

"A valuable opportunity to trigger your personal and professional growth path."

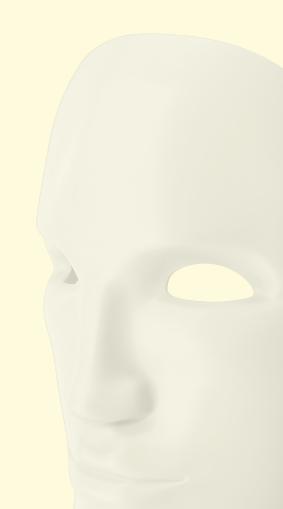
What is the Enneagram?

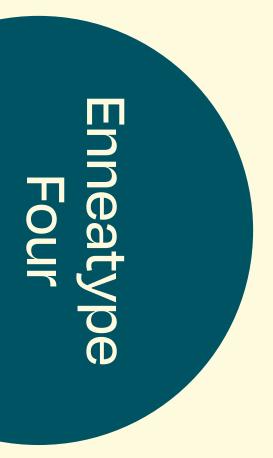
In times of great transformation sometimes we wish we had a tool to help us better read ourselves and others around us. Here is where knowledge of the Enneagram, a powerful tool for decoding why we are the way we are, our behaviour, how our character traits influence us in situations that bring us happiness or unhappiness, can come to our aid. It helps us to understand more deeply what we are afraid of and what we run away from, to identify our strengths on which to trigger change, how instead to recognise the traps we fall into.

Today there are many paths and tools for knowing ourselves: the Enneagram is among them. A tool of awareness for better self-knowledge and understanding of others who, like us, fall back into their automatisms and fears.

The Enneagram is a tool that identifies **9 main**personality types that lead back to a primary
conditioning aspect and automatisms that we
do not recognise and struggle to get rid of. From
childhood we have built defence mechanisms
that generate recurring compulsions and anxieties
whenever we are in trouble.

The power of the Enneagram is precisely its becoming a traveling companion at our service, valuable support because of its ability in reading us and others, and to guide us on how to work on the blocks and conflicts that prevent us from being as we would like to be.





Your test result is:

Enneatype Four

The Romantic-Tragic

Enneatype Four is one of the nine personality types described in the Enneagram system.

They are known as the **Romantic-Tragic** or the **Individualist**: they are characterised by a deep desire for individuality and intense emotionality, constantly seeking to understand themselves, to express themselves in a unique way, and to connect with their inner world in a profound way.

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Enneatype Four

Enneatype Four is highly emotional, experiencing emotions in deep and complex ways. They can experience a wide range of emotions, including sadness, joy, anger and fear, and often seek to explore these feelings in detail.

One of the distinguishing characteristics of Enneatype Four is the desire to be unique and special. They have a deep fear of being ordinary or like everyone else, so they constantly seek to develop and display an original individual identity that can set them apart. This quest for uniqueness is often reflected in the aesthetics, hobbies, the way they dress, and the art they create.

Enneatype Four is often extremely self-aware, adept at exploring their inner world and reflecting on themselves. Self-awareness drives them to constantly seek meaning in their life and in the experiences they have. They can often experience melancholy or sadness because they are sensitive to the nuances of emotions and can therefore focus on negative aspects of their life or experience.

Often Enneatype Four has a **strong inclination toward the arts,** may be a writer, musician, actor, or visual artist, and often uses these creative forms to express their emotions and individuality.

One of Enneatype Four's main fears is the **fear of being empty or insignificant**. This fear drives them to constantly seek something to give their life meaning, often through art, spirituality or meaningful relationships.

Enneatype 1 Enneatype 2 Enneatype 3 Enneatype 4 Enneatype 5 Enneatype 6 Enneatype 7 Enneatype 8 Enneatype 9

In addition, they can often feel misunderstood by others, as their complex emotions and desire for uniqueness can make them difficult to understand for those who do not share their same perspective. Although they constantly seek to be unique, Enneatype Four also desire connection with others and may be fascinated by people considered unusual or nonconforming.



"They are a deeply emotional and creative individual, constantly seeking their own individuality and meaning in life."

Because of their emotional intensity, Enneatype Four may have a certain inclination to **dramatize situations**, to overestimate events and emotions, making situations more intense than they actually are. It may happen that they seek meaning and spirituality in their existence, for example, enriching their personal growth path by exploring different religious traditions or spiritual practices.

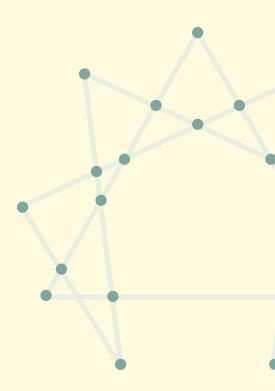
The desire to be unique leads Enneatype Four to fall into the **trap of comparison**. It often compares itself with others and may **feel envious or inadequate** if it perceives that someone else has something it desires.

Often, **creativity** is one of their main avenues of expression; in fact, through music, art, writing or other creative forms they try to communicate their emotions and sense of the world.

When feeling overwhelmed or stressed, Enneatype Four tends to withdraw emotionally by seeking solitude to reflect on their emotions and regain energy. Despite their inclination toward individuality, they often seek deep and meaningful relationships. They seek to connect with others on an emotional level and share their inner richness.

Sometimes, Enneatype Four can exacerbate emotional drama in relationships by taking refuge in "no one understands me." This can result in intense emotional ups and downs, which can test relationships. One of Enneatype Four's main goals is the search for the authentic self: it wants to be able to express who it really is, without compromise.

The positives of Enneatype Four are intense creativity, deep connection with self and others, the ability to see the beautiful in life, and the art of transforming experience into expression. Downsides, on the other hand, are possible excessive compassion toward self, a tendency toward depression and envy, an excessive sense of devaluation, and a constant search for meanings that can lead to chronic dissatisfaction. One of the main challenges for Enneatype Four is to overcome the tendency to over-identify with one's emotions and to constantly seek external confirmation of one's uniqueness.



In summary

Enneatype Four is a deeply emotional and creative individual who constantly seek their own individuality and meaning in life. This **search for uniqueness** can lead to periods of intense melancholy, but when they develop their positive side, they can bring beauty and depth to the world through their art and meaningful relationships. Awareness of their own challenges and personal growth are keys to achieving their full potential.

Strengths

of Enneatype Four

Enneatype Four is sensitive, original, deep and authentic: a unique combination of qualities that sets them apart from others. These characteristics help define their temperament in distinctive and meaningful ways. In this detailed description we will explore each of these qualities, highlighting their manifestations, positive aspects, and associated challenges.

Sensitivity is a fundamental quality that distinguishes Enneatype Four: it is attuned to their own emotions, experiences and those of others. **Sensitivity** is often associated with **great empathy**, the ability to understand the feelings of others, and the ability to respond with compassion.

01.

Enneatype Four is able to put themselves in the shoes of others and **deeply understand** what others are experiencing, and this can lead to an excellent ability to support others and connect with them.

02.

Enneatype Four **tends to react** intensely to emotions: they can be touched deeply by emotional experiences and can experience feelings in a very intense way.

This sensitivity leads them to a heightened awareness of their emotions, and this awareness can foster their personal growth and understanding of themselves.

03.

Enneatype Four is often associated with **great compassion** toward others: they are inclined to help others, show kindness, and be a significant emotional support. This quality enables them to perceive the nuances and complexities of

situations, relationships, and emotions.

The ability to perceive nuance leads them to a richer view of the world and to carefully analyse situations

04.

Enneatype Four makes **originality** a highly distinctive trait: they want to be a unique and creative person, able to express their individuality in extraordinary ways.

They tend to think unconventionally and avoid predictable patterns and is open to new ideas

and approaches. Originality is often correlated with great creativity: the Enneatype Four can excel in fields such as art, writing, music, and innovation.

05.

Enneatype Four embrace their **individuality** and do not try to conform to social expectations; they take pride in being different and expressing their authenticity. Moreover, originality is often associated with innovation: indeed, it is easy for

Enneatype Four to be the one who introduces new ideas, creative solutions and innovative approaches in various fields.

06.

Enneatype Four can be prone to a form of constructive rebellion against conformity and standardization, and this rebellion can lead to positive changes.

It tends to be more tolerant of the originality of others and can appreciate and support the efforts of those who seek to express their uniqueness authentically. Enneatype Four manifests originality in various forms of creative expression, with unique style choices to innovative approaches to work. They are able to immerse themselves in complex issues, seeking an in-depth understanding of life, people, and experiences. They typically spend a lot of time reflecting and exploring ideas and emotions and is inclined to go deep instead of staying on the surface. Depth often results in a strong interest in existential and philosophical questions. Enneatype Four seeks authentic and meaningful relationships, wanting to connect on a deeper level and share their inner experiences. Depth leads them to greater introspection, engaging them in better understanding themselves and their own motivations.

Enneatype Four **seeks meaning** in everything they do: therefore, they often manifest **great interest in the arts**, culture, literature, and philosophy. These disciplines offer them opportunities to explore deep themes that lead them to a greater tolerance for ambiguity and complexity.

Enneatype Four can embrace complexity without seeking simple answers: they tend to take their time in decision-making and analysis; they want to fully understand before acting. They have a deep respect for truth and honesty and seek to live authentically and sincerely. They live in line with their values, desires and beliefs.

Authenticity involves a congruence between what one thinks, says and does. Enneatype Four is consistent, pursues their personal values and lives in accordance with them; this requires courage in expressing their feelings, opinions and desires. In addition, they are not afraid of being judged for who they are; this leads them to greater self-confidence.

Enneatype Four is capable of **pursuing their own goals** and **realising their own dreams**; they are rooted in truth and honesty. They do not try to adapt to others' expectations at the expense of their own happiness; they accept themselves with all their strengths and weaknesses; they do not try to hide who they are or conform to social standards; they seek authentic relationships based on mutual understanding and sharing themselves with others; they are willing to learn from themselves and others and grow over time.

In summary

Qualities such as sensitivity, originality, depth and authenticity, already extraordinary individually, are combined in Enneatype Four, creating a truly unique individual. These qualities contribute to a **strong connection with others**, an ability to see the world differently and a profound approach to life. However, it is important to note that these characteristics can also bring challenges, such as a tendency to be **overly reactive**, emotionally **vulnerable**, and struggle with social conformity. Awareness of these challenges is the first step toward the full development of Enneatype Four and the positive use of its unique qualities.

Depth
Creativity
Honesty
Constructive Rebellion

Weaknesses

of Enneatype Four

Enneatype Four can manifest a complex combination of characteristics, attitudes and behaviour that requires in-depth analysis to fully understand its nature. Here we highlight the roots of its behaviour, the challenges it faces and possible underlying causes.



01.

Enneatype Four may take on the victim attitude, which tends to perceive one's life as a series of injustices suffered and misfortunes; it may perceive the world as an enemy and life as a constantly difficult and unfair experience. The attitude of victimhood can be manifested in various ways: frequent complaining about

difficulties and misfortunes, seeking sympathy and attention from others, and a tendency to blame others, circumstances, or misfortune for the problems one faces, rather than taking responsibility for them.

02.

Enneatype Four sometimes uses victimhood to mask a **lack of personal responsibility**: they may avoid making decisions or facing challenges, expecting others to take care of them. When they adopts the victim role, they may constantly seek favours from others, often without reciprocity;

in addition, they may perceive even small daily challenges as unfair, feeding their own self-pity and becoming emotionally dependent on others, constantly seeking comfort, approval and support.

03.

Enneatype Four may be driven by individualism to focus primarily on self and develop a self-centered worldview. This can lead to a lack of consideration for others and a tendency toward social isolation.

Indeed, they may be seen as **selfish**, interested only in their own needs, desires and well-being, often at the expense of others; they may have difficulty working in teams or participating in collective initiatives unless they see a clear personal benefit.

04.

Enneatype Four may be driven by individualism to a **lack of empathy** toward others, as they are primarily focused on themselves. Excessive self-sufficiency and the idea that they can solve all problems on their own, without asking for help or support, are just a few examples of the behaviour they may engage in on certain occasions.

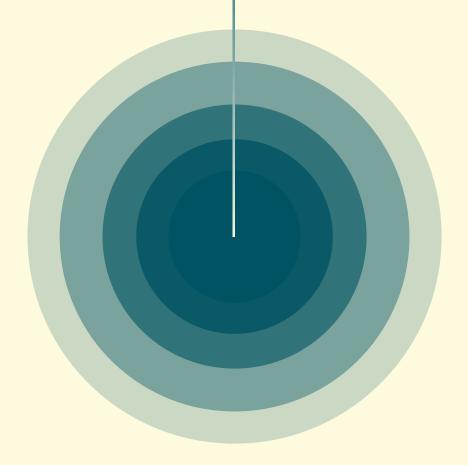
Enneatype Four may show **indifference** to the needs and problems of others: feeling estranged from the world, they may experience a feeling of disconnection from society and their surroundings.

05.

Enneatype Four may avoid social contact or **isolate** themselves from friends, family and community, feeling **alienated** from others because they are unable to understand or appreciate their perspective and individuality. The feeling of alienation may lead to cynicism toward society and institutions and a deep

distrust of the outside world; it may lead to a **rejection of prevailing social norms** and values, with a tendency to follow an unconventional path. In some cases, this attitude may lead Enneatype Four to seek an alternative reality through beliefs or practices that are out of the ordinary.

Victimhood
Dependence Emotional
Insulation
Indifference to others
Foreignness



Ultimately, an Enneatype Four who identifies as a victim, individualistic, and estranged from the world can present a complex set of behaviour and attitudes that require **deep introspection** and, in many cases, the support of mental wellness professionals to address the deep roots of these attitudes and promote personal growth.

Overcoming victimhood, individualism and feelings of alienation requires active engagement and a willingness to explore new patterns of thinking and behaviour that foster greater connection with oneself and others, as well as greater self-realization and overall well-being.

Conflict management

of Enneatype Four

01.

Managing conflict in a corporate environment is a complex challenge, but this challenge can be even more demanding for a person who exhibits a combination of characteristics such as sensitivity, depth, originality, individualism, and a sense of victimhood. However, through in-depth self-understanding, development of conflict management skills, and awareness of their own behavioural patterns, Enneatype Four can manage contrasts effectively. Sensitivity and the ability to delve into issues can be an advantage in dealing with conflicts in business. Sensitivity allows one to grasp the emotional nuances of situations and better understand the concerns of those involved, while depth allows one to examine the roots of conflicts and go beyond the surface to address the underlying issues. However, they can also result in greater emotional vulnerability, so it is important for The Enneatype Four to strike a balance between emotional openness and resilience. Sensitivity makes it easier for Enneatype Four to put herself in the shoes of others and understand their perspectives. Empathic communication is a key skill of their, which they use to deal with conflicts constructively, as it allows them to express understanding and support for others' concerns.

02.

Depth allows them to dig deep into the causes of conflicts. They can be adept at identifying hidden issues and unmet expectations. This is an advantage for Enneatype Four because it enables them to identify the roots of problems. Their continuous reflection on issues, among other things, helps them to see their own role within conflicts from different perspectives, researching how their behaviour or reactions may contribute to the conflict situation. Originality and individualism are advantageous in dealing with conflicts in the company as they can lead to a unique and innovative approach. Enneatype Four may be willing to think unconventionally and come up with creative solutions to problems.

However, it is important to balance originality with collaboration and listening to others' opinions. Originality allows them to explore new approaches to conflict resolution. It may suggest solutions not yet considered or provide new perspectives. Individualism allows them to make decisions independently, but they must consider the implications and potential impacts on the team or the organisation as a whole: they must therefore pay attention to how they authentically express their opinions and feelings during conflict management.

This **authenticity** can promote open and honest communication. Victimhood can be a significant challenge in managing business conflicts, and Enneatype Four may perceive conflicts as injustices against them. However, it is essential to recognise and address this mindset to overcome challenges and achieve positive results.

03.

The first step is to develop a high degree of self-awareness. Enneatype Four must be able to recognise their own patterns of thinking and behaviour related to victimhood. It is essential that they take responsibility for their own behaviour and reactions in conflicts. This means avoiding blaming others and focusing on their own role in the conflict. Overcoming victimhood requires a commitment to personal growth and transformation. It may be helpful to work with a psychotherapist or coach to address this challenge. A person with these unique characteristics can use a number of effective strategies to deal with conflict in the company. For example, they can use their empathy to actively listen to the concerns of other parties involved in conflicts, creating an environment of trust and openness.

04.

Originality can be harnessed in the search for creative solutions to conflicts. Enneatype Four can encourage out-of-the-box thinking and experimentation with new approaches. **Sensitivity** to understanding the emotions and perspectives of others can make them a good mediator, and this can help facilitate communication conflicting parties. In addition, sensitivity enables them to be aware of their own emotions and how they affect conflict. In fact, **emotional regulation** is essential for maintaining calm during stressful situations. To overcome victimhood, it is important to focus on solutions rather than on perceived injustice. Enneatype Four can be guided by seeking positive outcomes and building bridges between the parties involved.

In summary, a person with a combination of sensitivity, depth, and originality, but with a tendency toward individualism and victimhood, can deal with conflicts in the company effectively through **clear and empathic communication**, promoting collaboration, and creating a positive work environment.

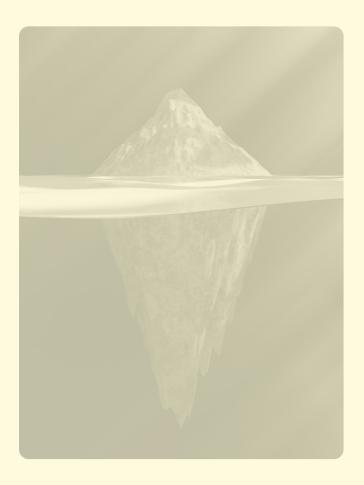
It is important for Enneatype Four to be aware of the challenges associated with victimhood and actively work to overcome them. **Personal growth, self-awareness**, and **continuous reflection** are key to managing conflict constructively and promoting positive relationships within the organisation.

Work independently

In this section we will explore the qualities, skills, and attitudes that characterise Enneatype Four and enable them to excel in self-employment.

Enneatype Four is a **unique individual** with a deep **sensitivity to the emotions** and nuances of the world around them. They perceive details and subtle nuances in their surroundings, which can be a great advantage when it comes to working autonomously. Their ability to grasp the nuances of emotions can help them better understand themselves and others, facilitating greater awareness during autonomous work.

Enneatype Four's depth allows them to go beyond the surface of things and conceive and manage important projects.



When working independently, they can dig deep into issues, analyse them in depth, and find **creative and original solutions to problems.**

Their deep nature drives them to seek a comprehensive and meaningful understanding of situations, which can be invaluable in solving complex tasks or devising strategies for independent work.

Their originality is a real strength when it comes to working alone; in fact, their ability to think unconventionally allows them to find innovative approaches to tasks and develop out-of-the-box ideas. The individualistic side of Enneatype Four may lead them to prefer working independently over working in a team. Because they are oriented toward following their own vision, they may have resistance to conforming to the expectations of others or following strict company protocols.

The tendency toward victimhood can be a significant challenge for Enneatype Four when working autonomously. When they feels victimised by circumstances or the outside world, they may in fact find it difficult to take full responsibility for their actions or handle challenges proactively, but they have the potential within themselves to meet this challenge through a process of self-reflection and personal growth.

ENNEATEST | WORK INDIPENDENTLY

To work autonomously in a corporate environment, Enneatype Four could adopt some effective strategies, starting with practicing **effective communication** with colleagues and superiors. They should clearly communicate their goals, needs, and challenges so that others can better understand them and offer support when needed. In addition, setting clear goals in self-employment can help them maintain direction and motivation. These goals should be specific, measurable, and achievable to give themselves the solid concreteness they need to channel their originality into practicality.

Managing emotions is crucial when working independently. Enneatype Four can develop strategies to manage stress, maintain a positive attitude, and face challenges with resilience. In addition, they can find inspiration in their own personal goals, passions and values, using these internal sources of motivation.



The ability to self-evaluate is essential to identify strengths and weaknesses and to make continuous improvements, even more so in independent work when feedback from colleagues or superiors may be lacking for shorter or longer periods.

To address the feeling of victimhood, Enneatype Four can engage in deep and honest reflection on how this attitude affects their work and relationships with others. **Awareness** is the first step in making positive changes, particularly in self-managed activities: in self-assessing oneself without complacency about one's limitations and avoiding constant justifications for one's mistakes.

In summary

Enneatype Four, with their combination of **sensitivity**, **depth**, **originality**, **individualism**, and victimhood, can have significant experience in working independently in a corporate environment. By valuing their unique abilities, trying to deal with victimhood, and adopting effective self-management strategies, they can be successful in working autonomously and contribute significantly to business success, particularly in activities and projects where distinctive, innovative, original, and different elements must emerge.

Teamwork

Enneatype Four in teams can be either highly valuable or highly dysfunctional. In fact, they can be beneficial when trying to better understand and find original solutions, but they can become burdensome to others when it gets to an overthinking point where it struggles to disentangle itself.

Being sensitive involves **great emotional vulnerability**: sensitive people can be more easily hurt by criticism or stressful situations. Often this sensitivity manifests itself through a deeper connection with nature, art, and aesthetics; in fact, like sensitive people the Enneatype Four can perceive beauty and depth more intensely.

This individualism then can be both an advantage and a challenge when it comes to teamwork. On the one hand, it allows them to be unique though in the midst of others, to make contributions independently and to follow their own path. On the other, they can lead to some difficulty in accepting supervision or conforming to established business processes or procedures where they feels debased in their uniqueness and originality. A great challenge for Enneatype Four in teamwork is avoiding the trap of envy. In this case they can be detrimental to have it in the team, while on the contrary with careful (sometimes strenuous) management they can be the additional distinctive value.



Great challenge for Enneatype Four in working in teams is whether it falls into **the trap of envy**. In this case they can be detrimental to have it in the team, while on the contrary with careful (sometimes strenuous) management they can be the additional distinctive value.

If the whole team had a connotation of a pioneering team, or of its recognised uniqueness within the company then, even with always precarious balances, its **contribution** can be **dragging**, inspirational. The Enneatype Four in a team is like those talented players whose dynamics of fitting in and managing with the rest of the team can be particularly challenging, but at the same time can bring great contributions and results.

In summary

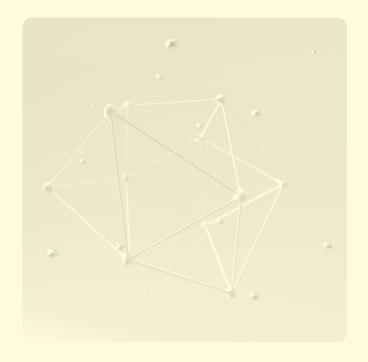
Enneatype Four can be a very valuable element in teamwork in finding original and distinctive solutions. In particular, in projects where there is wide latitude in planning and operating they are able to give their best by not feeling constrained by too rigid stakes. They may find it difficult if they perceive the uniqueness of their proposals and viewpoints not valued. Because they are often touchy, they will have to remind themselves, and the people who work with them, how important it is to balance the importance of their contributions with accepting and communicating appropriately when these contributions will not be accepted or approved. Similarly, the team or leader will need to value and be able to recognise when their original and positive contributions will be adopted and implemented.

Ability to delegate

When they have to delegate tasks and responsibilities in the company, Enneatype Four may adopt an **overly individualistic approach**. While their expertise allows them to recognise the importance of delegation as a means of distributing workload and promoting team growth, their victimised nature may get in the way of delegating to others. Below, we will explore how an Enneatype Four can manage delegation in a business context.

Enneatype Four can use **sensitivity** to deeply understand the needs and abilities of their team members. This can help them identify the right people to assign tasks to and provide them with the necessary support. Their **ability to perceive emotions and the nuances of relationships** can make them attentive to group dynamics and individual motivation.

Their natural propensity for insight allows them to critically analyse projects and tasks to be delegated.



They can go into detail and fully understand the challenges and opportunities associated with each task. This makes them an effective delegator as they can provide clear and meticulously planned instructions for their team. The original aspect of Enneatype Four can also be an advantage in delegation. Being inclined to think unconventionally, they could assign tasks creatively, find new ways to deal with challenges, and develop new opportunities for team members. Their inclination to look for out-of-the-box solutions may lead to more innovative and future-oriented resource allocation.

However, Enneatype Four's individualism could pose a challenge in delegation. Being inclined to follow their unique vision, they may find it **difficult to relinquish control** or trust their team completely. They may be inclined to **focus excessively on themselves** and exclude others in making decisions or assigning tasks.

The feeling of victimhood may be an additional challenge when it comes to delegating. When Enneatype Four feels victimised by circumstances, they may find themselves resisting delegation, fearing that their team members will not be able to carry out tasks effectively. However, this challenge can be overcome through awareness and personal growth.

To delegate effectively, Enneatype Four could adopt some strategies: investing time in building positive and trusting relationships with team members can certainly be the first step in overcoming individualism and promoting greater confidence in delegation. In addition, it is critical that they be willing to listen to the concerns and viewpoints of team members to better understand their needs and abilities.

Communicating clearly the goals, expectations, and details of assigned tasks is also essential to ensure effective delegation. Enneatype Four must struggle with their tendency to think that others understand things the same way they do, not to mention mutual trust within their team. Recognising that team members have unique skills and abilities can help overcome reluctance to delegate. In case of dissatisfaction with their assigned delegation, Enneatype Four should engage in deep reflection on their own attitude and fears to overcome the feeling of victimhood. Awareness of one's emotions and self-esteem management strategies can help. Enneatype Four can continually evaluate their approach to delegation and seek to constantly improve their skills in this area. Finally, they can be open to experimenting with new ways of delegating and adapt their management style according to the specific needs of the team and situations.

In summary

A person with a combination of sensitivity, depth, originality, individualism, and a tendency to feel victimised can become an effective delegator in a corporate environment. By harnessing their unique abilities, developing trust in their team, and overcoming victimhood through personal growth, Enneatype Four can become a leader who can assign tasks strategically, promote the success of their team, and contribute positively to the organisation. Effective delegation requires a balance between independence and collaboration, and they can find a unique and original way to do this in the business context.

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Conclusions

Enneatype Four is characterised by a **deep desire for individuality** and intense emotionality. They are deeply emotional and creative, constantly searching for their own individuality and meaning in life. This can lead them to periods of **intense melancholy**.

Awareness of their own challenges and personal growth are keys to reaching their full potential. Sensitivity, originality, depth and authenticity are among the qualities that make them unique.

Enneatype Four needs to **overcome victimhood**, individualism and feelings of alienation through active engagement and a willingness to explore new patterns of thinking and behaviour so as to foster greater connection with self and others, as well as greater self-actualisation. Is able to deal effectively with conflict in the company through **clear and empathetic communication** and the promotion of collaboration aimed at creating a positive work environment.

However, it is important that they are **aware of the challenges** associated with victimhood and actively works to overcome them.

Leveraging its capabilities, Enneatype Four can address its limitations by adopting effective self-management strategies. She can succeed in self-employment and contribute significantly to business success. In addition, she can become an effective delegator in a business environment, assigning tasks in a strategic and original way promoting the success of their team.

The Enneatype Four who knows how to express their potential to the fullest can be a highly valuable resource for themselves and the people who refer to them and about them, both in personal and in professional and business settings.

