



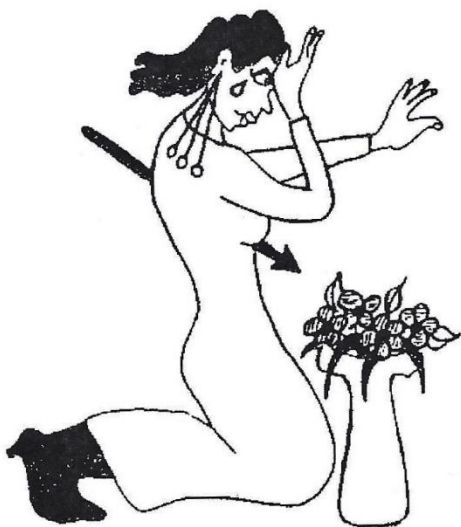
THE

Romantic

*I can stand almost anything
except a succession of ordinary days.*

—Goethe

Fours are motivated by the need to experience their feelings and to be understood, to search for the meaning of life, and to avoid being ordinary.

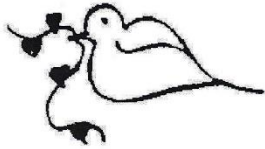


**Fours at their
BEST are**

warm
compassionate
introspective
expressive
creative
intuitive
supportive
refined

**Fours at their
WORST are**

depressed
self-conscious
guilt-ridden
moralistic
withdrawn
stubborn
moody
self-absorbed

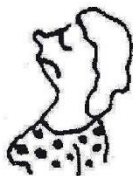
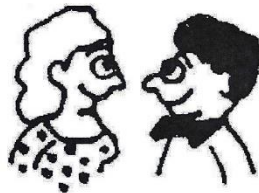


How to Get Along with Me

- Give me plenty of compliments. They mean a lot to me.
- Be a supportive friend or partner. Help me to learn to love and value myself.
- Respect me for my special gifts of intuition and vision.
- Though I don't always want to be cheered up when I'm feeling melancholy, I sometimes like to have someone lighten me up a little.
- Don't tell me I'm too sensitive or that I'm overreacting!

Relationships

Fours at their best in a relationship are empathic, supportive, gentle, playful, passionate, and witty. They are self-revealing and bond easily.



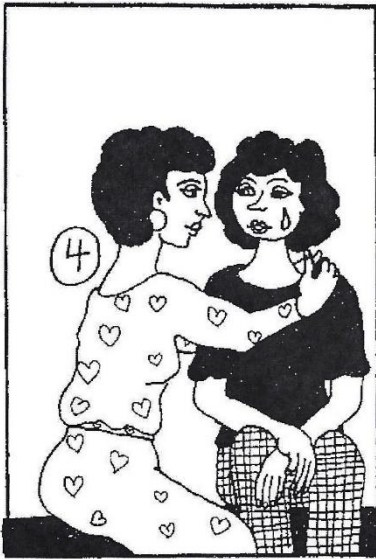
Fours at their worst in a relationship are too self-absorbed, jealous, emotionally needy, moody, self-righteous, and overly critical. They become hurt and feel rejected easily.



What I Like About Being a Four

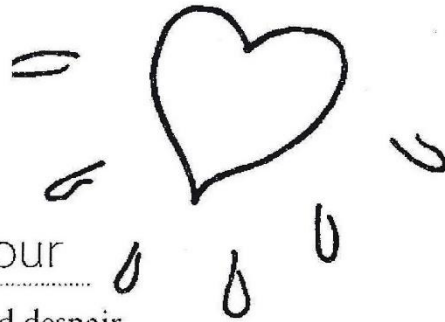
- my ability to find meaning in life and to experience feelings at a deep level
- my ability to establish warm connections with people

- admiring what is noble, truthful, and beautiful in life
- my creativity, intuition, and sense of humor



being supportive of my friends

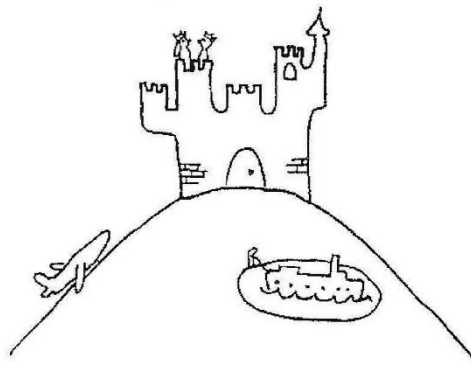
- being unique and being seen as unique by others
- having aesthetic sensibilities
- being able to easily pick up the feelings of people around me



What's Hard About Being a Four

- experiencing dark moods of emptiness and despair
- feelings of self-hatred and shame; believing I don't deserve to be loved
- feeling guilty when I disappoint people
- feeling hurt or attacked when someone misunderstands me
- expecting too much from myself and life
- fearing being abandoned
- obsessing over resentments
- longing for what I don't have

Three Oscars, the Pulitzer Prize - my Prince Charming and wonderful kids - ten pots of gold.... but something is STILL missing!



Typical Thoughts of a Four



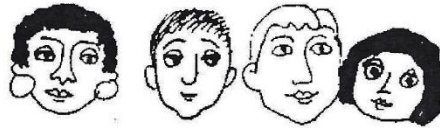
Fours as Children Often

- have active imaginations: play creatively alone or organize playmates in original games
- are very sensitive
- feel that they don't fit in
- believe they are missing something that other people have
- attach themselves to idealized teachers, heroes, artists, etc.
- become antiauthoritarian or rebellious when criticized or not understood
- feel lonely or abandoned (perhaps as a result of a death or their parents' divorce)



Fours as Parents

- help their children become who they really are
- support their children's creativity and originality
- are good at helping their children get in touch with their feelings
- are sometimes overly critical or overly protective
- are usually very good with children if not too self-absorbed



Careers

Fours can inspire, influence, and persuade through the arts (music, fine art, dancing) and the written or spoken word (poetry, novels, journalism, teaching). Many like to help bring out the best in people as psychologists or counselors. Some take pride in the small businesses they own. Often Fours accept mundane jobs to support their creative pursuits.

And Free Time

Fours enjoy spending time with their partners and children and maintaining important close friendships. They appreciate nature, pursue spiritual interests, and attend musical, artistic, and literary events. Many enjoy browsing in bookstores, shopping in boutiques, and looking for interesting clothing or one-of-a-kind treasures. Fours often express themselves creatively. Some are active in antiviolence or political causes.



Comments About Fours

“He has a very deep soul. I value him for being my wittiest and most insightful and intellectually stimulating friend.”

“The Fours I know have an interesting mixture of qualities: intensity, depth, spirituality, and rebelliousness.”

“He runs a very successful business due to his perseverance, determination, and originality.”

“She has her own innovative day-care center. She is committed to making it a healthy and creative environment for the children.”

“She’s a real character. She can usually be found inventing new recipes, floating gardenias in her bathtub, or giving crazy parties.”

One should either be a work of art or wear a work of art.

—Oscar Wilde

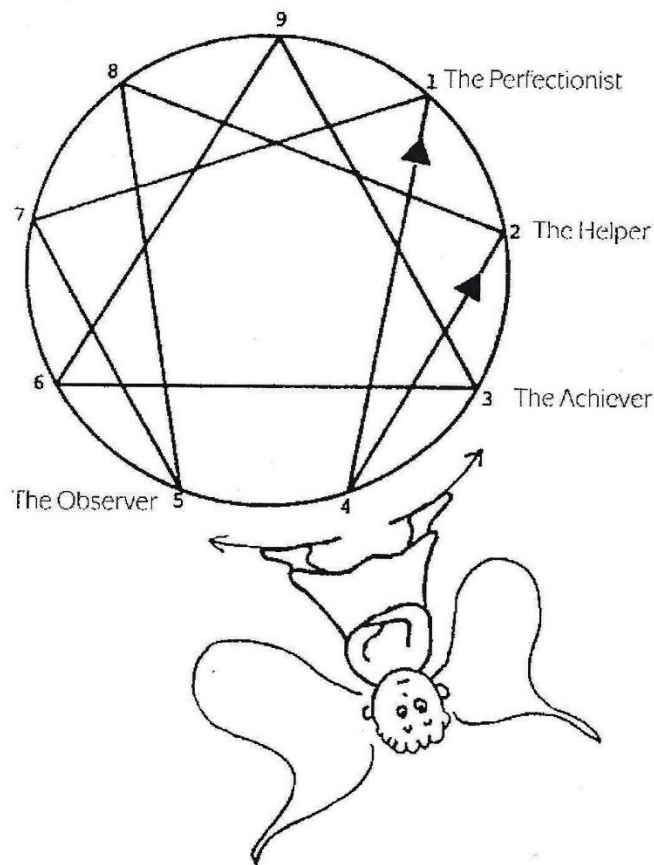


Wings

Your personality may blend into or be influenced by the types on either side of yours. A strong wing can make a big difference in your personality.

Fours with a Three wing tend to be more extroverted, upbeat, ambitious, flamboyant, and image-conscious.

Fours with a Five wing tend to be more introverted, intellectual, idiosyncratic, reserved, and depressed.



Moving Around Within the Enneagram

Following the lines in the diagram, the Four moves toward One in one direction and toward Two in the other. Fours move toward the positive side of One when they feel secure; they can also consciously cultivate these positive qualities. Fours move toward the negative side of Two when in stress; they can consciously try to avoid these negative traits. Read the chapters about types One and Two to learn more about them.

When Fours Move Toward the Positive Side of One They

- become more self-disciplined and grounded in the here and now
- do more problem solving and become more practical

- shift to accentuating more of the positive and less of the negative
- act on their strong ideals and principles
- become less controlled by their feelings

When Fours Move Toward the Negative Side of One They

- feel critical, judgmental, and angry that no one does anything right
- moralize and preach at people
- feel guilty for not living up to their own expectations

When Fours Move Toward the Negative Side of Two They

- try to manipulate others into loving them in the mistaken belief that another's love will replace their own emptiness and loneliness
- deny and repress their own needs
- become overly dependent
- possibly become ill to get attention or to be special

When Fours Move Toward the Positive Side of Two They

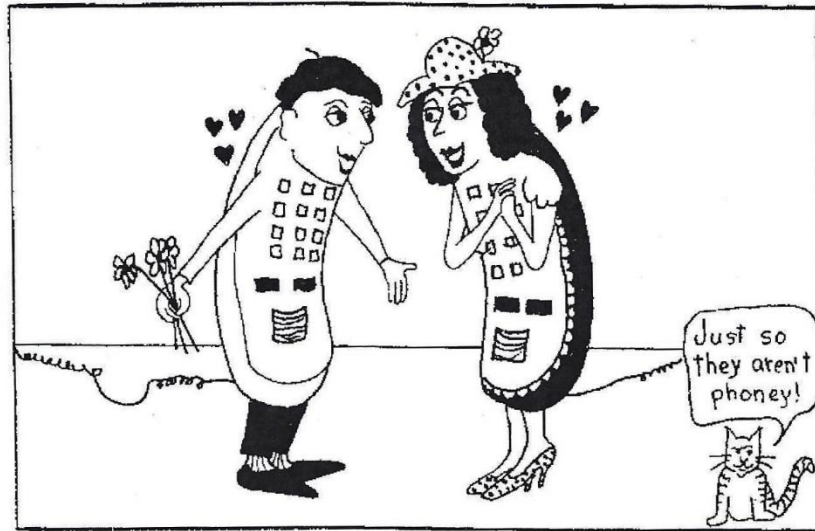
- connect with people in meaningful ways
- become less self-absorbed
- meet others' needs with healthy detachment

Practical Suggestions and Exercises for a Four

1. Self-Esteem

- Be proud of all your special gifts, talents, and accomplishments.
- Work toward fulfilling the needs that were not met in your childhood. Treat yourself lovingly and compassionately.
- Devote yourself to the task of self-discipline.
- Value living in the present.
- Find ways to make everyday duties and responsibilities creative or playful.
- Commit yourself to creative work that will bring out the best in you. Try to make this your source of financial support.
- If it is not possible to make a career of your creativity, make sure you take the time you need for your ideas to germinate in your off-work hours.

- Notice what qualities you admire or envy in others and develop them in yourself.



Develop connections with people who have a lot in common with you.

2. Relationships

- Be direct and specific about stating what you want and don't want.
- Be careful not to blow what others say out of proportion. If you feel offended, check to find out what was really meant.
- Develop a strong support system of friends, rather than relying on only one to meet all your emotional needs.
- Deal with interpersonal issues quickly instead of withdrawing from them. Try to be objective and not overpower people with your emotions.



Try to rejoice in your friends' good fortune.



Beware of having a 'grass is always greener' attitude.

3. Feelings and Emotions

- Write your feelings down in the strongest language possible in a letter *that you do not mail*.
- When you have trouble controlling an emotional reaction:

1. become a detached observer
2. visualize yourself gradually turning the dial down
3. stand still and hurt.
Remember, it *will* pass.



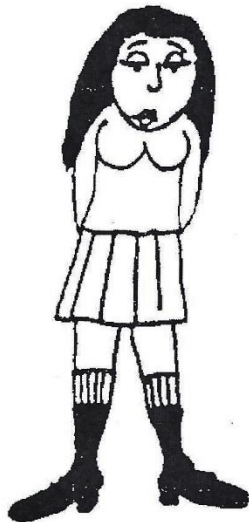
Channel your feelings into creative activities.

This will help you not to be run entirely by your feelings.

- Fours often amplify their feelings out of proportion. See if you are more attached to the intensity of the feeling than to the feeling itself.

4. Avoiding Depression

- As reasonably as possible, confront people who upset you so your anger doesn't turn inward.
- Develop good habits of sleep, exercise, eating, and work.



- Allow yourself to mourn your major losses. Get professional help if necessary.
- Get out of the house. Keep moving.
- Work at belonging. Keep in close touch with relatives and friends.
- Try to express your depression creatively: in poetry, music, dance, or art.
- Focus on the positive aspects of your life.
- Make a list of the things you are thankful for. Write it big, and post it on the wall.

Things Fours Would Never Dream of Doing

- making a paint-by-number landscape and hanging it over their living room sofa
- going to a restaurant in a polyester suit and ordering a Spam sandwich and instant coffee
- thinking for a whole month about nothing but positive things that have happened in their lives
- deciding that mauve, champagne, and indigo are stupid colors and decorating their house in Happy Pink and Laughing Yellow instead
- deciding that soul-searching is too trite and giving it up
- throwing away old photos of boyfriends or girlfriends *dispassionately*



I always forget about it IMMEDIATELY whenever anyone hurts my feelings... like Nancy did on Thursday, August 8, 1989, at 9:37 P.M...

Positive Things to Say to Yourself

I will value each day, no matter how imperfect.

I will relax and enjoy the present.

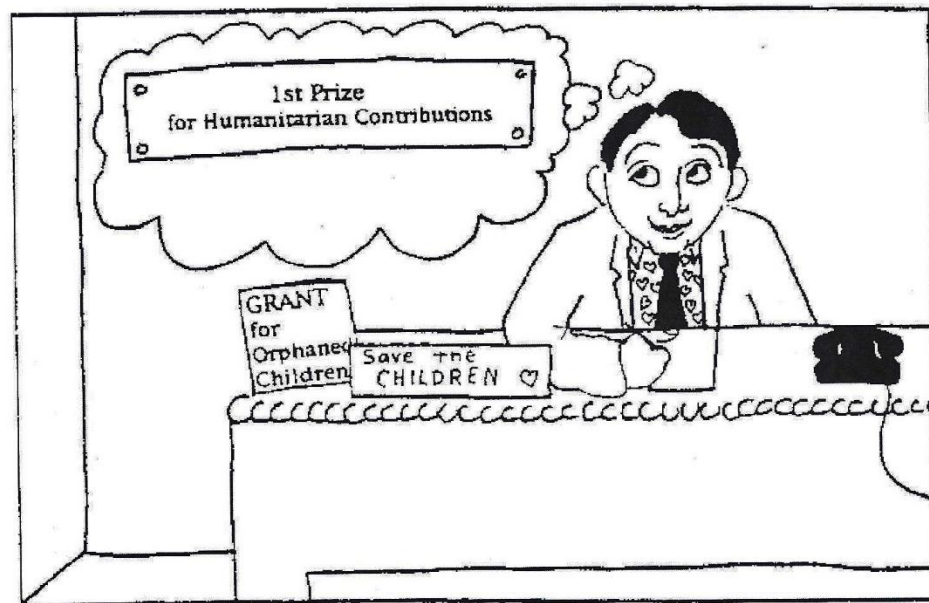
I am at home in my body, the world, and the universe.

At the heart of my life, all is well.

I am beautiful, capable, and lovable, just as I am.

There is nothing to make up for.

I can be as kind to myself as I am to my best friend.



I will make the world a better place
by putting my ideals into action!