

# EXPLORING *The Enneagram*

## TYPE ONE: THE PERFECTIONIST

**(AKA *The Idealist* or *The Reformer*)**

People with an Enneagram Type One personality tend to be rational, principled, and judicial in their behavior. They usually have a desire for justice and equality. They are motivated by a strong sense of right and wrong.

### **Basic Desire**

The Type 1 has a strong, innate desire for fairness, accuracy, and order. They tend to be bold advocates for the rights of others and when healthy, may challenge the status quo to push for reforms and equality.

Idealists tend to respond to negativity by redirecting their emotions in order to gain a sense of control. This may lead them to push themselves even deeper into their work.

### **Basic Fear**

Type One has a basic fear of being incorrect or out of control, especially when they perceive injustice or unfairness. They work to avoid making choices that are impurely motivated and tend to have a strong sense of objective right and wrong. Ones dislike those they believe are corrupt or ill-intentioned.

### ***In summary, Enneagram Ones tend to...***

- Be advocates for change and justice
- Passionately pursue what they perceive to be right
- Make rational, balanced choices
- Seek love and approval from those around them
- Chase knowledge and wisdom

# STRENGTHS & WEAKNESSES

Every type has strengths and blind spots, and these are often amplified in professional settings where we often encounter a diverse group of people with vastly different backgrounds and value systems.

## ***Strengths typically associated with One include...***

- Defending the rights of others
- Awareness of and attention to details
- Idealistic and optimistic worldview
- Being deeply motivated by personal values
- Ability to connect to and care for their community

## ***Weaknesses typically associated with One include...***

- Tendency to be perfectionistic
- Difficulty accepting hard realities
- Being highly critical of themselves and others
- Possibility of becoming obsessive or self-righteous

# MOTIVATIONS

When people experience pain, stress, or dissatisfaction, it can usually be attributed to energy-draining activities. Therefore, it's important to know what kinds of activities energize each personality type and which activities drain them.

## ***Ones tend to be motivated and energized by...***

- Fighting for issues of social justice
- Volunteering and helping those less fortunate
- Finding the right solutions to problems
- Pursuing their own personal growth

## ***Ones tend to be stressed and drained by...***

- Being perceived as rigid or inflexible
- Receiving criticism from those they admire
- Feeling as though they can't make a difference
- Overwhelming reminders of corruption in the world

## ONE'S CORE EXPERIENCE: ANGER

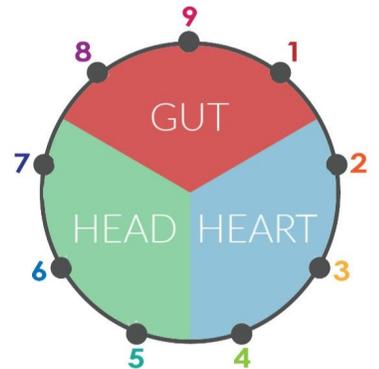
Gut types tend to be impacted primarily by their deep instincts and innate anger. They each have a desire for independence and control over their own environment. Types in the Gut center can be strong, stable, grounded, and connected with life when healthy. The core experience of this group is anger, although each of the three Gut types deal with anger differently.

Ones will often say they aren't angry, they're just "frustrated." Usually it's frustration about other people not doing things the way that the One would do it. Whether it's how (or if) the dishwasher is loaded, the way a document is formatted, or how something is said to them, One will typically have an idea of how these things *should* be done. (This applies to broader issues of morality/ethics as well.)

One is the "under-expressed" type of the Anger triad, typically considered "repressed" in psychological terms. Although the One may not be fully aware of how their anger comes across, it is usually apparent to others.

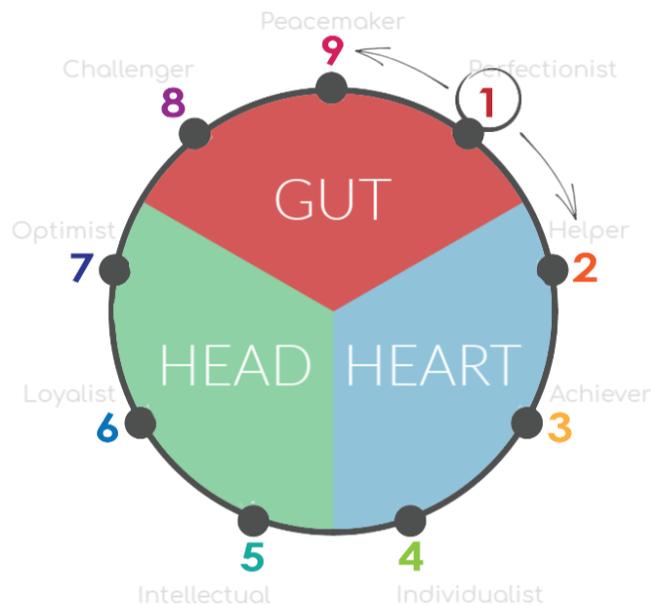
## OKAY, I'M A ONE. NOW WHAT?

There are several factors that determine what *kind* of One you are. The first is your...



## Wing

The wings for One are Nine and Two.



### One with a Nine wing (1w9)

An Enneagram One with a Nine wing primarily shows the characteristics of a One (the Perfectionist), but shares a few with Nine (the Peacemaker), as well. People with a 1w9 personality tend to be judicial and rational in their behavior, but are generally more calm and balanced than 1w2. They usually have a desire for justice and equality and can see both sides of an issue easily. They are motivated by a strong sense of right and wrong.

### One with a Two wing (1w2)

An Enneagram type one with a two wing primarily shows the characteristics of a One (the Perfectionist), but also shares a few with Two (the Helper). People with a 1w2 personality tend to be principled and empathetic in their behavior. Consistent with other Ones, they usually have a desire for justice and equality. However, those 1w2s are generally warmer and more interpersonally aware than 1w9s.

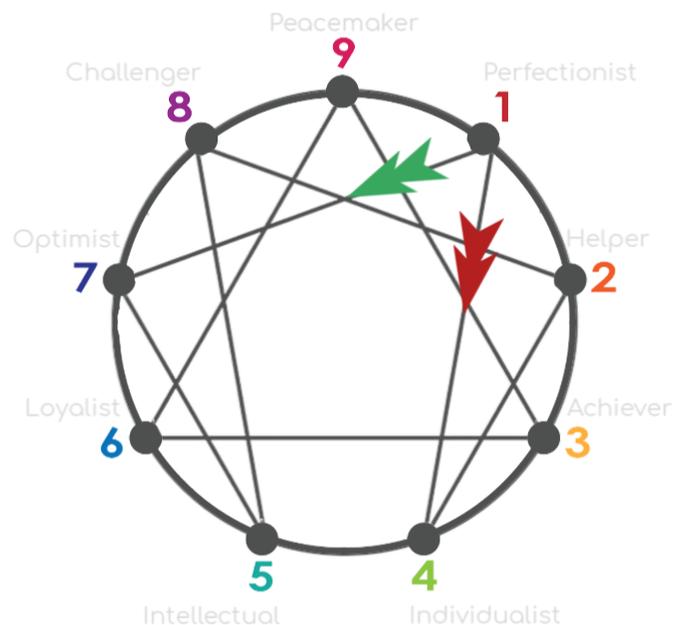
## Growth & Stress Points

Growth and Stress points show us how each type behaves under different conditions -- this is why it's helpful to remember that your Enneagram type describes your motivations, not your behavior.

Type One has a line with a red arrow connecting to Four and another line with a green arrow connecting it to Seven.

Four is the Stress Point. This is a fancy way to say that, when One is stressed, unhealthy, or in crisis it will take on some of the behaviors of an unhealthy Four (The Artist) which means that a stressed One will tend to be moody, irrational, and self-absorbed.

Seven is the Growth Point. When a One is thriving, they're going to take on some of the characteristics of a healthy Seven (The Enthusiast), allowing themselves to be more spontaneous, relaxed, and joyful.



## Living & Working With One

If you're not a One but work or live with somebody who is, here are some tips:

**Communication** | Take them seriously, understanding their motivation to do what is right.

**Meetings** | Abide by the scheduled meeting time and focus on conveying your message clearly.

**Texts & Emails** | Keep written communication as brief and as clear as possible; address specific topics and encourage them to share their thoughts.

**Giving Critical Feedback** | Be gentle and express feedback in a constructive way; give specific ways to improve.

**Conflict** | Admit your own mistakes while also expressing how you feel; allow them an opportunity to reflect by themselves, if necessary.

## For Your Health...

- **Learn to relax.** Take some time for yourself, without feeling that everything is up to you or that what you do not accomplish will result in chaos and disaster. Mercifully, the salvation of the world does not depend on you alone, even though you may sometimes feel it does.
- You have a lot to teach others and are probably a good teacher, but **do not expect others to change** immediately. What is obvious to you may not be as obvious to them, especially if they are not used to being as self-disciplined and objective about themselves as you are about yourself. Many people may also want to do what is right and may agree with you in principle but for various reasons simply cannot change right away. The fact that others do not change immediately according to your prescriptions does not mean that they will not change sometime in the future. Your words and above all, your example may do more good than you realize, although they may take longer than you expect. So have patience.

- It is easy for you to work yourself up into a lather about the wrongdoings of others. And it may sometimes be true that they are wrong. But what is it to you? Your irritation with them will do nothing to help them see another way of being. Similarly, beware of your constant irritation with your own "shortcomings." **Does your own harsh self-criticism really help you to improve? Or does it simply make you tense, nervous, and self-doubting?** Learn to recognize the attacks of your superego and how they undermine rather than help you.
- It is important for you to **get in touch with your feelings**, particularly your unconscious impulses. You may find that you are uneasy with your emotions and your sexual and aggressive impulses—in short, with the messy human things that make us human. It might be beneficial to keep a journal or to get into some kind of group therapy or other group work both to develop your emotions and to see that others will not condemn you for having human needs and limitations.
- Your Achilles' heel is your self-righteous anger. You get angry easily and are offended by what seems to you to be the perverse refusal of others to do the right thing—as you have defined it. **Try to step back and see that your anger alienates people so that they cannot hear many of the good things you have to say.** Further, your own repressed anger may well be giving you an ulcer or high blood pressure and is a harbinger of worse things to come.

