

# 4

## The Romantic

*"I've got to be me."*

### Basic Proposition

**True Nature:** Fours are drawn to the depth and meaning of life. They love the beauty inherent in everything. They sense the creative force working in unique and deeply layered ways.

**Great Loss:** At an early age, Fours stopped feeling seen, recognized and understood while continuing to feel unique and special.

**Core Belief:** As a result, Fours feel caught between trying to prove their depth and uniqueness while at the same time feeling they don't have what it takes to get on with daily life.

### Personality

Fours are sensitive and have an artistic sense, no matter what they do for a living. They love to feel unique and can see that is unique in others. Fours value their feelings, especially longing, nostalgia and melancholy. They can value fantasies of what could be/could have been over what is happening in the here and now.

### Where the Four's energy/attention goes (fixation):

- Intense feelings for what is missing or lacking in life
- Finding meaning and fulfillment through self-expression
- Being unique and being seen as unique

### Healthy Traits of the Four (Gifts):

- Sensitive to the emotional state of others; ability to influence others' emotions
- Emotionally intelligent and honest
- Capable of deep connection with others and their uniqueness
- Creatively tap into universal themes; help others go deeper

### Average Traits of the Four:

- Create intense feeling through imagination

- Rich fantasy life
- Dramatic; experiencing and expressing strong feelings for ordinary events
- Prone to mood swings and self-pity

### **Unhealthy Traits of the Four (Red Flags):**

- Over-identification with feelings; feelings are the truth
- Emotions and moods – especially painful ones from the past – become more important than what’s actually happening
- Dissatisfaction with how life is; obsession with what is lacking
- Envy of – and anger toward – people who seem to have what the Four is lacking
- Feeling “too special” for ordinary life

## **Stress and Coping**

### **What Causes the Four stress:**

- People and experiences not living up to the fantasy
- Wanting more intensity than others are comfortable with
- Envy and longing
- Not being able to manage feelings

### **Coping Methods:**

- Heightening emotions
- Searching for the ideal person or situation to provide what the Four feels in missing in themselves
- Creating distance in relationships, which to the Four feels like they are being true to themselves

## **Practices for Transformation for Four**

- Develop a body practice – yoga, tai chi, dancing, running – to bring you back into your body
- Claim your actual gifts. What do you bring to the table? What meaningful action can you take to share it?
- Practice gratitude for the small, ordinary things.
- Observe your feelings. Welcome them, notice how they affect you and let them go. Remember they are just a part of who you are.
- Questions for daily reflection: What ordinary things did I appreciate today? What feelings rose up in me? Was I able to continue moving forward despite them? When did I feel longing? When was I grateful for what was actually happening?
- Develop a mindfulness practice to build awareness of your mind, body and heart as they are in the moment.