

5

The Observer

"I don't need much, but I need my space."

Basic Proposition

True Nature: Fives are drawn to clarity and deep understanding. They are in tune with the free flow of energy and knowledge in the universe.

Great Loss: At an early age, Fives became overwhelmed. They feared they did not have enough energy to handle what felt like demands and intrusions from others. Life seemed to ask too much and provide too little.

Core Belief: As a result, Fives became private and self-sufficient. They limited their desires and wants and accumulated knowledge to protect their energy.

Personality

Fives value their privacy and alone time. They are non-demanding and can be accepting of others as they are. They analytical, observant, thoughtful and unobtrusive. They can also be withholding, detached and overly private.

Where the Five's energy/attention goes (fixation):

- Withdrawing to observing situations rather than engaging
- Coming up with own solutions; not asking for help
- Dampening or ignoring emotions
- Maintaining boundaries and limits

Healthy Traits of the Five (Gifts):

- Perceptive and objective
- Curious, playful, whimsical
- Visionary; discovering new ways of understanding
- Open to and generating new ideas

Average Traits of the Five:

- Living in the head, analyzing experiences
- Like to work alone
- Distanced from both physical and emotional experiences
- Focused; able to see a project to the end

Unhealthy Traits of the Five (Red Flags):

- Over-identification with thoughts; blind to feelings
- Withhold self from others, both emotionally and energetically
- Feelings of isolation, but reluctance to connect
- Disdainful of others' emotional reactions

Stress and Coping

What Causes the Five stress:

- Needing to know everything before taking action
- Lack of privacy
- Requests from others that feel like demands
- Fatigue

Coping Methods:

- Withdrawing into the mind
- Analyzing rather than feeling
- Sharing what I know about something – often something rare or exotic

Practices for Transformation for Five

- Develop a body practice – yoga, tai chi, dancing, running – to bring you back into your body
- Notice what you are ignoring in your life. What have you cut yourself off from? Identify one area at a time to develop. Start small and go gently.
- Practice self-disclosure. Say your feelings out loud.
- Questions for daily reflection: How did I engage with others today? How did that feel? When did I disengage? What caused me to disengage? What feelings rose up in me today? Was I able to let myself feel them?
- Develop a mindfulness practice to build awareness of your mind, body and heart as they are in the moment.