

Fixation Loops by Enneatype

Type	Underlying Belief	Recurring Behavior	Outcome
1 - The Reformer	If I'm good and do the right thing, I'll be loved and accepted.	Self-correction, judging self/others	Feel isolated, resentful, tense
2 - The Helper	If I'm helpful and meet others' needs, I'll be loved.	Giving, anticipating others' needs	Feel unseen, depleted, overextended
3 - The Achiever	If I succeed and perform well, I'll be valued.	Performing, achieving, adapting image	Feel unknown, exhausted, empty
4 - The Individualist	If I'm authentic and express my uniqueness, I'll be seen.	Intensifying feelings, withdrawing into identity	Feel misunderstood, separate, moody
5 - The Investigator	If I withdraw and conserve, I'll be safe and capable.	Retreating, observing, withholding	Feel detached, overwhelmed, distant
6 - The Loyalist	If I stay vigilant and prepared, I'll be secure.	Doubting, questioning, scanning for threat	Feel anxious, doubtful, unsupported
7 - The Enthusiast	If I stay upbeat and avoid pain, I'll be happy and free.	Planning, escaping discomfort, reframing	Feel scattered, disconnected, unfulfilled
8 - The Challenger	If I stay strong and in control, I won't be hurt.	Controlling, confronting, defending	Feel alienated, lonely, mistrustful
9 - The Peacemaker	If I avoid conflict and go along, I'll be at peace.	Merging, avoiding priority, numbing	Feel forgotten, overlooked, disengaged

Loneliness Loops by Enneatype

Type	Emotional Wound	Defensive Strategy	Disconnection Pattern	Somatic Inquiry
1 - The Reformer	My goodness must be earned.	Moral perfection	Control blocks warmth	Where in your body do you hold back your softness?
2 - The Helper	Love must be earned through service.	Giving and attuning	Indispensable but invisible	What sensation arises when you do not reach out?
3 - The Achiever	I am only valuable if I succeed.	Performance and achievement	Admired but unseen	Where in your body do you hide your stillness?
4 - The Individualist	I am too different to belong.	Uniqueness and depth	Longing becomes distance	What do you feel when nothing special is happening?
5 - The Investigator	My presence is too much or too vulnerable.	Withdrawal and conservation	Safety becomes isolation	Where in your body do you hold back?
6 - The Loyalist	I am not safe unless I know what to expect.	Vigilance and doubt	Mistrust perpetuates distance	What softens when you stop scanning for danger?
7 - The Enthusiast	Pain is a trap that must be escaped.	Stimulation and reframing	Joy bypasses depth	What happens in your body when you stay still?
8 - The Challenger	Vulnerability is dangerous.	Control and assertion	Protection becomes armor	Where in your body do you feel the need to brace?
9 - The Peacemaker	My presence causes disruption.	Numbing and merging	Invisibility becomes comfort	What sensation arises when you take up space?