



# THE LOYALIST BLUEPRINT *Type 6*



## CORE QUALITIES

1. **Core Fear:** Fear itself, being on their own without support or guidance.
2. **Core Desire:** To be safe and secure, to feel supported, stable, and grounded.
3. **Core Weakness:** Anxiety- trying to predict and prevent anything that my hurt them, worst case scenario planners.
4. **Core Message:** You are safe and secure.
5. **Core Differentiator:** Inner committee of voices.

## STRENGTHS AND STRUGGLES

### *Strengths*

They are dutiful, committed, responsible, hardworking, and compassionate. They are incredibly loyal to the people and communities they trust. They are engaging, others-focused, great friends, and have a fun sense of humor. They have very active minds, make excellent troubleshooters, and will stick through the hard times without question.

### *Struggles*

Their active mind (inner committee) providing contrasting ideas and what-ifs can create a lot of anxiety, self-doubt, and worry, especially around decision-making. Trust takes a while to build with them, and if it's ever broken, they may rebel or shut down and withdraw from the relationship completely. They tend to feel overly responsible and have a hard time setting limits or not feeling bad for getting everything done they feel they should have.



## INTERNAL AND CHILDHOOD MESSAGES

### UNCONSCIOUS CHILDHOOD MESSAGE:

It's not okay to: trust yourself.

### PROCESSED AS:

You'll receive the love, attention, and affirmation you seek when you: look to others to guide and support you.

### LED TO THE INTERNALIZED MESSAGE:

You are good and okay if you cover all the bases and do what is expected of you.

## CHILDHOOD PATTERN

Early on in childhood, Sixes take in the message that the world is a scary place and that they don't have the inner resources they need to manage it all and take care of themselves. As a result of this internal mistrust of themselves, Sixes tend to identify strongly with a protective figure in their lives. They look to this figure to guide, lead, and tell them what to do. They learn that the support and security they long for must come from outside of themselves, so they rely on others to provide that sense of safety. To not lose their anchors of support, they become very committed, loyal, and compliant with authority. They believe, "If I'm loyal to you, you'll be loyal back to me." Unfortunately, many Sixes can remember specific moments of perceived abandonment early on, and they carry that fear with them as they get older. It leads to an internal war of not being able to trust themselves yet also fearing they can't trust others either. This dynamic leads to anxiety forming very early on. They develop an "inner committee" that is constantly assessing situations, predicting possible problems, and encouraging them to do whatever it takes to avoid any harm that may be on the horizon. This creates a hypervigilance and forces Sixes to "grow up quickly." Despite all of that, Six children are known for being playful, funny, and fabulous team players. They are loving, affectionate, a protector of the underdog, and caretakers of their friends. They love making others happy and enjoy meeting expectations. They take it hard when they let others down and hate being in trouble. Sixes thrive with predictability and routines and are trustworthy helpers around the house. They tend to be responsible, mature, and thoughtful. They do struggle with making decisions and like Ones, they struggle with receiving encouragement because they're aware of all the things they still need to do better.



## PARENTAL ORIENTATION

SIXES TEND TO BE: connected to the protective figure

*Type 6 Wings -*

5

### THE DEFENDER

They are more introverted, private, intellectual, cautious, focused, paranoid, anxious, and standoffish. They tend to need more alone time yet can more easily get stuck ruminating.

7

### THE BUDDY

They are more extroverted, sociable, playful, funny, animated, energetic, active, materialistic, and impulsive. They love nature but always have a back up plan in case things go south.

## CENTER OF INTELLIGENCE

*Head Center* THINKING TRIAD

TEND TO ENGAGE WITH LIFE THROUGH THEIR MINDS.

"Their mind knows before their body or heart."

**Common Focus:** their self-image

**Common Desire:** attention

**Issues with:** wanting significance and identity

**Emotional Struggle:** shame and hostility



Most of the Sixes' mental energy is spent ruminating on situations, replaying previous decisions and events, or predicting future ones. They second guess themselves constantly and feel the need to "prepare" for the future is their best offensive move to stay safe. When actual problems are present, it's an undeniable strength. Other times, it just funnels unnecessary anxiety and worry.

Their mental activity helps Sixes be incredible troubleshooters, problem solvers, and thoughtful team members. They are highly detailed, see future problems easily, and usually can come up with reliable, alternative solutions.

This dance with trust is, of course, exhausting. They struggle to trust themselves, as well as others, which is what keeps their mind in overdrive.

## Growth

One of the biggest growth paths for type Six is finding their inner guidance. Because they struggle to trust themselves and navigate the mental debates of their inner committee, it's essential Sixes learn to get still, get quiet, and find their intuition, inner sense of truth, and guidance. As they grow up, they'll ping-pong less between ideas and assurances, doubt, and confidence.

### ARROWS



#### BLINDSPOT

*Unhealthy 9*

shut down due to stress  
bitter & resentful  
don't want to be bothered  
feel they worked hard enough  
and deserve a break



#### GROWTH PATH

*Healthy 9*

relaxed & peaceful  
trusting of others and self  
warm & engaging  
optimistic



#### STRESS PATH

*Unhealthy 3*

competitive & arrogant  
stay busy to avoid anxiety  
sabotage their support systems  
won't try anything they won't  
excel at



#### MISSING PIECE

*Healthy 3*

self-respecting  
achieve with joy vs. anxiety  
confident & self-trusting  
steps into leadership  
pursue honest passions



## LEVELS OF DEVELOPMENT

Healthy

Become self-affirming, trusting of self and others, independent yet symbiotically interdependent and cooperative as an equal. Belief in self leads to true courage, positive thinking, leadership, and rich self-expression.

Able to elicit strong emotional responses from others: very appealing, endearing, lovable, affectionate. Trust is important: bonding with others, forming permanent relationships and alliances. Dedicated to individuals and movements in which they deeply believe. Community builders: responsible, reliable, trustworthy. Hard-working and persevering, sacrificing for others, they create stability and security in their world, bringing a cooperative spirit.

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Average

Organizing and structuring, they look to alliances and authorities for security and continuity. Constantly vigilant, anticipating problems.

To resist having more demands made on them, they react against others passive-aggressively. Become evasive, indecisive, cautious, procrastinating, and ambivalent. Are highly reactive, anxious, and negative, giving contradictory, "mixed signals." Internal confusion makes them react unpredictably.

To compensate for insecurities, they become sarcastic and belligerent, blaming others for their problems, and taking a tough stance toward "outsiders." Highly reactive and defensive, dividing people into friends and enemies, while looking for threats to their own security. Authoritarian while fearful of authority, highly suspicious, yet, conspiratorial, and fear-instilling to silence their own fears.

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Unhealthy

Fearing that they have ruined their security, they become panicky, volatile, and self-disparaging with acute inferiority feelings. Seeing themselves as defenseless, they seek out a stronger authority or belief to resolve all problems. Highly divisive, disparaging, and berating others.

Feeling persecuted, that others are "out to get them," they lash out and act irrationally, bringing about what they fear. Fanaticism, violence.

hysterical, and seeking to escape punishment, they become self-destructive and suicidal. Alcoholism, drug overdoses, "skid row," self-abasing behavior. Generally corresponds to the Passive-Aggressive and Paranoid personality disorders.

## INSTINCTUAL VARIANTS

### SELF-PRES (SP)

"WARMTH"

Fear expresses itself in insecurity, worry, and self-doubt. They are more "flight" in the face of danger. Friendship and connection are how they feel safe, secure, and protected. They will form alliances with friends and trust others so they feel safe and protected in the event of danger. They may even take on a surrogate family. To gain friends and protectors, they will be warm, friendly, and trustworthy.



## SOCIAL (SO)

### "DUTY"

They see life in black and white and don't tolerate ambiguity as it increases their anxiety and sense of instability. Manage anxiety by adhering to rules in order to avoid blame and not "get in trouble." They attach to the beliefs of a group or system as their authority. They try to identify who is "good" and "bad." They commit to what is expected of them and tend not to stray from those expectations.

## SEXUAL (SX)

### "STRENGTH/BEAUTY" (countertype)

More "fight" in the face of danger. They demonstrate strength, both verbally and physically, and can appear bold, strong, and brave, to appear intimidating and ward off anyone or anything who may cause harm. Their motto is "The best defense is offense." They can be mistyped as Type 8s, but under their strong front, they feel the fear, self-doubt, and insecurity of other Sixes. The strongest worst-case scenario planners of all Sixes.

## HIDDEN SIDE

### *Inner Committee*

On the surface, Sixes appears to be friendly, supportive, and people-oriented. They are incredibly loyal and would go to great lengths to fulfill their commitments and maintain connections with people they trust.

On the inside, Sixes are continually battling anxieties and fears of being abandoned and left on their own. They struggle to trust others, but they also struggle to trust themselves because their inner committee is shouting several, contradictory opinions, and it's painfully hard for Sixes to know what the "right" thing to do.

This push and pull can be exhausting for Sixes, but they must remember how many times they've conquered hard things in the past. As Sixes can connect to the times they have made good decisions or how things did turn out well, they can grow in confidence in their judgment and trust more in the goodness of life itself.



## IN RELATIONSHIPS

SIXES SEEK: ● honesty ● reliability ● loyalty & commitment ● stability

### RELATIONSHIPS WILL THRIVE WHEN:

Both are committed, open, and don't withhold information from one others; when others are supportive, while also encouraging their abilities.

### COMMON RELATIONSHIP PROBLEMS:

- They tend to test others to see if they'll stay committed, supportive, and loyal to them.
- They rigidly stick to rules, precedents, and procedures without flexibility.
- They can freeze up and/or aggressively vent their anxieties in moments of stress.
- They can fluctuate between being dependent and defiant.
- They can be suspicious of their loved one's intentions and make assumptions without communicating, which causes mistrust and tensions in their relationship.
- They could project their thoughts and feelings onto others, blame them, and be upset with them for things that aren't necessarily true.
- Their loved ones invalidate their anxiety and fears and dismiss them.

## DEFENSE MECHANISM



When a person unconsciously casts their unwanted thoughts, feelings, or motives onto others as if it's their own.

"I'm upset about this, they probably are too."  
"I'm nervous they're getting bored, so I'm going to end this relationship before they hurt me."



## PROBLEM:

Just because a Six thinks or feels a certain way doesn't mean that others do and they often hurt a relationship (and themselves) unnecessarily because of these projected fears - Sixes need to learn the difference between an assumed fear and true intuition - it starts by checking in with their people rather than believing the protective narratives that pop up in their heads.

## THOUGHT AND EMOTIONAL PATTERNS

### THOUGHT FIXATION

*Cowardice*

The cycle of doubt and worry leading to constant predicting & planning.

### EMOTIONAL PASSION/VICE

*Anxiety*

Underlying nervousness that something bad may happen, that they won't be prepared or able to manage it, and that others may not be there to support or help them through it.

## PROFESSIONAL/WORK

*Strengths*

Loyal to the mission at hand and to seeing it completed well.

Excellent on teams, keeping others engaged, valued, and committed.

Hardworking and willing to pitch in, however, best serves the group.

Sharp, analytically minded troubleshooters and problem solvers.





## Struggles

All of their questions and self-doubt can sabotage their ability to move complete work.

They feel a strong tension between pleasing their boss/authority and doing things own way.

Tend to take on too much and can get buried under the weight of expectations and anxiety.

### PARENTING

Type Six parents are affectionate, nurturing, silly, playful, responsible, and loyal to their children. They work hard to provide a safe and supportive environment for their children to grow and develop often modeling a "family first" mentality, embedding a truly caring and committed nature.

In an attempt to protect them from harm, Sixes may project their fears and insecurities on their kids or hold their children back from taking age-appropriate risks or trusting others. Sixes also vacillate between wanting closeness and independence, so they may notice some days of being highly care-taking and other days of encouraging their child to toughen up for the reality of life.

As Sixes take good care of themselves and relieve the pressure of being a perfect parent, they'll find more peace and grace for what is, trusting life, and trusting their kids to be resilient and capable, as they've prepared them to be.

### HARMONIC TRIAD

## Emotional Reactivity

To defend against loss, pain, and disappointment, 6's, along with Types 4 and 8 rely on:

The tendency is to respond to conflict and difficulty through reacting emotionally. They may struggle to contain their feelings and feel a need to "vent". They may expect others to see the problem as big as they do - often desiring others to have an emotional reaction to what upsets them (providing a sense of validation). They have strong opinions and desire to share where they stand and know where others stand.



**Attempt to:** react strongly and need a response from others

**6's:** "i feel really pressured and i've got to let off some steam."

## HORNEVIAN TRIAD

1-2-6  
DEPENDENT

**REPRESSED CENTER:** head  
**TIME ORIENTATION:** present  
**DIRECTION OF MOVEMENT:** toward

**Common Factors:** focused on the common good struggle with boundaries, fixated on meeting expectations and keeping others happy

**Sticking point:** objectively making decisions

Look outside of self to get needs met tend to compare to know how/where they stand.

6's: "How safe am I? Are others close enough to make me feel insecure?"

## RELATIONAL TRIAD

FOCUSED ON: being attached to good things and people, to have the approval of others in order to stay connected.

TEND TO: lose themselves in their attachments.



All three are natural people pleasers and eventually hit a point of wondering where their true identity is under all the adaptation.

6's: By submitting to authority or a belief system to feel safe.

Sixes look outside of themselves for guidance: what do believe, think, do, how to feel, etc. They find that guidance by attaching to a belief system, a person, or a community group, often at the cost of doing the hard work internal work to truly find themselves and stand on their own two feet with their opinions and beliefs..



## TOP 8 AREAS OF GROWTH

1. Understand that they're wired to think the world is a scary place and they don't have the resources necessary to stay safe. It doesn't make it true.
2. Get into a regular yoga meditation silent prayer practice to engage their Heart and Body Center. This lets their minds rest and their inner guidance rises more clearly.
3. Look for the positive and give that as much attention as they do their worst-case scenarios.
4. Notice that they tend to flip from compliant to rebellious in relationships, especially with authority - it's almost always due to a shift in trust.
5. Learn to externalize the inner committee - their voices reverberate off the inner lining of a 6's head - get the voices outside (journaling, talking, etc.) to help the process.
6. Realize that they'll rarely feel 100% about anything - it doesn't mean they shouldn't leap - help them recall all the times they've made good decisions and things turned out okay.
7. Learn to find the triggers for their anxiety and how to self-talk themselves into a grounded head and heart space.
8. Identify their support team - 3-5 go-to people for support when they're struggling or noticing their anxiety increasing.

