

## Enneagram Style 4 Summary

### **The Romantic Individualist**

Type 4:

*At your Best:* Emotional Balance and Equanimity

- inspired and highly creative, 4s can renew themselves and transform their experiences.
- Emotionally intelligent: Sensitive to the emotional environment and experiences of others and able to work with those experiences to further understanding in a group or between individuals.
- You do not deny or magnify emotions and find balance without getting attached to any emotion. You look for insights that you gain from understanding your emotions.
- Your personal creativity can tap into universal themes helping others learn more about the depths of life for themselves.
- You recognize your authenticity when you are in contact with your heart. Emotions can come and go but you experience a sense of groundedness in the present moment that opens your heart to the depth, beauty, magnificence, and mystery of life.

When Personality (or “ego fixation”) has its grip on you:

Fours are self-aware, sensitive, and reserved. They are emotionally honest, creative, and personal, but can also be moody and self-conscious. Withholding themselves from others due to feeling vulnerable and defective, they can also feel disdainful and exempt from ordinary ways of living. They are prone to internalizing negativity from others or their environment and take it personally. They typically have problems with melancholy, self-indulgence, and self-pity.

**Focus of Attention:** This is how we filter reality and have a selective lens of perception. Focus for the 4 is on what is missing. The belief is that by becoming a creative and unique individual, it will bring that beloved person’s focus back to you.

### **Gifts of the 4:**

- Self-Aware - emotionally aware of own emotions and those of others. Allows deep connections
- Purpose Driven - attuned to what has meaning and purpose drives 4s to express purpose and contribution to the world.
- Inspired - creative and imaginative - valuing their unique expression
- Sensitive - recognize what is missing and dive into the heart of the matter. Feeling based intuition enables them to be highly attuned to the environment.

**Key Motivations:** Want to express themselves and their individuality, to create and surround themselves with beauty, to maintain certain moods and feelings, to withdraw to protect their self-image, to take care of emotional needs before attending to anything else, to attract a "rescuer."

Basic Fear: that you have no identity of personal significance

Basic Desire: to find themselves and their significance - create an identity

3 wing - the Aristocrat

5 wing - the Bohemian

**Begin the quest to regain your authentic self:** From envy to equanimity.

1. Notice your patterns and create a little distance from it.
2. Be with your experience of the pattern with compassion and non-judgment.
3. Face your shadow: different images and roles that you took on to appear a certain way.
4. Get in touch with authentic feelings with compassion and then allow them to move on.

**Notice the following patterns:**

1. Devaluing the Present: Do you tend to idealize what's distant and see only what's lacking in the present? Do you regret the past or fantasize about the future? Does your mind move away from enjoying and embracing what's happening now. See how this leads to not taking constructive action.
2. Comparing yourself to others: In your mind you are never equal - frequently coming up short in the comparisons. See if you spend time and energy assessing people and feeling bad about being "less than" others. You may have a competitive streak.
3. Living mostly in your inner world: Do you focus attention on what's happening inside you - feelings, thoughts, fantasies. See how this focus may not be objective and resist taking in positive feedback. You can get attached to your story that is based on false impressions, thereby blocking the possibility of living a fuller life.
4. Assuming your emotions define you: I feel therefore I am. Emotions come and go - they aren't who you are. Notice if you define your world through your feelings and tip into being overly sensitive or self-absorbed. Emotions bring information and wisdom but after they are felt, you can let them go.
5. Believing in your own unworthiness: You often judge yourself to be either lacking or superior but deeper down believe you are deficient in some fundamental way. Do you think you lack some needed quality to make you feel whole or worthy or lovable? Do you assume you are not good enough?

**Passion:**

Envy - keeping a focus on what you don't have. Attributing positive qualities to others without realizing that they are placing their own goodness outside themselves. Feeling like you are missing something essential and then craving that something.

Use your Wings:

5 Wing - making a conscious effort to be calmer and more balanced when overwhelmed with feelings. Use the objective witness consciousness to notice and process emotions without being swept away.

Less Resourceful 5 Wing: More introverted and socially withdrawn and can get overwhelmed with too much activity and stimulation. Can see themselves as the rebellious outsider and intensely private. Can

get caught in analyzing your inner experience, ruminating in looping directions that go nowhere. Prone to creative fantasies that can block your ability to reach out to others.

3 Wing - Use 3's ability to focus on tasks over feelings to become more effective, efficient and pragmatic. Focus on creating goals that reflect the desires/passions coming from your authentic self. Shifting your focus on tasks will help to loosen the attachment to your feelings. Networking and making connections helps to broaden your professional and personal worlds.

Less resourceful 3 wing - With the desire to look good and impress others at 3, there may be a tendency to lead with a persona that is not genuine. There may be an urge to perform rather than engage and produce. Pressure to succeed or fear of failure may become prominent.

#### **Virtue:**

Equanimity: You have everything you need to be happy. You appreciate yourself and your unique talents. You express a balanced appropriate response to inner and outer stimuli. You see all experiences as potentially meaningful - both ordinary and extraordinary. You are open to the inherent goodness in yourself and others.

#### **Shadow:**

Awareness of tendency for drama, self-punishment, melancholy, committed to making others see you as extraordinary. The shadow aspects of ourselves can be hard to own. The danger in this stage is feeling worse about yourself as the inner critic's voice can be loud. Focus on seeing truth as well as your **inherent worthiness**.

- Get more grounded in the body
- Develop ability to let go of emotions after feeling them
- Shift from feelings to objective witness of situation
- Develop capacity for being fully present - mindfulness training
- Shift focus from self to awareness of other's feelings, needs and desires
- Become aware if you take on others feelings and let them go
- Become aware of when you devalue yourself. Nourish yourself by actively taking in what's positive.
- Practice putting attention and energy outside yourself to balance internal focus. I have a Open focus meditation on Insight Timer that would be good for this.

#### **Suggestions for growth**

- Develop a gratitude practice - shifts focus from comparisons and lack to your present gifts and blessings.
- Develop a healthy relationship with your body through mindful movement.
- Find the extraordinary in the ordinary. Appreciating the small things and beauty that surrounds you.
- Notice when you feel bad about yourself or someone else. Allow self to appreciate that everyone is equal and let yourself feel more at ease with things as they are.
- Self-compassion for the parts that feels less-than. See and forgive the false belief that created this.
- Give up the defensive stance of proactively rejecting yourself in order to protect yourself from abandonment. With self-acceptance, integrating the positive shadow is possible; Own your own goodness. See inadequacy as an illusion. (Fear of being hurt again)
- Notice when you seek to compete or assert superiority. See that you can appreciate others without this making yourself inferior in any way.
- Avoid amping up the intensity of your feelings. Practice meditation to find equanimity.

- Notice the attraction and aversion cycle - intense feelings both ways can keep you in a cycle of being unable to take goodness in.

### **Arrows for growth:**

Type 1 - embody 1s strength of focusing on practical action steps. Attend to what needs to be done to improve things and create high quality results. Take action to implement creative ideas with attention to process and discipline to do the mundane tasks that need to get done. Exercise and get more in touch with your body.

Less Resourceful 1: Watch for self-analysis that can become critical of self and relationships.

Type 2 - balance attention on yourself with a more intentional focus on others. Devoting more attention to what others need and how you can be of service.

Less Resourceful 2: Giving to get affirmation and reassurance, becoming intrusive without a respect for personal boundaries. I'm in relationship with you to help you rather than accepting person for who they are.

### **In Summary - Embracing the High Side -**

- Embrace your inherent goodness
- You have all you need inside yourself
- Avoid "the grass is greener" - explore the part that feels she/he needs or wants to be someplace else.
- Shift focus of attention away from what's missing to Gratitude
- Express authentically without needing to prove or be special.
- Self-acceptance
- Unity
- Generosity
- Self-love becomes more important than validation

### **Growth Practices and meditations:**

Growth for Type 4: The Romantic

**Basic Essential Practice:** From a grounded, receptive, openhearted, and non-judgmental stance, notice your deep longing for fulfillment, for the ideal, for what is missing fueled by your driving energy of envy or longing for this fulfillment. This stems from your core belief that to be loved, valued, and secure you must obtain the ideal love and life in which nothing of importance is missing. Can you realize that your intense emotions come from an inner sense of loss, of lacking fulfillment. Notice and bring the energy invested in the intense emotion associated with longing for the ultimate ideal life back down and in by breathing into your belly center. Know that feelings come and go just as the heart naturally opens and closes with each beat. Steady yourself in the present with gratitude for all that is here and now and not what is missing. Remind yourself to remember that you are loved as you are irrespective of any deficiencies. And remind yourself to notice how others respond when you allow yourself to appreciate all that is here now in self, them, and life.

### Short Reflections for Reclaiming the Essential Quality

With openhearted kindness toward yourself simply practice several times a day for a minute or so saying and living one of the following each for a few days at a time. Do these all with the receptive energy encompassed in the “may I.” Recall that the higher quality or virtue for type Four is equanimity, meaning being grateful for all there is in the present moment and that nothing of genuine substance is missing.

- May I overcome envy and longing by actively cultivating the happiness of self and others.
- May I delight in the happiness of others from a generous heart.
- May I appreciate myself just as I am knowing little of importance actually is missing.
- May I treat all beings with equal positive regard.
- May I rejoice in and appreciate what is rather than what isn't.

### Power of Ordinariness

What you will love about finding out who you want to be is the ordinariness in life. How simple is that? You let go of the deep seated drive and urge to be known and out there due to your ego and need to be acknowledged.

It is such a beautiful place to be; in ordinariness as you take in the beauty that surrounds you. And you feel more at one with life, nature, what you are doing, and who you are. You start to relax and enjoy life to its fullest as the little and simple things give you such pleasure.

When you were so busy doing and striving, you lost sight of this. You still have your goals, ambitions, etc and always will. However, you have taken the pressure off to create balance and enjoy life in all its glory as you do not want to miss out which you felt at times you had done.

You no longer wait for these moments of bliss as they are now a natural part of your life. It is such joy observing the birds on your walks, swimming in the pool in harmony with the water, cooking, and even good old washing up. There is real sense of achievement and life in these ‘mundane’ tasks. Enjoy taking things easily and simply, one day at a time.

### Prayer:

*Weaver of Beauty,*

Thank you for seeking me, for never stopping to seek me. Open me to the intimate connection between us that I may rest in your grace. Empty me of all the ways I abandon myself, these self-rejections that evoke shame. Soften my comparing mind and my longing, that I may know gratitude for what I have and for who I am. Guide me in the path of appreciation for the beauty and possibility that surrounds me, that is within me. Sacred Source of my life, ground me in my inner calm and remind me of the holy and the beautiful in the ordinary. Open my eyes and my heart to see your grace filled touch in all of life. From this “seeing” I know there really are no ordinary moments, for all is sacred.

### References:

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Enneagram Spectrum of Personality Styles - Jerome Wagner, PhD

The Wisdom of the Enneagram - Russ Hudson and Richard Riso

Deep Coaching: Using the Enneagram as a Catalyst for Profound Change by Roxanne Howe-Murphy, EdD

<https://drdaviddaniels.com/growth-for-type-4/>

More on Type 4 and levels of development:  
<https://www.enneagraminstitute.com/type-4/>