

ENNEAGRAM STYLE 4

Fours desire deep connections both with their own interior worlds and with other people, and they feel most alive when they authentically express their feelings.

Also called the... Tragic-Romantic · Artist · Aesthete · Individualist



Enneagram Style
MOOD

EXTREMES OF EMOTIONAL LIFE

Fours tend to live at the extremes of emotional existence. For example, Fours may gravitate toward one end of the emotional spectrum - depression at one end and hyperactivity at the other - or they may live their lives swinging between these two extremes. Fours often say that these highs and lows open them up to an intense level of existence that is beyond the ordinary happiness that others seem to be willing to settle for. Most Fours believe the following statement: "I am my feelings."

LONGING

Fours are attracted to the distant or unavailable because they idealize that which is beyond their grasp. This focus on what is missing by romanticizing it and/or longing for it makes the commonplace seem boring and ordinary by comparison. Most Fours think of melancholy as a positive or, at least, not a negative experience - for example, wanting something deeply and not having it, or feeling wistful or sad about what might have been. Many Fours say that melancholy makes them feel both in touch with their deeper core and very much alive.

AUTHENTICITY

Fours are on a continuous quest for the true, the real, and the authentic. Their primary focus is the authenticity of their own self-expression (usually through art or interpersonal communication) and the authentic connection they feel with other people. Searching for meaning through emotional expression, Fours tend to express themselves through personal stories and often believe that the world of feelings is what is real.

ENVY

Envy refers to the sense that "Others have something that I am missing. Why not me?" as opposed to jealousy, which refers to "They have it, and I want it!" Blatantly or subtly, consciously or unconsciously, Fours compare themselves to others on a regular basis. As a result of these constant comparisons, Fours conclude that they are defective, superior, or both.

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Basic Concern: Will I be rejected or feel deficient? Can I express myself?

Place a check by the words that describe you well.



Enneagram Style
MOOD

AREAS OF STRENGTH

- Seek meaning through interpersonal connection
- Inspiring
- Creative
- Introspective
- Expressive
- Intuitive
- Compassionate
- Search for excellence

AREAS FOR DEVELOPMENT

- Intense
- Self-conscious
- Moody
- Easily bored
- Guilt-ridden
- Difficulty accepting criticism
- Aloof
- Deeply critical of others

When I feel something very strongly, do I hold onto my emotions intensely for long periods of time, often replaying my thoughts, feelings, and sensations?

- Yes No Sometimes

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