

## ENNEAGRAM STYLE 1

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

Also called the... Perfectionist · Reformer · Crusader · Moralist



Enneagram Style  
DILIGENCE

### PERFECTIONISM

Ones continuously compare what is to what should be; they also deeply appreciate the elegance of something exceptionally well done – for example, a play, symphony, book, project, or anything that exemplifies excellence. Driven by high internal standards, Ones hold both themselves and others accountable for acting responsibly and for measuring up to their lofty expectations.

### A RIGHT WAY

Ones believe that there is a correct solution for any given challenge, question, or problem; they are quick to react to these situations by offering the right way, the best approach, or the correct answer. Even when Ones conclude that the correct answer is never black and white, they will still assert that there is really only one right way, which is always "gray."

### RESENTMENT

Because being responsible is an overarching value for Ones, they usually approach their work with diligence, demonstrating qualities such as follow-through, timeliness, and attention to detail. When others do not display these same characteristics, Ones often feel resentful and think, "Why do I work so hard, when others seem to get away with a less than stellar performance?" Resentment will build up in Ones, and they tend to express it through flares of anger that often take others by surprise. Most Ones need to feel righteous or justified in their outrage in order to express the deep-seated anger that frequently lies below the surface of their resentment.

### CRITICISM

Ones have a highly active inner critic through which they monitor their thoughts, feelings, and actions on an ongoing basis. This internal judge can be relentless, telling Ones what they have done wrong, what they should have said, and how they ought to have behaved. The self-recriminating inner voice, which is usually "on" 85 percent of the time or more, has a purpose: to keep Ones from making mistakes.

Ones can also be highly critical of others through explicit verbal criticism or implicit body language and behavior. Even Ones who do not appear to be critical of others may, in fact, simply not be expressing their judgments outwardly. For example, when a One was asked why she did not seem to be overtly critical of others, she responded, "Oh, but you should see what's going on inside my head!"

**Basic Concern:** What is right or wrong, correct or incorrect?

Place a check by the words that describe you well.



Enneagram Style  
DILIGENCE

### AREAS OF STRENGTH

- Lead by example
- Strive for quality
- Pursue perfection
- Organized
- Consistent
- Perceptive
- Honest
- Practical

### AREAS FOR DEVELOPMENT

- Reactive
- Overly critical
- Defend when criticized
- Unaware of own anger
- Detail focused
- Controlling
- Opinionated
- Impatient

Do I have a voice or message in my head, like a tape recorder, that continually criticizes me for what I do wrong?

Yes  No  Sometimes