

TRIADS WORKSHEET

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Step 1: Circle which **Center** you resonate with: Body, Heart or Head.

Step 2: Circle which of the 3 **Hornevian – Social Styles*** you resonate with.

Step 3: Circle which of the 3 **Harmonic – Coping Styles** you resonate with.

Step 4: Circle which of the 3 **Object Relations** you resonate with.

Step 5: Indicate which rows and columns intersect. Then refer to page 2 for which type is possibly indicated.

| <u>Centers</u> → | <u>Body/Gut</u> Down to earth, fiery, vivacious, intuitive; physical boundaries; non- emotional; ethics; the past; anger; <i>presence &</i> <i>grounding</i> | <u>Heart</u> Flowing, warm, relational, expressive, imaginative; self- image; beauty/art; others’ present; sadness, shame; <i>openness & connection</i> | <u>Head/Mind</u> Airy, cool, intellectual, objective, non-reactive; science; the future; fear; <i>clarity & curiosity</i> |
|--|---|---|--|
| ↓ <u>Hornevian – Social Styles*</u> <i>How each type tries to get what it wants.</i> | | | |
| Assertive initiators – moving against; energetic; processes out loud; demanding | | | |
| Compliant cooperators – moving towards or with type’s superego; bounces things off others; tries to earn | | | |
| Withdrawn soloists – moving away; reflective; processes internally; withdraws | | | |

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|--|--|--|--|
| ↓ <u>Harmonics – Coping Styles</u> <i>What each type does when it does not get what it wants.</i> | | | |
| Reactive – needs reaction from others | | | |
| Competency – puts aside personal feelings | | | |
| Positive – puts aside disappointment | | | |

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|--|--|--|--|
| ↓ <u>Object Relations</u> <i>Emotional state that sustains each type’s sense of self; “You don’t see me so I...”</i> | | | |
| Rejection – rejected by others and myself; I’d rather self- amputate than risk not being seen again | | | |
| Frustration – always disillusioned so I have to do it myself | | | |
| Attachment – adapt so I can attach in order to be seen | | | |

***Note:** Different authors may use different labels and words for the Triad descriptions.



TRIADS CHART

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Types indicated according to different Triads*

| <u>Centers</u> → | <u>Body/Gut</u> Down to earth, fiery, vivacious, intuitive; physical boundaries; non-emotional; ethics; the past; anger; <i>presence & grounding</i> | <u>Heart</u> Flowing, warm, relational, expressive, imaginative; self-image; beauty/art; others' present; sadness, shame; <i>openness & connection</i> | <u>Head/Mind</u> Airy, cool, intellectual, objective, non-reactive; science; the future; fear; <i>clarity & curiosity</i> |
|---|---|---|--|
| ↓ <u>Hornevian – Social Styles</u> * <i>How each type tries to get what it wants</i> | | | |
| Assertive initiators – moving against; energetic; processes out loud; demanding | 8 demands autonomy | 3 demands attention | 7 demands security |
| Compliant cooperators – moving towards or with type's superego; bounces things off others; tries to earn | 1 tries to earn autonomy | 2 tries to earn attention | 6 tries to earn security |
| Withdrawn soloists – moving away; reflective; processes internally; withdraws | 9 withdraws to gain autonomy | 4 withdraws to gain attention | 5 withdraws to be secure |

| | | | |
|--|---|---|---|
| ↓ <u>Harmonics – Coping Styles</u> <i>What each type does when it does not get what it wants</i> | | | |
| Reactive – needs reaction from others | 8 | 4 | 6 |
| Competency – puts aside personal feelings | 1 | 3 | 5 |
| Positive – puts aside disappointment | 9 | 2 | 7 |

| | | | |
|--|--|--|--|
| ↓ <u>Object Relations</u> <i>Nurturing versus protecting. Emotional state that sustains each type's sense of self; "You don't see me so I..."</i> | | | |
| Rejection – rejected by others and myself; I'd rather self-amputate than risk not being seen again | 8 is rejection of the nurturing function and identification with the protecting function; 8s offer the gifts of their male archetypal strength and willpower.** | 2 is rejection of the protective function and identifying with the nurturing function; 2s offer the gift of their female archetypal soft heart. | 5 is rejection of both; 5s don't know how to be in the world and are uncomfortable with seeing their own needs; 5s offer the gift of their mind. Double rejection. |
| Frustration – always disillusioned so I have to do it myself | 1 is frustration with the protective father figure. 1s want protection and guidance and attempt to create their own rules, structure and guidance for themselves, which only frustrates them. | 4 is frustration with both. Since 4s were neither seen nor shown how to function in the world, they search for themselves and lament they can't function. Double frustration. Bottom on the enneagram circle. | 7 is frustration with the nurturing mother figure. 7s look for nurturing but can't find it because they don't know what it really is. Bottom on the enneagram circle. |
| Attachment – I adapt so I can attach in order to be seen | 9 is attached to both, which speaks to how "absorbent" 9s are. Double attachment. Top of the enneagram circle. | 3 is attached to the nurturing mothering function of being seen. | 6 is attached to the protective fathering function of being protected and guided. |

*Note: Different authors use different labels and words as descriptors than the originals. ***Enneagram of Passions and Virtues*, by Sandra Maitri

