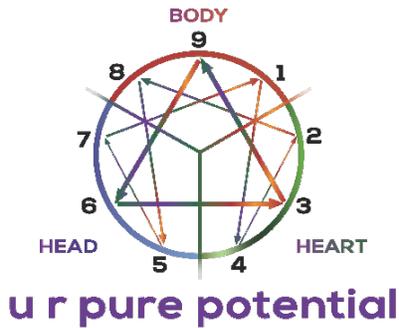


Session 7
How Each Character Structure and the Addictive Style
Type 4 – Romantic or Individualist



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What happened as a result of using the Enneagram?
For the Client and for me
What might have happened without it.
For the Client and for me

Triad of Enneagram:
Heart Center
Distress primary emotion overtly expressed

Unmet Childhood Need:
To be seen

Focus of Attention:
On what is missing

Avoidance:
Despair, loss and sadness

Cognitive Habit:

Melancholy: It must be better somewhere else.

Emotional Habit:

Envy - others have what I have been denied.

Corresponding Virtue:

Equanimity

Adaptive Strategy:

Longing for an awakening through love.

Motto:

“Always looking to fill the half empty glass.” “The grass is always greener somewhere else.”

Process of Addictive Cycle:

Melancholy has its paybacks. A romanticized interior world controls fears of abandonment and envy of what others have. Yet melancholy also rejects ordinary happiness in pursuit of imagined permanent bliss.

Likely addictions:

Love addiction, sexual addictions, alcoholism, pain killers or opioids, eating disorders, shopping addiction and hoarding.

What helps Each Type in Recovery?

1. Loss is real and not imagined. It needs to be mourned and integrated instead of glamourized. And the addiction is a loss too!
2. Practice noticing what you have versus what is missing.
3. Notice that much of what you envy in others you already have in some way.
4. What the focus is self-absorption, move your body and get exercise.
5. Gratitude journals or daily practices of gratitude.
6. Mood regulation practices including observation of moods and cycles.

7. Notice your need for special attention and give it to someone else.
8. Pay attention to the cycle of desire, getting and rejecting. As you turn your attention toward this cycle, it's likely to automatically relax.

If you are a type 4 counselor or coach, consider the following type bias:

1. Notice your own moodiness and how it influences your relationships with your clients and others.
2. Notice your tendency to want others to demonstrate more and more emotion.
3. Notice your own tendency to fixate on what's missing while working with others.
4. Notice how envy shows up in yourself.
5. Stay focused on the goals of the clients and what is going on in the present time.
6. Notice your expectations about uniqueness and authenticity and what happens when you deem them missing.

Q and A

Homework:

Watch the video of the type 5

