

APPENDIX

Coping Styles

In *The Wisdom of The Enneagram*, Don Richard Riso and Russ Hudson describe what they refer to as three Harmonic Groups, which organize the nine types according to their coping styles. The Harmonic Groups tell us how we cope with conflict and difficulty: how we respond when we do not get what we want. They reveal the fundamental way that our personality defends against loss and disappointment.

<p>THE POSITIVE OUTLOOK GROUP <i>Types 2, 7, and 9</i></p> <hr/> <p>This group deals with conflict or difficulty by putting on a pair of rose-colored glasses and thinking positively to reframe disappointment. Each of the three types in the positive outlook group has a difficulty giving equal attention to both their needs and the needs of others.</p>	<ul style="list-style-type: none">• TWOS tend to recognize the needs of others and are happy to roll up their sleeves to tackle others problems while pushing their own into the background.• SEVENS tends to be more focused on their own needs and often fail to notice the needs (and problems) of others. They put an emphasis on positive experiences and environments.• NINES try to pay attention to others' needs, as well as their own, and as a result, they often become overwhelmed so they tend to tune out instead of responding to either.
<p>THE COMPETENCY GROUP <i>Types 1,3, and 5</i></p> <hr/> <p>This group deals with conflict or difficulty by putting aside personal feelings and needs and attempting to solve problems logistically and objectively. Each of the three types in this category has a particular attitude toward playing the rules.</p>	<ul style="list-style-type: none">• ONES being competent by being correct and sensible. They naturally tend to play by the rules, and they expect others to do the same• THREES will play by the rules if that works for them, but they are willing to bend the rules in order to meet their goals or objectives.• FIVES aren't interested in following the rules. They don't like being part of the system, so they prefer to do things their own way
<p>THE REACTIVE GROUP <i>Types 4, 6, and 8</i></p> <hr/> <p>This group deals with conflict and difficulty by reacting emotionally, and they expect an emotional response in return so they can know where others stand. Each of the three types in the reactive group has issues around trusting other people.</p>	<ul style="list-style-type: none">• FOURS tend to feel like they're on the outside to begin with and are very sensitive to slights and perceived slights (lack of support). They are easily hurt.• SIXES want to be seen as strong and reliable, but at the same time, they want to feel supported by others. They can get defensive.• EIGHTS react by openly expressing anger. They seek independence and self-reliance. They do not like to be controlled or to feel vulnerable. They keep their guard up.