

SECOND BOOK

SX4 ENNEATYPE

I

THE PASSION IN THE INSTINCTUAL SPHERE: HOW DOES THE ENVY ACTS IN THE SEXUAL

The passion of *envy*, in the sexual subtype, takes upon a character of a passion for demanding what is gone: a demand that is a furious shout against those who have talents, qualities, objects and recognitions, which people who recognize themselves in this character feel they are entitled to have by right. The existence of sx4 is characterized by a constant drama, as a desperate lover who lost their loved one and can only hate the one who hurt him so badly.

This passionate suffering from being abandoned is what the baby lived with their mother: the “shrew” that left them alone without anything. All of their energies are invested in the search for that lost love.

The sx4 baby is very likely to carry a high level of energy. They are babies who cry the most, they are more noticeable, more alive and annoying than the other envious subtypes.

Instead of becoming depressed early, faced with the frustration of not being satisfied in its needs by the mother, the sx4 invests more energy in claiming the emotional nourishment it needs. In this trance, it is quite possible that this baby will bite the mother's nipple (figuratively or actually) and be reprimanded for it. In the face of a disinterested and affectionately absent mother, they manage to attract some attention, even if it's in the form of recrimination.

On the one hand, as the other babies who, as such, still remain undifferentiated from the world, they identify the source of displeasure (in this case, lack of affectivity from the mother) coming from themselves. On the other hand, the sx4 awakens hatred for the mother and swallows it, hating himself. Identified with the mother and needing her so much, the baby becomes engulfed by their needs and begins to identify with an internal assessment of seeing himself as a monster, bad or inadequate. Usually, the mothers of the sx4 are very emotional and inestable at the same time, they are suddenly distant and humiliating a lot of times. This ambivalence makes the child unable to foresee her reactions and makes them live in a constant abandonment feeling, without being able to give it a meaning; they have an unfair experience for being mistreated, and they are not able to associate this behavior with an objective event in reality. Sometimes, this unfair feeling is based on the treatment difference from the mother with respect to the other kids. There are many stories about having experienced a difference in the mother's attitude towards siblings, or feeling disregarded with respect to another sick or problematic sibling. We can say that the sx4 feels that they have known a paradise that has been cruelly taken away from them.

All this occurs while the baby gradually configures the integration of the maternal function in itself, which is distorted. The sx4 goes to the next stages of growth and maturation already damaged and fixed in its neurosis. As in all subtypes, this fixed pattern is reproduced in all phases of development and gets in the way of his dialogue with the world. What is specific in the sexual subtype is that it does not turn all hostility against itself, but also projects it outwards, towards others.

The strategy of getting some love, even if it was a substitute, has been throughout the early and inconscient decision of claiming it all openly rabid and intensely.

This passion for intensity will mark the voltage with which the sx4 will manage his life - below which everything will seem decaffeinated and too opaque - and will keep him away from his equilibrium by hypertrophying his emotions, which, in turn, will increase his deficiency background.

Regret in this subtype also fuels the passion for intensity and derives from how bad he feels when the monster he cannot contain, in the form of rage, hatred or viper tongue, and is directly proportional to the pleasure he gets from cyclically exhibiting it. In fact, it is one of his best tools of manipulation.

Competitiveness

The dominant passion is that of competitiveness, in a hateful way, as a superiority wish linked to instinct. It is likely that, as they develop by learning to frustrate their needs and fix frustration, they compensate by managing the hostile components of the aggressive impulse, such as anger. This could be the origin of their vengeance too, justified by a feeling of justice. All of it is related to experiencing an original lack of love that comes from the childhood wound of maternal love.

Envy drives to the "me or the other" competitiveness. They place their personal worth in the attainment of what is lost (or supposedly lost); however, given the high level of devaluation they use as a defense mechanism, they do not believe they can get it on their own merits. They must obtain it from some good source.

Eroticism and sexuality

Seducing and trapping through sex will be a good weapon to win over others, to conquer them. And, at the same time, with the erotic of seduction they buy love: "With me you will enjoy a lot in bed".

They maintain the crazy idea that if they give themselves sexually, they will be loved. And it is a good way of calming the experience of lack and masking the self-chastisement and the internal devaluation.

Eroticism and sexuality serve to obtain other valued aspects too, like recognition.

Their sexual energy is powerful, it captivates, fills the spirit and, as anger, it ensures the intensity they look for. Together with resentment, they are the great drivers of this subtype. They manage envy through rage, and they actually hide it through it. Instead of admitting envy, they react by disqualifying and attacking the envied as a way of making it disappear. In addition to envy, lack, need, emptiness and shame are hidden.

To the extent that he is unable to make the envy they feels disappear, he maintains an enormous tension between the painful feeling of not having or being what he envies and the fantasy of the lost paradise.

Together with this tension they hold the hope of becoming the envied object. They can indulge in this search in a very voracious way. On the few occasions that he obtains what he envies, they then transform it into contempt. Like the rest of the envious subtypes, they cannot value what they get since nothing from outside can satiate the original lack of maternal love.

In many cases a suffocating mother is present, through hyper protection and the transmission of their frustration, apart of contaminating the sexual rendezvous, whether straight or gay.

2

THE NEUROTICAL CHARACTERISTIC NEED HATE

Subjects belonging to the sx4 subtype try to get away from emptiness by increasing the longing to fill it, exaggerating the experience of lack characteristic of the envious character. The anchorage in the oral stage

(and, therefore, voracious) characteristic of the sexual subtype, is more hostile in this one than in the other subtypes. The envy in this subtype is a passionate resentment. As the neurotized instinct is the sexual one, resentment is focused on the desired and loved other, which is denied. Turning love into hate. Is a person passionate about hate, or rather, passionate about turning love into hate, as the unique possibility of staying in the relationship neglecting their need of being loved and neglecting the love they receive. Their love relationship turns into a battleship, competency and conflict are the conditions that characterize this relationship, and maintain it. Passionate and competitive intensity nourishes the ego, nourishes their ideal self, that is strong, is right and is owed everything.

Injustice and grievance

Sometimes, the sx4 can be confused with a subject of the E2, a proud person that presents itself as a queen in a throne, enjoys their position, feels lucky and apparently has so much to give. A sx4 person feels like a queen whose throne has been stolen early on, either because he has done something wrong or because they have realized they didn't deserve it, and they spend their life claiming it. "Give me back my throne! Don't you realize it's mine? This is unfair!". In other cases, the sx4 individual is unaware of the loss of the throne, but feels that it is unfair to lack what he lacks.

The neurotic part is aiming to recover what's real or supposedly lost and demanding the other what they lack, supposing (kinda consciously) that they won't achieve it. One of the distorted ideas, coming from the lack of emotional relationship with the mother in the oral stage, is that of "I've come to this world with less possibilities". The sx4s pretend everything they lost to come back or to be given what they lack by complaining and demanding. This won't happen because the other cannot give it to them and because they are not able to satisfy themselves. Satisfaction will never be achieved since the sense of existing and the possibility of being recognised is found in the identification with the *hate* towards others; their vital energy is nourished by competition with an "other" that is always felt as a cause of its own deficiency. They cannot receive; to do so is experienced as being indebted or put under, which they detest. Receiving the concrete and limited thing the other gives them constitutes saying goodbye to the fantasy of what it was or what they guess it could have been.

There are some main distorted thoughts: the first one is that "the world owes me what I lack". The sexual subtype is identified with this lacking, but they get angry for having it and neglects it through pride and arrogance. They're owed what they lack and are enraged because it's not given. The next distorted thought is that they have to take what the world owes them "and if you don't take it you are stupid". Besides giving the sensation of being clever, it gives feedback to their bad image, the experience of being a monster. There's a poor awareness of theft that hides behind anger and resentment.

Getting rid of that monstrousness feeling, in reality, feeds back the hateful reaction that the sx4 has if it does not achieve its goal.

Irresponsibility

Lots of sx4s describe periods in their autobiographies where they have been deposited in the other, usually in the partner. When there, they are finding to complete themselves through fusional and dependent attitudes.

In the neurotic need of demanding to be given back what they've lost (or what they lack) we can check that it is common in this subtype fleeing from difficulties. Even if they live alone and have success in their work, their intimate attitude is still fleeing.

Searching for the maternal refuge obeys the need of finding peace and being saved from hell. In fact, they aim to spare themselves the real work of maturing that comes with taking charge of his own life.

Underneath, there is self-devaluation, the distrust of being able to achieve a proposed goal and fear of failure. They believe they have no courage to take responsibility. In reality, they do not even think about it, it is more comfortable to blame others. Setbacks are experienced as confirmation of their own uselessness. They have very little tolerance for difficulties, quickly become anxious and blame others for their discomfort. Orienting themselves to get what they want by their own means and risks also means giving in and letting go of the fantasy of getting what they assume they are (which is laden with idealization) and keeping the obtained achievements, which are concrete and can be experienced as inferior to the fantasized ones.

3

INTERPERSONAL STRATEGIES AND ASSOCIATED IRRATIONAL THOUGHTS

As we've seen, the subjects of this subtype demand the world and those around them compensation for *being or feeling flawed*, which they experience as an insult and use it as a weapon to manipulate. This *false flaw* is a distorted vision (fixation) of themselves, that is projected in the other and the world (can't be filled by nothing and nobody). For E4, seeing oneself lacking is not a punctual affective experience associated with a specific event of abandonment or deprivation, but is an existential condition of being *the abandoned, the deprived, the unfairly discriminated one*; in the sexual subtype, this cognitive distortion assumes the meaning of having every right to accuse the other for this lack and to *pretend* that the other is how they want. The fact that someone didn't give them what they needed in their childhood is not a falsehood, but the problem is to interpret any event as an abandonment or an unjust act to feel the right to destroy the guilty person and accuse the world of not being understanding. The impulse to destroy what is envied is characteristic of envy, and the sx4 is the one that most clearly executes it. Its destructive impulse is based on the crazy idea that if the other did not have what is envied, envy would disappear. Obviously this is not so, since envy is an attitude based on the also crazy assumption that the good is outside of oneself. Destroying what is envied doesn't avoid envying it and it contributes to increasing the experience of being a monster.

As we know, the fixation goes on the distorted beliefs about oneself, the other and life, "crazy ideas" that have nothing to do with the context and reality.

Competitiveness, insecurity and aggression

The sx4 share with the other E4 subtypes the crazy idea "Either I'm the best or I'm shit", and because of a lot of people being better in different things, they feel "like shit" often. Because of them being convinced that in every competitive relationship the good is small, limited, and that there is not enough for everyone. Hence they experience the idea that "if another person has something, I can't have the same". The "pie" is only for a

few ones, if other people are there, they think they can't be there and they can't be among the "chosen ones". Thus, adhesion and alliance with the other serve to get a piece of the pie. However, this is not even declared even to himself, or only very secretly. It is very difficult to recognize the desire for privilege (fame, wealth or power) that is supposedly for a few. In general, they make sure that it is not noticed, they may even look down on those who do not hide this desire and are proud of not having or flaunting these needs that may be considered vulgar. They derive from the competitive energy to be the center of attention and to grab the attention of others with histrionic, funny and dramatic expressions.

This subtype also has the crazy idea that showing their insecurity makes them unworthy. And they hide the insecurity through aggression. The perception of being the unique *authentic* person in a room is proper of all envious, and the sx4 use it to disregard others more explicitly. Recognizing oneself as intrinsically equal to others and having the same rights as others is a profoundly healing experience.

Fear and projection

Many of them manifest fear of competing. Just as envy hides under contemptuous and proud attitudes, attacking the other will be the best way of not recognizing competitiveness. When winning is not easy, withdrawal with a contemptuous or angry attitude is the best option, even if it increases the feeling of bitterness. To this fear is added that of one's own hatred, to one's own fury that blinds and brings power but also involves psychic destabilization and inner discomfort. One way to manage this fear is to isolate oneself with the experience of being totally misunderstood and to establish alliances that serve as support.

For the sx4 it is difficult to maintain a desired place of superiority and commit to the task that such authority entails. The desire of leadership is present almost always, it is almost always lived in fantasy and is often dismissed in reality as impossible. When the sx4 subtype obtains power, it can be very authoritative. We see Hitler as a monstrous representative of this subtype.

Given the internal level of devaluation and its offset by competitiveness, peer-to-peer interaction may be difficult for them. As in other features and subtypes, the other person is positioned below or above. In their most neurotic functioning, the one positioned below is despised and the one above, which can be a source of enrichment, is envied. From this perspective, the experience of hostility is assured. Given the intensive use of projection as a defense mechanism from the awareness of their proper hostile impulses, they hurt the other easily. The other one, idealized as someone who can contribute to them, eventually shows limits or stops contributing and suddenly falls into the circle of the despised ones. Thus, the neurotic equilibrium is reestablished where the sx4 no longer feels inferior, to then restart the circuit: idealization, disappointment, contempt, lack, envy, idealization.

The other, more or less close, easily becomes the enemy. The great part of insufferable that they are for themselves and for the others is increased because they confuse the rivalry with living the other as an enemy. The rival is hated because it offends and activates anger. If they assumed the rivalry, the sx4 would give course to the work required to prepare to win at something. But the sx4 handles rivalry with hate, not work. The crazy idea associated with this is: "If the others are a nullity, I am necessarily better than they are".

Revenge and fight

With the crazy idea "either I'll get revenge or I'm stupid", they feed a revenge fueled by fantasies and resentments that they carry out consciously and with impunity, convinced that they are responding to an affront. "If you fuck with me I'll fuck with you more and thus put myself above you." "If I'm not above you I'm shit". Revenge can also arise automatically "When I fuck someone over, by tracing back, I almost always find an affront to which I am responding". As we have already seen, it seems that all individuals of this subtype coincide with feeling jealousy with great intensity. Several of them go so far as to make histrionic scenes, and others try to conceal it.

"Fight is always much better than indifference". This last idea is experienced as the worst punishment. Fighting is a form of relationship, it is a way of being taken into account even if it means being hated. In the relationship with the other, self-hatred and the rejection of one's own helplessness are also at stake.

Relationship with the authority

This subtype disregards the other easily and has the ability of seeing what the authority lacks, who they easily discredit. When this happens, they fight or just renounce, in general, manifest and slightly. They are arrogant and confront each other with irony, shooting where it hurts the most. They have a hard time recognizing the authority of the other and in order to take away their power they act as if they were at the same level, they treat them as equals and try to seduce them.

Some do not openly state that they recognize the authority of another: "It bothers me that he might think that I want to benefit from his contact". In general, in the face of the few authority figures they recognize, they become submissive, helpful and move with a high degree of fidelity and loyalty. In these situations they are capable of displaying a great capacity for genuine dedication and collaboration.

It may be the case that, if they manage to be treated in a special way by a recognized authority, they feel preferred and compete with the rest, they swell narcissistically to feel above, projecting on the rest. They accuse others for going against them even though they use the preference of authority to feel like winners. Idealization of the authority figure is frequent. When the authority figure falls off its pedestal, this subtype may become depressed and then discredit it and despise it fiercely; they will not forgive them for it. This can also happen with a partner or an idealized friend.

They idealize who they suppose that can save them from how monstrous they feel and that they'll bring the intensity they are looking for. As in other subtypes, they idealize those who can provide them values they feel that can be built-in too, in a parasitic way. "If you have something, you have to give it to me"

Manipulation tools

They have a great capacity for verbal fighting. They are eloquent and viperine, when it is in their interest they know where to hurt the other. By exercising this skill they try to get what they want from the other. If this does not produce the desired effect, they may move on to physical aggression or break objects in the presence of the other. The goal is to subdue by scaring the other person into submission: having the other person frightened by my rage and histrionic outbursts is a way to subdue them.

Many people report that they lose sight of the world when they become enraged, they see blurred or everything takes on a reddish color, even though they know perfectly well the value of what they will break and can be what they will break and can be selective: they will not break the five hundred year old Chinese vase, unless they can hurt the other more by doing so.

If all of the above does not work, or is not scary enough, they may move on to the threat of self-harm saying: "I'll kill myself," "I'll throw myself out the window," or "I'll let myself die of starvation". Sometimes they even commit suicide attempts and self-harm.

One of the manipulations is to give pity, for example, telling and exaggerating episodes of their life that will impress the interlocutor. In fact, they tend to have the most dramatic and violent episodes in their lives. Although they do not recognize it, they are aware that they do it to get attention and protection. The star manipulation is to blame the other for their unhappiness and for being treated unfairly. They use their keen ability to catch the other person in their falsehood, pettiness, arrogance or manipulation and try to make them remedy it by doing what they want for their own benefit. They are great strategists. Another way is to demand more attention from a partner, friend, mother, or whomever by making him or her jealous.

This is one of their biggest handicaps, because of being competitive, they do not find welfare. They can't be in peace neither losing nor winning. Serenity with themselves is very difficult, they try to flee from the internal experience of being monsters and cannot assume their desires because they are entangled in protesting the lack and in destroying the well-being of the other. It is precisely believing that they are lacking that gives them back the energy of struggle, the possibility of existing and feeling alive. Emotional catharsis calms for a short period of time and is sought after because it brings intensity. As satisfaction is not possible for the envious person, since satisfaction is his way of healing, this subtype uses the outburst to unload the bitterness and rage produced by this dissatisfaction. The false lack supports the false identity that allows them to feel that they have every reason to claim and ask, to be at the center of the world. The crazy idea of "if I don't claim, no one will pay attention to me" sustains envy and competition.

The sexual subtype neurotically seeks unconditional love. "If the other loves me, he has to put up with me." He entertains himself in putting this love to the test to verify if it is the definitive one, if it will save him from the internal experience of uneasiness for being so monstrous. If they succeed in demonstrating that the other does not have this unconditional love, they can reproach it to them and continue in the war bond, typical of this subtype.

Deep down, they hope that the other will not obey their manipulation; if they succeed in manipulating him, they despise him. When they find someone who does not yield to their neurotic demands and is in a good mood, they cannot help but attack him, since they cannot tolerate that others are well if they are not well themselves. "If I don't enjoy myself, no one else will enjoy themselves", "if I am not happy, let no one else be happy", "if I suffer, let us all suffer". Crazy ideas based on a very distorted idea of justice/injustice.

This section aims to illustrate characteristic aspects not developed in other chapters that complement the description of the subtype and help to discover whether the person corresponds to the sx4 subtype.

Devaluer

Devaluation is present in the repertoire of defense mechanisms of this enneatype in all subtypes. The difference in the sx4 is that it tends more to projection, to devalue the other and to openly blame him for his shortcomings and defects. In the enneagram there is no one more devaluing than the sx4. Other enneatypes also devalue, but it is in the style that the competitive one differs; is the ultimate trimmer for a comparatively above others. They devalue the other by belittling and blaming them as a way of not being in permanent contact with his own sense of internal worthlessness

Guilty and blaming

The sexual is, of the three subtypes, the one that projects the most, and in this aspect it can easily reach cruelty, above all displaying a great capacity for verbal aggression, as we have already pointed out. The sx4 have a phobia of feeling how little they value themselves, and also of feeling guilty. He tends to blame the other, compulsively needing to find someone responsible for the feelings that he does not want or accept for himself.

On the other hand, he has no problem admitting his guilt dramatically when he feels that everything is lost already. The guilt can even be from life or from God, and it can be a form of manipulation. That is to say, there is great mobility between the extremes that go from "I am guilty of anything" to the tear of "I am guilty of everything".

Irresponsible

What is observed in this way of functioning is the difficulty and little capacity to assume responsibilities in the affairs of life. As we have seen, the sx4 tirelessly dedicates itself to making something or someone (generally the couple) take care of those aspects that they do not feel capable of sustaining or developing by themselves, with a feeling of their own right that is difficult to reasonably question. Only with introspection work do they come into contact with what it means to take responsibility for one's own life. They usually deposit in the other the need for material sustenance or emotional support that allows them to put their energy into creativity or navel gazing as really more important matters, which help them perpetuate the sense of being special. If that sustenance does not arrive, they can develop the aspect of being misunderstood, very present in this subtype, justifying outbursts of bad humor, anger, rudeness, etc. They directly relate irresponsibility to complaint and protest, as a way of reacting to the fact that responsibility is not understood.

The sx4 also presents obsessive tendencies, either towards a person who is the target of his love, or towards some activity in which he finds comfort, and these become the only lifeline and something essential that is out there to solve the problems. issues that he does not face on his own, and perhaps to control a depression that he could not contain.

Dissatisfied

Everything previously developed is basically based on dissatisfaction and the way of relating to it. Although this topic will be illustrated in the section on love, we would like to underline in a sympathetic way the Gata Flora style ("if they put it in, she screams and if they take it out, she cries") that this subtype boasts and that

shows its almost permanent dissatisfaction in all areas. If they don't hit him, he screams, if they hit him, he doesn't know what to do with it and most likely despises it. Dissatisfaction is associated with the belief that nothing and no one is enough and the experience of a bottomless void.

Emotionally labile

The sexual E4 swings a lot between euphoria and depression, there are no grays or nuances, they move in extremes from everything to nothing, always or never, in fact they are common terms in their vocabulary. This manic-depressive or cyclothymic tendency is found at various levels of severity depending on the subject. We can read it from the passion for extremes that leads the person to identify at different times with being the most wonderful or the shittiest. These subjects can go from one state to another in very short periods of time, either due to external stimuli, environmental circumstances, or internal ones, related to fantasy. Emotional lability is characteristic of this subtype. This network of functioning leads to the intense way of life with which these people identify so much, and which they use as another refined way of not being in touch with real lack.

Transgressive, intolerant of limits

People of this subtype do not easily adapt to limits imposed, either by authority figures, laws or conventions, nor do they have many references to internal limits. We could mention here a certain maladjustment (not as much as the lustful E8), restrained at times by the feeling of guilt that usually appears. The transgression of limits is developed on many occasions at the level of fantasy, before an audience or an imaginary other. It is not so important to break the limit itself, but how this is seen by others; There is a pleasure in causing some kind of stir among the spectators, as if from that place one could obtain a great adhesion or a great rejection, but in short, something intense to enjoy and to talk about.

The sexual E4 is not very reserved, but he feels special pleasure for telling his experiences in a compulsive and shameless way. His position is: "If I don't tell it, it's as if it hadn't happened to me", and if he feels that this provokes his audience, all the better. Actually, his goal, more than sharing, is to impress and feel superior, even when what he says demeans him.

When they do not obtain with their manipulations (and it finally happens), they can undertake a change and a path inward, taking responsibility, recognizing the lack as such and the drama. In this way, begin to transit creative solitude, inner strength, and finally responsibility for your thoughts, feelings and actions.

Histrionic

This trait makes it sometimes difficult to recognize the character of this subtype as it can appear very humorous, funny and expressive. He likes to occupy the stage also in a theatrical way and not only through the tragic. When he is in this polarity, he is sustained by a grandiosity that makes him feel superior and that I can do everything. Obviously it is a temporary situation that can end quickly, because he is very susceptible and sensitive to any adversity.

Selfish

Always finding a justification for his great suffering or difficulty or lack of possibilities, it is easy for him to be a person who is not very available to the needs of the other. He uses his suffering to not carry out tasks or to delegate things to the other that he does not like or that require effort. Egoism is also in the conviction that the suffering of the other is never as important as one's own.

Violent

We have already talked about aggressiveness and self-injury, here we want to underline the harmful behavior that they can have towards others, reaching physical violence, which above all acts in the relationship of a couple or family. Violence occurs in a special way when you do not support frustration or fear when you feel that you are losing control over the other.

Extravagant

Sx4s are not afraid of originality and often enjoy feeling different. He loves to be special, unique and original. And he succeeds. You can speak very explicitly without conforming to good manners, as well as dress flashily and against the grain. His desire to be peculiar makes him also brave and adventurous, minimizing risks and dangers.

Inconstant

Despite being very creative and talented people, they often fail to carry out their projects. The self-ideal is very strong and low self-esteem is often hidden. They have many dreams and aspire to occupy special places and their thirst to be admired is so great that it is difficult for them to sustain the slightest failure or any obstacle. The difficulty in maintaining discipline and tolerating the necessary path can cause disappointment and feelings of incapacity that are suddenly masked with anger or devaluation also outwardly.

Jealous

Jealousy is lived with great intensity and is the reason for enormous scenes, especially in the couple; but also, even disguising more or less well, they feel jealous in any situation: family, work, social, friendship. The constant competition that keeps them alive makes them evaluate in each situation if they are preferring or choosing them with respect to others, and if they do not feel chosen it hurts them a lot, provoking and jealousy projecting the one who becomes their opponent. But he is also very clever, knowing the terrain, to provoke the jealousy of others.

Overpowering

In relationships, in their impulse to be seen and by their demand and need for things to be as they intend, unable to be even-tempered or feel equal, they impose themselves many times with a modality that runs over, abuses, oppresses, humiliates and discounts. Although being polar can also be overwhelming in its generosity, care and concern for the other.

Vain

He shares with the neighboring E3 this characteristic, and with the triad dependent on the image, in this case to hide his envy, as if he would dress up and apply makeup on himself attempting to cover the horror of his internal atmosphere that he is so ashamed of. As we have seen, the perception of oneself is in a continual series of ups and downs, and in the moments of ascent, vanity accompanies it, such as the excessive belief in one's abilities and the attraction it causes in others. If they are in a good mood, they take great care of their appearance (according to his canons, of course) and likes to be recognized, although compliments make him a little uncomfortable because deep down they never fully believe them. So they can manifest themselves as

arrogant, conceited and arrogant, self-centered and with high points of queen/king narcissism, considering others as mediocre.

Sarcastic

The sarcasm of sx4 is a mixed fruit of their bitterness and their wit and talkativeness. They do not laugh healthily at themselves or at reality, but rather mocks with scathing and cruel irony, offending or teasing. And they have a lot of ability to do it, only, seeking excessive attention, they ridicule, humiliate or insult through. In effect, the etymological origin of sarcasm is linked to “biting the flesh” (of the victim). In their histrionism stage, they appeal to humor cleverly, but maliciously seeking to make the other look bad or if they themselves, if they themselves are also the object of their sarcasm. However, this trait sometimes serves as an escape valve for anger, to release it before it becomes uncontrollable and dangerous.

Cheerful and chatty

They are usually very happy people, especially in moments of euphoria within their manic-depressive peaks. Just as when they are down they are the most dramatic in the enneagram, when they are on top they become the funniest, sharpest and most capable of laughing at themselves and their misfortunes. Quaint as they come, they can be talkative and very talkative in their attempt to focus the audience's attention on them. If they find the paid field, there is no one to stop them, and they even tire the audience, of course.

Seductive

Intense for the bad but also for the good, they are usually good lovers and are well predisposed for sex, since it is something in which they have specialized as a weapon to obtain love. They know how to enjoy sex and also seek their own pleasure, unlike the other subtypes, who may be more content with just giving pleasure to the other. But it's not just about sexual seduction; the sx4 seduces even without realizing it. In general, they have a strong erotic charge that permeates all their movements (when walking, dancing, eating, talking) and they know how to handle it well when it is directed or focused. Seducing and rejecting often becomes in the sx4s the story of never ending, an endless circle. They are attentive to what they like and detect what works and what does not. It is a peacock that only unfolds its beautiful tail when there is someone who, perhaps without knowing it, has previously seduced it. They are good observers, analyze and capture who they want to seduce.

Sensitive and Artistic

When they take the final steps to grow internally, they can reach high degrees of understanding and empathy with the other and also be experts in the ability to confront in an open and positive way. They have a deep emotional wisdom that translates into a good understanding of the human being, his emotional range and the availability to connect and be compassionate. They are highly sensitive and spend much of their lives immersed in internal mental landscapes, where they feel free to cultivate and analyze their feelings and out of a desire to manifest this inner world they tend to have a great interest in the arts and many become real artists in different fields. They have the ability to be very creative, thanks to their emotional richness, and their fertile imagination is usually translated into artistic work or other fields in which they contribute the new, the original. They have an important aesthetic sense of life, they value beauty in all its forms, they are aesthetically concerned with self-expression and self-revelation in the general nature of their lifestyle. If they are given to art they can be profound, peculiar and novel. Because of the drama of the character they can be good actors. They seek to give everything an artistic and special touch. They are among the people who

investigate and investigate the most in personal growth. They have an interest in finding ways out of the neurotic. Due to the experience of dissatisfaction and relational problems, they are usually well predisposed to therapies. When they find a bond of trust, respect and affection, they can commit and respond positively to treatment

Intellectual

Among the E4 subtypes, the sx4 is sometimes highly intellectualized. This is revealed in his aspirations, his inclination to knowledge, to study, to research the most varied subjects, but above all humanistic and philosophical. They love to read and be informed and, in many cases, they are strongly involved in social or political commitment and commitment. In his stubborn non-conformism, passion for criticism, rebellion against the system, they define him as a revolutionary, although the ideals of justice for which he fights may be based on a very personalized perception of reality that refers to his need. to compensate for his feeling of injustice.

5

EMOTIONALITY AND FANTASY

The sx4 resorts to fantasy as a defense mechanism against what he is accustomed to experience as boredom. The latter is a pervasive theme in this subtype. They have lots of difficulties living with the common and ordinary aspect of life, mainly because they feel that this normality does not allow them to feel "special and different".

What grace and intensity is there in the flat moments of everyday life? The answer is: none. A simple, routine life is meaningless. There is an important phobia regarding routine. Faced with the non-indifferent, the sx4 acts in a counter-phobic way and rebels.

Fantasy allows the sx4 to get out of this nonsense and keep them excessively far from reality and the possibility of recognising the facts and concrete interactions, especially in conflict situations. Intense emotionality is held by fantasy. It is supported by a fantasized thinking that tends to look like a movie in which they are the protagonists, the sx4 can, suddenly, be in heaven or hell. They can cry the most bitter tears (that have a sweet, melancholic aftertaste) or visit paradise, where they can reach the maximum experience of total love (in the future of course, always in the future).

The fantasy is related to a past and present lacking and a future in which love will finally arrive, the love of the couple, erotic love that in turn will represent and perform the functions of the good mother and father who will be able to offer unconditional love, will discover that they are not bad, will recognize him and make his life easier, will give him everything or give him back what belongs to him: the lost throne that was unjustly taken away from him. Let us not forget that in this subtype there is a strong sense of kingship that was early and unjustly taken away.

A difference between the intensity of a sx4 and the E8 is that in the E8 the search for intensity is more visceral and concrete, and less related to fantasy: "This has to be mine and it will be mine". The sx4 is imbued

with emotions to the point of being possessed by an emotion, while the E8 seeks sensory intensity. The E8 takes what it desires and the sx4 is content to imagine that it comes to it by its own merit. If he had it, he would not know what to do with it and perhaps could only reject it: there is no internal reference of deserving the good, therefore it is difficult for him to recognize and value it.

For example, fantasizing about some platonic type of love, with eroticism and romanticism included, may be enough to feed this need for emotional intensity. If that love goes from platonic to real, there may be a loss of interest in the desired object.

In childhood it tends to appear the fantasy of being adopted or that they are not a kid of that family too, that's why they don't love them, and that there outside are some good parents looking for them and when they appear life will be wonderful. Even without resorting to adoption as a fantasy, there is often a wish that someone will appear who will be better than the parents he has been given and who will rescue him from the degraded and/or embarrassing environment in which he is immersed. Statements such as "I console myself by inventing that my real life is elsewhere" are common. There is a lot of wasteful fantasy, which, in general, seems preferable to reality. This can lead to withdrawal and seclusion; and it is in that state that one can live better, for there is more hope there than in taking reality as it presents itself. The latter would require taking responsibility for changing it or accepting it as it is. It is from this fantasy that the sx4 can develop, in some cases, a fondness for reading, cinema, etc... That is to say, for an alien world in which he can feel like the protagonist of numerous stories. Perhaps it is this facet that most likely feeds the creativity and art so characteristic of this subtype. In this sense, they tend to feel predilection for certain types of movies and music that evoke melancholic states and to which they can resort exclusively to cry.

Within the fantasy aspect there is the catastrophic and dramatic tendency characteristic of this enneatype. In the case of the sexual subtype, we have noted the presence of catastrophic thoughts, of the type that some misfortune will happen to someone very dear and close, thoughts that can plunge the individual into an intense and real emotional state as if it had really happened. In other words, a degree of grief and despair can be reached in which one no longer knows why one is crying. However, this tendency is shared by the other E4 subtypes. What characterizes the sexual one is the intensely dramatic externalization of feelings. As mentioned, the E4 has a passion for argument and verbal confrontation. On some occasions, this occurs on an imaginative level, with long internal conversations with the other (their enemy at the time), with all the details and reactions. In general, the sx4 allows them to visualize themselves defeating their adversary in the most dignified manner. It is only when they ponder the victimism type of attitude that they let the adversary win in their fantasy, that is when everyone cries for them and they calm down. Also vengeful, elaborate, sadistic, violent and all kinds of fantasies have been observed, which in general are not carried out, or at least not in the concrete form that is fantasized, but they can be concretized in explicit attacks and conflicts, or manipulated to cut off heads or to create hostile environments.

By this description it can be deduced that even though this type belongs to the heart triad, there's a lot of mental activity in this subtype that feeds their emotionality, which results in that the true emotion is not such exactly, and it has a big inventive and inflated component. It is important to consider for this reason the management of emotions. The sx4 does not tolerate feeling pain, because it leads them to a state of fragility and frustration that they cannot afford and that makes them feel extremely vulnerable and inferior, dependent on someone they don't trust, so they respond immediately with rage as a defense, reaction and attack, which makes him feel strong, especially in the eyes of others, who will not be able to cause him any

more pain. The rage they set in motion is a powerful engine that they have lubricated and which, if not channeled, overflows and turns into hatred, a remarkably intense hatred to which they in turn become addicted, and which gives them back the charge he needs to feel temporarily powerful and falsely satisfied. A feedback loop that leaves no energy to go elsewhere. Any source of dissatisfaction in this subtype has become fixed as alien to him, with the consequent outward hostility expressed in rage, which transformed into hatred aimed at the destruction of the object of desire or frustrating object.

The helplessness memories of the E4 and the conscience of their independence create mechanisms for containing anguish of frequent experiences with dissatisfied needs. These unpleasant states do not allow access to loving feelings, such as tenderness towards themselves or towards the outside. And the energy used in the demand is perceived as worthless, devaluing himself, so they despise victimhood and crying, which they see as an expression of weakness that would lead them to feel helpless again and, in any case, without help. This situation creates rage against themselves because it is perceived as the origin of their tension, frustration and inability to satisfy themselves. The source of dissatisfaction with hostility will also be directed outward, getting caught in the problem of feeling that they need help from the one it wants to destroy because it is not given. Thus, the sx4 turns hatred into a centripetal and centrifugal denial of love. Detecting needs causes displeasure. Thus, the sx4 is de-energized, causing a feeling of emptiness and chronic lack, unable to retain energizing stimuli from the outside, there is a constant voracious demand that cannot be satisfied. The difficulty to retain what is received, which is the basis of envy. With the aggravating factor of not being able to give themselves permission to feel lacking, because if others see me as I really am, they will not want me, I will not be worthy. This conviction goes hand in hand with an aristocratic attitude, a strong ambition and a desire to stand out, to be special and successful. This whole structure does not allow neither crying nor victimhood which it considers demeaning, it is not up to its standards.

The sx4 is more distant from their true emotions than they imagine; this distance is usually addressed through a process of personal introspection and is not easy to recognize.

6

CHILDHOOD

Abandonment

It has been observed childhoods where the main characteristic of people who develop this subtype has been abandonment, which can be real (by one or both parents, by premature death of one of them, by disappearance, and also by abandonment in orphanages or in the hands of other relatives) or it can be emotional abandonment including neglect by the mother. Many people with this character describe their own mothers as very labile or inconstant, emotionally or psychically. In general, they've been kids that haven't developed trust and stability in love relationships.

This abandonment, as it is in children's fantasy always, has happened because the child has done "something wrong" or worse, because the child is just a "bad child".

In not so extreme cases, and when the family situation is more normalised, there is often tremendous jealousy towards a sibling who has been perceived as a favourite of the parents, either because of illness or

because they are "nicer, or cleverer, or better looking, or better adapted". The experience is usually that there is someone better, the one who is unbeatable with regard to affection and attention or just consideration. There is usually, in sx4s memories, parent's words like "this kid is unbearable, I don't know what to do with them, there is no one who can stand it". There are comparative commentary too with another sibling that is more quiet, comprehensive, good-natured, etc...

There have been many cases of this subtype who have had negative experiences with breastfeeding, literally expressing having drunk "bad milk" from their mother, even in a literal sense.

There is much difficulty in remembering the happy part of childhood. The generalized experience is that both childhood and adolescence are stages that a sx4 would not want to live again. Even when in adulthood one discovers that there have been good times, the memory does not come associated with emotion, but as an observation. One has knowledge of these moments because they are reflected in photographs, because a family member has remembered them, or because the person has recovered them in some regression work, but with great difficulty in feeling them and validating them. What remains associated with the emotion are the moments of suffering, of rejection, of pain, as if there were a specialization in that.

The sx4 child/adolescent often feels very ashamed of his family or of some of its members, living this aspect as a disgrace or even as an injustice, envying the families of his friends, in which the parents are inevitably better than his own, or simply because the others have parents and they do not.

Father, mother and lies

Another recurrent aspect is that of terror and fascination towards the father figure. A figure that is generally feared and desired, that seduces and rejects. Perhaps this is the context in which the sx4 learns to love what he most hates, to hate what he most desires and to fight to be accepted by the person he feels most rejects them.

It is also observed that in childhood there is often a familiar air of a lie, that somewhere there is a hidden truth that the sx4 child or adolescent feels called to rake up.

The sx4 child tends to be externally shy and introverted with unknown people, self-exclusion or isolation is easier for them; they can be jealous and bile with relatives, mainly with the closer ones (parents and siblings)

In the more generalized case of the mother remaining by the child's side, although emotionally absent, a strong sense of abandonment is created that cannot be verified, since the mother is physically there providing care and attention. However, the falsehood is noticed; this is experienced with great intensity and, with it, the sx4 learns to claim, as a desperate way to call the attention of the absent but physically present figure. Such a situation provides a dose of distrust, bewilderment and despair that remains throughout life and is often an aspect that, if chosen, provides intense personal work.

It has been observed in a few persons of this subtype that anger appears as an element generally *inherited* from the mother, either because she expressed it easily, or because she swallowed it, turning it consciously or unconsciously on the child. The child learns, in this case, to despise this too dramatic or too submissive mother.

It is probably due to the physical or emotional absence of the mother that the sx4 has a clear problem with boundaries. If the mother is neither physically nor emotionally there, what has been the child's training in terms of loving boundaries? Probably, the way out is to jump them, especially as a way to get attention, even

if negatively, as a way to give himself the privileges that have been taken from him, and to take power over the other and over life itself.

7

PERSONA AND SHADOW: WHAT IS DESTRUCTIVE TO ONESELF AND OTHERS

The sx4 have a tendency to establish intense bonds of dependency through the hostile components of the aggressive impulse, especially hatred, since the unconscious experience that was processed and codified is that any attempt at gratification causes frustration and lacks essential value. In its origin, the satisfaction of its needs was perceived as lacking in tender content, unsatisfactory and not very nourishing: a state of emotional abandonment, mobilizing utility. Naturally, their impulse will be distorted, oriented to the destruction of what, real or imaginary, causes them more frustration, thus preventing any possibility of gratification. The sx4 has more aggressive energy at his disposal, so he can become annoying and harmful, hateful. Thus, feeling that he has the right to be gratified and the fact that his feeling of lack is permanent, leads him to command with hostile and inadequate demands, and even in the case of being satisfied, he cannot bond with a tender identity, so he degrades his satisfaction and the one who provides it, perpetuating the dissatisfaction. It is very difficult for him to establish and maintain tender and positive sustainable bonds, because he could not have them with himself. The dynamics of this structure predisposes him to self-degradation and to relationships that he degrades, with contacts in a state of handicap from which he constantly compares himself. "I was not good for myself and my mother, neither will I be able to be good for others, nor will they have anything good from me; what I received from myself and my mother was insufficient and unpleasant, as what I will receive. Others enjoy and have, I do not". A mechanism of denial and projection of hostile aggressive impulses takes part in this dynamic.

This childish experience perpetuates an adult attitude that harms others as well as having a negative impact on them, with different ways of manifesting itself.

Such a perception of oneself and of others crystallizes envious feelings towards the well-being of others, not of material goods, but of the capacity attributed to them of "being able to be happy and have everything". As it manages the feeling of lack, together with a distorted and unpleasant sensory and sensory perception of itself, feeling bad for itself and then the mother and the world, envy expresses itself through rage, hides through it, and reacts to persistent frustration by generating destructive hostile impulses also with the outside, because the world does not satisfy it. From the polarity "I need or I want" and "I don't even deserve to be rejected", he passes to the degradation that arises when he tries to obtain gratifications: "I don't deserve what they give me, so what the other gives me is worthless". This perpetuates the inadequacy of asking. Instead of admitting envy, it reacts by disqualifying and attacking what makes them envious to make envy disappear. Envy is magnified by the sexual instinct and sometimes becomes unsustainable: any object of envy can be the focus of hatred, and the reaction to it is one of destruction. "If I can't have it, neither can you". In addition to envy, it hides in need, emptiness and shame.

They may feel great love and admiration for someone, but any slightest act can turn them into rejection minutes later. When guilt turns into depression, the sx4 becomes disconnected from his relationships, becomes very reactive and pushes others away, sometimes with bad manners, in anticipation of the rejection he believes he will receive. Difficulty in feeling loved brings into play the invalidation of the other and the

self; the E4 denigrates those with whom he relates. "If you love or appreciate me and I am worthless, then what kind of person are you? If you cheat on me it is because your necessity is like mine, then you are like me, or worse, you are not useful to me." So that it cannot be conceived dear, love, appreciation and recognition are never perfect enough, romantic, intense to satiate and recognize itself. The other is constantly discouraged, never enough or sufficient. This hurts them and exhausts those who are by their side, since it frustrates a lot the impossibility to be accepted for what they are.

By hiding tenderness and, they show themselves as arrogant and self-sufficient by compensatory contrast, which sometimes means not respecting the other; this is evident when they become self-referential as they become egocentric, give themselves up their ills (which are the worst in the world) and leave out, reject or forget many people around them.

In spite of sensitivity and knowledge of discovery, when they fail to avoid the endless emptiness in which they feel they are sinking in, they become selfish, and others, who may need him at the time, take a back seat. They may appear detached, disinterested, cold, busy, unaware of the feelings and needs of those close to him. Mistrust, at times, can also be shown through, even when trying to maintain good manners, which can also be offensive. No one can save them from the sinking because of how special they feel, or maybe yes: just a fantastic non-existent being that leaves the other common mortals with the feeling of being useless in spite of their efforts.

It is difficult for them to be sweet and loving. The tenderness not received at the right time, in the right way, has become fixed, hardening them and convincing them that it will be very difficult to receive it. Gentleness is not in the sx4 a spontaneous feeling, for he does not easily accede to it; they even feel it as a weakness that has caused them pain.

They hide in particular the fear of rejection, which they can neither feel nor show. They deny their dependence and become counter-dependent, displaying an elaborate and false independence that alienates and penalizes those close to them; they feel invaded, afraid of being discovered, and reject closeness that they cannot bear.

They are so susceptible to being hurt or frustrated that they prefer to anticipate the situation by hurting or frustrating. They do not allow themselves to ask openly and are ashamed of their desires, so they demand while pretending not to ask. They are good emotional manipulators.

They do not declare their authentic pain, despite the complaint of their pains, which are in reality an indefinite list of lacks, sometimes real or inflationated, and which serve to cover a single great pain that they cannot declare: not having felt loved or cared.

Accepting it would turn them into their fantasy, into a helpless being that no one loves because they are tiresome, cumbersome, dangling. That wound cannot be revived, even if it is always open.

As life is a battle, they are destructive, with a competitiveness that permeates all areas of their existence; from the position of the one who feels they equals little, they focus on making the other lose, defeating and humiliating, invalidating and despising them, devaluing what does not come to win the battle. They are incapable of enjoying their successes without degrading the achievements of others, which is a non-success: "if I win on something that has no value, what value has my winning?"

The sx4s have a greater facility for establishing sadomasochistic relationships and, more frequently than the rest of the envious, they can be victims of physical and psychological mistreatment. As adults, they repeat the affective bond characterized by the mistreatment they experienced as children, either by repeating the

condition of victim or aspiring to be seen, or in the role of abuser as a form of revenge; we have a tough skin in the face of mistreatment, we know how to do it to ourselves and to others.

A shadow of the sx4 that is perhaps not very explicit is depression, which they avoid like the plague, but as a shadow it always accompanies them, in a latent or present state. In this childhood, depressive attitudes were supported with the intention that the child would entertain himself and appease himself, and were frustrated with a threat of aggression or expression of needs, in order to contain his request for attention. The survival and avoiding impulse of displeasure leads the child to keep asking until exhaustion, because the satisfaction of necessity hasn't come yet, neither has it been long-lasting or repeated. Their efforts are useless and they fall into energetic depression, to which is added emotional depression, the psychopathological core of the character. Depression and its variations in his dysphoria constitute the basis of the attitude with which he will relate to himself and to life. The tristitia (sadness) named by Evagrio Póntico, has been replaced and is the precursor as a basic emotion of envy. It is associated with depression as a feeling of worthlessness that cannot but be a sad feeling. And when it is not passive, it leads to self-destructive and self-boycotting attitudes. Melanie Klein explains envy as a kind of original sin, an evil that comes to us genealogically and phylogenetically, an aspect of a deadly instinct inseparable from our nature.

In its polarity, the sx4 when it is in its euphoric phase hides envy and in the depressive phase hides from it, to lick its wounds alone and not be stigmatized. He feels like a bluff, a lie, depression follows them and does not leave them, although they use a lot of energy to avoid it, except when they are defeated and must take refuge, because it is impossible for them to get out of the black hole that swallows them. Intensity, already in itself an addictive behavior, contributes to aggravating other dependencies.

As we have already seen, the sx4 has a good imaginative capacity, to which he is also addicted. Through autosuggestion they develop elaborate revengeful plans with desired events, invest a lot of energy to reproduce them over and over again in their mind and thus satiate his righteousness/revenge. When they finally put into practice their revengeful action, the feeling of guilt or remorse may appear later in different degrees of intensity; it will depend on which offended one has felt the desire to take revenge. In the appearance of the feeling of guilt is where the difference with the form of revenge of the E8, who barely feel guilty, can also be appreciated.

If we were to consider the persona and the shadow as parts of a photographic development, we could see the persona as the photo where the appearance is appreciated and the shadow as its negative, the hidden, the dark. In the photo of the sx4, strident colors predominate in its obvious features. They remain in the shadow of soft or less vibrant tones, veiled and barely perceived. The sx4 (in his distorted perception of tenderness, shame, fear, vulnerability, cowardice, fragility) hides features he considers inferior, succubus, monstrous. The separation and rupture within himself is created by not being able to accept and integrate these experiences, burying them, increasing the distance from their essence and from their inner child, frightened and alone. This lack of transparency and concealment is also deleterious in interpersonal relationships due to his lack of tenderness, pleasure, love, serenity and spontaneity, elements that he avoids putting into play and exposing in his relationships. Paradoxically, what the sx4 considers monstrous and impossible to demonstrate is what would make him healthier, bringing to light these characteristics, tracing a bridge with the rest of their traits that in general they expose.

In the image that sx4s project of themselves, the hostile components of their aggressive impulses are more expressed, such as rage, fits of anger, hatred, exhibitionism, counter-phobia, transgression, vulgarity, dramatism, irreverence, contempt, complaint, promiscuity, addictions, megalomania, crazy spontaneity, and

the feeling of righteousness. When talking about her parents' childhood fights with each other and their reconciliation later, a woman of this subtype says: "That was my first bath of emotional intensity and where I got the message that those who really love each other, fight loudly".

On the other hand, the components of the tender impulse, contributed by the integration of the maternal sphere, remain barely expressed, and moreover, devalued and repressed. We may hear: "I have tried hard to be attractive and intelligent, but not good". Or: "I didn't discover the pleasure of being helpful until I was seventeen years old, even though I felt very fake". These components have to do with contact with gentleness, modesty, tact, the ability to respect and respect oneself, gentleness, recognition of personal dignity, the need for love, fragility, self-confidence, acceptance of limits, surrender, moderation, calm, tenderness, generosity, listening, appreciation, and prudence.

By incorporating the capacities of the tenderness order, by allowing them to express themselves, they balance the excess of aggressive impulse turned against and projected on the other, dominant in the neurotic sx4, which stops a great part of the tender impulse, which will be gradually released, as if an alchemical process were produced by balancing these two forces.

What can really dazzle and positively catch us is to begin to recognize our capacity to love, to support and to confront others with gentleness and humor. This subtype, like the other envious ones, has an enormous capacity to empathize. It is not that the wolves are going to become lambs. It should be noted that the sx4 devalues and does not allow expression of the components of the tender impulse. This is a very deep aspect of his monster, because they see themselves as such when they let the fragility add up, although it is a subjective appreciation, in reality it is when they show themselves more balanced towards the outside, without losing their strength.

8 LOVE

In love, the sx4 tends to display all his typical characteristics more spectacularly. The importance given to the relationship and to the figure of the other is predominant in this subtype, the space where they play their self-esteem and their madness, in short, their passion. Many people of this subtype recognize that finding a partner has been the most important thing for them.

As has been repeated, sx4s are very passionate and sexually active. Sexuality plays a predominant role in their relationships, as being sexually attractive to each other assures them with affection. There is a great preoccupation and occupation with appealing, dedicating themselves to improving their appearance and the way they present themselves to the world. The sx4 needs to take relationships into the sexual realm, regardless of whether they are really interested in them or not.

In this sense, a person belonging to this subtype usually has throughout his life many relationships endowed with intense and magical moments in the search for that love that will solve all of their lacks.

The sx4 has a strong need to admire the object of desire. It seems that one could not establish a stable relationship with anyone who is not admired, especially for something the other has that the sx4 feels they lack and believes they cannot get for themselves. It seems that partners are often unconsciously chosen as

true beacons that indicate what the person needs to develop for themselves and believes that it has to be provided by the other. Perhaps the healing process is oriented towards achieving what is envied in the other person and proving that they can achieve it by themselves, or daring to face the frustration of not achieving it and taking responsibility for their achievements and failures.

Unfortunately, on many occasions this possibility is glimpsed when the relationship has already been destroyed, as if the strength comes from the fact of feeling like a victim. Are shown then attitudes such as: "I will prove to you, I will prove to myself and I will prove to the world that I can". The important one is still the other.

They tend to be particularly attracted to people they consider difficult, because what is easy, plain, simple, and above all, possible, is not at all interesting. They unconsciously look for those who represent a challenge, who seem susceptible to be changed by the force of their love and who, especially, will change when they discover all that the sx4 believes to be worth, which in the end they will choose above all things.

They need to feel preferred by the partner, to be the most important thing in the other's life, and at the same time, they have little awareness and ability to value what they receive positively. This is a very narcissistic aspect of which there is little awareness. It is simply taken for granted that this is the way it should be in a relationship. As if in this way they seek the gaze of the physically or emotionally absent father and/or mother, or can thus get out of the comparisons in which they have been disadvantaged. They then establish a struggle, generally not at all silent, to obtain the desired place in the life of the other, maintaining the eternal position of the misunderstood adolescent.

From the place of lack and of little internal value, they have a great orientation to recognize at all times what they lack, even if this is a tiny detail in the midst of great displays of love from the other. It is as if, in the face of an infinitely beautiful display, they are specialized in detecting the only one defect, they will focus on it and it seems to be the only thing they see, the only thing that reaches him, that small defect that prevents them from fully enjoying the beauty in front of them.

This is common to all E4 subtypes. What differentiates the sexual one is the way they react to it: they react by becoming overtly and blatantly aggressive, claiming what they feel is not given to them with a wide range of verbal aggression focused on what they lack, how unhappy that makes them, probably asserting that their happiness depends on getting it.

It shares with the sp4 (tenacity) subtype the following position in relation to the desired other: "You are God when I don't have you, the devil when you leave me and a nuisance when you are there. Come, I'm going to crush you".

There is no awareness, as long as a process of introspection and self-knowledge is not undertaken, that even if that which they claim were given to them, they would surely go on to detect some other missing detail, and so on ad infinitum. They do not take charge of the internal void, of the bottomless emotional bag forged in their lacking childhood, that nobody can fill but themselves, accepting that a part of that emptiness will accompany them for life and that they must take charge of it without projecting it outwards.

The sx4 tends to cause impotence feelings in their partner that if they are not detected on time, they can plunge the other in a permanent guilt feeling for not being enough. The partner may try to please their sx4

to the point of exhaustion and then they reject the partner, assuming that they have been emasculated and rendered impotent. At that point, the sx4 finds in the suffering portion where they know how to manage from victimhood, blames themselves for not being enough and asks for forgiveness, grovels, etc. "When I am rejected, I am convinced that the other has seen how monstrous I am inside".

It can be safely said that there is a vocation for a sadomasochistic play, superior-inferior, rebel-submissive, which together with the desire to be an agent of change for the other with problems are ingredients that can facilitate this subtype to enter into relationships of psychological and physical mistreatment. The sx4 lends themselves easily to relationships in which the struggle for power is present. Relationships that allow them to enjoy suffering, the necessary intensity that allows them to feel pampered life, without boredom, which they will finally achieve, even if they do not know very well what.

The sx4 is characterized by having relationships of great emotional intensity, fight and reconciliation. In the fight they are aggressive, with great mastery of verbal and sharp aggression, because they know how to detect the weakest area of the other and aim where it hurts the most. They are usually accurate and hurtful. Once they have succeeded in making the other feel bad, they enter the spiral of guilt from where they try to solve or reverse the situation. If they succeed, their thirst for intensity is quenched in a positive way, like a wild beast that calms down at the sight of its defeated prey until the need to fight comes back. If they do not succeed, they enter into despair, guilt and victimhood typical of the abandoned and wounded, from where they can also deploy all their fury and resentment, feeling justified even to exercise a just revenge for the affront suffered. Infidelity is usually carried out as a vindictive act, not so much for its own enjoyment but so that the partner finds out and suffers. The aim is for the other to be reprimanded. But there are also cases in which the infidelity is not even lived with guilt, because feeling the constant lack, they need that their search does not slow down and if they do not feel that their partner completes them, they look for and find other people outside the main relationship, as a right to be happy.

The three types of love

Among the E4 subtypes, the sexual subtype is the most erotic one. That is to say, the one that has the most access to pleasure, although it can quickly disqualify or destroy it, because it does not obtain satisfaction and identifies with the lack. In fact they are seductive and in comparison with the other E4s, they live their sexuality intensely and can overcome the shame and the sense of inferiority that they feel, although they hide it or repress it. It can be said that people with E4 character who indulge in sexuality are obviously often seeking to compensate for maternal love that has been lacking or harmful.

Compassionate love is in all of E4s: caring for the other, suffering for the other. Intense sensitivity is recognized, although it is not always concretized with effective caring actions, as in the case of the conservation subtype. The sx4 does not know how to suffer much or to make an effort in caring, but they can be "animal" protective mothers and fathers, in case their children are in need or in danger. It is of all the E4 to charge for giving so much to the other; but in the sx4, as we have already seen, it charges by claiming back what it has given, with aggressive pretension.

The E4 admires in the sense that they see the other as someone who has what they lack. It is an envious admiration that turns into contempt; the sexual subtype finds it difficult to admire, better to say that they idealize, especially in the couple, and very easily destroys it because they are disappointed at the moment the other appears with his limits. This subtype is also very sensitive to social issues of injustice and can be very committed in battles for equality or the defense of the excluded and most needy. It can be a person passionately dedicated to the rescue of those who suffer; in this sense it has a strong admiration for the values of solidarity and collaboration.

HISTORICAL CHARACTERS

- Marquis de Sade
- Augustine of Hippo
- Francisco Goya

LITERARY AND CINEMATOGRAPHIC EXAMPLES

- Heathcliff - *Wuthering Heights* (Emily Brontë, 1847)
- Violet - *August Osage County* (John Wells, 2013)