

FREE • TO • BE • ME

Using the Enneagram for Personal Growth

TYPE ONE: The Reformer

Overview:

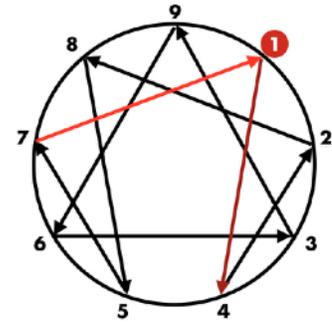
Type Ones sincerely want to make the world a better place. Ones have a very strong moral compass that guides them. They are organized, reliable, and responsible. They believe strongly in doing things by the *right* process. They follow *the rules* and observe every step, and they expect you to do the same. When Ones lead, they will do so with integrity because they tend to embody the very things they ask of others.

Sometimes called “reformers”, Ones can pinpoint what is wrong in any situation that needs to improve. More than any other type, Ones have a strong inner voice which points out flaws in what is around them, but even more so what is wrong with themselves.

Ones may create conflict for themselves when they try to offer constructive suggestions, but come across as being hyper-critical. It is hard for them to understand that not everyone sees a need for constant improvement the way that they do. Ones are harder on themselves than they are on anyone else, desiring to be perfect.

Am I A One?

- Does it bother you when people don't follow the rules, or if the rules don't seem to apply to everyone equally?
- Are you more likely than other people to notice mistakes or when something is out of place?
- Do you almost always give a 100% to whatever you do, and expect others to do the same?
- Do you have a harsh voice in your head that reminds you constantly of your shortcomings?
- Is it hard to forgive and let go of past wrongs?
- Are you concerned with fixing what is wrong in the world and willing to take action?
- Do you refrain from engaging life sometimes for fear you won't be perfect?



Type Color: **Polished Silver**
National Code: **Switzerland**



Healthy Mascots

Industrious Ant



Working Bee



Unhealthy Mascots

Yapping Terrier



Stinging Bee



Scriptural Type One: The Apostle Paul

Galatians 2:11-21

Peter was an Apostle who had enormous respect. Yet, when he was in Antioch and started treating the Jewish Christians better than the Gentile Christians, **Paul confronted him "to his face."** When a One knows they are in the right and someone is in the wrong and feels compelled to speak up, they will back down before no one. Paul knew the new "rules" of living under the Christian Covenant, and was not willing to see people mistreated when someone else acted hypocritically, reverting to old, abolished behavior. It didn't matter that it was Peter. Paul expected Peter to act with the same grace toward the Gentiles that he himself was embodying.

The great Protestant Reformation leader **Martin Luther** is an example of a One. As he stood before hostile leaders of the Catholic Church, demanding that he withdraw his teachings, he would not recant. Luther's powerful words would be characteristic of a redeemed One:

"Unless I am convinced by Scripture and plain reason - I do not accept the authority of the popes and councils, for they have contradicted each other - my conscience is captive to the Word of God. I cannot and I will not recant anything for to go against conscience is neither right nor safe. God help me. Amen."



Because they yearn for what is perfect, many Ones have a love of nature and often have gardens or collections of plants. Seeing God's perfection in creation helps them tap into something they can't quite seem to find anywhere else.

Growth for Ones:

Richard Rohr, a One himself, warns about the potential for Ones to be like Pharisees: quick to condemn people for failing to uphold standards that they themselves cannot uphold either. Here is how he talks about his own path to growth:

*Many integrated ONEs say that three things help them to achieve this goal: **prayer, love, and nature.** When I pray I can increasingly let go of the voices of duty and responsibility and let myself drop down into God, the perfect lover. That leads me immediately to love. Love is the "bond of perfection," as Paul says (Col. 3:14). That is why I have to see to it that I fall in love with somebody or something every day, even if it's only a tree or the wonderful turquoise sky over New Mexico. When I don't love, the negative voices immediately get the upper hand.*



type one image from

the
Visual Enneagram

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Ones Need To Learn:

- You will not have inner peace if you stay committed to an ever-rising set of internal standards for yourself and others.
- You cannot measure your own goodness or value accurately based on the constant chatter of your inner critic. Also, letting your inner critic beat you up is not the same thing as “thinking” about things.
- You cannot expect everyone to attend to details in the same ways that you do, nor will you be able to change them to make them want to achieve perfection as *you define it*.
- Your way is not the only right way.
- You need to cultivate methods that help you clear your mind and engage your higher thinking capabilities. You can get so focused on “the rules” or getting everything “right” that you end up not pursuing your greater ideas.
- Some things—even many things—are good enough.
- You need to stop working so that you and others can rest.
- You are good—*really* good—exactly as you are. We love you already for all the ways you help make things better. You don’t have to be perfect for us to love you and want you around.

How To Care For The Ones In Your Life:

- Ones will tend to tell you more of what you do wrong than what you do right. Gently remind them that praise often works better for you. When they use “you should” language, they are intending to provide helpful suggestions so you can be your best. They probably don’t realize how their loving suggestions can feel like criticism.
- On the flip side of this, Ones have such a strong negative voice living in their head, be very careful and gentle when you point out their mistakes.
- Ones are very sensitive to criticism, so be careful about off-handed remarks and teasing.
- Don’t make a One feel like they have to prove to you that they are good or that they are doing things right.
- When you make a mistake, admit it.
- Value their diligence and high standards without getting caught up in them. It is *their* way of seeing the world and not yours.
- Ones appreciate equity. They work hard, and expect you to do the same.
- Ones are loyal and trustworthy, and they expect you to be the same way.
- Ones in conflict will want to know that you are committed to working things through with them. Tell them you are interested in resolving the problem.
- Ones value order. You may need to agree on which spaces are shared spaces, and for whatever spaces you share with them, honor them by helping to keep them orderly.
- Support vacations and time away from work responsibilities. Encourage Ones to get downtime at home, and help them process their day.
- Often when Ones get contentious, it’s about the One’s way of seeing the world and not necessarily about you (though at the time, it may not feel this way). In those moments, either something within them or in the situation will need to shift. Getting them to a beautiful or relaxing place may help them quieten their inner critic.