

Description of Type Four: The Romantic

Personality Bias

Mental: Melancholy

Emotional: Envy

Essence Qualities

Mental: Origin/Idealism

Emotional: Equanimity

Basic Proposition The original ideal state of deep connection to all things goes into the background in a world that you perceive abandons you leaving something important missing. Consequently, you come to believe that you can regain the lost original ideal love or situation by finding that love or situation which is unique, special, and believed to be fulfilling. Concurrently, you develop envy and longing over what is idealized and unavailable. Attention naturally goes to what is missing of importance.

Where Attention Goes: To what is missing or unavailable that is judged special; to the push-pull habit of noticing what is negative about what is here and now and positive about what is distant and gone or yet to come; to focusing on and augmenting feelings, especially sadness; to an external locus of control; to the extremes (away from the middle); to self-referencing.

Resulting Preoccupations: Longing for the special or unavailable object (love, job, etc.); making feelings what are "real"; searching for what is unique, intense, special, elite; avoiding the dullness of the present and flatness of the middle; not succumbing to the ordinary; creating crisis; resisting being changed.

Difficulties Produced for Self: Dissatisfaction and anger with life as it is: "nothing" is good enough -- help rejecting; domination by fluctuating feelings; pain associated with the "D's" -- depression, devastation, disdain, drama, disappointment, deviancy; feeling different, a misfit (the painful side of uniqueness); difficulties sustaining a relationship or path; pain associated with the crisis created ("addiction" to suffering) and over-extension; envy of those that allegedly have fulfillment.

Difficulties Produced for Others: Experiencing that you aren't enough or satisfying; feeling the oppositional tendency (resistance) and biting sarcasm; guilt about "failing" the Four; hurt and anger over the experienced rejection; coping with the recurring crises.

Blessings: Sensitive, possessing a creative disposition, attuned to feelings, empathetic (especially with suffering), intense, romantic, appreciative of the unique and singular, passionate, idealistic.

Basic Strategy for Fours: Helping Four overcome the longing for what is missing and judged important, appreciate what is positive in life now, and accept self as lovable separate from her/his identification with specialness.

What Helps Fours to Self Develop: In meditation noticing how feelings come up and attention goes to what is missing and longed for; observing the intense feelings and resisting acting on them which create more suffering and crises; practicing filling in the middle (valuing the ordinary) and stabilizing attention on what is positive now (practicing equanimity); realizing that sarcasm, suffering, specialness, and self-absorption are the addictive substitutes for loss and feelings of abandonment; developing balance of feelings, thoughts, and actions; building appropriate action plans to keep from absorption in feelings; staying consistent when you "lose it"; appreciating the idealism separate from identification with it.

What Supports Fours: Encouraging Four in her/his development, e.g., in not allowing feelings to run, rule, and ruin the Four, in stabilizing attention, in filling in the middle, and in appreciating what is here now; understanding Four (empathy first before help); staying steady when Four's feelings are intense; revealing own feelings and reactions; appreciating the Four's ultimate idealism.