

A scarily accurate description of Blake's personality

I've spent a lot of time thinking about personality psychology ([context/backstory](#)).

While all personality typing systems are limited, the following text is scarily accurate in describing my personality since age ~19.

What follows is a lightly edited quote from [The Complete Enneagram](#), describing an Enneagram Type 7 with 8 wing. For simplicity, I've shortened the designation to "S7."

Individuals with the S7 subtype are gluttons for optimistically seeing things as they could be in the ideal world of their imaginations. S7s are dreamers with a need to imagine something better than stark, ordinary reality. These Sevens have a passion for embellishing everyday reality, for being too enthusiastic, and for idealizing things and seeing the world as better than it actually is.

S7s are not as interested in the things of this world as they are in the things of a more highly advanced dimension. They look at the sky as an escape from the earth; they are more "heavenly" than "earthy." People with this subtype are light-hearted enjoyers with a need to dream and to idealize and embellish the ordinary. In line with this tendency, they can be very idealistic and somewhat naïve.

These Sevens tend to look at things with the optimism of somebody who is in love. Everything looks better when you are in love, and the S7 takes refuge in this kind of ideal, positive experience as a way of unconsciously avoiding what might be unpleasant in life. They focus on a highly positive view of life to distract themselves from the uncomfortable or scary emotions they would rather remain unaware of.

It is said that "love is blind." S7s may be said to be blind in this same sense: they display a bit too much enthusiasm and optimism and pay disproportionate attention to the positive data in a situation. These Sevens can fall in love very intensely, and they relate to their world through dreaming and imagination. They imagine what the world could be, and they can believe that this optimistic view is real.

In this way, S7s express a need to fantasize, a need to dream, or a need for rose-colored glasses. These Sevens have a tendency to be too happy. They display a need to live in a charmed reality, to fantasize—to live in a world seen as an overcompensation that reflects an unconscious desire to deny or avoid the painful or boring or frightening parts of life. S7s tend to experience an underlying fear of getting stuck in these kinds of feelings and so take refuge in optimism.

S7s think, “I’m okay, everything’s okay.” This way of thinking is very therapeutic for everyone who is not a Seven. S7s often had some sort of painful experience growing up and they’ve adopted a sense of lightness as a defense against feeling their pain. They defensively take refuge in a happy, or excessively happy, and expansive mood that operates as a way of unconsciously diverting themselves from recognizing and feeling a deeper pain. It’s like walking lightly above things or hovering at an elevated level as a means of escaping the uncomfortable emotions.

The name given to this type is “Suggestibility,” which implies a readiness to be mentally flexible and imaginative—but it also has to do with being gullible, easy to hypnotize, and susceptible to the infection of enthusiasm. Naranjo points out that S7s’ cognitive defenses are shaped as suggestion, fantasy, and illusion. They can naively believe that people are what they say they are, and they can be very trusting, seeing the world and people in beautiful, perhaps overly positive, terms. They run to an idyllic future and away from a potentially uncomfortable or painful present. They display a prevalence of thought and imagination over feeling and instinct.

S7s plan and improvise a lot. They believe that they can do everything, and they feel a need to plan or mount successful strategies that will ensure their pleasure. They may experience anxiety, however, about the difficulty of engaging in many scenarios at once and having to give something up. They can have a restless and anxious energy, which can take the outer form of doing things on many fronts and engaging in many activities at the same time. Their excitement and anxiety can cloud their perception of reality. At times they may rebel through passive-aggression, which they tend to do by living in their imagination—relating to situations as they would like them to be and not taking action in the real world.

S7s see the world as a marketplace of outstanding opportunities: the more you take, the more you can enjoy. These Sevens express excitement about the possibility of consuming many experiences—everything is exciting and spectacular—like someone who goes to a bakery and wants to try a bit of everything. They find a sense of satisfaction in being able to have it all, in not missing or losing out on anything.

S7s are gluttons for things of the higher world, and this makes them dreamers. They often feel an attraction to spiritual or metaphysical experience, as well as to extraordinary or esoteric things. Earthly, mundane things can be very hard to bear for a person who lives in a more idealized mental reality, and so this individual can have an intense dislike for activities they find routine, tedious, or boring.

For the S7, earthly things take effort, and can therefore feel boring or tedious, whereas the mind works so easily and without friction. It’s so much easier to imagine doing something

than to actually do it. So, this Seven finds comfort—indulging a kind of worldly laziness—in imagining instead of doing.

Specific Work For The S7 on the Path from Vice to Virtue

S7s can travel the path from gluttony to sobriety by noticing when they are living in their imagination rather than in reality and allowing themselves to explore why they're doing so and what's happening inside them when they allow this.

If you are this Seven, learn to distinguish between fantasy and reality.

- Work on understanding your need to embellish reality and idealize people and things, and explore the motives and feelings behind those tendencies.
- Be alert to identifying “logical arguments” and rationalizations that support fantasies that prevent you from growing and moving forward.
- Recognize when a rose-colored view of something is masking a deeper frustration or fear, and work to unearth those deeper feelings.
- Work on learning how to tolerate frustration so you can get more of what you want and need in the real world and don't have to subsist on fantasy.
- Notice if you are engaging in passive-aggressive rebellion of any kind, and investigate what might be motivating it.
- Work to get in touch with your deeper feelings, including fear, sadness, or anger.
- Be honest with yourself when you think you are working on a relationship but you are actually just “working on it” in your imagination.
- Be open to recognizing when you get disappointed in the reality of something; when it doesn't measure up to your idealization of it; and when anxiety may be clouding your vision of what's happening.
- Support yourself in getting in touch with any anxiety you might be feeling instead of acting it out through enthusiasm and a drive for pleasure.