

6

The Loyal Skeptic

"You can count on me. Can I count on you?"

Basic Proposition

True Nature: Sixes know we are all begin with faith in ourselves, each other and the universe to support and sustain us.

Great Loss: At an early age, Sixes felt unsupported, as if the ground beneath them had dropped away. The world seemed an unpredictable and hazardous place.

Core Belief: As a result, Sixes became vigilant, doubting and questioning. In their search for security, they obeyed authority and avoided fearful situations (phobic) or they challenged authority and met fears head on (counter-phobic).

Personality

Sixes are trustworthy, inquisitive, questioning and tend to be warm, witty and friendly. They can also be overly doubtful, accusatory and fearful.

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

- What could go wrong or be a hidden pitfall
- Planning ahead
- Implications, inferences and hidden meanings
- Finding security by obtaining the goodwill of others and being loyal

Healthy Traits of the Six (Gifts):

- Aware of what is happening in the external environment – both positive and negative; "reading the room"
- Trustworthy, responsible, cooperative
- Protective and devoted
- Decisive; able to take different perspective into account before making a firm decision

Average Traits of the Six:

- Looking for certainty outside of self
- Vigilant; scanning for danger
- Dutiful; determines what is expected and does it
- Self-doubting; indecisive; runs everything past an “inner committee”
- Procrastination

Unhealthy Traits of the Six (Red Flags):

- Focus on what might go wrong to the point of inaction
- Deeply suspicious of others; seeing anger or disapproval where there is none
- Unreliable and likely to blame others
- Caught in an endless cycle of “what if”

Stress and Coping

What Causes the Six stress:

- Trying to maintain the goodwill of others while not trusting them
- Overcommitting
- Being forced to make a decision without enough preparation

Coping Methods:

- Finding stability and security from an outside source (a person, an organization, a belief system)
- Creating security through vigilance and planning

Practices for Transformation for Six

- Develop a body practice – yoga, tai chi, dancing, running – to bring you back into your body
- Communicate with your fear; ask it what it is trying to tell you.
- Practice becoming your own authority; notice when you give your authority away
- Be aware of magnification; learn to tell intuition from projection
- Questions for daily reflection: When was I courageous today? When was I my own authority? How did that feel? When was I able to move ahead without being certain? When did I move through fear?
- Develop a mindfulness practice to build awareness of your mind, body and heart as they are in the moment.