

# am I a four?

## 4's Core Motivation – I am striving to be:

- Unique by creating an identity that is significant and meaningful to me

## I focus my attention on:

- Contemplating my feelings and thoughts and sharing them, especially with those closest to me
- Living authentically, creating meaningful, unique experiences
- Living fully and deeply

## I avoid:

- Situations (experiences and people) that seem empty, ordinary, tedious or void of meaning

## Typical characteristics and strengths:

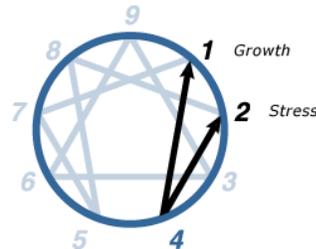
- Creative, artistic, imaginative
- Comfortable with uniqueness
- Original
- Sensitive, empathetic, understanding
- Compassionate, caring
- Passionate, intense
- Expressive
- Intuitive, highly attuned to others
- Thoughtful, introspective
- Mission, purpose and meaning driven

## Typical challenges or blindspots:

- Dramatic, intense
- Moody, temperamental
- Envious, jealous
- Unsatisfied or under-satisfied
- Disappointed, let down, lamenting
- Melancholy, depressive
- Withdrawn, brooding
- Focused on what is lost, missing or not possible
- Self-focused, often self-referencing
- Hampered by guilt and criticism

## Typical patterns and behaviors:

- I am comfortable being my own unique person. It is common for me to feel different or special.
- I spend time introspecting and finding meaning in things. My reflection time tends toward contemplating the past or dreaming about the future.
- My creative/artistic pursuits (when I make time for them) enrich my life immensely and bring me joy.
- Emotions play a big role in my life. Whether happy or sad, I tend to experience all types of feelings deeply.
- Sharing my emotional experience is important to me, especially with those closest to me. This helps create the deep connection with others I thrive on.
- I am highly sensitive to how others treat me. Negative interactions and feedback often lead to feelings of guilt and shame.
- I can struggle with feeling depressed or burdened. I can get fatigued by the heaviness of life.



Considering your **wings** and **arrows** may help clarify nuances of your type.

- 4's Wings: 3 and 5. Most of us "lean" more toward one of our two wings, sharing some behaviors with that type.
- Growth Arrow: 1. 4's "move" toward 1 adopting 1ish behaviors and patterns for growth and development.
- Stress Arrow: 2. Where 4's may go when they are experiencing acute stress or difficulty. Here we see the 4 demonstrate "low-side" or unhealthy type 2 behaviors.