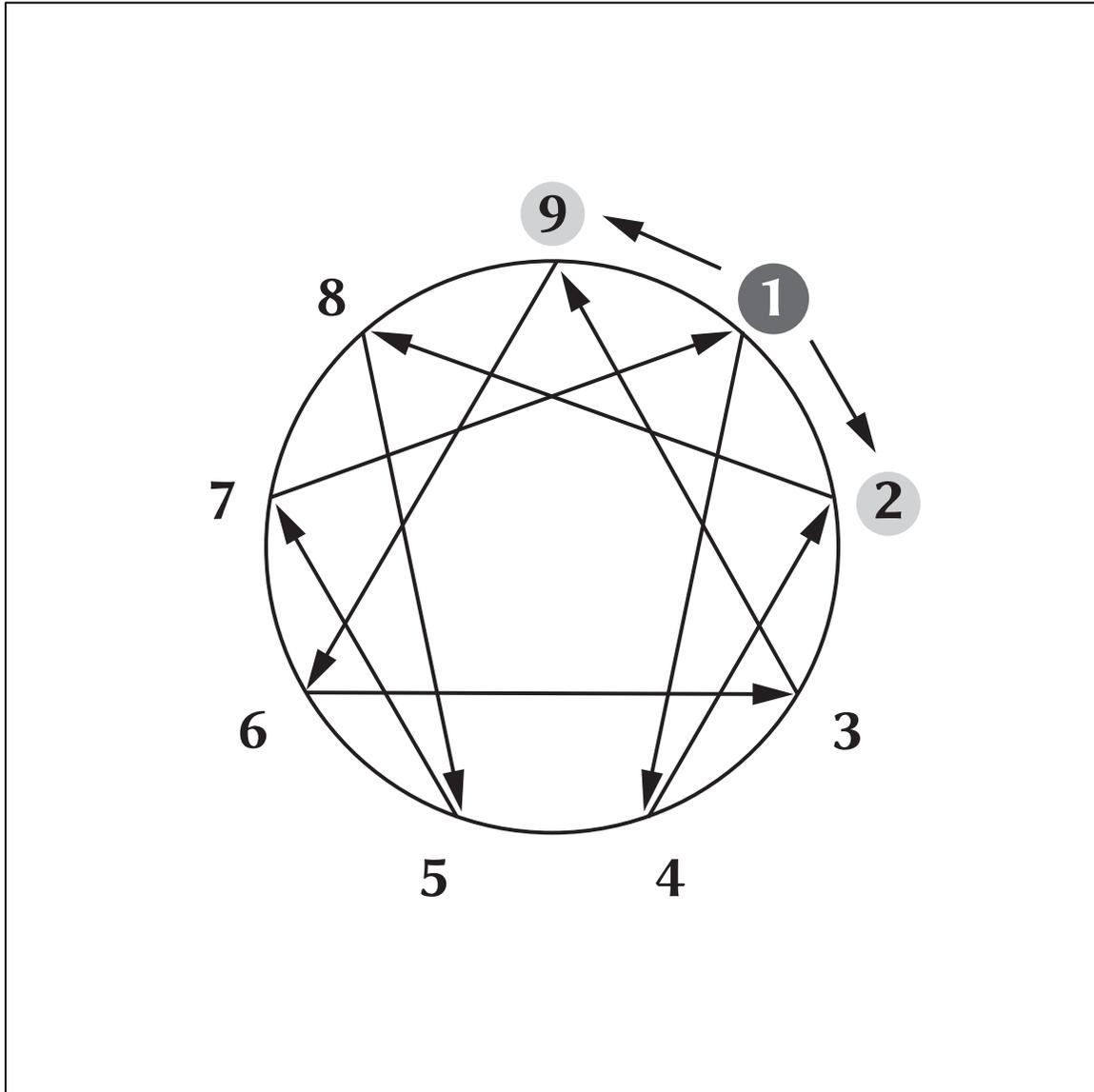


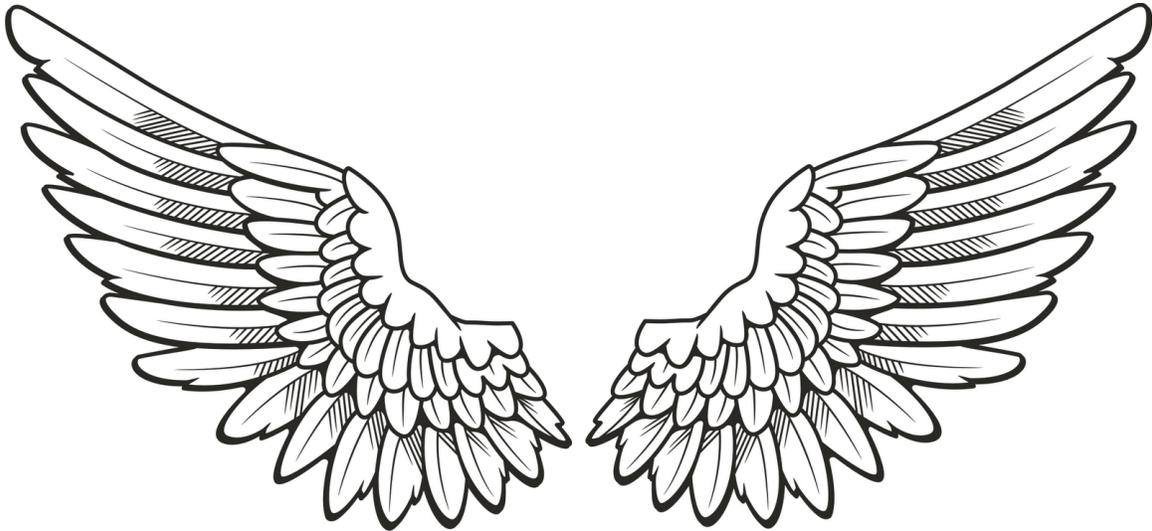
Some words about “wings”

The term “wings” or “wing” types refers to the types immediately adjacent to your “core” or main type. If you are lead with the Type One style, for instance, your wings would be Type Nine and Type Two.



While some people who teach and study the Enneagram view wings as having a large, predictable influence—as in I am a “One with a Nine Wing”—as if one wing is consistently more dominant and suggests specific traits that constitute a kind of “sub-type,” I see it differently.

While I do believe some characteristics of a person's wing types may color—provide a kind of flavoring—to the main type, I think both wing types usually have an influence, although one may be more conscious than the other. After all, if you only have one wing, you will be flying in circles. And while I think sometimes our personality drives us in endless circles until we wake up and become more conscious, I think both wings should be explored when understanding our Enneagram types—especially since the main type is a kind of mixture of the types on either side of it.



I also believe that the influence of the wing types is more fluid and unique to a given individual, and so “wings,” in my view do not create a kind of predictable “sub-type”—with a consistent list of set traits—of the main type.

For a long time, much of the Enneagram community did not have access to what I see as the best, most current version of the instinctual subtypes describe by seminal Enneagram author, Claudio Naranjo. So, when people wanted to answer the question, “why do two people with the same core type often look very different from one another?” they understandably looked to the wings to explain the difference. If one person's personality presentation is dominated by one wing and another person with the same type has a more dominant influence from the other wing, perhaps that explains why two Type Fours or Type Sixes can appear so dissimilar. But, I think the **instinct-based subtypes** are a much better, clearer way of accounting for differences between people who have the same core type.

Finally, I think that the most important feature of the “wing types” is that they represent developmental opportunities. We have a connection to our wing points and so we can lean into the high side of each wing when we want to expand the capacities and strengths of our main type. For instance, if you are a One, you can first focus on consciously incorporating some healthy Nine attributes, like considering different points of view as all having value (instead of needing to find

“the right way”). Then you can consciously adopt some healthy Two qualities, like reaching out to people more and getting more in touch with your feelings and your warmth.