



# Enneagram Type One

STRICT PERFECTIONIST

REFORMER

MORALISER

THE GOOD TYPE

*"Mistakes are the entrance of discovery."  
-Rumi*

## CORE MOTIVATION

ONEs are motivated by their need to live the "right" way and to always avoid fault and blame.

ONEs want to be good, virtuous, in balance and to have integrity.

## UNCONSCIOUS FEAR

- Of being wrong, bad, defective, evil or corrupt.
- 'Not good enough'.
- Of being imperfect, irresponsible or inappropriate.

## SUBTYPES



### SELF-PRESERVATION

SP ONEs work hard to make themselves and the things they do perfect - the true perfectionist of the three ONEs.



### ONE-TO-ONE COUNTERTYPE

SX ONEs work hard to achieve perfection by reforming or improving others, not only themselves.



### SOCIAL

SO ONEs work hard at being the perfect model of the "right way to be, an example of integrity and principled conduct.

## OVERVIEW

ONEs seek a perfect world. They work diligently to improve themselves and everyone around them.

ONEs are attracted to and value goodness. They desire to be good people, seeking to make the world a better place to live in.

ONEs are well-organised, orderly and fastidious but can slip into being critical and perfectionistic.

## QUALITIES

RATIONAL  
 IDEALISTIC  
 PRINCIPLED  
 STRUCTURED  
 PURPOSEFUL  
 CONSCIENTIOUS  
 QUALITY-MINDED  
 SELF-CONTROLLED

## STRENGTHS

- Honest
- Productive
- Responsible
- Self-disciplined
- Improvement-orientated

**AT THEIR BEST**  
 wise, discerning  
 realistic, hopeful

## STRUGGLES

- Rigid
- Resentful
- Impatient
- Controlling
- Overly critical