often be mistyped as an 8. Further, the type 7 with the 8 wing with the 782 Tritype™ will have access to 8 through a wing type and by having 8 in the Tritype™. The 782 Tritype™ also has access to the 8 through the line of connection to 8 coming from the 2 in the Tritype™. So, the 782 will be a 7 with a very strong flavor of 8. With this understanding one can begin to see a source of common typing mistakes and look-a-likes and illuminates the potentially rich nuances available to people in working with Tritype™ potentialities.

Ways to work with the Tritype™

There are several ways to work with the Tritype™ material. One way is to study the differences within type by looking at the nine Tritypes™ of each Enneagram type. A second way is to study the similarities of those sharing the same three Enneagram types by looking at the shared view of those with the same Enneagram Tritype™ Archetype. A third way is to study the influence of the 27 Tritypes™ in conjunction with the 27 Instinctual Subtypes.

Tritype™ by Type

Tritype™ by Type explains the variations within Enneagram type. Those sharing the same dominant Enneagram Type can be very different from one another depending on which types are in their Tritype™. Examining the nine Enneagram Types in conjunction with the types in the Tritype™ reveals the reasons for the differences. We will look at four examples of how understanding Tritype™ through this method can help to explain aspects of the psyche that may be missed by current theory.

Ex. 1) Tritypes™ for type 1: The type 1 has nine different possible Tritype™ combinations: 125, 126, 127, 135, 136, 137, 145, 146 and 147. With this approach, one can quickly see that there are nine Tritype™ combinations for each type, creating 81 Tritypes™. Furthermore, one can readily see that the 145 is more introverted and introspective (due to the two withdrawn types; 4 and 5 in the Tritype™ configuration) than the 137 which is more positive and outgoing (with two positive and assertive types (3 and 7) in its Tritype™ configuration). Both have type 1 as the primary type, however, the other two types significantly change the presentation of type 1.

Ex. 2) Difference between the 874 and the 826: The 874 has secondary strategies that are very different from those of the 826. Both 874 and 826 are protective as 8 is the primary type for both. However, the 874 is a fast-paced (7), creative (4, 7 & 8) feelingful (4) and optimistic (7) type 8, whereas the 826 is a more cynical (8 and 6), loyal (8 and 6) and helpful (2, 6 & 8) Type 8.

Ex. 3.) A Type 4 with a Tritype™ of 468: With the 468 Tritype™ the type 4 is the primary Enneagram type, and as needed, would also use the strategies of type 6 and type 8. Enneagram type 4 is always in charge. However, when the strategies of type 4 fail to produce results that will satisfy the ego, it will use all permutations of type 4 (wings and lines of connections) to solve the problem. Once all facets of type 4 have been exhausted, this individual will then shift to using the dominant type in each of the other two centers to manage the problem and create a solution. In this case, the type 4 in the 468 would use the strategies of type 6 and then type 8.

Ex. 4) Types within the 147 Tritype™: The 147 is an individual with a Tritype™ configuration that includes types 1, 7 and 4. The primary Enneagram type is the type 1. This Tritype™ combination indicates someone that would most likely be hardworking (1), positive (7) and deep (4) that seeks standards (1), options (7) and meaning (4). If the strategy of type 1 for diligence fails to give the desired

results of being thorough and responsible, this person would then employ the strategy of type 7, and as needed, type 4. This cycle continues until the personality feels that the problem is resolved. These three types cascade into one another and continue everyday throughout the day.

Tritype™ by Archetype

Tritype™ by Archetype, which groups the types in the Tritype™, canonically, (without regard to order) sheds light on the similarities of those sharing the same types in a Tritype™, and provides a fuller composite of the energy created when the three types are combined. This yields 27 distinct Tritype™ Archetypes.

The Tritype™ Archetype approach allows one to look at the influence of the psychological and energetic archetype that is created when the three Enneagram types are combined. For example, 127, 217, 712, 271, 217 and 721 are each constructed of the same types, archetypal energies and defense patterns regardless of the order in which the individual's ego deploys them. This produces a common archetypal expression and experience for anyone having that combination of types in their Tritype™ regardless of what order they are used.

Tritype™ Archetype also explains why individuals sharing the same three types in their Tritype™ have more in common with each other than those sharing the same Enneagram Type. Research has shown that those with the same Tritype™ Archetype have a natural affinity for one another because they use the same three strategies to handle problems differing only in the order in which they are used. We will look at three examples that demonstrate how sharing the same three types produces a natural affinity for those with the same Tritype™.

Ex. 1) The 126 Tritype™: The 'Supporter' is the Tritype™ Archetype of the 126, 261, 612, 162, 216 and 621. All six of these Tritypes™ feel that they need to be responsible according to the values of the respective center (head, heart or gut) in which the primary Enneagram type resides. When the three types in this Tritypes™ are combined, an archetype is created that needs to feel safe by doing what is right (1), needed (2) and free from blame (6). Therefore, this individual is hyper-focused on assisting and supporting others. In addition, this Tritype™ is also focused on doing what one should (1), what is helpful (2) and what is seen as dutiful (6), resulting in a highly responsible person.

Ex. 2) Comparing how the centers are used in terms of feeling (234), thinking (567) or acting (891): The 468 and the 459 are both Tritypes™ that feel, then think and then act, however, the type 4 with the 468 Tritype™ is more reactive (6) and aggressive (8) than the type 4 with the 495 Tritype™ which is a more passive (9) and avoidant (5).

Ex. 3) Difference between the 972 and the 935: the 972 has a very "rosy" and positive outlook, and desires comfortable relationships that are easy to manage. The 2 and 7 make the 972 a people-person and increases the 9s need for harmony. In contrast, the 935 is more intellectual and somewhat avoidant. The 5 and 3 make the 935 more reserved and focused on competency. This is why, the

953 is more mental and may mistype as the 5, especially if the self- preserving instinct is dominant.

Enneagram Tritype™ Archetypes	
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Tritype™	Archetype
Mentor 125, 251, 512	If you are a 125, you are very diligent, caring, and knowledgeable. You want to be ethical, helpful and wise. You are very idealistic and see what needs to be done and simple and effective ways to do it. You are intensely private but care about people. You seek practical systems and procedures to measure results and effectiveness.
Supporter 126, 261, 612	If you are a 126, you are diligent, caring and inquisitive. You want to be ethical, helpful and supportive. Highly responsible and cooperative, you are most comfortable when you do things by the book and know what to expect. Focused on the needs and concerns of others, you seek ways to be of service. You enjoy being the power behind the throne.
Teacher 127, 271, 712	If you are a 127, you are diligent, caring and innovative. You want to be ethical, empathetic and inspired. Engaging, fun loving and outgoing, you want to be with people. You seek fun with a purpose, needing goals as well time to celebrate and enjoy life. You love discovering new things. You have a gift of being able to squeeze the boredom out of anything tedious.
Technical Expert 135, 351, 513	If you are a 135, you are diligent, focused and knowledgeable. You want to be ethical, efficient and wise. Highly rational, you seek systems and procedures. Detail oriented, you like mathematical concepts and finding ways to breakdown and understand complex material. You are very precise and good with exacting details that others find difficult to manage.
Taskmaster 136, 361, 613	If you are a 136, you are diligent, ambitious and inquisitive. You want to be ethical, efficient and dutiful. Highly industrious and responsible, you are focused on achievement. You feel obligated to be orderly and create a successful image as dictated by society. Most importantly, you focus on your duty and finding certainty.
Systems Builder 137, 371, 713	If you are a 137, you are diligent, ambitious and innovative. You want to be ethical, efficient and upbeat. You are self-motivated and want to achieve your goals in a positive and effective way. You want to do your best and want look good doing it. You focus on success and seek ways to measure it.
Researcher 145, 451, 514	If you are a 145, you are diligent, intuitive, and knowledgeable. You want to be ethical, original and wise. Highly intellectual, you are focused on what you perceive is correct and above reproach. Motivated to be informed, you are research oriented. You seek and quote the opinions of experts to avoid being uncertain and seen as ignorant.
Philosopher 146, 461, 614	If you are a 146, you are diligent, intuitive, and inquisitive. You want to be ethical, original and certain. Morally focused, you have strong emotions and are inclined to voice your feelings and intuitions. You care deeply and want to help others improve their lives and the expectations they have of themselves.

Visionary 147, 471, 714	If you are a 147, you are diligent, intuitive and innovative. You want to be ethical, expressive and positive. You are passionate and idealistic. You want to make a difference in the world and see the many possible approaches to different situations. Perfectionistic, you seek standards that improve lives.
Strategist 258, 582, 825	If you are a 258, you are caring, knowledgeable and protective. You want to be helpful, wise and straight-forward. Highly sensitive, you are an empathetic, intellectual 'people' person. You are both introverted and extroverted and can be direct and easily move towards others and can 'over' give and pull away to recharge.
Problem Solver 259, 592, 925	If you are a 259, you are caring, knowledgeable and accepting. You want to be helpful, wise and peaceful. You have a very shy, gentle and reserved nature and tend to focus on what is harmonious. You need companionship and avoid feelings of loneliness by focusing on the needs and concerns of others. You can struggle with inaction when you feel overwhelmed.
Rescuer 268, 682, 826	If you are the 268, you are caring, supportive and protective. You want to be helpful, engaging, and straight-forward. By nature, you want to be in charge of your world and are attracted to the noble cause. You wish to shield others from harm and challenge what is unjust. You want to know the rules are to feel safe and to know when you can break them.
Good Samaritan 269, 692, 926	If you are the 269, you are caring, inquisitive and accepting. You want to be helpful, supportive and peaceful. You like people and want to find ways to engage with them. Your sense of pride comes from getting along with others and being of assistance. You are known for your easygoing, and friendly disposition. You hate conflict and struggle with being passive.
Free Spirit 278, 782, 827	If you are the 278, you are caring, innovative and protective. You want to be helpful, loving and straight-forward. You are assertive, funny and outgoing. You like to use your charming and sunny disposition to create an upbeat, positive and action-packed environment. You are also very nurturing to those in your circle of care.
Peacemaker 279, 792, 927	If you are a 279, you are caring, innovative and accepting. You want to be helpful, upbeat and peaceful. You are very kind and tend to see the best in others, and focus on easy and comfortable ways of relating. Very optimistic and positive, you hate conflict and strife, and use your sense of humor to smooth out difficulties.
Solution Master 358, 583, 835	If you are a 358, you are ambitious, knowledgeable and protective. You want to be efficient, wise and straight-forward. Tough-minded, you are good at studying a problem and finding both original and practical solutions others miss. Highly tenacious, you work tirelessly until you find solutions and prevail against adversity.
Thinker 359, 593, 935	If you are a 359, you are ambitious, knowledgeable and accepting. You want to be efficient, wise and peaceful. Intellectual and clever, you find amenable and pleasant ways to manage difficult situations and relationships. Often shy, you are very private and are slow to trust others. You are ambitious but seek admiration is a subtle way.
Justice Fighter 368, 683, 836	If you are a 368, you are ambitious, inquisitive and protective. You want to be accomplished, loyal and straight-forward. Verbally adept and a good reader of people and situations, you have the ability to identify unjust authority, rebel against tyranny and verbally spar against it. You want to get along with others but can struggle with being too outspoken.

Mediator 369, 693, 936	<p>If you are the 369, you are ambitious, inquisitive and accepting. You want to be successful, engaged and peaceful. You seek balance and harmony. You want to know what is expected of you and will adjust your behavior to succeed. You need affirmation, reassurance and a sense of wellbeing to feel connected to yourself and others.</p>
Mover Shaker 378, 783, 837	<p>If you are the 378, you are ambitious, innovative and protective. You want to be efficient, happy and straight-forward. You are a dynamic go-getter, focused on the prize. An expansive powerhouse, you see the big picture and have the will to make it happen. Obstacles are seen as competitive challenges.</p>
Ambassador or 379, 793, 937	<p>If you are the 379, you are ambitious, innovative and accepting. You want to be focused, upbeat and peaceful. You like people and are outgoing even if you are shy. You are easygoing and seek comfort but strive for success and a feeling of personal importance. You are identified with what you do and achieve but are soft, gentle and kind.</p>
Scholar 458, 584, 845	<p>If you are the 458, you are intuitive, knowledgeable and protective. You want to be original, wise and straight-forward. You study what makes people tick and form strong opinions about what you learn. Somewhat introverted, you are identified with being an intuitive, strategic thinker and see interconnections that others may miss.</p>
Contemplative 459, 594, 945	<p>If you are the 459, you are intuitive, knowledgeable and accepting. You want to be original, wise and peaceful. Highly self-aware and reflective, you are very shy, reserved and self-conscious. You need regular quiet time to reflect on your thoughts and emotions. Easily flooded with emotion, it is difficult for you to voice your ideal and feelings.</p>
Truth Teller 468, 684, 846	<p>If you are 468, you are intuitive, inquisitive and protective. You want to be original, certain and straight-forward. You are highly sensitive and emotional. You track inconsistencies and are like the ‘canary in the coal mine,’ calling off hidden agendas, deception and ulterior motives. You are very intense and can at times be emotional and over reactive.</p>
Seeker 469, 694, 946	<p>If you are 469, you are intuitive, inquisitive and accepting. You want to be original, certain and peaceful. You are very sensitive and can experience intense feelings of self-doubt and uncertainty. As a result you need multiple sources of confirmation. You want to be individualistic but can fear being separate from others so avoid confrontation.</p>
Messenger 478, 784, 847	<p>If you are the 478, you are intuitive, innovative and protective. You want to be original, creative and straight-forward. A cutting-edge tracker of both your internal and external worlds, you are an unconventional, passionate and self-possessed master of solutions. Outwardly, you are confident but inwardly you are emotionally vulnerable.</p>
Gentle Spirit 479, 794, 947	<p>If you are a 479, you are intuitive, innovative and accepting. You want to be original, positive and peaceful. You are identified with the defense of optimism and tend to hide your painful feelings and pessimism for fear of being rejected. You see the wonder in beauty and are tender-hearted, lyrical and idealistic. You are attracted to the healing arts.</p>

Tritype™ with Instinctual Type

The Tritype™ Stacking (the order in which one uses the three types) and Instinctual Stacking (the order in which one uses the three instincts) are interacting parts of a complex defense system designed to ensure survival. One's Instinctual Stacking identifies one's more 'primitive' nature and is the most fundamental part of the personality structure. One's Tritype™ combination is the more specific way in which one will handle incoming threats to one's security, as identified by the values of the Instinctual Stacking.

There are three instinctual drives that govern the manner in which one will focus on survival. In the context of the Enneagram, these three drives, or 'instincts,' are referred to as self-preservation (sp)--the search for safety, security and well-being, social (so)--the search for others, groups and community, and sexual (sx)--the search for a mate, excitement, closeness and one to one bonds.

Whether consciously expressed or not, one will exhibit all three of these instinctual drives to varying degrees throughout the day. Each Enneagram type is influenced by these instinctual drives, but one is dominant, and more influential than the other two. This is called one's dominant instinctual type. The nine Enneagram types combined with the three instinctual drives results in 27 Instinctual Subtypes.

When the needs of the dominant Instinctual Subtype are unmet, the personality goes on "red alert." The instincts are automatic and cannot relax if there is *any* perceived threat, whether real or imagined. The personality reacts to *all* threats even if they are minor. The personality compulsively seeks a solution to meet the demands of the dominant instinct in the Instinctual Stacking, and the dominant type in the Tritype™ Stacking. *Therefore, combining the core fears of the Instinctual Types with the core fears of the types in the Tritype™ reveals one's habitual way of relating to the world.*

For example, a sexual 874 is someone who focuses on having a mate (sx) and power (8 + sx) to survive. If there is a threat to the primary relationship (sx), the 8 within the Tritype™ will attempt to secure the mate and restore calm. The Tritype™ of 874 with the sexual instinct dominant is someone that is focused on maintaining the strength of the intimate bond (sx) by having power and influence (sx + 8). In addition to focusing on a mate (sx), this person would also focus on being strong and direct (8), positive and innovative (7) and seeking unique and meaningful solutions (4).

The unmet need of the sexual instinct triggers the defense strategies of the 874. The sexual instinct deploys the Type 8, which in turn deploys the 7 and 4 in the Tritype™. So, if the Type 8 fails to overcome an obstacle (and all lines of connection and wing defenses), the ego would then employ the strategies of Type 7 to lighten up and examine other potential options. If the problem remains unresolved, the Type 8 would then use the strategies of Type 4 to delve more deeply into the problem to find an answer.

Also, combining the Tritype™ Stacking with the Instinctual Stacking can help to explain why people with the same Enneagram type and instinct can still behave differently from one another. For example, we can compare and contrast the sexual type of the earlier example of the 874 with the sexual 826. With the sexual 874 and the sexual 826, we will notice that the sexual 874 has different secondary and tertiary motivations than a sexual 826. All sexual 8s want to have a mate, as well as power to avoid being harmed, controlled and/or manipulated. However, the 874 is the ‘Messenger’ 8 that must be protective, autonomous (8), innovative (7) and deep (4) to feel satisfaction, whereas the 826 is the ‘Rescuer’ 8, that must be protective (8), helpful, loyal and dutiful (6) to feel satisfaction.

Levels of functioning within Tritype™

Just as with the primary Enneagram type, one will experience the other types in their Tritype™ in both positive and negative ways. They act in concert with one another.

Any Tritype™ Archetype can be delightful or difficult depending on the psychological health of the individual. To understand how this works in practice, one needs to examine the psychological health and spiritual awareness of an individual. If one is functioning at an average level or higher, one will display the positive traits of the types in the Tritype™. If one is functioning at a lower level, one will display the negative traits of the types in the Tritype™. The level of health and spiritual awareness will be the same for all three types in the Tritype™.

Conclusion

The Tritype™ can thus be an incredibly rich addition to existing Enneagram theory and helps to explain important distinctions in type that could not otherwise be explained through dominant type, lines of connection, wings or instinct. The notion that individuals employ three type strategies, which create an archetypal composite, provides individuals with rich insight into their core fears, core triggers, life purpose, and blind spot, which in turn can affect personal growth. Extensive research and in-depth coaching sessions have revealed that understanding one’s Tritype™ has created greater self-understanding, and been particularly useful to those who have been working with Enneagram concepts for some time and hit a proverbial “wall” in self-growth and discovery. Further research will focus on the intersection of the Instinctual Types, Subtypes and Tritype™ Archetypes, as it is clear from the research studies of the Instinctual Types and Tritype™s, that it is the primary instinct that sets the Tritype™ strategies in motion. Since this is such a vast and complex body of work, the authors will conduct additional studies to more fully understand how the instincts affect the deployment of the types in the Tritype™.

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