

ENNEAGRAM STRESS & SECURITY POINTS

In situations of stress, an individual's behavior typically becomes an accentuated version of the negative qualities of that person's Enneagram style. When a person is feeling secure or relaxed, the strengths of his or her style often become more apparent. The Enneagram system also shows the dynamic pattern of how each Enneagram style, under conditions of stress or security, might move along the Enneagram. The *stress point* is the place on the Enneagram to which you move when you are feeling under pressure; the arrow points away from your core Enneagram style. The *security point* is the place on the Enneagram to which you move when you are feeling relaxed; the arrow points toward your core Enneagram style. *When feeling stressed or secure, individuals do not change their core Enneagram style; they may exhibit more of the negative aspects of their core Enneagram Style or they may start showing some characteristics of their stress or security points.*

STRESS POINTS

If you look at the Enneagram, you will see a counterclockwise movement of the arrows under conditions of stress. The Enneagram style that your style points to is your stress point.

THE INNER TRIANGLE: STRESS

Under stress, Nine moves to Six, Six moves to Three, and Three moves to Nine. Stress refers to any kind of pressure, ranging from mild demands, such as moderate deadlines, to circumstances of extreme duress, such as being passed over for a promotion.

THE HEXAD: STRESS

Now look at the interior lines of the Enneagram, with the inner triangle removed. This configuration, called a hexad, shows the six other Enneagram styles and their interconnections under stress. Ones move to Four, Fours move to Two, Twos move to Eight, Eights move to Five, Fives move to Seven, and Sevens move to One.

SECURITY POINTS

Under security, also called relaxation, the Enneagram arrows flow clockwise. The Enneagram style at which your arrow tip originates is your security point.

THE INNER TRIANGLE: SECURITY

When secure, Nines move to Three, Threes move to Six, and Sixes move to Nine. Security or relaxation refers to lack of pressure, worry or demands.

THE HEXAD: SECURITY

Looking at the six Enneagram patterns in the hexad of the Enneagram diagram, you can see that Ones move to Seven, Sevens move to Five, Fives move to Eight, Eights move to Two, Twos move to Four, and Fours move to One.

Note: There are wide variations in how people behave in relation to their stress and security points. Stress may not be altogether negative for some people, who may, under pressure, demonstrate the positive characteristics of their stress point. For other people, stress is undesirable; these individuals will tend to exhibit more of their stress point's negative qualities. Similarly, security may not be altogether positive for some people, who may, when relaxed, actually demonstrate the negative characteristics of the security point. For other people, security and relaxation are desirable; these individuals will tend to exhibit more of the security point's positive qualities. The most useful way to think about your stress and security points is to view them as two additional places on the Enneagram where you can gain insight into your thoughts, feelings, and behaviors.

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25

RESOURCES: ENNEAGRAM IN BUSINESS

Business

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- Naranjo, Claudio. *Character and Neurosis: An Integrative View*. Nevada City, Calif.: Gateways/IDHBB, 1997.

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Websites

- Visit TheEnneagramInBusiness.com for comprehensive information about both the Enneagram and its business applications.
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26