

# ENNEAGRAM TYPE 1

## Coaching Session #3 - Wings & Levels of Health

**Wings** are the two personality types on either side of the main personality type. For instance, the wings for Type One are Type Nine and Type Two. One wing is usually (but not always) used more than the other and brings a new dimension and depth to the main type. Think of them like salt and pepper. They add flavor and more complexity to the main type. The main type dominates how a type perceives and experiences life, but the wings influence the main type.

**Type 1's Wings**

**Type One with Nine wing – 1w9 “Idealist”**

They tend to be cooler, more relaxed, introverted, cerebral, impersonal, objective, and detached.

**Type One with Two wing – 1w2 “Advocate”**

They tend to be warmer, more helpful, critical, fiery, vocal, sensitive, action-oriented, and controlling.

### Type 1

#### The Moral Perfectionist

**Core Fear:** Being wrong, bad, evil, inappropriate, or corruptible.

**Core Desire:** To have integrity, to be right, virtuous, and the good boy/girl (deteriorates into critical perfectionism).

**Self-Image:** I am accurate, thorough, diligent, responsible, moral, correct, just, in control, and fair.

**Core Weakness:** Resentment - This is anger that has been repressed, leading to continual frustration and dissatisfaction with themselves, others, and the world.

**Message Your Heart Longs to Hear:**  
You are good.

**Which wing do you use more?** \_\_\_\_\_

**How does this wing add to your main type? How does it impact your relationships, work, and everyday life?**

**How does the other wing influence your main type? How can you utilize it more to create more balance?**

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## Enneagram Type 1 Levels of Development

H E A L T H Y	<ol style="list-style-type: none"> <li>1. At their best, Ones are fully living out their identity in Christ by not condemning themselves because they trust that there is now no more condemnation. It is here where they realize that they have obtained their Core Desire - to be good and have integrity - because Christ provided this for them. At this level, they are extraordinarily wise and discerning. By accepting life as it is, they are realistic and know the best action to take in every moment.</li> <li>2. They are conscientious with strong personal convictions. They have an intense sense of right and wrong and have high moral standards. They wish to be rational, reasonable, self-disciplined, mature, and moderate in all things.</li> <li>3. They are extremely principled, always want to be fair, objective, and ethical. Truth and justice are primary values for them. They have a strong sense of responsibility, personal integrity, and a higher purpose.</li> </ol>
A V E R A G E	<ol style="list-style-type: none"> <li>4. As they start to wander away and think they have to live in their own strength, they become dissatisfied with reality, high-minded idealists, and feel that it is up to them to improve everything. They see themselves as crusaders, advocates, and critics. They are into causes and explaining to others how things should to be.</li> <li>5. They are afraid of making a mistake so everything must be consistent with their ideals. They become well-organized, but impersonal, puritanical, emotionally constricted, and rigidly keeping their feelings and impulses in check. At this level, they often become workaholics, punctual, and fastidious.</li> <li>6. Feeling alone in their principles, they become critical, picky, judgmental, and perfectionistic. They are very opinionated about everything, which leads to them correcting people and badgering others to do the right thing, as they see it. They are impatient and never satisfied with anything unless it is done according to their precise directions. They become moralizing, scolding, and abrasive.</li> </ol>
U N H E A L T H Y	<ol style="list-style-type: none"> <li>7. When they have forgotten that they are Christ's beloved, they start to believe they are an orphan alone in life. At this level, they become highly dogmatic, self-righteous, intolerant, and inflexible. They start thinking in absolutes and believe that they alone know "The Truth." To them everyone else is wrong. They become extremely judgmental, while rationalizing their own wrong thoughts, feelings, and behaviors.</li> <li>8. Ones at this level become obsessive about the imperfections and the wrongdoings of others. But at the same time they may be a hypocrite and do the opposite of what they preach.</li> <li>9. Their impatience is so high that they become condemnatory, punitive, and cruel toward others to rid themselves of these "wrongdoers." They can experience severe depressions, nervous breakdowns, and suicidal attempts. This level generally corresponds to the Obsessive-Compulsive and Depressive personality disorders.</li> </ol>

**Going Deep** — Describe what you are like when you are healthy, average (auto-pilot), and unhealthy. Give examples for each.

HEALTHY

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AVERAGE

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UNHEALTHY

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