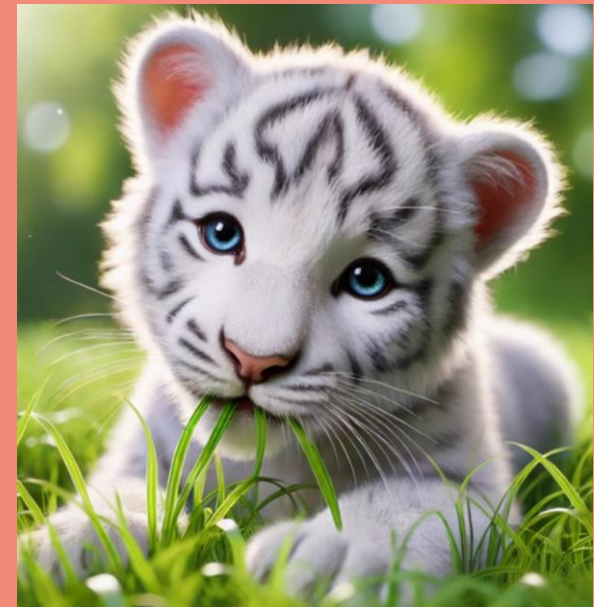


Type 4 – part of the HEART Triad

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.



2. Recognize the Unmanageability of Emotional Over-Identification:

Type 4s often identify strongly with their emotions, which can lead to mood-based eating or compulsive eating as a way to process their inner experiences. Admitting that their emotional attachment to food has become unmanageable is a crucial realization.

Week 2 Reflection question:

“How has my tendency to over-identify with my emotions made my relationship with food unmanageable?”

Step 1

Type 4

Question 2



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



Type 4 aka:

The Creative Alchemist

STRIVING TO:

Feel Unique

BY:

Avoiding insignificance

Avoiding conforming

Avoiding small talk

MANTRA:

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



The Creative Alchemist