

BIBLICAL CHARACTERS JUST LIKE ME – TYPE FOUR

Week Seven Small Group Student Outline

1. **BIBLICAL PERSONALITIES/NARRATIVE/CHARACTERS:** Joseph, Isaiah, Hosea, Jeremiah, and Job
2. **DESCRIPTION:** The Romantic, Individualist, Artist
3. **CHILDHOOD PATTERN – PROTECTIVE/NURTURING ORIENTATION**
– Disconnected from both the nurturing and protective figure
4. **THE WINGS - TYPE FOUR**

4w3

Type Four with a Three Wing wants to be unique and the best because you have competitive energy. Because of the third wing's influence in being image-conscious, you're more aware in dialing back your emotional intensity than the fourth type with the fifth wing. You want to be different but socially accepted.

4w5

Type Four with a Five Wing is more introverted as both of these influences don't mind being alone. You have unique artistic interests because you are attracted to the avant-garde and eccentric. You value how you are different than others but have less of a need to be noticed than the fourth type with the fifth wing.

5. **BASIC FEAR** – Fear of being without identity or personal significance
6. **BASIC DESIRE** – The desire to be oneself
7. **NEED:** To be special
8. **GIFT:** Uniqueness, emotional balance
9. **PROMINENT ISSUE - Passion/Vice/Wrestle with:** Envy
10. **TEMPTATION:** To be given to fantasy
11. **COMPLAINT:** I am different from others, I feel I don't really fit in
12. **KEY DEFENSE MECHANISMS:** Artificial Sublimation
13. **CONFRONT:** The "commonplace"
14. **WAKE UP CALL:** Holding on to and intensifying feelings through the imagination
15. **MANIPULATING STRATEGIES:** By being temperamental—and making others "walk on eggshells"

- 16. THE RED FLAG FEARS:** Fear that they are ruining their lives and wasting their opportunities
- 17. UNCONSCIOUS CHILDHOOD MESSAGES:** "It's not okay to be too functional or too happy."
- 18. SURVIVAL STRATEGY:** I must be unique and different.
- 19. WOUNDING MESSAGE:** "There something off about you. No one understands you, and you'll never belong."
- 20. HEALING MESSAGE:** "We see you. You're beautiful. Don't be ashamed."
- 21. MISUSED OR REPRESSED CENTER:** Doing Center
- 22. VIRTUES/STRIVE FOR:** Emotional balance
- 23. INNATE GIFT:** Compassion
- 24. VALUE:** Authenticity
- 25. ANTISELF ACTIONS:** Self-controlling
- 26. AVOIDANCES:** Despair (lost)/Simple sadness
- 27. TRAPS:** Authenticity
- 28. INVITATION:** Originality (Union with God)
- 29. QUALITIES OF CHRIST:** Creativity, Sensitivity, Simplicity
- 30. ORIENTATION TO TIME:** Past
- 31. CORRESPONDING BRAIN FUNCTION:** Right Hemisphere - INTUITION
- 32. DOWNSTREAM PRACTICES:** 1) Solitude, 2) Journaling
- 33. UPSTREAM PRACTICES:** 1) Fellowship, 2) Thanksgiving
- 34. Integration – Path of Peace:** Four moves to One
- 35. Disintegration – Path of Storms:** Four looks to Two

36. Things to let go of

- i. turning my anger and aggressions against myself.
- ii. all self-hatred and self-contempt.
- iii. all feelings of hopelessness and despair.
- iv. all self-sabotaging thoughts and actions.
- v. feeling that I am inadequate and defective.
- vi. the fear that I am unimportant and undesirable.
- vii. feeling shameful and misunderstood by others.
- viii. being distraught, fatigued, and inhibited.
- ix. feeling that people always let me down.
- x. all unrealistic expectations of myself and others.
- xi. all claims of needing to be treated differently.
- xii. all self-indulgence in my emotions and behavior.
- xiii. all self-doubt and emotional vulnerability.
- xiv. wanting to protect myself by withdrawing from others.
- xv. all wasteful fantasies and romantic longings.
- xvi. dwelling on the past to prolong my feelings.

37. Things to affirm

- i. that I am not defined by my feelings.
- ii. that only the feelings I act on express who I am.
- iii. that I open myself up to people and the world.
- iv. that I use all of my experiences to grow.
- v. the goodness of my life, my friends, and myself.
- vi. that I love myself and treat myself gently.
- vii. that I am free of the damage of my past.
- viii. that I am transforming my life into something higher.
- ix. that I am bringing something good and beautiful into the world.