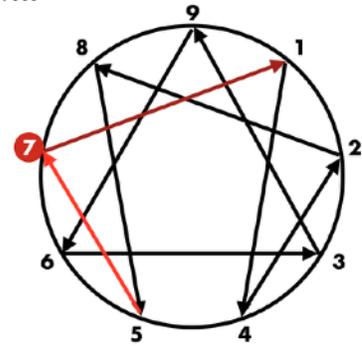


TYPE SEVEN: The Enthusiast



Overview:

Sevens have a passion for pleasure, and are anxious to fill themselves up with positive, stimulating experiences with a seemingly never ending desire for more. As part of the Head Triad, Sevens develop their way of being as a response to **pain**. Fives try to gain knowledge as a way to shield themselves from what could cause them pain. Sixes have a contingency plan for as many things as possible to be ready for pain. Sevens deal with pain by avoiding it entirely. When something bad happens, they'll try to "focus on the positive."

Sevens don't like anything that looks like a **limitation**, especially when it is imposed by someone else. They can show a noticeable lack of enthusiasm when they are having to do something out of *duty* rather than out of their self-directed spontaneity and interest. Humor and techniques of distraction help them to slip out of what bores them so they can do more of what they want.

The Seven's permanent smile and hesitation to experience negative emotions can be a source of frustration for those around Sevens. They often have exes who felt they had put more into the relationship than the Seven did. Unhealthy Sevens avoid pain at all costs, run from responsibilities, and in a desire to seek out new experiences, may participate in dangerous behaviors and get caught up in addictions. A desire to multitask and overfill the calendar can be weaknesses for a Seven.

Am I A Seven?

- Especially in your early relationships, did you have a hard time with commitment?
- Do you crave the excitement of planning an adventure?
- Are you a glass-half-full, sunny-side-up kind of person?
- Do you try to avoid sadness, or people experiencing sadness or grief?
- Are you enticed by variety, spontaneity, and change?
- Do you use charm to get your way?
- Do you tend to believe that more is better?

Color: **Green**

National Code: **Ireland**



Healthy Mascot:

Butterfly



Moderate Mascot:

Monkey



Unhealthy Mascot:

Caterpillar



Sevens in Scripture:

King Solomon displayed many Seven tendencies. He was known for his incredible wealth and the variety of new types of knowledge and experiences that came to Israel under his reign. He had 700 wives and 300 concubines, and couldn't seem to stay committed to serving only the God of Israel, allowing multiple idols and gods into the cultural experience.



Ecclesiastes is in some ways a display of a Seven's mentality. Most of life is ultimately meaningless, so rather than wear ourselves out with stress, greed, or work, why not: *"Go, eat your bread with enjoyment, and drink your wine with a merry heart...let your garments be always white; let not oil be lacking on your head. Enjoy life with the wife whom you love, all the days of your vain life which [God] has given you under the sun."*
- Ecclesiastes 9:7-9

More is always better to a Seven. Sevens are workaholics, and Solomon's prolific writings are evidence of his high level of activity.

The **Rich Young Ruler** was positive, industrious, and was able to enjoy much of what life could offer. Jesus' invitation to him was to sell his possessions (limit your possibilities) and give all he had to the poor (associate yourself with those who are lowly and suffering). These are two things that run counter to the desires of a Seven.

Sevens in Pop Culture:

There are many examples of Sevens in pop culture, because Sevens are often conspicuous. **Mozart** was known for his brilliance, the great proliferation of his music, and also for his merrymaking. Interestingly, it seems that very few of his relationships had much depth. He preferred to keep his numerous connections at a surface level of fun and enjoyment. In moments of health, Sevens can get more in touch with what is uncomfortable. In moments of weakness, Sevens may dart towards what feels happier. This may be evidenced by Mozart's compositions, that much of his somber music, he wrote in periods of great health and success, while much of his most joyful music, he wrote in stressful times, even while on his death bed.



Robin Williams, with his quick-witted randomness and constant diversions, showed many Seven characteristics through both his humor and his struggles with depression. The Disney-Pixar movie

Inside Out is a helpful way for a Seven to conceptualize a path to personal growth. It traces a stressful transition in the life of a young person who tries to repress sadness. Eventually, it is only in allowing sadness to be part of our greater experience that our other emotions can take on greater depth so that we experience wholeness as a person.



Growth for Sevens:

Sevens can benefit from learning to channel more energy into fewer things at a time. Their desire for multitasking can rob them of the full benefit of being present in what they are doing. Sevens are tempted to believe that they are the manufacturers of their own happiness through many plans and experiences, so developing a sense of **sober joy** that is rooted in knowing and walking with God will give them a deeper sense of wholeness than what their many activities can produce. Sevens can benefit from practices like mindfulness and meditation which invite them to slow down and enjoy the present without running off to plan for what comes next.



Sevens Need To Know:

- You can learn from pain. Not all pain can be reframed or avoided. Let it teach you.
- You can always dream new dreams, but not all of them can come true.
- You can have an abundant and joyful life, but you need the contrast of pain and scarcity to help you see it for what it is.
- You cannot develop the happier half of your emotions without also growing the more difficult half.
- It is possible to be both responsible and dependable while keeping your options open.
- Sometimes life is boring, and you will just have to live through it.
- Relationships are as valuable for personal growth as they are for enjoyment.
- People may presume that you don't go deep because you have such a variety of interests.
- Your behavior can be both charming and alienating at the same time, depending on the person with whom you are interacting.
- Avoiding pain doesn't work well in long-term relationships.

How To Care For The Sevens In Your Life:

- If you've been telling a Seven to work on growing and maturing, it will involve their needing to get in touch with a wider range of their emotions. Don't confront them by saying, "What happened to you? You used to be so much fun!"
- Sevens need spontaneity and flexibility. Don't try to get them to commit to specific routines and schedules.
- Be very gentle and brief when offering criticism.
- Sevens need you to have your own energy and relationships, so it doesn't work well to depend on them for constant companionship.
- You can *share* your feelings with a Seven, but they may not be the best person with whom to *process* your feelings.
- Sevens love people, but also need time alone. Help them by contributing to making each of these things possible for them.
- It's not helpful to talk to Sevens about their potential. They don't respond well to what feels like heavy expectations for them.
- Encourage Sevens to experience a full range of emotions. They tend to get at their feelings through telling stories. When a Seven wants to tell you a story, be attentive.
- Most adults who are not Sevens have forgotten how to play. Invite them to teach you again.
- Sevens need the space to express their ideas freely, and don't care if you decide to go a different direction.
- When Sevens want something that is within your ability to give them, they can be very persistent. Susan Stabile says, "It's like being pecked to death by chickens."