



Undercurrent Enneagram Consulting Type 4 Provisions

EMERGE BEYOND THE SURFACE AND THRIVE

NON-JUDGMENTAL SELF-OBSERVATION:

Simply notice: Where/when/how/in what circumstances...

- ...do you most notice your immediate reaction of feeling?
- ...do you notice you feel shame?
 - What are the circumstances where it seems most pronounced?
 - When and how do you notice it "spilling out" from being just under the surface?
 - When do you notice this feeling becoming your identity?
- ...do you abandon yourself?
- ...do you move away from others or *withdraw* to get the affection/attention you seek?
- ...do you feel more comfortable looking out from your internal point of reference?
- ...do you do what you want or like to do, or simply not take any action, instead of prioritizing and doing what most needs to be done in a certain moment (*non-productive doing*)?
- ...do you most notice your attention being tethered to the past (*orientation to time*)?
- ...do you believe the unconscious childhood message that "it's not okay to be too functional or too happy"?
- ...do you believe the lost childhood message that you are not seen, known, or understood?

INTEGRATION PRACTICES:

- At least once a day, look at yourself in the mirror and speak this Enneagram 4 mantra~ out loud:
 - "I **AM** Beauty. I **AM** Authenticity. I **AM** Depth. I **AM** seen, known, and understood."
- **Practice noticing the temporary nature of feelings. PRACTICE OPPORTUNITIES:**
 - When you become aware of a feeling - without romanticizing or intensifying the feeling - simply feel it fully for at least 90 seconds and allow it to flow through you. After feeling it fully, name what you were feeling^. (Using a Feeling Wheel or the How We Feel app may be helpful)
 - The Guest House^ -Rumi
- **Practice using thinking for more than thinking about what you're feeling. PRACTICE OPPORTUNITY:** Think about what needs to be *DONE* in this moment.
- **Integrate your repressed center by practicing productive doing. PRACTICE OPPORTUNITIES:**
 - Do the dishes - ALL the way and the SAME way every day for one week so you have the opportunity to start noticing beauty in the mundane acts of everyday life.
 - In moments of stress, particularly when you feel stuck, pause and ask yourself: "What am I **DOING**?"
- Subscribe to receive the Enneagram 4 Enneathought for the Day and read daily
- Lost^ -David Wagoner
- Type 4 Meditation~ -Leslie Hershberger

EXPANSIVE RESOURCES:

- Undercurrent Enneagram Resources:
 - Instagram highlights for: Feeling Dominant, Withdrawing Stance, and Enneagram Type 4s (*reach out if you'd like even more!*)
 - Feeling Dominant Provisions and Enneagram 4 Full Circle Path
 - Love Letter~ for the essence of those who lead with Enneagram Type 4

QUOTES FOR THE QUEST

- "Nothing kidnaps our capacity for presence more cruelly than longing." -Maria Popova
- "We suffer more often in imagination than in reality." -Seneca
- "Who [you] really are is a flow of experiences that is much more beautiful, rich, and satisfying than anything [you] could come up with in [your] imagination." -The Wisdom of the Enneagram
- "In Irish when you talk about an emotion, you don't say, 'I am sad.' You'd say, 'Sadness is on me - Ta' Bron Orm.' I love that because there's an implication of not identifying yourself with the emotion fully. I am not sad, it's just that sadness is on me for a while. Something else will be on me another time, and that's a good thing to recognize." -Pádraig Ó Tuama
- "Nothing that comes and goes is you." -Eckhart Tolle



^ essay/poem/article | < book | ~ video/audio | ~podcast