Four subtypes:

4so: THE SOCIAL INSTINCT IN THE FOUR: THE OUTSIDER

• In the average range, of the three Instinctual Variants of type Four, Social Fours most see themselves as unlike others, as being totally unique. They experience their uniqueness as both the gifts they bring to others and the burden they must bear. Not surprisingly, Social Fours also tend to be the most socially active and engaged Fours. They long to be involved with others and to be part of it the social world, but they often feel that they do not know how. Like Threes, they constantly compare themselves with others, although always feeling that they come up short. They desire to be among the beautiful, the glamorous, and the elite, yet they doubt that they are really up to it. Feelings of shame in social settings eventually lead Social Fours to believe that they do not know how to function like normal people. They envy the happiness of others, while rejecting them as crude and insensitive. They frequently adopt a glamorous, exotic image to cover over their social insecurities. Many Social Fours become attracted to alternative lifestyle groups to compensate. ("I'll seek solace with the other outsiders." Beatniks in the 1950s or the Gothic rock subculture in the 1980s and 1990s are examples of this.) Some Social Fours may aggressively pursue success as a compensation for their nagging feelings of inadequacy. ("They won't make fun of me now!") They react strongly to any statements about themselves, often sifting through past conversations for any hints of a slight. Ironically, they may both defend their defects and feel disadvantaged by them. ("Of course I'm aloof around such coarseness and selfishness— but still I do wish someone loved me!")

• In the unhealthy range, fear of rejection can lead Social Fours to withdraw almost completely from involvement with others. Shame and expectations of humiliation become so pervasive that they do not want to risk being seen.

4sx THE SEXUAL INSTINCT IN THE FOUR: INFATUATION

• In the average range, Sexual Fours most exemplify the romanticism, intensity, and longing for a rescuer that characterize this type. They can be sweetly vulnerable and impressionable, but also aggressive and dynamic, especially in their self-expression. There is an assertive, seemingly extroverted component to Sexual Fours, and unlike the other two variants, they are unlikely to let their romantic fantasies remain fantasies for long. Often turbulent and stormy, their emotional lives revolve around the person they're attracted to. Intense feelings of admiration, longing, and hatred for the object of desire can all coexist. Sensual and seductive, they can also be jealous and possessive like Twos, and they want to be the only person that matters in the other's life. Sexual Fours often have severe doubts about their own desirability, so they strive for accomplishments that will make them acceptable to the other—being a great artist or star—while being resentful of those who achieve those things. Envy is also most clearly visible in this variant. Relationship problems arise because Sexual Fours often become romantically involved with people who have qualities that Fours admire or want in themselves, but then end up envying and resenting the loved one for having these very qualities. Idealizing the other can

quickly shift to rejecting them for their slightest flaws. At the same time, Sexual Fours are often attracted to people who are, for one reason or another, unavailable. They may spend a great deal of time longing to have the desirable other to themselves and detesting anyone who has the other's attention.

• In the unhealthy range, intense envy of others can lead to desire to sabotage them in order to get revenge. Unhealthy Sexual Fours unconsciously live by the adage "misery loves company." ("If I'm going to suffer, so are you.")

4sp THE SELF-PRESERVATION INSTINCT IN THE FOUR: THE SENSUALIST

• In the average range, Self-Preservation Fours tend to be most practical and materialistic kind of Fours. They love the finer things of life and want to surround themselves with beautiful objects.

They relate strongly to the sensuality of the material world and enjoy cultivating a "nest" filled with items that have both aesthetic appeal and emotional resonance. Thus, Self-Preservation Fours are often moved by the presentation and symbolism of gifts and enjoy presenting gifts to others, such as a rose for their beloved. They also tend to be the most introverted Fours; having comfortable, aesthetic surroundings supports them during periods of social isolation. They tend to be very particular, even obsessive, about their physical surroundings, wanting soothing textures, mood lighting, and a comfortable temperature. Eventually, their desire for emotional intensity begins to interfere with basic life functioning. They often develop a throw-caution-to-the winds attitude that comes from the excitement of being on a temporary emotional high of some sort. At the other extreme, they tend to be self-indulgent in an attempt to soothe emotional lows. In either case, they typically allow emotional whims to dictate their behavior. Self Preservation Fours may attempt to maintain a rarefied lifestyle at the expense of their security and physical well-being (buying expensive items when the rent is not quite covered). They (like Sevens) can become frustrated divas, craving rich foods and luxury. They frequently fall into poor eating habits and-health routines, staying up late watching movies, listening to music, drinking, and eating to excess, as if to say, "What difference does it make?" Self-indulgent habits become compensations for an unlived life.

• In the unhealthy range, Self-Preservation Fours are highly susceptible to alcoholism and drug abuse.

Tritype 4-6-9

If you are Seeker, you are intuitive, inquisitive and accepting. You want to be original, certain and peaceful. You are a very sensitive and can experience intense feelings of self-doubt and uncertainty. As a result you need multiple sources of confirmation. You want to be individualistic but can fear being separate from others. Your life mission is to raise the questions pertaining to the mysteries of life and share your findings with others. A true seeker, you are happiest when

you feel you can answer the question of who you are. You can be so focused on your feelings, insecurities and doubts that you can feel paralyzed by the fear of making the wrong decision and of being misled or duped. The 469 is a seeker with a lot of self doubt. There is always more to learn when you are this tritype but the desire is to develop a philosophy. The Seeker deals with great anxiety, the most doubting tritype. It is also the tritype that most struggles with a constant sense of self. They can also be somewhat passive. They are intuitive, inquisitive and driven to understand as much about themselves and others as possible. These people are worriers and are afraid of being wrong or being in danger. Scans for rejection, conflict, and inclusion/exclusion. They are emotionally accommodating of others and comforting. They ponder, think, and rethink in a worrying skeptical manner.

S- blind spots:

Self-Preservation Blind Spot - SO/SX and SX/SO

The area that is ignored by these stackings are the three elements of Self-Preservation: Well-Being, Self-Regulation, and Resources/Foundations.

Physical Well-Being: SP-blinds will have a deep belief that they will survive no matter what. They may cognitively know that they are mortal and susceptible to harm, but there's an immaturity around accepting that their body is a physical vessel and not "them." SP-doms know that the body is completely fragile and that their living consciousness depends on protecting it at all costs. SP-blinds find crafty ways of ignoring that basic survival fact. They might have no problem pleasuring their body with food/sex, etc. But there's a difference between focusing on the body's pleasure and actually taking care of it. Some SP-doms take care of their body by testing its limits, and strengthening it. SP-blinds are out of touch with this need to preserve their own health. They are less fazed by illness or injuries; either that or are completely shocked and stressed that their bodies would fail them and suddenly stressed by the idea of having to consider it. Nobody is particularly excited about illness, but there's a sense of inevitability around the idea of illness that is lost with SP-blinds.

Social blind spot - SP/SX and SX/SP

The area that is ignored by these three stackings are the three elements of the Social instinct: Connection/Care, Mindreading, Harmony/Role.

Connection/Care: The connections made by the sexual instinct do not involve bonding or reciprocity. This is not to say that they can't feel love, but the instinctual drive itself is more concerned with connecting chemically as if getting a drug fix, and maintaining that locked-in high. They can make friendship bonds or other types of relationships with people, but they are often less "close" than it seems. Once the energy of attraction wears off, they might forget to maintain that bond as they search for a new energy fix. They also have less of a "screening process" for the people they interact with. SO has a sense of "good and bad people" built in, or

an innate sense of knowing who has the same moral values or psychological understanding of the world. These similarities will bond them together. SO-blinds often ignore this, and the people in their life are less of a “big deal” or of something that needs to be focused on.

Sexual blind spot - SP/SO and SO/SP

The areas ignored by these two stackings are the three elements of the Sexual instinct: Arousal/Repulsion, Fusion, and Chemistry.

Arousal/Repulsion: Sexual-blinds are often not as in-tune with what turns them on energetically. They can have strong passions and interests, but the level of whole-self immersion in someone/something is less. The SX-blind stackings are perfectly capable of having enjoyable sex, but this area might be less of a “sacred” place for them. Some SX-blinds will not want to have sex unless they’re in “love” (or feel a social bond), and others are comfortable satisfying their sexual urges as simply a bodily function that’s enjoyable (especially SP/SO). This is contrary to the mating dance that SX-doms play into, the attraction strategy is the things they’re over-identified with, rather than the physical “doing it” part. However, all people are capable of enjoying sex (unless asexual). Sometimes SX-blinds are less immediately aware of who’s into them, who’s attracted; it might take them a bit longer to know if they’re completely interested or drawn in. Some SX-blinds can feel basic arousal immediately when attracting a new mate, and some need a bit of time. They often aren’t always aware of what makes them attractive or engaging in a way that hooks people.