



CORE DESIRE

Enneagram Type 4's desire to be unique, special and authentic

CORE FEAR

Blind Spot

Weakness or roadblock

- Being inadequate, emotionally cut off, rejected, plain, mundane, defective, flawed, or insignificant

Trigger

What brings out the worst

- Envy, ordinariness
- Being ignored or slighted

GOAL

Shift to

High side of 1

- Take action without feeling overwhelmed
- Find freedom from routine and structure
- Focus on quality

Shift to

High side of 2

- Balance your needs with the needs of others
- Welcome others to enter into their own creativity

TYPE FOUR

THE INDIVIDUALIST

If it wasn't for you, our world would be without the passionate emotions you share. You teach us to express our unique authentic selves. You seek love in the ideal life.

Though you are sensitive and creative, you struggle with feeling misunderstood, or that something is missing. Remember that you are more than your feelings.

Being sensitive and in tune with your emotions helps others see the world in a beautiful way. Remember not everyone sees things the way you do so bringing that to your relationships may be just the thing that's missing.