

7

The Enthusiast

"I love life and want to experience it all!"

Basic Proposition

True Nature: Sevens know life is a fully spectrum of possibilities to be experienced fully and with sustained concentration.

Great Loss: At an early age, Sevens felt the world frustrated and limited them, causing pain they needed to avoid.

Core Belief: As a result, Sevens came to believe they needed to escape frustration and pain through options, possibilities, pleasures and future plans.

Personality

Sevens are optimistic, upbeat and optimistic. They tend to jump from one project or activity to another. They avoid pain, commitment and can be self-serving.

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

- Imagining multiple options and planning for pleasurable possibilities
- Planning for the next thing before the present thing is done
- What they want
- Avoiding the dark side of life

Healthy Traits of the Seven (Gifts):

- Playful and spontaneous; charming
- Quick thinker and avid learner
- Ability to experience real joy and savor life as it is in the moment
- Versatile; can move easily between many tasks, topics and activities

Average Traits of the Seven:

- Always looking for where the grass is greener
- Waits to commit to something in case something better comes along
- Energy is scattered, distracted and unfocused
- Excessive pursuit of pleasurable activities

Unhealthy Traits of the Seven (Red Flags):

- Pushing down or escapes uncomfortable feelings as they arise
- Avoiding difficult but important conversations or situations
- Worrying they might be missing THE thing that will make them happy
- Getting caught in a cycle of pursuing a thing or situation, not being satisfied with it, pursuing a new thing or situation

Stress and Coping

What Causes the Seven stress:

- Anything that could trap them in an unpleasant situation
- Too much downtime or quiet
- Not being able to do what they want

Coping Methods:

- Having an escape plan from unpleasant situations
- Keeping busy with exciting, fun activities
- Using humor to change topics when things get difficult
- Staying on the surface, emotionally and in relationships

Practices for Transformation for Seven

- Observe your impulses instead of giving into them.
- Be aware of over-scheduling, having multiple projects going, and making future plans. They may be clues you are avoiding something negative.
- Remind yourself that a full life includes the darker side of life: pain, loss, grief, suffering and limitations. Allow yourself to explore this areas of life.
- Notice your habit of seeing the silver lining in the clouds. Try seeing the clouds in the silver lining
- Questions for daily reflection: Did I keep in the moment today? When did I escape into plans and playing with possibilities? Was I able to let myself feel trapped or limited or uncomfortable? How did that feel?
- Develop a mindfulness practice to build awareness of your mind, body and heart as they are in the moment.