



'The Individualist'

Creative, sensitive and withdrawn

- Type FOUR · HEART Centre -

The Enneagram describes 9 ways of seeing the world.

If you have always felt things more deeply than the people around you and wondered why nobody else seems to feel it too, this one is yours. You are motivated through your heart. But where a Two seeks love and a Three seeks admiration, you seek something rarer, to be truly and completely understood.

Why this name?

The Four is named The Individualist because they have an extraordinary need to be unique and truly understood. They see the world through a deeply personal and creative lens that most people will never fully appreciate. But this depth comes at a cost, a Four will focus so intently on what feels missing that they can miss the beauty of what is already there. Their journey is accepting that what they already have and who they already are is enough, and that starts with understanding the motivation that propels them forward and the fear that is quietly shaping their every move.

What gets you out of bed

To be seen as unique, deeply understood and to find their true identity and significance

What keeps you up at night

Having no identity or personal significance in the world

These three levels describe the range of how a Type Four can show up; from your most expansive self to your most contracted.



When you are in flow · Levels 1–3

You have stopped waiting to feel whole before you show up. Your depth, your sensitivity and your extraordinary empathy are no longer a wound, they are your compass. You transform your own experience into something that moves and illuminates the people around you. Not despite your pain. Through it.



When life gets hard · Levels 4–6

You focus on what is missing rather than what is present. The longing becomes louder than the living. You can romanticise the suffering rather than move through it, and somewhere in there the present moment stops being enough.



When you are running on empty · Levels 7–9

You feel tormented and completely lost in your own darkness. The belief that you are fundamentally flawed and beyond repair has taken over completely. This is not the truth of who you are. It is what happens when a Four has been alone with their pain for far too long.

Discover how to begin living in flow →

Type FOUR

'The Individualist'

This is what becomes possible when you release and surrender

Most Type Fours have always known they were different. The real question is; have you ever allowed that difference to be a gift rather than a wound?

Type Four - Your true gift to the world

To give people permission to feel everything. In a world that is desperately uncomfortable with depth, grief, longing and beauty, a healthy Four stays in the room with all of it. They don't fix it. They don't rush past it. They sit with it, and in doing so make others feel less alone in their own darkness.

This is what release and surrendering looks like for a Type 4.

Not becoming less sensitive. Not pretending the longing is not there. The moment you realise that what makes you different is not a flaw to be fixed but a gift to be offered. When you finally stop waiting to feel whole you will discover that you already are.



With Yourself

You stop waiting to feel whole before you show up. You embrace your extraordinary sensitivity as a gift rather than a wound and discover that what makes you different is exactly what makes you beautiful.

The work: staying present with what is here rather than longing for what is missing.



With People You Love

You become the most deeply empathetic and emotionally honest presence in someone's life. You see people in a way nobody else can, and you make them feel truly and completely understood.

The work: allowing someone to truly see you without withdrawing when they get close.



With The World

You channel your extraordinary depth and creativity into art, expression and meaning that moves and transforms the world. You help others feel what words alone cannot express.

The work: sharing your depth before you feel completely ready.

Begin Here: Observe

You feel things more deeply than most people will ever understand.

Observe this: are you using that depth to connect with the world or to convince yourself that you will never truly belong in it?

The Enneagram is a lifelong practice. If your curiosity has been sparked and you are ready to explore further, I would love to continue this conversation with you.

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ENNEAGRAM & INTEGRATIVE COACH



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