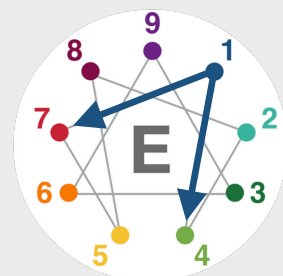


ENNEAGRAM TYPE 1

Coaching Session #4 - Childhood Patterns & Defense Mechanisms

Childhood Pattern

- As children, Ones wanted to follow the rules, not get into trouble, and be a good example for others.
- Their inner critic shows up early in life and is just as relentless then as it is when they are older.
- Parents rarely need to discipline their children who are Type Ones because these children have already internally punished themselves for any and all shortcomings.
- Parents need to be aware of how loud their child's inner critic is so that when they need to correct or discipline their child, they will know to do it with gentleness. Even when a parent does it this way, the One child will take what the parent said and internally criticize themselves as a form of punishment.
- Type One children will typically only attempt areas where they feel they will excel, and they avoid areas where they know they cannot excel.
- Ones are not good multi-taskers since it is impossible to focus on perfecting more than one thing at a time.
- Most Type One children keep their rooms clean and tidy since neatness and order bring them comfort.
- Children that are Type Ones are typically introverted, quiet, and respectable.



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.

Reflecting on Your Childhood

- Give examples of how you were constantly consumed with following the rules and never wanting to do anything that would be wrong or bad. In what ways did your inner critic constantly berate you even as a small child? If you could talk to your younger self, what would you say to them and why?
- In what areas did you try to excel as a child? What would happen if you did not excel? What would your inner critic say to you if you were not a perfect child?

Childhood Messages

Wounding Childhood Message:

(The message you were hearing or thought you were hearing while growing up.)

"It is not okay to make mistakes."

The Message Your Heart Longs to Hear:

(The message the gospel answers for you.)

"You are good."

Going Deep Within Yourself

What emotions and thoughts surface when you read these two messages above? Dig deep and express what is really happening in your heart. Become attune with yourself.

Going Deep with God

- How does the gospel and your relationship with God counter the messages above?
- What is the message that God is telling you? What has he secured for you?
- How does it feel to know and hear this from him?

Defense Mechanism: Reaction Formation

- Ones have high standards and principles. Keeping their emotions and behaviors in control is a top priority for them. They never want to display emotions that are out of control or inappropriate.
- When an emotion that is unacceptable arises within a One, they will conceal it and instead bring up the opposite emotion to contradict it. This defense mechanism is called **reaction formation**.
- An example: If a One is around a person who is better at something than they are, they will hide their envious emotions (since those are bad) and instead praise and celebrate the person for their abilities.

Core Weakness: Resentment

- Their anger and resentment is repressed and comes out as criticism.
- Type Ones have an extremely strong and loud inner critic that is relentlessly and constantly telling them what they and other have done wrong and how to improve. This inner critic never lets up and is rarely encouraging.
- Ones are trying to appease the inner critic, and when others do not do what is expected, it causes the Ones to feel resentment (anger).

Reflection Time

- Give three examples of how you use reaction formation.
- We use our defense mechanism because we believe it has "worked" for us over the years. How have you used your defense mechanism and do you think it has "helped" you throughout the years? How has it actually caused you harm?
- Give 3 examples of how resentment inhibits you from loving others without judgement, expectations, and criticisms. How has resentment played a major part in your life?
- What would it look like to be receptive, flexible, open-hearted, and forgiving towards yourself and others? What would it be like to know, believe, and trust that you are free in Christ, loved by him completely, and secure in his righteousness?
