



the individualist

romantic & aesthete



MOTIVATION Fours are motivated by authenticity.

FEAR Fours fear having no identity, significance or being common.

GROWTH WORK

IN HEALTH

Pulls from the positive traits of a one:
Principled
Disciplined
Grounded
Objective



IN STRESS

Pulls from the negative traits of a two:
Jealous
Needy
Test Your Relationships

TRAITS

STRENGTH

Sensitive
Authentic
Creative
Expressive
Introspective
Compassionate
Supportive



WEAKNESS

Moody
Stubborn
Temperamental
Self-Absorbed
Withdrawn
Depressed
Overly Emotional

1 Peter 4:8 - *And above all things have fervent love for one another, for "love will cover a multitude of sins."*

Type 4s place a lot of importance on what is authentic, deep, unique, and also on what they perceive as missing inside themselves. They spend a lot of time in their imagination and feelings, and can empathize easily with others.

Are you a Four?

- Are you annoyed when people try to cheer you up?
- Do you worry about not being completely understood by those closest to you?
- Are you sometimes seen as too emotional?
- Do you feel more fulfilled dreaming up ideas rather than finishing the final details?
- Are you able to hold many emotions at once without being overwhelmed?
- Do you find yourself constantly searching for the 'thing' that's uniquely yours?
- Are you searching for deep connections with people, but also worried about rejection from them?
- Are you comfortable with emotions that bother other people?
- Do you often compare yourself to others?
- Can you sit with someone going through a tough time and easily empathize with them?

(Eddy, pg 74)

Childhood Wound

All children are sensitive to loss. Yet when the Four child experienced actual or perceived loss of love early in life, they blame themselves for it. It might be that another sibling came along, or another life event simply made the parent less available or completely unavailable. The Four child made sense of this abandonment or deprivation by convincing themselves they somehow caused this. By claiming this loss for themselves, it gave the Four child a way to control the situation. While rarely true, having a sense of control allows the Four child

to believe they can regain what was lost. Hence they strive to prove themselves worthy of love, showing people how special they are, all the while truly believing in their own inadequacy. (truity)

At Their Best & Worst

Healthy Fours have a considerable emotional range and they manage it by not speaking or acting on every feeling they have. They know they don't have to be special to win God's unconditional love. These Fours have found a way to live, for the most part, outside the pattern of shame and inferiority. They are deeply creative emotionally honest and connected, and attuned to beauty.

Average Fours struggle daily with learning to accept themselves as they are. Such efforts are complicated as they seek their identity by exaggerating their uniqueness. These fours are coy; they want you to want them but they play hard to get. Their melancholy often goes unchecked, causing painful distance between themselves and others. Average Fours are moody, melodramatic, needy and self-pitying.

Unhealthy Fours tend to be manipulative, playing the role of victim in order to create or maintain relationships. They find themselves lacking when compared to others, which only exacerbates their self-debasement. These Fours feel so much shame they are unable to connect to the very part of themselves that believes they can change and be better.

(The Road, Pg 149)

The Wings of a Four

A 4w3 may be more extroverted, goal oriented, and creatively ambitious. But you may also struggle more with comparison and emotional turbulence.

A 4w5 is likely to be more introverted, eccentric, and intellectually intuitive than a 4w3. The unique struggles you might face are withdrawing from other people and being overly independent.

What Fours can do to have better relationships with others

Accept that there are people who may actually understand you and like you. You will probably have fewer relationships but the ones you do have, will be deep and meaningful. You must learn not to treat your feelings as facts. When you feel yourself responding emotionally to something someone says, stop and ask them what they meant by what they said. You may have interpreted an intention that was not there. As you lean into your growth number (one) and pull from that more disciplined, organized and truthful side of yourself, you can bring balance to your relationships

What others can do to have better relationships with Fours

Fours desire to share their emotions deeply and they want that from those they are close to. Be intentional being open and vulnerable with the Fours in your life. Allow the Fours in your life to be unique and celebrate that uniqueness. Don't try to fix their problems. Fours may want to express their negative feelings, but ultimately, they are okay having them and you do not need to try and take them away. Set clear guidelines but allow them creative freedom.

Since we are all created in the image of God, we all resemble Him in certain ways. That's why we need all of us, together, to make up the complete body of Christ. Put us together and we resemble a fuller image of God to the world. Fours reflect the individuality of our God. God is so different from any human or any being. There is no one like him. *Psalm 86:8 There is none like you among the gods, O LORD, nor are there any works like yours.*

YOU MAY HEAR FOURS SAY...

█ "Did you see that beautiful tree."

█ "No one gets me."

█ "Come here. Go away. Don't leave."

█ "Maybe I'll just never be a"

█ "But that's been done before."

█ "You just need to tell people how you feel."

█ "I just feel like I don't have something that everyone else has."

█ "If I could only _____, then I'd be able to _____."

█ "That smell reminds me of childhood."

5 the thinker

observer & investigator

MOTIVATION Fives want to be knowledgeable.

FEAR Fives fear being incompetent, incapable, helpless, or ignorant.

GROWTH WORK

TRAITS

IN HEALTH

Pulls from the positive traits of an eight:
Assertive
Confident
Decisive
Self-Aware

IN STRESS

Pulls from the negative traits of a seven:
Dissatisfied
Indulgent
Distracted
Avoiding Feeling

STRENGTH

Observant
Objective
Insightful
Visionary
Independent
Calm
Curious

WEAKNESS

Withdrawing
Arrogant
Cynical
Indifferent
Distant
Stingy
Critical of Others

Proverbs 17:27-28 - He who has knowledge spares his words, And a man of understanding is of a calm spirit. Even a fool counted wise when he holds his peace; When he shuts his lips, he is considered perceptive.

Fives are researchers. They will find out all the details and every side of a topic. If a five starts talking about something, they know what they are talking about. They are also very independent and prefer to be alone.

Are you a Five?

- Do you value your alone time and find it hard to understand when other people don't?
- Do you trust your opinion fairly quickly, but have difficulty trusting your ability or competence?
- Are you very aware of your emotional, mental & physical energy levels?
- Do you feel like people should have the ability to take care of themselves, just like you?
- Do people see you as insightful, witty & self-sufficient?
- Do you sometimes feel like your intellect gets overlooked because people value charisma too much?
- Do you tend to make a conscious choice about whether to express your emotions?
- Do you sometimes feel like your shortcomings are simply facts?
- Are you more comfortable observing rather than participating in a new activity?
- Are you typically private about your inner world?

(Eddy, pg 74)

Childhood Wound

The Five's caregiver may not have been responsive to their needs. They may have been neglected. Not getting enough of what they needed led them to be self-sufficient, learning to get by on less by retreating into their heads and protecting their meager resources. Other Five's may have experienced a smothering caregiver. Giving them a feeling of intrusion or invasion. Often, they had to deal with other people's intense emotional drama. They learned to withdraw, emotionally or physically, by detaching from feelings and people. (truity)

At Their Best & Worst

“When you are living from a place of believing and trusting in who you are in Christ, you display the healthy traits of a Type 5. You see connections and observe things others can’t see. You willingly share your insights and understanding with others and live from a place of abundance, feeling connected to the people in your life. You possess a gift of neutrality and can engage with others comfortably.

When you are trying to take control in your own strength, you display the average or autopilot traits of a Type 5. You might be more likely to hide your needs from others, or fear that they will intrude on or overwhelm you. You place a higher value on autonomy and are more likely to rely on yourself rather than your faith. You might withdraw from others and set up strong boundaries to protect yourself.

When you forget who you are in Christ and live out of alignment with God’s truth, you display the unhealthy traits of a Type 5. You become more focused on withdrawing from others or isolating yourself, and can hold on tightly to your resources. You’re more likely to struggle with dark and conspiratorial thoughts and can be defensive and overly sarcastic.

The Wings of a Five

Fives with a Four wing (5w4) are more creative. They are independent and often eccentric. They are more in touch with their feelings but will still want to process them alone rather than with a group. The connection to deep emotion will help them be more tender with themselves and others. They will be less emotionally guarded and able to communicate their feeling to those they love.

Fives with a Six wing (5w6) have a more prominent relationship with fear. These Fives will be more cautious and skeptical and may struggle with anxiety. These fives are more social than the 5w4 but may question authority. These Fives make more of an effort to make alliances and connections with those in their lives. They can be socially awkward, but they can get to know others easier than the 5w4. These Fives will be less patient with a tense or confusing relationship, withdrawing more quickly than other Fives.

What Fives can do to have better relationships with others

It is important to understand that your competence is not as important to others as you may think. Many times, others want closeness with you and not necessarily facts and information – although you are well learned and others do benefit from your knowledge. You will need to reach into the lives of others to develop close relationships. “Relationships can’t always be on your terms – the needs of others are as real and pronounced as yours.” (Stable pg 144) Many other people value emotions and actions, you will need to balance those sides of you in order to connect with others.

What others can do to have better relationships with Fives

It is important for others to give Fives the space that they require. Don’t be too intrusive and don’t take it personal when a Five pulls away to be alone. It’s not a reflection of you, but an example of a Five managing and conserving their energy. Fives measure many events by how much energy, time, and privacy it will cost them. So when a Five does give some of those things, acknowledge that.

If you have a disagreement with a Five or you need to have a serious discussion, set up a time to discuss with them and give them time to think. Let them know the agenda ahead of time. They will be much more open to working through things if they do not feel ambushed or imposed upon.

Since we are all created in the image of God, we all resemble Him in certain ways. That's why we need all of us, together, to make up the complete body of Christ. Put us together and we resemble a fuller image of God to the world. Fives reflect God in that God has all knowledge and while fives are not ALL knowing, they are learners and if they speak, they know what they are talking about. *Proverbs 2:6 – For the Lord giveth wisdom, out of his mouth cometh knowledge and understanding.*

FIVES IN RELATIONSHIPS



- Bring a logical perspective.
- Bring interesting and new ideas to the table.
- Not breaking when we are falling apart. You hold space without becoming overwhelmed by our emotions.
- Isolate yourself.
- Give great advice.
- Remind us to do our research & not take the world at face value.
- "I'll take care of me and you take care of you."
- Paying attention.

Resources

The Holy Bible: English Standard Version. 2016. Wheaton, IL: Crossway Bibles.

The New King James Version. 1982. Nashville: Thomas Nelson.

The Holy Bible: King James Version. 2009. Electronic Edition of the 1900 Authorized Version. Bellingham, WA: Logos Research Systems, Inc.

The Honest Enneagram by Sara Jane Case. 2020. Kansas City, MO. Andrews McMeel Publishing.

The Enneagram for Beginners by Kim Eddy. 2020. Penguin Random House, LLC. New York

The Path Between Us by Suzanne Stabile. 2018. Downers Grove, IL. InterVarsity Press.

Uncovering Your Common Childhood Wounds by Enneagram Type. truity.com

The Childhood Wounds of Every Enneagram Type by Susan Storm. 2020. psychologyjunkie.com

The Road Back to You by Ian Morgan Cron & Suzanne Stabile. 2016. IVP Books.