





Enneagram #4



The Enneagram 4 is The Intense Creative

The Intense Creative is a vibrant, sensitive and creative person who experiences the aesthetic beauty of their world. They feel unique and special to the extent that they believe their difference and complexity make them almost impossible to understand. This can lead to feelings of melancholy or depression. They are born romantics who love to express themselves creatively. They want to be special and they want to engage in meaningful relationships and meaningful pursuits that make a difference by connecting emotionally to people. They often are people who love being in nature and love being around children.

KEY WORDS

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|  | Self-renewing and Life-embracing |  | Individualistic and Temperamental |
|  | Creative and Sensitive |  | Melancholic and Flamboyant |

WHAT DRIVES ME

It is very important to me that I am seen as special, unique and authentic. You cannot “put me in a box” because there is no one quite like me. I am in touch with my feelings and I am highly empathetic to your feelings.

FEARFULLY AND WONDERFULLY MADE

- My gift to the world is reflecting God’s creativity and depth.
- I find comfort in God because of His beauty in creation and the diversity of all things. He made me special and He has made a world full of beauty. I connect deeply and emotionally with God’s beauty in the world.
- I am stretched by God because of His grace. I have a pervasive sense that I don’t measure up to my expectations, other’s expectations and God’s expectations so to believe in God’s undeserved favor - the very thing I long for - is difficult. I struggle to believe that God loves me as I am because I think I should have more of “something to be worthy” - although that “something” is very elusive to me so I constantly struggle with the feeling that something is missing.
- I experience love from others when you appreciate the uniqueness of who I am and the unique contributions I bring. When you take the time to listen to me and allow me to express my strong feelings without judging me or trying to change me, I know you care for me.
- I love other people by connecting emotionally with you such that you share what you are feeling with me. I am a creative person and share my creativity with others as a way of expressing my love.

SPIRITUAL PRACTICES

PRACTICE THE BREATH PRAYER

As you breathe in pray, "Jesus fill my void..."

As you breathe out pray, "...Jesus you are enough."

NAME YOUR EMOTIONS

You live from your heart but the more accurately you can name what you're feeling, the greater power to respond rather than react. Download the Mood Meter app on your smartphone and record your emotions throughout the day.

MEDITATE ON AND MEMORIZE

2 Corinthians 3:17-18. Think about living in God's grace and how it leads you to be more like Jesus.

FIND YOUR BEAUTY IN THE ORDINARY

You have an internal drive to pursue the unique and extraordinary. Slow down and appreciate how God is revealing His beauty in the everyday, mundane ordinariness of life. And observe your unique contributions to others in the ordinary life. Begin journaling.

LIVE CREATIVELY

Don't neglect your gift but find ways to express it.

Share it with others.

AT MY BEST

- You'll see me at my best when I can live out of what I'm feeling that gives me a purpose and passion for life.
- I have freedom to express myself to communicate in unique and creative ways.
- I see what is missing and am not afraid of suffering or having painful emotions so I can ask the hard questions.

AT MY WORST

- You'll see me at my worst when I'm afraid of being seen as ordinary or unoriginal.
- If you ignore me or ask me to do something contrary to my core beliefs.
- You don't recognize and give me credit for my contributions I will react with strong internal feelings that will come out externally.

Other people experience me as a fierce, emotionally alive and creative person that encourages others to be real and authentic. People appreciate my "real-ness" and, when I'm healthy, find me to be a safe person to open up to.

WHO I AM

TO GET WHAT I WANT, I WILL MOST LIKELY

withdraw so I can gather the energy to meet the challenge and connect deeply with my feelings. I will pursue the things important to me with a sense of passionate purpose.

WHEN I DON'T GET WHAT I WANT, I WILL MOST LIKELY

react to the conflict by feeling strongly and expressing those intense emotions so I make sure you hear, see and understand me.

I LIVE MOSTLY OUT OF MY

heart - I feel things intensely and fully. I am very in tune with my emotions and pick up on the emotions of others. Most people will experience me as a very empathetic person.

MY SELF MEDICATION TEMPTATION IS

to either retreat into a world of beauty and creativity in my mind or my activities that allow me to express my pain, suffering and sorrow, or to "live out loud" without filters on my emotional expression that pulls those around me onto the rollercoaster of my intense feelings. People might label me as "moody" but I believe I am just expressing my authentic self.

MY CORE WEAKNESS IS

my envy of others, leaving me with a sense that there is something missing from who I am. I am constantly comparing myself to others and almost always see myself as coming up short. This can lead to a sense of depression and hopelessness that I will never measure up.

SPIRITUAL TRANSFORMATION

TO HAVE A CONVERSATION ABOUT JESUS WITH ME

"Understand I am going to feel the conversation as much as hear it. I think in metaphor and pictures, so tap into the rich imagery that Jesus used to speak to me of His love, grace and truth."

MY JESUS TRUTH IS

Jesus you see me, understand me and know me fully - your love fills my greatest longings.

"May you experience the love of Christ, though it is too great to understand fully. Then you will be made complete with all the fullness of life and power that comes from God" Ephesians 3:19

