

# Enneagram Type Four Description

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## In-Depth Description of Enneagram Type Four

*An explanation of the Core Enneagram type can be found [here](#), which opens in a new window.*

**Common Descriptive Names:** (1) The Romantic, (2) The Individualist, (3) The Dreamer

**Unconscious Fear for type Four:** Of having no permanent sense of self, no identity, no personal significance

To compensate for their Unconscious Fear an Unconscious Desire arises.....

**Unconscious Desire for type Four:** To find out who they are and then be themselves (to actualize themselves)

For a comprehensive summary of each Enneagram type and the major aspects of this system, click on "[The Enneagram Cheat Sheet](#)," which opens in a new window.

As our personality was forming in early childhood we each developed limiting subconscious beliefs about ourselves, others and the world. For example, your mother or father might have yelled at you "Get your hands out of there!" or "You should be ashamed of yourself!" or "Stop being such a cry baby!" If you had really loving parents you might have heard, "Don't touch that, it's hot!" or "Don't do that, you might hurt yourself!" We also developed limiting beliefs about others. Growing up you may have heard, "I don't want you to play with those kinds of kids" or "Salesmen are sleazebags" or "Politicians are so duplicitous and two-faced." We also developed limiting beliefs about the world. Newspapers and television constantly bombard our minds with reports of scandals, crimes, wars, economic crises, natural disasters, and political corruption. Does this help us believe the world is a loving, safe place to live? Of course not. One way or another, none of us escaped childhood without some limiting subconscious beliefs. Your Enneagram type identifies some of the strongest subconscious beliefs that you've developed over time based on your distorted perception of reality.

The following subconscious beliefs of Fours stem from their unconscious fear and will continue to drive their personality until they learn to reprogram their subconscious beliefs, which will be talked about in the article on "[The Law of Attraction](#)."

### **Limiting Subconscious Beliefs for type Four:**

- I'm missing something vitally important that would make me whole and complete; I just need to find it.
- I'm different (more flawed) than other people.
- Others have happier, more fulfilling lives than I do.
- To be loved I must be unique, special and distinctive.
- Others fit in better than I do.
- Nobody *really* understands me.

### **Core Coping Strategies for Fours:** (where Fours focus their attention because of their subconscious beliefs)

- Searching for the ideal (partner, job, body,....., life) that will compensate for what the Four feels is missing inside
- Overusing imagination to fantasize about ideal situations
- Feeling superior (to those less deep and/or sensitive)
- Emphasizing uniqueness (which has the nasty side effect of distancing themselves from others and creating tension in relationships)
- Identifying the self with ever-changing feelings and moods
- Tuning in to inner states and feelings to actualize the self
- "Mismatch." An NLP term meaning Fours look for and notice what is NOT present in any experience; what's missing
- "Polarize." An NLP term meaning contrary/polar opposite thinking

### **Here's a brief profile of some healthy, very healthy, average, unhealthy and destructive type Four traits.**

**Healthy Fours** are highly intuitive, introspective and self-aware. They're also compassionate and tender-hearted. They treat others with kindness, diplomacy, gentleness and discretion. They are in touch with the hidden depths of human nature and, while sensitive, have great emotional strength and resilience. Healthy Fours are in tune with their feelings and the peaks and valleys of their inner world. They can be extremely eloquent and self-revealing, although it's not always about all the good going on in their life. Healthy Fours, more than any other type, want to talk about what's really going on inside of them, whether it's good or bad, happy or sad. That's because their self-esteem is high enough to be emotionally honest and speak authentically from their heart. They are often able to articulate what others have thought or felt but couldn't quite put into words. Healthy Fours are individualistic and don't cave in to peer pressure when their intuition is warning them not to. They strive to be true to themselves – always. They enjoy using their subtle sensitivity and heightened self-awareness to express universal truths about the human condition. Healthy Fours tend to have a highly unique, ironic view of themselves and life. They can find humor in their own quirks, foibles, contradictions and idiosyncrasies, as well as in others.

Healthy Fours are creative and really appreciate beauty in all forms. Their creativity tends to have an exquisitely distinct, personal flavor to it. It often expresses what they're feeling inside so it can portray anything from the depths of despair to the heights of ecstasy. Whatever it is, healthy Fours want to touch others deeply and are aware of how aesthetics, mood and form impact people's feelings. Healthy Fours are passionate people who trust their inner impulses, inspirations and hunches.

**Very healthy Fours**, like Gangaji\*, have equanimity (emotional balance). They live in complete harmony with their environment. They are aware of the hidden forces and laws of spirit governing the universe and have learned how to live in the moment, in alignment with their deepest values. No matter what happens to them, very healthy Fours know that it is for their highest good. They are able

to turn their most bitter and painful experiences into sweet wine which they serve to others through their peaceful acceptance of what is. They express themselves in personal ways that touch upon deeper, fundamental, universal truths. They are inspired and inspiring.

\* Gangaji is a spiritual teacher who uses the Enneagram in her work. She is a self-proclaimed Four.

**Average Fours** see themselves as “special,” unique and different from others. They avoid being seen as ordinary. They feel as though nobody REALLY understands them. Average Fours like to be able to do things when they feel like it (when they’re in the mood) and in the way that they want to. They can pout or get upset when they don’t get their way. Despite feeling special, average Fours ironically feel uncomfortable around others and thus, others around them.

Average Fours focus their attention on whatever seems distant, missing or idealized. They seem to enjoy strong moods and feelings but, unfortunately for average Fours, they get in the way of day-to-day functioning. They take a romantic, idealistic orientation to life and long for a romantic partner to come along and sweep them off their feet. When they like someone they tend to obsess about him or her. They yearn to have a passionate, emotionally intense, intimate relationship, like Romeo and Juliet. They may excitedly get involved in a relationship believing that they’ve found “the one” only to be disdainfully disappointed when their romantic interest fails to live up to their (the Four’s) fairytale fantasy. Invariably, average Fours become increasingly dissatisfied with reality and themselves too.

Average Fours are painfully self-conscious and image-conscious. They are at the mercy of their ever-shifting moods and become hypersensitive and reactive. They take everything personally and can be quite self-absorbed, dramatic and moody. They tend to withdraw into a lonely lair to protect themselves against potential criticisms and insults and to sort out their increasingly tumultuous and negative feelings. What is ironic about this is that average Fours desperately want positive attention but they never get it because they are so aloof and standoffish themselves. So, they spend their time alone, wallowing in their own self-absorbed misery (thus reinforcing their self-image as being different and someone who nobody understands). Average Fours sometimes use their melancholy as a way to get attention, especially from people that feel the need to rescue others (like average Twos) or people that feel guilty and responsible for others (like average Ones).

**Unhealthy Fours** can be completely impractical, unproductive and less able to cope with normal daily living. They become self-indulgent, self-pitying melancholic dreamers. They feel as though nobody understands them and people often let them down. They feel so different from others that they consider themselves exempt from having to follow the rules and protocols that most people choose to live by. They tend to do whatever they damn well please, to their own detriment of course. They can live in their own illusionary fantasy world with intense longings for love. Unhealthy Fours can be dramatic, tragic romantics. When others fail to live up to their unrealistic expectations they can become critical, disdainful, contemptuous and condescending. They tend to avoid people and find it extremely difficult to keep a schedule, promises or even show up for appointments on time, if at all! They can’t stand any kind of pressure whatsoever and become more effete and decadent as time goes on. Unhealthy Fours are highly temperamental, depressive and feel completely estranged from others.

**Destructive Fours** are debilitatingly depressed. They tend to blame themselves for their failings but also their parents. They feel as though they’ve been victimized by others and are furious at everyone for disappointing them. Destructive Fours tend to turn their hostility more against themselves than others though, becoming self-contemptuous, self-reproachful and tormented by their crushed dreams, failures and unfulfilled desires. They feel blocked, inhibited, impotent and paralyzed to take any positive action on their own behalf. They are physically fatigued, mentally disturbed, emotionally afflicted and spiritually broken. They can resort to drugs and alcohol to try to escape their pain. They feel completely alienated from others and life seems empty, hopeless and meaningless. If their self-hatred continues they become unable to function. Their sense of worthlessness and despair can lead to self-sabotage, a nervous breakdown, crimes of passion or even suicide.

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## Career Talents, Values & Interests for Enneagram type Fours

I want to say from the outset that the Enneagram is one system among many powerful ones that can be used to help people understand their vocational talents, values and interests by understanding WHO THEY ARE INSIDE!

Judy Garland and Søren Kierkegaard are two famous Enneagram Fours but look how different they are based on other systems (click on the links below to see what I mean):

SYSTEM	JUDY GARLAND	SØREN KIERKEGAARD
	<a href="#">Judy Garland Biography</a>	<a href="#">Søren Kierkegaard Biography</a>
Temperament system	<a href="#">Bold Orange</a>	<a href="#">True Blue</a>
Myers-Briggs system	<a href="#">ESFP</a>	<a href="#">INFP</a>
Dosha Type system	<a href="#">Vata-Pitta type</a>	<a href="#">Vata-Pitta type</a>
Aura Colors system	<a href="#">Yellow</a>	<a href="#">Indigo</a>
Multiple Intelligences system	<a href="#">Bodily-Kinesthetic, Musical-Rhythmic</a>	<a href="#">Verbal-Linguistic, Intrapersonal</a>
Numerology system	born on the <a href="#">10<sup>th</sup> of the month</a>	born on the <a href="#">5<sup>th</sup> of the month</a>
Numerology system	<a href="#">21/3 Life Path</a>	<a href="#">23/5 Life Path</a>
Astrology system	<a href="#">Sun square Uranus</a>	<a href="#">Mercury quincunx Uranus</a>
Astrology system	<a href="#">Moon opposition Pluto</a>	<a href="#">Mercury square Jupiter</a>
Astrology system	<a href="#">Judy's Astrology Report</a>	<a href="#">Soren's Astrology Report</a>
Michael system	<a href="#">(Mature Soul) Artisan</a>	<a href="#">(Old Soul) Artisan</a>

Go to [Famous People Analyzed](#) for more information on these famous people. If you are interested in vocational guidance yourself then go to that area of this website by clicking on the following link: [Vocational Guidance](#).

### So, what DO Judy Garland and Søren Kierkegaard have in common, both being Enneagram type Fours?

All Fours want to be seen as unique, special, one-of-a-kind. They long for deep emotional connection both with their own interior world and with other people. Fours are often the deep sea divers of the psyche, the unconscious and the inner world. They want to understand themselves and others on a deep, authentic, soul level. Fours are sensitive to their own and other people's pain and suffering. When they get out of their self-absorption and idealizations of their fantasy self they actually can be quite self-revealing and inspirational. Fours feel most alive when they are authentically, creatively expressing their uniqueness through their own personal experiences and passionate feelings. **Doesn't that sound like both Judy Garland and Søren Kierkegaard?**

Fours can have either a Three wing or a Five wing. **Judy Garland is a [Four with a Three wing](#) and Søren Kierkegaard is a [Four with a Five wing](#).** If, after clicking on the previous links, you feel that you are more of a Four with a strong Three wing, look at what Enneagram type Threes need for career satisfaction as well. If you feel you are more of a Four with a strong Five wing, look at what Enneagram type Fives need for career satisfaction as well.

**Average to unhealthy Fours** are often drawn to jobs where they can be recognized as special, individualistic, aesthetic, exotic, elegant, sophisticated, mysterious or where they can just blend into the woodwork and go unnoticed because of self-worth issues. Because average to unhealthy Fours can suffer from low self-esteem, they often take mundane jobs that don't interest them just so they can pursue their creative interests outside of work.

**Healthy Fours** are drawn to work that allows full expression of their gifts and talents through some distinctive, original, personal work that inspires others or has resonance for **Healthy & Happy Wellness Services**, <http://www.russellrowe.com>, (619) 347-5440, [grussrowe@cox.net](mailto:grussrowe@cox.net)

everyone. Healthy Fours are imaginative, creative and self-aware. Some are even mystical and visionary. They enjoy communicating the inner stirrings of their heart and their unique way of viewing life with the rest of the world. They also have a great desire to reduce, prevent and eliminate unnecessary pain and suffering in life. Examples of healthy Fours are **Kahlil Gibran, Martha Graham, Edgar Allan Poe, Joni Mitchell, Marlon Brando, Frederick Chopin, Tchaikovsky, Alan Watts, Johnny Depp, Thomas Merton, Herman Hesse, Walt Whitman, Anaïs Nin, Tennessee Williams, Anne Rice, Debbie Ford, Gangaji, Wayne Dyer, William Shakespeare** and **William Blake**.

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## **Natural Gifts and Talents of Fours**

**As a Four, I have some, or all, of these natural gifts and talents that I take for granted:**

1. The ability to tune in to my inner states, subconscious feelings and impulses
2. The ability to seek to understand myself deeply (and then help humanity do the same)
3. The ability to see deep underlying principles of life and universal truths that escape most
4. The ability to reveal deep, hidden, subtle truths about the human condition that have profound affects on people because they are experienced universally but unspoken of (except by 4s)
5. The ability to feel things deeply and share the depths of my soul with others, warts and all
6. The ability to express myself in a highly unique, personal way
7. The ability to create "works of art" (term used broadly) that are beautiful, poetic, touching
8. The ability to look for and find meaning in every experience, especially the painful ones
9. The ability to be touched deeply by beauty, kindness and love as well as sadness, sorrow and pain
10. The ability to be sincere and authentic about who I am which gives others permission to be honest and real about who they are
11. The ability to follow my heart, wherever it may lead
12. The ability to help others grow and develop their potential
13. The ability to find humor in my own faults and foibles (and help others see humor in theirs)
14. The ability to see life in a highly unique, otherworldly, idiosyncratic, and often spiritual way
15. The ability to help people view life from a more universal, metaphysical perspective
16. The ability to pick up the feelings of people around me (because of my emotional sensitivity)
17. The ability to console, comfort and support people in times of pain and sorrow
18. The ability to listen well and empathize deeply with others
19. The ability to create an ambiance of romance
20. The ability to help other types get in touch with their deeper feelings
21. The ability to beautify any environment (many 4s have this gift but some don't)

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## Work Values

**Some of the work values important to Fours are (choose which ones apply to you):**

- Aesthetics and beauty
- Artistic creativity
- Change and variety
- Contribution (to betterment of world)
- Developing self and others
- Excitement and adventure
- Freedom
- Helping others directly
- Independence
- Influence on people's lives
- Integrity
- Meaningful work
- Open communication
- Originality and creativity
- Security
- Seek knowledge and understanding
- Sense of mission
- Time/schedule flexibility

## Universal Life Values

**Which of the following universal life values are important to you?**

- A loving, intimate partnership
- Aesthetics/beauty
- Career fulfillment/success
- Close family relationships
- Close friendships
- Faith/spiritual connection
- Financial security/comfort
- Good health/wellness
- Good physical fitness
- Inner peace
- Integrity/honesty
- Joy/happiness
- Ongoing learning potential
- Service/contribution
- Creativity/originality
- Time freedom/independence

## Some Life Values of Fours

**Some of the life values important to Fours are (choose which ones apply to you):**

- Aesthetic sensibilities
- Authenticity
- Beauty (in ALL its forms)
- Being accepted by others (for being different)
- Being seen as unique
- Being true to oneself
- Being unique
- Compassion for other's suffering, trials, and tribulations
- Continual self-renewal
- Creativity
- Deep feelings
- Depth/Profundity
- Empathy
- Finding meaning in everything that happens
- Finding true love
- Following one's heart
- Imagination
- Individualism
- Inspiring others
- Insightfulness
- Intensity
- Intimacy in a relationship
- Introspection
- Intuition
- Ironic, off-beat sense of humor
- Love
- Musing
- Non-conformity
- Originality
- Passion
- Personal freedom
- Personal growth
- Quality (only the finest/best)
- Romance
- Self-awareness
- Self-expression
- Self-improvement
- Self-revelation
- Self-understanding
- Sensitivity
- Soulful connections

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## **As a Four, career satisfaction means doing work that.....**

1. Allows me to work autonomously or with a few people who are unpretentious, kind, respectful and thoughtful. I also want them to be accepting of my intensity, individuality and occasional moodiness.
2. Allows me to work with a boss who is understanding, open-minded, genuine, and humanitarian.
3. Is in alignment with my personal values, beliefs and ideals and has deep meaning and significance for me.
4. Lets me manage my own time and work environment.
5. Lets me have significant control and flexibility over the process and product of my work.
6. Allows me to express my vision, originality and depth of feeling through my work.
7. In some way helps other people improve/understand/appreciate themselves and their precious, beautiful life (especially people that are suffering spiritually, emotionally and/or psychologically).
8. Brings to light the deep, dark, hidden, unconscious, shadow dimension of life that is so palpable for all Fours.
9. Allows me freedom of personal expression through my chosen medium of unique creativity.
10. Is done in a stress-free, peaceful, creative and aesthetically pleasing environment.
11. Draws upon my intuition, self-awareness and profound spirituality.
12. Makes use of my empathy and sensitivity to other people's feelings.
13. Allows me to emotionally support people through their darkest hours of trial and tribulation.
14. Is meaningful, deep and unique but doesn't require me to struggle to eke out a living!

## **Sample Type Four Personal Mission Statements**

Most people don't have a personal mission statement which is why I am including some here based on each Enneagram type's innate gifts, talents, interests and values. A personal mission statement is nothing more than a brief written statement of your overall purpose in life, your personal vision for who you want to be in and for the world. Helen Keller once said, "The most pathetic person in the world is someone who has sight but has no vision." I would use the word pitiable (as in evoking compassion) instead of pathetic but otherwise I agree with her. Without a "why" to live for that makes a unique contribution life quickly becomes empty and meaningless. Ways to find your purpose in life are developed more fully in the [Vocational Guidance](#) section. What follows are parts of personal mission statements from Fours. You may notice a repeating theme.

1. My mission is to help people understand the shadow (dark) side of the human personality
2. My mission is to help people get in touch with their heart's wisdom and live from their authentic self
3. My mission is to touch, move, and inspire people with my paintings and poetry
4. My mission is to help people restore their life force energy by practicing Tai Chi and Qigong
5. My mission is to help people discover their life purpose
6. My mission is to teach Buddhist meditations that heal and awaken the heart
7. My mission is to teach people how to make floral arrangements as a spiritual practice
8. My mission is to lead silent spiritual retreats where people can reconnect with their soul
9. My mission is to awaken our core intelligence through the mind-body practice of yoga
10. My mission is to teach meditation techniques that return one's mind back to its natural, enlightened, peaceful state
11. My mission is to sing heartfelt music that touches the deepest recesses of a person's soul

## Careers That Especially Interest Fours

Enneagram Fours can be found in many different occupations but there are certain occupations that they are drawn to because of their natural gifts, talents and values. Here is a list of some of them.

### **Fours love to express themselves creatively, often through visual and performing arts:**

- [Actor/actress](#)
- Architect (aesthetic components rather than structural or engineering)
- Artist (any)
- Cartoonist
- Choreographer
- Cinematographer
- Conductor
- Costume and wardrobe specialist
- [Creative artist](#)
- [Dancer](#)
- Decorator (any)
- Designer (any)
- Digital photographer
- Dramatist
- Editor/Art director (magazines, web sites)
- Fashion designer
- Feng Shui or Vastu expert
- Filmmaker
- Fine art photographer
- Floral designer
- Florist
- Graphic designer
- Hair stylist
- Instrumentalist
- Interior designer
- Jewelry maker
- Make-up artist
- Music teacher
- [Musician](#)
- Performer (any)
- Potter (pottery maker)
- Printmaker
- Sculptor
- Set designer
- Singer
- Videographer
- Wedding planner/coordinator

### **Some Fours like to move, inspire and influence their audience through the spoken word:**

- Corporate trainer
- Motivational speaker (especially a Four with a Three wing)
- Preacher
- Seminar leader
- Teacher (see below also)
- Workshop presenter
- Yoga instructor

### **Many Fours like to move, inspire and influence their audience through the written word:**

- Composer
- Journalist
- Novelist
- Philosopher
- [Playwright](#)
- [Poet](#)
- Screenwriter
- Scriptwriter
- Songwriter
- [Writer](#) (especially about spirituality, philosophy, psychology, art, beauty, decorating/designing, love/romance, relationships, or people's personalities)

### **Some Fours like to heal others without necessarily using words:**

- Chakra healer/balancer
- Chiropractor
- EFT (Emotional Freedom Techniques) healer
- Energy healer
- Massage therapist
- Meditation leader
- Psychic surgeon
- Reflexologist
- Reiki practitioner

### **Many Fours (like myself ☺) want to help bring out the best in people through some form of guiding, counseling, coaching, mentoring or divining:**

- Astrologer
- Aura Color seer

- |   |   |
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| <ul style="list-style-type: none"> <li>• Clairvoyant/Medium/Psychic/Spiritualist</li> <li>• <a href="#">Counselor</a></li> <li>• Crisis hotline operator</li> <li>• Holistic health practitioner</li> <li>• Jungian analyst</li> <li>• Life coach</li> <li>• <a href="#">Metaphysician</a></li> <li>• NLP practitioner</li> <li>• Numerologist</li> </ul> | <ul style="list-style-type: none"> <li>• <a href="#">Nutritionist</a></li> <li>• Personal trainer</li> <li>• <a href="#">Personality system expert</a> (typologist)</li> <li>• Psychiatrist</li> <li>• <a href="#">Psychologist</a></li> <li>• Shaman</li> <li>• <a href="#">Spiritual teacher/guide</a></li> <li>• Tarot card reader</li> <li>• <a href="#">Therapist</a></li> </ul> |
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**Fours like to be unique and distinctive and put their own personal touch on things. So, many start their own small business that allows them to express their creative and/or artistic flair:**

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|--|--|
| <ul style="list-style-type: none"> <li>• Entrepreneur</li> </ul> | <ul style="list-style-type: none"> <li>• <a href="#">Small business owner</a></li> </ul> |
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**Fours like to be of service to others and can often be found in social service and health care occupations:**

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|--|--|
| <ul style="list-style-type: none"> <li>• Caregiver/caretaker</li> <li>• Human resources personnel</li> </ul> | <ul style="list-style-type: none"> <li>• Librarian</li> <li>• Social worker</li> </ul> |
|--|--|

**Many Fours love teaching and educating, especially those with special needs.**

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| <ul style="list-style-type: none"> <li>• Advisor (anything from foreign policy to guidance counselor)</li> <li>• Art and creativity teacher (especially with the <a href="#">Visual-Spatial intelligence</a>)</li> <li>• Bilingual education teacher (especially with the <a href="#">Verbal-Linguistic intelligence</a>)</li> <li>• Elementary school teacher</li> <li>• Home economics teacher</li> <li>• Math or Science teacher (especially with the <a href="#">Logical-Mathematical intelligence</a>)</li> </ul> | <ul style="list-style-type: none"> <li>• Music teacher (especially with the <a href="#">Musical-Rhythmic intelligence</a>)</li> <li>• Nursing instructor</li> <li>• Physical Education teacher (especially with the <a href="#">Bodily-Kinesthetic intelligence</a>)</li> <li>• School principal</li> <li>• Special education teacher</li> <li>• Teacher (other)</li> <li>• Teacher's assistant</li> <li>• Volunteer teacher</li> </ul> |
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**If you are a Four with a Three wing also look at the careers that appeal to Enneagram type THREES.**

**If you are a Four with a Five wing also look at the careers that appeal to Enneagram type FIVES.**

**If you are a Four with a strong Two arrow also look at the careers that appeal to Enneagram type TWOS.**

**If you are a Four with a strong One arrow also look at the careers that appeal to Enneagram type ONES.**

**Of course, there are many more occupations that Fours are attracted to but this is a sampling based on my experience. For more information on careers please go to my [Vocational Guidance](#) section.**

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## Relationship Compatibility for Fours with Other Types

To learn more about Type Four's relationship compatibility with other types, click below on the Enneagram type of the other person in the relationship. This will open in a new window.

### Type 4 in relationship with Type:

[1](#) [2](#) [3](#) [4](#) [5](#) [6](#) [7](#) [8](#) [9](#)

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## Things Fours Can Do to Help Themselves Grow

1. Notice your attention going to what is missing and longed for in your life and learn to value what is positive in your life right now.
2. Maintain a consistent course of action despite fluctuating and intense feelings and delay reacting until intense emotions begin to subside. Letting your strong feelings run the show only leads to inaction and more suffering.
3. Discover in yourself the qualities which you envy in others.
4. Participate in body-based activity and learn to ground yourself.
5. Remind yourself that when feelings of abandonment, rejection and insignificance come up, they are just perpetuated habits of mind from childhood and can be let go of, if you truly want to end your own suffering. The truth is that we are loved and completely whole at all times, under all circumstances, even painful ones.
6. Learn to value the ordinary, mundane aspects of life rather than wishing life were more dramatic, exciting, intense, romantic and emotionally fulfilling.
7. Recognize that being self-absorbed, temperamental and feeling special are the addictive substitutes for loss and feelings of abandonment. If you focus on genuinely connecting with other people (rather than feeling "different") you will feel more accepted and less misunderstood.

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# Type Four's Wing Descriptions

An explanation of the Wings can be found [here](#), which opens in a new window.

**Are you more like a Four with a Three-wing or a Four with a Five-wing? Read below to find out.**

## Type Four with a Three Wing (4w3)

### Positive:

- Goal-oriented, Ambitious
- More sociable than 4w5s
- Desire to communicate themselves and their creativity to others
- Energetic, Active, Outgoing
- Productive, Distinctive, Stylish
- Create w/ an audience in mind

### Negative:

- Image-conscious, Self-conscious, Dramatic
- Elitist, Want social acceptance
- Can seem outwardly confident but feel inwardly inadequate

**Type Four with a Three Wing:** Fours with a Three wing (4w3s) tend to take on more of the attributes of Threes than of Fives (the other wing), although both wings (3 and 5) can influence their personality. 4w3s tend to be more sociable and aware of interpersonal politics than 4w5s, who tend toward being loners. Because of the 3 wing, 4w3s are hard-working, goal-oriented, ambitious and drive themselves hard to achieve their goals, like 3s. In fact, many healthy 4w3s are just as hard-working as 3s and quite successful. Consider Michael Jackson, Neil Diamond, Judy Garland, Jeremy Irons and Jackie Onassis, for example. However, 4w3s are still 4s so they have deep, intense feelings and are quite romantic and passionate. When healthy, 4w3s are introspective, self-aware, and interested in self-development and spiritual growth. They are able to take constructive action on their lofty ideals and do the necessary work to bring their dreams into reality. Healthy 4w3s possess creativity and the drive to make their distinctive mark on the world. They want to express the depths of their souls to others and be recognized for their unique contributions.

Negatively, 4w3s can be painfully self-conscious and insecure. Feeling defective and flawed inside, they work hard to prove their self-worth. They want recognition for their unique work but they can also struggle with issues of low self-esteem and inferiority. No matter their success, they always feel their work could have been done better. They can have a dual personality. They crave social acceptance so they can be funny, sociable and bubbly out in public – almost seeming like Sevens – but then go home to loneliness or a dissatisfying love relationship. They put a lot of effort into their personal appearance and self-presentation, wanting to be noticed. They can still be hard-working and more practical than 4w5s but they can also be extravagant with money (especially if they are a [Vata](#) dosha type) to compensate for subconscious feelings of low self-worth. They often want to be seen as cultured, sophisticated, high class, elegant, refined or elite. They can be melodramatic, grandiose, narcissistic, disdainful and/or competitive. Craving love and romance and being highly sensual, they can sometimes find themselves involved in messy love triangles. Negative 4w3s can sometimes experience strong feelings of jealousy, envy, unrequited love, vengefulness, and/or hatred.

You may find that you can relate to the description of Type Four with a Five wing also (see below). However, there is a fundamental energetic difference between these two descriptions. See if you can discern which description sounds *more* like you, however slight that difference might be.

## Type Four with a Five Wing (4w5)

### Positive:

- Enigmatic, Idiosyncratic, Quiet
- Perceptive, Unconventional
- Intellectual and Emotional
- Deep Feelings, Complex creativity
- Very exploratory, Introspective
- Analytical, Objective, Reserved
- Defiant of Convention, Original

### Negative:

- Feel Alienated, Depressed, Unusual
- Can be eccentric, rebellious outsiders

**Type Four with a Five Wing:** Fours with a Five wing (4w5s) tend to take on more of the attributes of Fives than of Threes (the other wing), although both wings (5 and 3) can influence their personality. 4w5s tend to be much less concerned with acceptance, personal appearance and status than 4w3s. Whereas 4w3s create with an audience in mind, 4w5s usually don't. 4w5s just thoroughly enjoy the process of creativity, exploration and discovery. 4w5s tend to be enigmatic, idiosyncratic lone wolves or at the very least need plenty of alone time to explore their personal interests, even if in a relationship. They can have a penetrating intellect because of the 5 wing but are fundamentally an emotional type with deep feelings because of being 4s. They are usually well-read owing to their love of books and knowledge. Healthy 4w5s are some of the most creative, original and spiritually aware people in the Enneagram because they are gifted with a penchant for introspection and profound insight into human nature by being 4s but also perceptiveness, objectivity and inquisitiveness by having the 5 wing. 4w5s are attracted to symbolism and the mysteries of life. When healthy, they are able to perceive subtleties and understand multiple levels of meaning in life that are missed by most other types. Many great writers from the past have been 4w5s. They are unconventional and can be rather defiant if someone tries to tell them to fit in more (to society) or be more practical, realistic or reasonable. Some 4w5s can seem outwardly reserved, cool and standoffish yet inwardly they are romantic, passionate and ardent. 4w5s are hard to read but once you get to know them they are usually quite personable, warm and caring, contrary to appearances. Healthy 4w5s enjoy communicating their inner awarenesses to give humanity a different, often more spiritual, perspective on life.

Negatively, 4w5s can be the most alienated, depressed, lonely, shy, insecure, and/or emotionally tormented of all the Enneagram types. They can feel like isolated outsiders; in, but not of, this world. 4w5s can have brilliant flashes of intuitive insight but don't tend to take action as easily as 4w3s so these insights are often lost to the ethers. They prefer to just fantasize and dwell in their imagination. They can be highly impractical since they don't really care to focus on real world issues. This can cause them a whole host of real world problems though! Being introverted, socially withdrawn, and heavily involved in their own pet projects, they can be oblivious to what is going on in the rest of the world. They can get themselves badly in debt by impulsively spending money on a wild idea/dream they have. Since they tend to have few friends they have more time on their hands to do what most unhealthy 4s do, think about what's missing in their life. Since 4w5s are still romantically inclined they can long for a loving relationship but struggle intensely with the idea of having to give up some of their personal freedom and also deal with relationship challenges. It often seems easier for them to maintain their down-beat, minimalistic lifestyle and privacy than to risk the potential pain and heartache of being in a serious relationship.

You may find that you can relate to the description of Type Four with a Three wing also (see above). However, there is a fundamental energetic difference between these two descriptions. See if you can discern which description sounds *more* like you, however slight that difference might be.

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# Type Four's Subtype Descriptions

An explanation of the subtypes can be found [here](#), which opens in a new window.

## Which subtype are you?

### Type #4 Self-Preservation Subtype

Can resemble Counterphobic 6s in their behavior, as well as 1s, at times

Tend to be the most introverted of the three type 4 subtypes

#### Positive/Enhancing:

- Can focus intently on work or a cause they believe in wholeheartedly
- Careful with money and possessions, don't risk them foolishly chasing a pipedream
- Excellent at pointing out angles, perspectives or viewpoints that others had not considered
- Can be tenacious, determined and resolute to achieve their lofty goals (like 1s)
- Create aesthetically pleasing surroundings in their home that have emotional resonance for them
- Meaningful objects, such as antiques or art, can appease romantic desires and longings

#### Negative/Depleting:

- Try to avoid the meaninglessness of a mundane existence by living on the edge and taking risks
- Can discount basic self-preservation needs and tune mundane reality out in order to follow a dream
- Can be dauntless and throw caution to the wind to materialize their dream
- Feel most alive when tempting fate (like Counterphobic 6s); can lead to crisis situations
- Can unconsciously recreate childhood losses in adulthood through reckless behavior
- Can feel lost between hope and despair and take risks to get attention or increase emotional excitement
- Stubborn refusal to give up their self-image of being someone special
- Can get defensive or angry when people mock their ideals and lifestyle or try to change them
- Get rebellious when people try to tell them they should give up dreaming and be more practical
- Get rebellious when people presume to know what they (the self-preservation 4) are thinking and feeling
- Minor discomforts can seem unbearable – room temp. too hot or cold, lighting too bright or dim, etc.
- Run by their emotional whims; indulge in bad habits (excessive eating, drinking, staying up too late, love affairs, etc.) to make up for what is perceived to be missing and to assuage their emotional lows
- Can be too self-contained, self-destructive, self-defeating, irresponsible and completely autonomous

(For even more insight, learn which "wing" you favor: your [3 wing](#) or [5 wing](#)).

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## Type #4 Sexual Subtype

Can resemble 8s at times when they are feigning self-confidence, being intense, diminishing others to make themselves seem important and over-stepping their boundaries

Tend to be the most extroverted, or at least assertive, of the three type 4 subtypes (also most envious)

### Positive/Enhancing:

- When healthy, are capable of truly admiring and deeply loving their partner
- Extremely accepting of other people's individuality and right to express themselves
- Can engage with people deeply, authentically and passionately
- Can develop excellent communication and interpersonal relationship skills
- Able to be extremely open-hearted, compassionate and loving toward all sentient beings

### Negative/Depleting:

- Long for a soul mate to come along and sweep them off their feet; to save them from an ordinary life
- Tend to be especially attracted to people who are distant or unavailable
- Can have unrealistically high expectations of their partner to fit their ideal fantasy of a mate
- Can have intense romantic and sexual longings; easily get infatuated with a romantic interest
- Can be tender, vulnerable and sweet but also competitive, demanding, aggressive and pushy
- Unconsciously yearning for the ideal partner perpetuates familiar feelings of lost love in childhood
- Their love life can be tempestuous, dramatic, turbulent, stormy, etc. – they can reject/disdain their partner by focusing on the flaws but then miss the great qualities and want him/her back
- Strong fears of rejection and abandonment; sexual 4s have serious doubts about their desirability
- Can be seductive, sexual, jealous and possessive (like 2s); relationship problems cause depression
- Can be envious of people who seem more fulfilled and happy in their love life
- Can be competitive with any rivals that might threaten their romantic relationship
- Can envy or resent the very qualities in their mate they originally admired or wanted in themselves
- At worst, get so emotionally distraught over love gone wrong that they kill themselves and/or their lover

(For even more insight, learn which “wing” you favor: your [3 wing](#) or [5 wing](#)).

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## Type #4 Social Subtype

Tend to feel the most misunderstood and totally unlike anyone else of the three type 4 subtypes

### Positive/Enhancing:

- Often are high achievers who participate in social causes; have unique talents and gifts to share
- With their great intuition, can have excellent social skills, social sensitivities and great manners
- Have an interest in the group's welfare because they feel the group's welfare is connected to their own
- Give their time, energy and even money to improve conditions for people and/or the world
- They always have other people's welfare in mind as well as their own
- They can be aware of group expectations but have enough self-esteem to do what's best for them

### **Negative/Depleting:**

- Inner tension between wanting to fit in, be accepted and belong yet still be special, unique and stand out
- Desire recognition but fear being embarrassed, humiliated, ridiculed or rejected by probing eyes
- Can bolster up their image to compensate for social insecurities: dressing up to the nines, having a unique social style/presentation, being glamorous but a little aloof, having elite membership, etc.
- Often compare themselves with more "normal" people and feel either more deficient or more elite
- Fear social encounters that might bring their deficiency or "fatal flaw" to light and humiliate them
- Due to social shame, they can believe they don't know how to function like normal people
- Can feel incapable of meeting the same standards that others in the group are capable of meeting and fear that their defectiveness will eventually be found out and they will be rejected by the group
- Easily feel ashamed/frustrated for not being able to live up to their own vision of their ideal self
- Can be hypersensitive to criticism and devastated by being left out by a group of friends
- Often feel socially inept or inadequate – handle by being outwardly charming or just blending in
- They constantly analyze everything they do or say for fear of looking foolish or making a mistake
- Can be self-deprecating as a way to fit in and deflect their inner feelings of envy and defectiveness
- They can feel as though other people have what is missing in their lives
- At worst, can be highly self-critical, antisocial and depressed, living with their shame in isolation
- At worst, fear others loathe and condemn them because they (others) can read their weird thoughts

(For even more insight, learn which "wing" you favor: your [3 wing](#) or [5 wing](#)).

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## Heart and Defensive Points/Arrows for Type Four

An explanation of the Heart and Defensive Points can be found [here](#), which opens in a new window.

**Type Four with a Healthy Connection to Type One:** When Fours integrate the positive aspects of type One they become more grounded, objective, practical, realistic and productive, like healthy Ones. They naturally become more self-disciplined and interested in devoting themselves to worthwhile projects and endeavors. They no longer wallow in self-pity, indulge themselves with food or fantasies, or brood about hurts and disappointments from the past. They are better able to put their strong ideals and principles into real-life action and work with people to affect the changes they want to see. They live more in the here and now and focus on working with what is possible in any given situation rather than rejecting what doesn't fit their ideal. They also pay more attention to the positive in their life rather than dwelling on what's missing in their life. As they pour their heart into their work and allow themselves to connect with others they develop a stronger sense of themselves. Fours also become more discriminating and discerning, no longer letting their subjective moods dictate how they view a situation. As Fours relax and accept themselves more deeply they are able to accept others more deeply, thus enabling them to have the kind of soul-satisfying, intimate relationships with others that they have always craved.

**Type Four with a Healthy Connection to Type Two:** When Fours integrate the positive aspects of type Two they become less self-absorbed and more interested in connecting with other people. They become more sociable and less aloof and withdrawn. They also enjoy meeting other people's needs in practical ways yet can maintain good emotional boundaries and not be unduly influenced by how others respond to them. Healthy Fours enjoy nurturing and encouraging the self-confidence and strength in others, like healthy Twos. Fours with a healthy connection to Two become much more optimistic and enthusiastic about life. They become more genuinely complimentary of others and focus on all the positive in their life.

**Type Four with an Unhealthy Connection to Type One:** When Fours deteriorate to the negative aspects of type One they become more frustrated with their own imperfections yet project those imperfections onto other people and thus become disappointed in how others are behaving. They are more judgmental, perfectionistic and critical of others because no one ever seems to do anything right, according to their exacting standards. They are impatient, intolerant and easily angered. They also feel guilty and self-critical for not living up to their own expectations. They are more controlling and preachy, constantly pointing out where others need to change. They tend to be fixated on other people's faults and shortcomings rather than any positive qualities they might have. Fours with an unhealthy connection to type One can also become workaholics, driving themselves excessively to prove their worth and to be noticed as someone special. They can have a difficult time relaxing, fearing that they might become lazy and unproductive if they let up for a moment. They can also become obsessed with self-improvement, personal growth and being perfect, like unhealthy Ones.

**Type Four with an Unhealthy Connection to Type Two:** When Fours deteriorate to the negative aspects of type Two they fear that they are driving people away with their emotional storminess and frequent, unannounced, moody withdrawals. Then they panic that they might be driving away the people they need and try to win them over by doing nice things for them or by manipulating them into loving them. They try to make themselves indispensable to create dependencies of one kind or another so that they can feel loved. Of course, this doesn't work because no else's love can replace the emptiness and loneliness that the Four is feeling inside. Fours with an unhealthy connection to type Two many deny or repress their own needs but become more possessive of loved ones at the same time. They may not let their loved ones out of their sight without wanting to know where they are. At worst, they may unconsciously become ill as a way to get attention and feel special.

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