enneagram.dev



THE FULL PROFILE

Social Four

Sample excerpt · 4w5 · Social lead · center types 4-5-9

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Prepared October 15, 2026

A tool for self-reflection, not a clinical assessment.

01

YOUR TEST RESULT

4w5: The Individualist

> **Feels everything at full depth and wants a life that is honestly, unmistakably their own.**

You notice the thing in the room that everyone else walked past. The song that changes key in the bridge, the friend whose laugh went a half-second late, the gap between what someone said and what they meant. You have a radar for emotional truth, and it rarely switches off. Type 4 sits in the heart center of the Enneagram, the group of types organized around image and identity, and for you the central question is simple to state and hard to answer: *who am I, really?*

From the outside, people sometimes read you as dramatic, moody, or a little apart. From the inside, it feels more like being tuned to a frequency other people can't quite hear. You can be deeply private and still want, badly, to be known. You can love beauty in a way that is almost physical (the right light on a wall, a line of a poem you carry around for years) and you can feel just as strongly the ache of what is missing. Longing is familiar territory. Sometimes it is the most alive thing you feel.

CORE FEAR

Having no real identity or personal significance: being ordinary in a way that means being unseen.

CORE DESIRE

To know who you truly are and to have that self met and understood.

CORE MOTIVATION

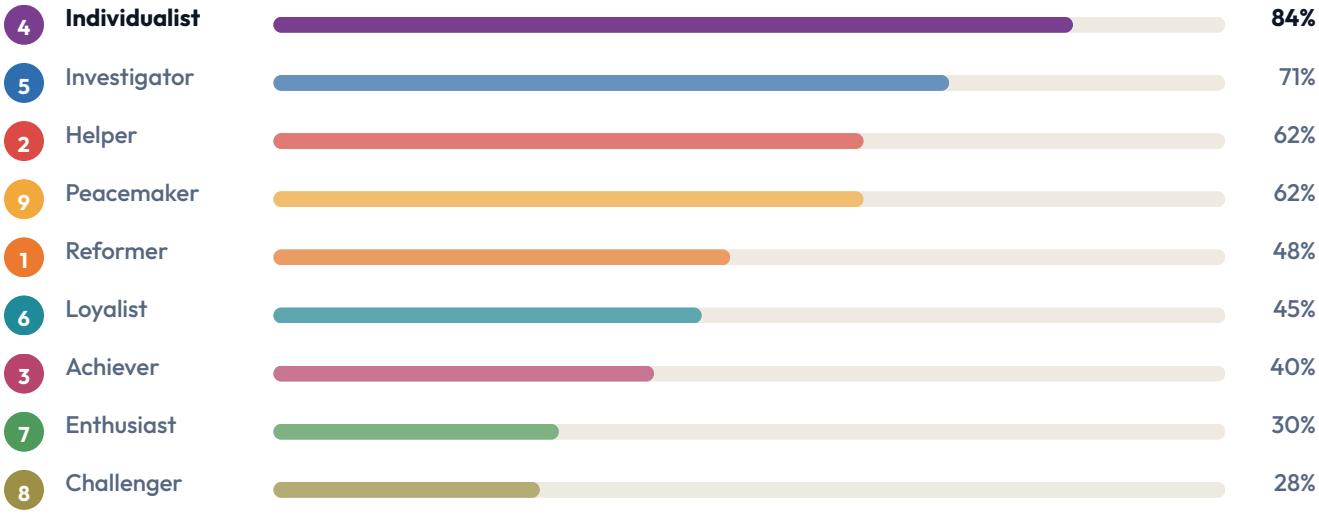
To express what is real inside you, to find meaning in what you feel, and to be loved for the specific person you are.

Your 5 wing: The Inner Cartographer

If you're a 4w5, you have the core Type 4 need to find and express a true self, plus the 5's appetite for understanding. You don't only feel things; you study them. A mood becomes something to trace back to its source, a strange dream becomes a research project, a piece of music becomes a world you live in for a month. Your inner life is less a weather system and more a territory, and you've spent years mapping it. Friends may joke that you have a theory about everything you feel, and they're not entirely wrong.

Your 5 wing is strong (71%, against 40% for the other side). Expect the notes for the 4w5 throughout this profile to fit closely.

How strongly each type showed up



Scores show how much you endorsed each type's statements. They aren't percentages of a person, and high scores in several types are normal.

Your result was clear: 4 came out 13 points ahead of your next-highest type, Type 5. High scores in a second type are normal, and yours often shows up as a strong flavor rather than a different core.

Your growth and stress lines

↗ GROWTH LINE: TOWARD 1, THE REFORMER

When you're growing, you move toward the healthy side of Type 1. That might sound like an odd match, since the Reformer is often pictured as the rule-follower of the Enneagram, but what you borrow from 1 is structure in service of what you love. Your feelings stop being the only compass. You start acting on your values even on days when the mood isn't there. Your 1 score sits in the middle (48%): some of this is already in reach.

STRESS LINE: TOWARD 2, THE HELPER

Under pressure, you tend to move toward the less healthy side of Type 2. The 4 who usually waits to be found starts chasing connection instead. You may become uncharacteristically focused on what other people need from you, or on securing their attention and approval, because the fear of being abandoned has gotten louder than the wish to be authentic. Your 2 score is also high (62%), which may mean you know this stress pattern well, or that you've been under pressure lately.

02

YOUR INSTINCTS

From type to subtype

Your type says *why* you do what you do. Your instincts say *where* that motivation goes first.

Everyone has three basic instincts, three drives that decide where your attention goes first. **Self-preservation** (SP) is the drive to keep yourself safe, rested, fed, and resourced. **Social** (SO) is the drive to belong: to find your place in a group and contribute to it. **One-to-one** (SX) is the drive toward intense connection with a particular person, idea, or passion. All three run in everyone, but rarely equally. One leads, one supports, and one tends to be neglected, and that order is called your instinct *stack*. Your type combined with your leading instinct gives your *subtype*, one of 27. It's a big part of why two people of the same type can look so different.

YOUR LEADING INSTINCT: SOCIAL

You lead with **social**, which makes you a **Social Four**, a Four whose longing is aimed at belonging, acutely aware of where you stand among people, quick to feel like the one who doesn't quite fit, and deeply attuned to anyone else on the edge.

Continues in the full report

2 more paragraphs, written for the reader's own result.

03

SOCIAL FOUR

The Outsider at the Table

Every Four carries a sense that something essential is missing. For a Social Four, that sense has a setting: it shows up most among people. You can walk into a dinner party, a team meeting, or a family holiday and within minutes feel the familiar drop: *everyone here knows how to do this except me*. Other people seem to have a key to belonging that you were never handed. They laugh at the right moments, know where to stand, and move through the room as if they were born members.

Continues in the full report

Also in this section: How envy shows up in you · What you may tell yourself · How others see you

04

STRENGTHS AND BLIND SPOTS

What you bring, and what you miss

Your gifts

- **You see who's on the edge.** In any group you notice the person who isn't included, and you're often the one who widens the circle. Communities with a Social Four in them tend to be kinder.
- **You name what's unspoken.** You can put words to the mood in a room, the tension in a team, or the grief nobody's acknowledging. Done with care, it's a real gift to a group.

Continues in the full report

Also in this section: Your blind spots

05

LOVE AND WORK

Being a Social Four in real life

In love

In close relationships, Social Fours tend to be generous, emotionally available, and deeply loyal. You want a partner who sees you, all of you, and you offer that same attention in return. You're often good at the hard conversations other people avoid, and you notice when your partner is struggling before they say anything.

Continues in the full report

Also in this section: At work

06

CENTER TYPES 4-5-9

How your other two types color your Four

Your center types are the types you lean on in each of the three centers. As a Four, your heart center is settled. The other two show how you handle fear (the head center) and how you handle anger and boundaries (the gut center). Here is how each of yours tends to color your Four.

Continues in the full report

2 more paragraphs, written for the reader's own result.

07

YOUR GROWTH PLAN

Where to grow from here

BASED ON YOUR SCORES

Your score on Type 2, your stress direction, was high. You may know the chase pattern well, or you may have been under pressure lately. Week three may be the most important part of this month for you. Consider reading it now, before you begin.

Continues in the full report

1 more paragraph, written for the reader's own result.

08

30 DAYS

Your 30-day practice guide

This guide is thirty days of small, specific practices built for the way a Four is wired. It isn't designed to make you less sensitive, less deep, or more like everyone else. It's designed to help you keep all of that and suffer less for it: to feel fully without being swept away, to compare less, to ask for what you need, and to build a life that feels like yours on ordinary days, not just on the luminous ones.

The month moves in four stages. First you learn to see your patterns as they happen. Then you practice steadying yourself inside a feeling, which is the gift of your growth line toward Type 1. Then you turn toward the people in your life and practice the direct asks a Four tends to avoid. Finally you put your values into action, finishing and sharing things and finding meaning in what's already here.

How to use it

Each day takes ten to twenty minutes. Read the day in the morning, do the practice when it fits, and answer the reflection question in a notebook before bed. A paper notebook works better for most Fours than a phone, because it's slower and more personal.

Two practices run through the whole month: a daily creative quota (it starts in week two) and a one-line evening note. Keep them going even on days you skip the rest. If you miss a day, don't restart and don't make up for it. Just do today's. A broken streak is ordinary information, nothing more.

Week 1: See the pattern

You can't change what you can't see, and most of a Four's patterns run fast and quietly. This week is observation only. No fixing, no judging. You're learning the timing of your own inner weather.

DAY 1

Find the missing piece story

Why. Most Fours carry an old belief that something essential is missing in them and present in other people. It usually runs underneath awareness, coloring everything. Naming it is the first step to loosening it.

Today. Write for ten minutes, without stopping, starting with: *The thing other people seem to have that I don't is…* Don't edit, don't make it beautiful. When you finish, underline the one sentence that feels most familiar.

How old does the underlined sentence feel? When do you remember first believing it?

FOR SOCIAL FOURS

Your missing piece likely has to do with belonging: a key to groups that everyone else seems to hold. Notice whether your sentence is about *them* or about *the room*.

Continues in the full report

Also in this section: Week 2: Steady the feeling · Week 3: Reach toward people · Week 4: Live it

09

CONCLUSION

Bringing it together

Continues in the full report

Also in this section: Where to go from here