

# TYPE FOUR

**Commonly Called:** The individualist, romantic, tragic romantic, original person

**Type Summary:** Romantics who are emotionally intense, creative people who seek to be unique in the world. They love deep connection with their interior worlds and with others. However, feelings of being alone and misunderstood can be over-dramatized. It can lead to a roller-coaster of feelings (especially melancholy and envy), and push others away.

Intelligence Center	Energy Center	Conflict Style
Heart	Absorbing - Receptive	Emotional Honesty

## Operating Under the Surface: The Four's Descent into Deeper Knowing

**Childhood wound:** Often felt a weak or uneven sense of connection with their source of love and sought to gain love and attention by being unique and creative

**Basic fear:** Being ordinary, abandoned; boredom

**Basic need:** To be seen as unique and special

**Focus of attention:** That special something that's missing

**Areas of avoidance:** Ordinariness, abandonment

**Passion:** Envy - "the grass is always greener . . ."

**Fixation:** Melancholy - a longing, "something is missing"

**Defense mechanism:** Interjection – experiencing internally what is externally observed

**Common struggles:**

- Feeling hurt or missed
- Feelings on a rollercoaster
- Depressive feelings
- Overly self-involved
- Dissatisfaction – something's missing

## Pathways to Awakening: The Four's Ascent into Presence

**What needs surrendering:** Self-preoccupation and seeing feelings as facts

**Growth challenge:** Appreciating the ordinary, the simple

**Path to Presence:** Generous connection with others and the Source of life; gratitude for what is.

**Virtue:** Equanimity – balancing highs and lows

**Divine quality:** Creativity

**Gifts & Strengths:**

- Introspective
- Sensitive and attuned to feelings
- Creative and artistic
- Expressive and compassionate
- Empathic - especially with suffering
- Romantic and passionate

## Enneagram Lines: How we stay stuck & become free

