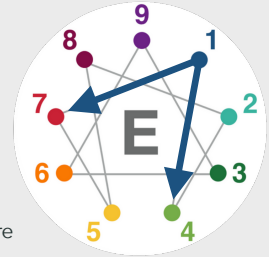


# ENNEAGRAM TYPE 1

## A Brief Overview

## Overview

- Ones want to be accurate, thorough, fair, and objective. More importantly, they want to be respectable, to do what is right, and to be appropriate. They see themselves as rational, orderly, and principled. They would like others to see them as reliable, responsible, and ethical. Their idealized self-image is that they are hardworking and do what is right.
- Ones are gifted with a strong sense of purpose and have high ideals. They not only like to follow protocol, policies, and procedures, but they find that it brings a sense of comfort and ease when they do this. They are sincere, honest, and diligent. They like to excel in everything they are responsible for and take pride in doing things well. Above all else, they value honesty, integrity, and objectivity. Conscientious and methodical, they are exceptionally skilled at paying close attention to detail. They are particularly serious people who are constantly striving to improve themselves, others, and the world.
- Type Ones have an extremely strong and loud 'inner critic' that is relentlessly and constantly telling them what they did wrong and how to improve. This inner critic never lets up and is rarely encouraging.
- At times, they can be judgmental and critical of others, telling them what they think is right. They behave this way because they truly want to help people avoid mistakes. They believe that others would appreciate their advice and are surprised when others are hurt or angry when receiving their "helpful" advice. To the One, there is only one way to do things the right way. They feel that if something is worth doing, it is worth doing right. As a result, they are only satisfied when something matches their ideal. So they naturally educate others to help them improve themselves and to accomplish the ideal.
- Life for them is about adhering to their inner critic's standards above all else. They do desire to be able to have more fun, but this is hard for them to do unless they are on vacation. When they are not on vacation, their inner critic will show them all the things they should be doing instead of having fun.
- Privately, they will criticize themselves for their shortcomings far more than they will ever criticize anyone else. It is helpful if others recognize how painful it is to live with their inner critic. Because they can be so hard on themselves, they long for positive feedback, serenity, and to be seen as a good person.



## 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.

### Why did you decide to get Enneagram Coaching?

## What are your coaching goals and desires? Why?

[illegible]

## Our Personal Internal GPS — Lines & Arrows

<b>Under Stress</b> <i>What we are like when we are under stress.</i>	<b>Security Point</b> <i>The way we behave with those we are totally <u>secure</u> with.</i>	<b>Growth Point</b> <i>When the Holy Spirit enables us to begin to transform and grow.</i>	<b>The Missing Piece</b> <i>After we begin to grow, we can transcend to this level.</i>
<b>Type 1</b> moves toward Average to Unhealthy <b>Type 4</b> <ul style="list-style-type: none"> <li>• They feel indignant that expectations are not achieved by themselves and others.</li> <li>• They turn their anger inward on themselves and become depressed.</li> </ul>	<b>Type 1</b> moves toward Average to Unhealthy <b>Type 7</b> <ul style="list-style-type: none"> <li>• They become more playful and uninhibited with those they feel safe.</li> <li>• This secure atmosphere gives them permission to let their “silly side” out, along with a wide range of other emotions.</li> </ul>	<b>Type 1</b> moves toward Healthy side of <b>Type 7</b> <ul style="list-style-type: none"> <li>• They become less critical and more self-accepting.</li> <li>• They become more enthusiastic and optimistic.</li> <li>• They have more fun and are more spontaneous.</li> </ul>	<b>Type 1</b> moves toward Healthy side of <b>Type 4</b> <ul style="list-style-type: none"> <li>• Ones need to learn most from the high side of Type Four and listen to and trust their own unconscious impulses and tap into their inspirations, creativity, and passions.</li> </ul>

## Reflection Questions

### Moving toward Type 4

- Describe a time when you were under stress and became indignant that expectations were not achieved by you or others.
- How did you react? What was your thought process?
- When have you chosen to tap into your inner impulses and creativity? What has that experience been like?
- How can you allow yourself to be more spontaneous and free in life to enjoy your passions?

### Moving toward Type 7

- When around those you are secure with (mainly your family), do you become more playful, spontaneous, and fun?
- What does this look like and how does it feel?
- When you are growing, do you find that you become less critical and more self-accepting?
- Do you find that your inner critic's volume is turned down slightly so you can enjoy life more freely?
- Are you able to be more optimistic and enthusiastic about life?

## Internal Message

Each of us has an internal record player that says many things to us. One message you receive often is:

**“If I do everything perfect and right, then I am good and okay.”**

### Contradictions:

- How will you always know what is right and perfect?
- Who says it is perfect or right? Are there opposing views that could also be accurate?
- Is your set of standards objective or subjective?
- Do you recognize that you are never “good enough” for your own ideals?