



Enneagram 1

Perfection

THIS
&
THAT

Perfection can be used to set high standards for self and others. It creates a strong sense of reliability and responsibility. It helps to identify problems and find practical solutions - it is detail oriented.

Perfection can be used to be overly critical of self and others, to avoid change and become rigid or inflexible. It can overly rely on rules and standards, making it difficult to delegate and work with others.

An Enneagram 1 might think:

- Inner Critic: I have a voice inside that points out mistakes or ways I can be better. It's always been there so I don't really think of it as super harsh, but I suppose someone else might.
- Desire for Perfection: I have really high standards for myself, I can see how things should be and I don't understand why others wouldn't want to strive for the same vision.
- Orderliness and Structure: I like things in my life to make sense, I am very organized in most areas of my life - if I say I'm going to do something, I will.
- Tendency to Control Emotions: I believe emotions are a natural part of life but I have noticed that in moments when they become overwhelming for me, I am quick to shift my thoughts or the conversation to something that requires less vulnerability.
- Struggle with Relaxation: Most of the activities in my life have a purpose so even when I am taking a break or relaxing, I notice I am still consider how that time is productive or using it to work towards my personal development.

Centre of Intelligence: Body Type

Body Types lead with their gut - they just "know" what to do next. They are often very aware of issues of justice and fairness. They are driven by action and impacted by the dominant and motivating emotion of anger.

Enneagram 1s use their body intelligence to intuitively assess situations and identify what needs improvement or correction. They are driven by a strong sense of right and wrong, striving for perfection and upholding high standards in their actions.

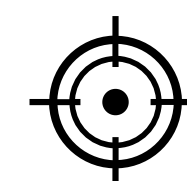
Dominant Emotion: Anger

Enneagram 1s experience anger as irritation or frustration, particularly when things don't meet their high standards. This emotion is often controlled or repressed, manifesting as a critical inner voice driving their pursuit of perfection.

Anger can empower and motivate change but can also escalate conflict and lead to stress and burnout.

Central Focus:

I focus on avoiding being incorrect.



Important Values:

I value follow-through, high standards, consistency.



Danger Zone:

Perfectionist Behaviours - the need for ceaseless improvement.



Antidote:

Serenity - focusing on being realistic about what can/can't be improved.





Distorted Len: Perfectionism

Each Enneagram type has an emotional filter effecting thoughts, feelings and actions. It is automatic and unconscious, created from core fears and desires. In traditional Enneagram language this is referred to as a “passion.” The Passion is our attempt to recreate a version of our true nature when life becomes overwhelming.

The distorted lens for Ones is perfectionism. Perfectionism is the belief that self, others and all life situations can and should be continuously evaluated and improved upon.

True Nature: Serenity

The true nature of each Enneagram type is referred to as their “virtue.” The virtue is the exact opposite and antidote to our distorted view on the world.

The true nature of Ones is serenity. Serenity is the ability to hold life with a calm heart knowing perfection isn’t the goal of life. Serenity is saying, “I am realistic.” Seeing things without our learned filter of right and wrong, rather with the natural completeness of all things. The feeling of “this thing is exactly the way it’s supposed to be.”

At My Best:

- Principled: Ones have strong moral principles and strive to act with integrity and honesty.
- Meticulous: Ones have a keen eye for detail and excel in tasks that require precision and thoroughness.
- Organized: They are highly organized, creating efficient systems and structures to manage their work and life.
- Self-Disciplined: Ones are self-disciplined, managing their time and resources effectively to meet their goals.
- Improvement-Oriented: They are always looking for ways to improve themselves and their environment.

Under Stress:

- Critical: Under stress, Ones can become overly critical of themselves and others, focusing on flaws and mistakes.
- Rigid: They may become rigid and inflexible, insisting that things be done their way.
- Overly Responsible: Stress can lead Ones to take on too much responsibility, feeling that they must fix everything themselves.
- Impatient: They can become impatient with themselves and others, struggling to tolerate mistakes or delays.
- Harsh: Stress can cause Ones to be harsh and unforgiving, both towards themselves and others.

Working with Ones:

- High Standards: Ones have incredibly high standards. They are organized and responsible. Recognize them for their efforts and avoid putting them in a position that feels like a compromise to this value.
- Follow Through: If a One says they will do something, they will. Take part of the stress out of everyone’s day by being direct when a task is not going to be completed as initially promised.
- Conversations: Ones are really hard on themselves. Feedback conversations will go far better with a heads up on the subject matter and an opportunity for conversation and comment on both sides.
- Expectations: Ones like to do well. They thrive in environments where they know what to expect, what people expect of them and when procedures and policies make sense.
- Detail Oriented: Ones are detail oriented. They will spot the simplest grammar or spelling mistake in a document. This isn’t meant as criticism, this is just how their brain works.



Subtypes: Different Ways of "Making Things Right"

Each of the three subtypes below are slightly different ways Enneagram 1's approach "making things right." These subtypes are created when we combine the distorted lens of the type, perfectionism, and an "overdoing" of one of the natural human survival instincts for self-preservation, social safety and one-to-one bonding and relationship.

- Self-Preservation 1's are working for perfection by controlling things in their daily life and personal sphere.
- Social 1's are working for perfection by finding and modelling the best way for others.
- One-to-One 1's are working for perfection by directing others towards a better version of themselves.

Read through the descriptions below and consider which subtype description fits best - you may see characteristics of yourself in more than one.

Self-Preservation

Making Things Right in Self

You'll spot SP1's by their reliable, structured approach to life. They often feel responsible for keeping their personal world in order - whether that's their home, health, or daily routine. They might not realize why they get antsy when things feel out of place, but they know they feel better when everything's "as it should be." Usually pretty controlled with their energy, but there's an underlying tension about getting things right.

Social

Making Things Right for Others

SO1's bring attention to what is good, right and appropriate, setting an example of integrity and principled conduct. Motivated by fairness and 'making things right', they position themselves as the authoritative voices within their social circles. Strict self-control and high standards set them apart, as they strive to live up to their beliefs and ideals. Though their rigid body language and corrective tendencies may distance them from the group, they remain steadfast in their commitment to doing the right thing.

One-to-One

Making Things Right in Others

In close relationships, OT1's bring an energetic drive to make things better. They're quick to spot what needs improvement and can be surprisingly direct about it. While they might not connect their passionate reactions to any deeper patterns, they know they care intensely about getting things right with the people closest to them. Can come across as critical, but it's actually their way of showing they care.

*This is the counter-type: a subtype driven by the same motivation but expressing it in seemingly opposing ways.

Using Your Wings:

Wing 9

- **TOLERANCE:** Ones can use this wing to discover more tolerance and openness to others. In this space they become less critical of themselves and others, allowing things to “just be.”
- **EASY-GOING:** With this wing, Ones become more easy-going and are able to go with other people’s flow rather than directing or controlling what they believe to be the right way.

Wing 2

- **EMOTIONS:** Ones can use this wing to get in touch with more of their emotions. They become less angry and more receptive to other ways of expressing emotion.
- **CONNECTION:** With this wing, Ones tune into the simple pleasure of relationship. They are more intentional about connections and enjoying time with people they care about.

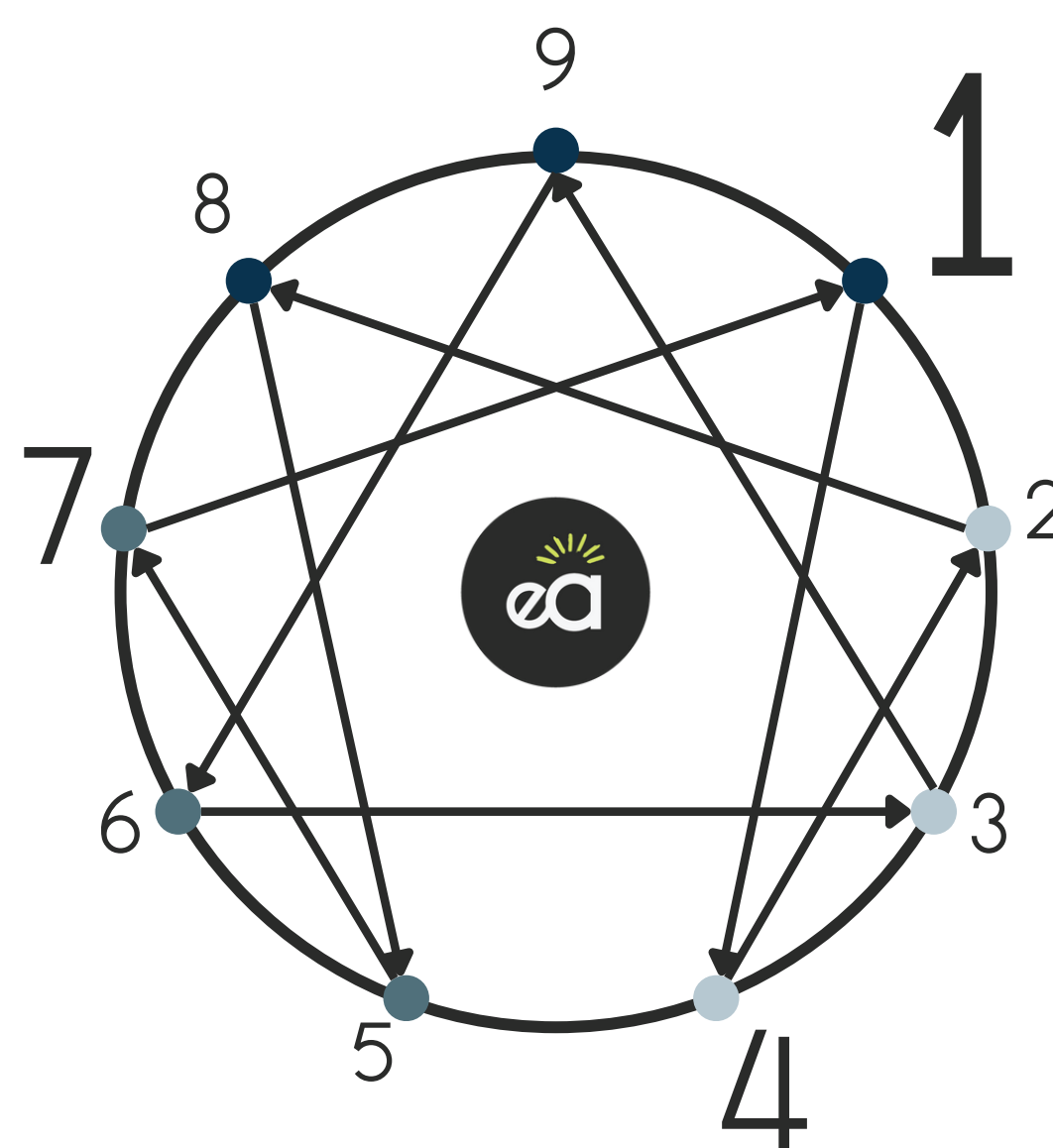
Using Your Arrows:

Point 7

- **LETTING GO:** Ones can use this arrow point to let go of the “shoulds” and “musts” and prioritize fun over duty. They engage in leisure activities as pleasure over task.
- **OPEN-MINDED:** With this arrow point, Ones become less critical and less single-minded. They open their minds to the possibility of many right ways of doing things.

Point 4

- **PURPOSE:** Ones can use this arrow point to get in touch with their bigger purpose. They expand their viewpoint and see their unique role in life.
- **EMOTIONS:** With this arrow point, Ones tune into their deeper emotions. They see their emotions as positive expressions of themselves, embracing an opportunity to explore their inner landscape without judgement.



To the Ones ...

Ones, you probably already know what I’m about to say, you need to relax. Yes, that probably makes you mad. It’s okay to be mad, in fact, I think it might help to get some of your mad out of your body. So, tell me, how do you feel when I say, you need to relax? Feel that anger in your body, feel the tension and the frustration. There is nothing wrong with what you are feeling, in fact, it’s important information. I am not here to fix your problems or to point out where you need to improve, honestly, you’re better at it anyways. I am here to remind you that you are great just as you are and that you can let your guard down now and then to enjoy life outside of expectation and responsibility. I think we both know, you need a break.

Book a coaching session by emailing:
info@enneagramaware.ca