

Type 4 – part of the HEART Triad



STEP 2: “Came to believe that a Power greater than ourselves could restore us to sanity. For Enneagram Type 4, working Step Two involves acknowledging that their emotional intensity and feelings of being different or misunderstood can’t be managed through food. Type 4s may use food to cope with deep emotions or to feel special, but Step Two asks them to trust that a Higher Power can restore balance in their lives.

1. Admit That Emotional Intensity Can’t Be Managed Through Food:

Type 4s often turn to food to either intensify or numb their emotions. Step Two requires them to admit that their emotional experiences can’t be managed or controlled through food.

Weekly Reflection question:

“How have I used food to manage my emotional intensity, and how has this approach kept me from finding real peace?”

Step 2

Type 4

Question 1





Type 4



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Inspiring Champion
Gift of Spirit:

Kind Wizard
Gift of Spirit:



1



Merciful Teacher
Gift of Spirit:

Creative Alchemist

Gift of Spirit: _____



2

Intuitive Healer
Gift of Spirit:



Passion (Defect):

MANTRA:

STRIVING TO: **Feel**
_____ **by Avoiding**

Virtue (Gift of Spirit)

What is the Nature? _____

