

1

ENNEAGRAM TYPE 1 · GUT (INSTINCTIVE) TRIAD

The Reformer

Ones carry a clear picture of how things should be, and they feel the gap between that picture and the world every day.

Core fear and desire

Fear: Being bad, corrupt or wrong at the core.

Desire: To be good, to have integrity and to set things right.

Wings: 1w9 and 1w2

1w9, the Idealist. The Nine wing adds calm and distance.

1w2, the Advocate. The Two wing adds warmth and a pull toward people.

Subtypes

Self-preservation One: worry. The most perfectionistic One.

Social One: non-adaptability. Social Ones see themselves as an example of the right way to do things, and they hold to it in groups.

One-to-one (sexual) One: zeal (countertype). The countertype, the One whose anger shows.

What helps in love

- Keeping your word, down to the small things
- Thanks for the care they put into things
- A partner who shares the load unprompted
- Permission to rest, said out loud

Avoid:

- Shrug off a promise you broke
- Point out their mistakes in public
- Call them uptight when they are hurt
- Leave chores for them to notice and do

Three ways to grow

1. When the inner critic speaks, ask whose standard it is quoting and whether you would apply it to a friend.
2. Schedule time for pleasure that has no purpose, and protect it the way you protect work.
3. Notice anger in your body (jaw, shoulders, breath) and say it out loud while it is still small.

Passion and virtue

Anger: a steady resentment held in check, aimed at whatever falls short, including themselves.

Serenity: accepting what is while still working to improve it.

Stress → 4 • Growth → 7

Under stress a One moves toward the average side of Four.

In growth a One takes on the healthy side of Seven: lighter, curious and able to enjoy something without first earning it.

Strengths

- Integrity
- An eye for errors
- Fairness
- Follow-through
- Purpose

What helps at work

- A clear definition of done, agreed at the start
- Standards that apply to everyone, managers included
- Feedback that names what was done well
- Time to do the job properly
- A say in how the process works

Commonly confused with

Type 6, Type 3. The full profile has a check for each.