
The Individualist

Report for Enneagram
Style Four

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Full Report

This report specifically addresses an advanced understanding of a person whose style is Four: The Individualist.

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Your Enneagram Style: Four

The Individualist



Summary

As Individualists, Fours desire to live a richly creative life. They see themselves as unique. They are talented at discerning what is truly authentic and they appreciate beauty in the world around them. They long to use their intuition and imagination to inspire others.

Fours are witty, passionate and romantic. They use their introspective nature to understand and express their feelings and moods. They are also sensitive, empathetic and compassionate to feelings and moods of others. They will engage in provocative conversations, exploring mixed motives, differences and conflicts with honesty. They desire deep connections with others and enrich their relationships with an energy and enthusiasm for life.

Fours express themselves freely and artistically--through their dress, language and in how they decorate their personal spaces.

The Individualists remind us of the world's creativity and depth.

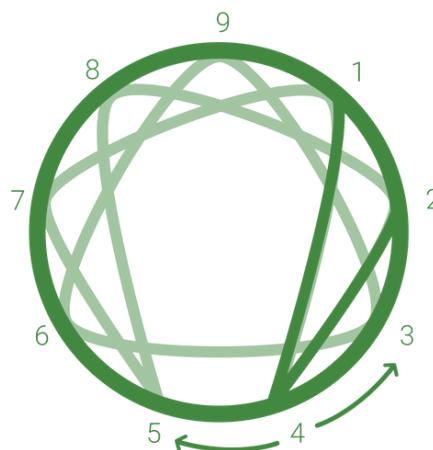
Motivation & Core Fear

Fours are motivated by the desire for significance and they want to be unique. Fours long to be true to themselves and to creatively express who they are. They want to stand out and to be seen as special. This motivation is driven by their fear of being seen as ordinary and uninspiring. While they greatly desire to be significant and unique, they have developed a core fear that they must be utterly original and stand out.

Wings

Each person is unique. Thankfully, the Enneagram recognizes this and actually shows how each style carries “flavors” of the other styles.

On the diagram to the right, the lines on the outside of the Enneagram drawing (pointing from the Four to the Three and the Five) are called “Wings.”



If you've taken our assessment, your wing is the higher score between a Three or a Five.

FOUR WITH A THREE WING

This variance is often called “The Aristocrat.” Having Aristocrat tendencies means that you probably strive for personal development and self-improvement, and have a desire for achievement. You are creatively expressive in ways that are socially acceptable.

FOUR WITH A FIVE WING

This variance is often called “The Bohemian.” Having Bohemian tendencies means that you are very creative and have a unique style of expression. You are less worried about being accepted and about your position in society. You may push against any barriers that inhibit your self-expression. You are more introverted and tend to live a more simplified life.

Subtypes

Each style has three different "subtypes" or instincts often referred to as self-preservation, social, and one-to-one (sexual).

The self-preservation instinct is interested in safety and well-being.

The social instinct is very aware of others and how they affect those around them.

The one-to-one instinct has a higher drive for intimacy in another person.

SOCIAL

- This subtype is more envious which causes them to feel more shame and suffer more emotionally. They are more sensitive.
- They will intensify their suffering around others to get their needs met. They find comfort in being melancholy.
- They long to be a part of the group but often compare and envy others which leads to shame, and feelings of being flawed.
- Their moods can be ways to get the attention they desire.

SELF-PRESERVATION

- This "counter type" can be mistyped because it doesn't look like the typical Four.
- While they may have the emotions of a typical Four, they deal with them privately and put on a happy face.
- They are long-suffering and stoic with their deep pain.
- They hope that they will be appreciated for their self-sacrifice.

ONE-TO-ONE

- This subtype will deal with their pain and feelings of shame by making others suffer instead.
- They are more vocal in expressing their needs and rebel against anything that brings shame on their desires and longings.
- They are the most competitive type of the nine types. They compare themselves to others to see that they are "better".
- They will become angry if others are not giving them what they desire.

Note: You use all three of these, but one is more influential upon your style. Also, the order of intensity of these three is why you can be very different than another person with the same style.

Your Circumstances

Childhood

As children, Fours may have felt differently from their parents and their siblings, sometimes even feeling as though they didn't belong. Growing up, they may have felt as though their parents didn't express interest in them or try to understand who they were. Fours may have felt abandoned or rejected. These feelings lead them to feel as if there is something missing or wrong with them. In the search to find what they are missing, they frequently compare themselves with others and get caught in the trap of envy.



At Work and in Relationships

Fours are often winsome, creative and authentic workers when they are operating from a place of health. At their best, high-functioning Fours are able to express truth with originality, even in ordinary spheres. Fours are great listeners and like to explore connections in relationships. They use their empathy and intuition to sense what others may be feeling and to detect tension that may need to be resolved.

Fours can also misuse these characteristics, becoming disappointed when their creations don't turn out the way they envisioned. They can overwhelm others who are more emotionally reserved. They can even hold up the creative process when they get too

caught up in what they are feeling, when they want to be affirmed, or if they become too focused on the relational connections within the team. Fours can also become judgmental when others are not as willing to express themselves, often pushing others to be more expressive than is comfortable.

Fours find contentment in seeing that they have unique significance. When they are filled with gratitude, they no longer attempt to fill their emotional needs through the affirmation of others. They express their gifts with creativity and point others to the beauty that surrounds them.

Stress & Security

The lines on the inside of the Enneagram drawing (pointing from the Four to the One and to the Two) are called “Arrows.” They reflect how a person operates in times of stress or security.

Generally, Fours gain a few characteristics of Twos under stress. They may go into overdrive, constantly seeking appreciation for their accomplishments. They can also become manipulative or codependent. When they aren’t sure of their uniqueness, their emotions may swing from depressive and withdrawn to overly happy, clingy and overly helpful. When they are healthy, Fours are able to put the needs of others before their own. They are able to love themselves and others unconditionally.

In a more secure or relaxed setting when Individualists feel comfortable expressing their innermost thoughts and feelings, they gain a few characteristics of Ones. They realize that they are not at the mercy of their moods. They become self-disciplined and accept reality. They become productive, no longer focusing on what they may be missing in life. They let go of past hurts and begin to see their own growth. They are joyful, energetic and connected to others. If they are operating unhealthily, Fours may become critical, impatient, and demanding. They may have outbursts of anger when they feel others are not treating them well.



Gold & Shadow

When Fours are motivated to attain significance through their own efforts, they operate from the dark side of their personality and often become melancholy, moody and secretive. But when Fours have most of their deepest needs met and rest in the significance of being well-loved, they help improve the world with creativity and originality.

The following table shows your responses in the assessment. Typically, they are your characteristics when you are healthy (gold box) and your characteristics when you are unhealthy (gray box):

Creative

I regularly express my imagination by crafting something unique.

Original

I like to have my own ideas.

Romantic

When it comes to love, I fantasize about being perfect. I'm an idealist.

Emotionally Attuned

I am deeply in touch with my emotions.

Introspective

I think a lot about how I feel.

Moody

My mood really affects my day.

Melodramatic

I can be overly dramatic.

Melancholy

I'm okay with feeling down and don't want to be "cheered up."

Feel Defective

I feel like something is wrong with me.

Secretive

I like keeping my unique ideas and dark feelings to myself.

Healthy

Healthy Fours are creative and emotionally connected with others in a deeper way. They know that they are loved for who they are and do not believe that they are lacking or defective in any way. Their positive self-image and self-acceptance help them avoid comparison and envy to engage equitably with others. They are able to pay attention to their own feelings without becoming lost in them. They are stable and grounded.

The authenticity of Healthy Fours is both beautiful and inspiring to others. They are empathetic and compassionate toward others. They balance love and truth in their actions toward others without the fear of being abandoned. Because they know they are significant, they can relate with honesty without fear of losing the love of others.

Average Health

In an average level of health, Fours romanticize that someone or some noble cause will come to their rescue. When this a "higher power," they grow contented and balanced. But when they look for rescue from another person or thing, they grow emotionally intense. They can become self-absorbed and feel as though they are unappreciated or forgotten. When this happens, they can test and manipulate to get the attention and acceptance they desire. They may also believe that they will never be a complete person worthy of love, becoming envious of others.

Unhealthy

Unhealthy Fours often stir up things to make their life more dramatic and less mundane. They may exaggerate and become dramatic. They may struggle with depression, apathy and lethargy. They often get trapped in the habit of self-rejection, unwilling to believe the love of others. At times, they realize that they have wasted much of their life in fantasy and jealousy. As a result, they may begin self-destructive behaviors to escape their pain.

Next Steps

Here are some helpful steps in how you can boost your understanding of yourself and the people around you.

Personalize It!

Begin by reading through your report with purpose. Grab a highlighter and mark any word or phrase that is especially true of you. This process will help you evaluate your results and “hone in” on the truths that are most applicable to your growth.

Group Study

This study is perfect for groups and leadership teams. Your group will grow in empathy, understanding, and in the ability to speak to one another in a more personalized way.

Online Courses

Since the Enneagram emphasizes emotional health and character growth, it's a great tool to explore the spiritual beliefs that drive your motivations.

We also have courses for leaders who want to learn all nine Enneagram styles from a Christian perspective. To learn more, click the link below.



[Click Here to Preview Courses](#)

Coaching

We're happy to help boost your self-awareness, spiritual vibrancy and giftedness for individuals, couples and teams. We will customize our time to meet your needs and desires.

Speaking

We are equipped to help boost productivity, unity and the health of your leadership team through retreats and conferences. Email us at john@peoplelaunching.com.