

TYPE ONE



Ones seek a perfect world and work diligently to improve both themselves and everyone and everything around them

Four Questions

If you answer Yes to three or four of these questions, your likely Enneagram is type One.

1. Do you believe that If it's not worth doing right, it's not worth doing?
2. Do you think that there is almost always one right way to do things?
3. Do you think it's not OK to express anger, so you call it frustration, upset or irritation instead?
4. Do you have trouble delegating because you think no one can do it as correctly or as well as you?

Strengths | strive for quality | organized | perceptive | honest

Development areas | reactive | critical | opinionated | impatient

Ones search for perfection and avoid making mistakes. Symbolized by this simple and elegant tree, Ones are rooted and grounded, upright in a variety of ways, and they are also prudent a self-contained, and more structured than flexible.

Discerning and judging, quality-focused and responsible, organized and resentful, Enneagram Ones structure their worlds and exert self-control in order to ensure that they, others around them, and their environments align as closely as possible to their refined and precise ideals and standards of excellence. Ones don't really believe that true perfection is possible, but they do believe what matters most is that people are constantly working on improvement toward these ideals.

All Ones have an internalized set of high standards, a long series of expectations about how they and others should behave, as well as how activities should be structured and executed. All Ones, however, do not necessarily share the same exact standards. In addition, some Ones worry in advance about meeting their standards and getting everything right; some Ones perceive themselves as closer to perfect than the rest of us and view themselves as role models of excellence; and some Ones direct their standards of perfection to others by constantly trying to improve them!

The One's interpersonal style is normally clear, precise, direct, and exacting, using carefully chosen words and phrases expressed in a seemingly polite manner. They are both self-controlled and spontaneously reactive, amused and skeptical, playful yet decidedly serious, and gracious, yet prone to flares of irritation or outbursts of anger.



While we can all be perfectionists at times, with high standards and a tendency to criticize both ourselves and others, for Ones, the search for perfection and the avoidance of mistakes is their primary, persistent, and driving motivation.

Core development areas

- Becoming accepting, calm, and serene rather than trying to make everything perfect
- Letting go of being overly attentive to details and needing to have everything under control
- Becoming more flexible and relaxed and less judgmental and reactive

Three great development ideas

Pay attention to your patterns of your right/wrong thinking.

Without trying to change yourself, write down all the ways in which you judge, evaluate, and critique events, objects, people, and yourself. Include your language patterns (thoughts, words you have written or spoken) and nonverbal behavior, and identify what triggers these responses in you. Paradoxically, the more you become aware of this behavior without trying to change it, the more you will gradually begin to shift your responses.

Use your feelings of resentment as a clue to deeper-seated anger.

Whenever you feel irritation or resentment, ask yourself these questions: Am I really angry about something else that has little to do with this person or situation? Is there some core value that I hold that I believe has been violated? Is there something in how I see myself or how I want to see myself that has been threatened?

Learn to appreciate what is positive in everything — events, inanimate objects, and the behavior of other people.

Whenever you have negative reactions, add an equal number of positive ones. If you try to erase or submerge your negative feelings or thoughts, they are likely to become stronger or else go underground temporarily, only to reappear more strongly at a later date. However, if you also add positive reactions, you will begin to neutralize some of the negativity and build up your ability to see the positive.