

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.



3. Acknowledge the Need for Emotional Balance:

Step One for Type 4s is about learning that food cannot be a solution to their emotional intensity or sense of inadequacy. They must seek balance, acknowledging that their emotions are valid, but not always a reflection of their true needs.

Week 3 Reflection question:

“What would it feel like to seek emotional balance and support, rather than turning to food to process my emotions?”

Step 1

Type 4

Question 3



The First MONTHLY Step-Up Challenge

2	Type 1	You usually seek to FEEL Perfect so do one of these this week:
3		Seek criticism
4		Break a Rule (don't get arrested!)
5		Do something completely illogical
6		
7	Type 2	You usually seek to FEEL Connected so do one of these this week:
8		Take care of a need for yourself that you have been ignoring
9		Spend at least an hour completely alone (& NOT distracted)
10		Say "no" to someone who you believe may need help.
11		
12	Type 3	You usually like to FEEL Outstanding so do one of these this week:
13		Try something you are pretty sure you will fail at
14		Be alone for an hour and feel sad & cry about a past event
15		Do a task (that is usually easy) with your non-dominant hand (no knives please!)
16		
17	Type 4	You usually like to FEEL Unique so do one of these this week:
18		Spend time somewhere (in Nature?) that makes you feel SMALL
19		Blend in with a crowd
20		Talk with someone about the weather or other small talk.

Type 8 You usually like to FEEL Powerful so do one of these this week:
Ask for something by dropping hints (rather than asking directly)
Stand in line at a grocery store, stand in the longest line and don't switch to a shorter line. (NO yelling at anyone!)
In a safe place with no obstacles to trip over, let someone blindfold you and lead you around

21		
22	Type 5	You usually like to FEEL Sufficient so do one of these this week:
23		Emotionally react to a sad "animal" movie like "Old Yeller" or "Ring of Bright Water" (give yourself permission to cry if you feel like it)
24		Spend an hour in a crowd and feel part of the crowd (not just observing- like really get into a sport or a movie)
25		Ask an expert a question about a topic that you know nothing about
26		
27	Type 6	You usually like to FEEL Secure so do one of these this week:
28		Follow someone else's instructions
29		Do something that you have not prepared for at all
30		Allow yourself to FEEL that you may not be enough (& journal that)
31		
32	Type 7	You usually like to FEEL Satisfied so do one of these this week:
33		Decide to FEEL angry, judgemental, some negative emotion about a character in a movie, then journal about that.
34		Stand in line at a grocery store, stand in the longest line and don't switch to a shorter line.
35		Make a 7 item to do list and go down it item by item until they are all done- no jumping around!

Type 9 You usually like to FEEL At Peace so do one of these this week:
Order a VERY SPECIFIC meal at a restaurant (be very direct and unapologetic)
Play against someone and force yourself to be very competitive
Make a decision you have been putting off (no contracts, please)

*We admitted we were powerless over _____
that our lives had become unmanageable*

What may make Step 1 difficult for MY Type?

Type	Passion	Type	Passion
1	I need to Keep the perfect illusion going	6	My inability to trust prevents surrender
2	I Seek my “self” in others- to be loved. How could someone so giving be an addict?	7	Feels like surrender limits my options and it might not be fun.
3	I seek my “self” in others – to be admired- Isn’t being successful proof that I am not an addict?	8	Surrender implies I’m not in charge. Who else will be in charge?
4	My need to feel intense emotions prevents me from seeing my powerlessness	9	Surrender=stepping into life, I’d rather be numb & comfortable.

5. Knowledge is power. If I know enough I am never powerless.

This is a summary of a potential roadblock in recovery. Try it on for fit....no worries if it doesn't quite fit- there's work ahead 😊