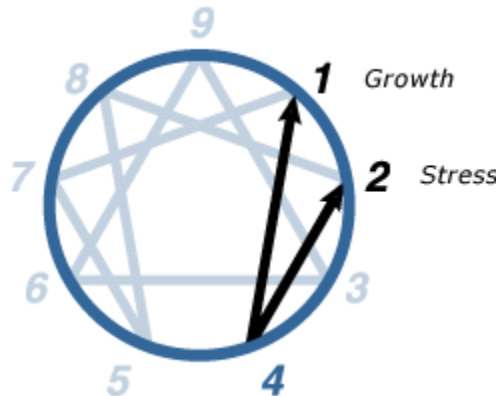


## Type 4



### Motivation – basic desire

- To be themselves, to find their significance, to create an identity out of their own unique experience

### Focus of Attention

- Can I express myself? Can I be authentic?
- Energy spent on what is good about past and future

### Typical Characteristics of 4's

- Self-aware, honest with themselves
- Creative, artistic, imaginative
- Comfortable with uniqueness
- Sensitive, caring
- Original
- Intense
- Expressive
- Understanding
- Questing

### Typical Challenges for 4's

- Self-focused, selfish
- Focused on what is lost, present never as good as past
- Moody, melancholy, depressive, temperamental
- Special, unique
- Envious, jealous
- Controlling

### Strengths

- Creative
- Original
- Sensitive, empathetic
- Passionate
- Thoughtful, stimulating intellectually
- Idealistic
- Authentic
- Mission and purpose driven (meaning matters)

### Challenges - seen as stress increases or in individuals with low self-mastery:

- Non-conformist
- Rebellious
- Unsatisfied and lamenting
- Dramatic
- Changeable
- Moody

### As stress increases or in times of low self-mastery, FOUR's go to the low side of TWO and demonstrate these characteristics:

- Overly helpful and doting
- Manipulative
- Flattering, people pleasing
- Put people before results
- Proudful
- Hard to say no
- Indirect about own needs

### For growth or development, FOUR's are encouraged to explore the high side of ONE and integrate these characteristics:

- Conscientious
- Reliable
- Hard-working
- Productive
- Self-disciplined
- Rational
- Efficient
- Clear
- Honest and ethical
- Detail focused