

## Type 4 – part of the HEART Triad

For Enneagram Type 4, working Step One involves acknowledging how their desire for uniqueness, deep emotions, and longing for significance have influenced their relationship with food. Type 4s may turn to food to cope with feelings of inadequacy, melancholy, or emotional intensity.



### **1. Admit Powerlessness Over Using Food to Cope with Emotional Depth:**

Type 4s experience emotions deeply and may use food to either intensify or numb these feelings. Admitting powerlessness means recognizing that food cannot fill the emotional void or resolve the feelings of being misunderstood or inadequate.

### **Week 1 Reflection question:**

**“How have I used food to deal with overwhelming emotions, or to feel more connected when I’m feeling isolated or different?”**

Step 1

Type 4

Question 1



Type 4 aka:

*Individualist*

Passion (Defect):

*Envy*

Virtue (Gift of the Spirit)

*Equanimity*

I am unique & people need to know that

MANTRA:

*“I have everything I need  
in this moment to grow.”*

Type 4

