

# Enneagram Type One Description

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## In-Depth Description of Enneagram Type One

An explanation of the Core Enneagram type can be found [here](#), which opens in a new window.

**Common Descriptive Names:** (1) The Perfectionist, (2) The Reformer, (3) The Moralizer

**Unconscious Fear for type One:** Of being imperfect (bad, no good, defective, corrupt, etc.).

To compensate for their Unconscious Fear an Unconscious Desire arises:

**Unconscious Desire for type One:** To be perfect, balanced, virtuous, impeccable, etc.

For a comprehensive summary of each Enneagram type and the major aspects of this system, click on "[The Enneagram Cheat Sheet](#)," which opens in a new window.

As our personality was forming in early childhood we each developed limiting subconscious beliefs about ourselves, others and the world. For example, your mother or father might have yelled at you "Get your hands out of there!" or "You should be ashamed of yourself!" or "Stop being such a cry baby!" If you had really loving parents you might have heard, "Don't touch that, it's hot!" or "Don't do that, you might hurt yourself!" We also developed limiting beliefs about others. Growing up you may have heard, "I don't want you to play with those kinds of kids" or "Salesmen are sleazebags" or "Politicians are so duplicitous and two-faced." We also developed limiting beliefs about the world. Newspapers and television constantly bombard our minds with reports of scandals, crimes, wars, economic crises, natural disasters, and political corruption. Does this help us believe the world is a loving, safe place to live? Of course not. One way or another, none of us escaped childhood without some limiting subconscious beliefs. Your Enneagram type identifies some of the strongest subconscious beliefs that you've developed over time based on your distorted perception of reality.

The following subconscious beliefs of Ones stem from their unconscious fear and will continue to drive their personality until they learn to reprogram their subconscious beliefs, which will be talked about in the article on "[The Law of Attraction](#)."

### **Limiting Subconscious Beliefs for type One:**

- The world is imperfect.
- The world would be a better place if people were more principle-centered & acted from their conscience.
- I'll be condemned if I deviate from my ideals and high standards.
- I can never be out of control (or else I'll be led astray by strong subconscious impulses and desires).
- I'll be severely reprimanded if I make mistakes.
- I'm responsible for making everything right.
- To be loved I must be perfect.

### **Core Coping Strategies for Ones:** (where Ones focus their attention because of their subconscious beliefs)

- Comparing self to others and judging self and others
- Indirectly displacing anger through correcting errors and/or championing social causes
- Discerning the "right" thing to do (working hard, being honest, moderate, thrifty, etc.)
- Getting things "right" (own inner critic berates them if they don't)
- Being self-controlled
- Being extremely loyal
- Maintaining high standards and the utmost propriety
- Seeing the flaws – Ones have great critical powers
- Suppressing anger, real feelings and "bad" impulses
- Being ultra-responsible and reliable ("I must..., I ought to..., I should...")

### **Here's a brief profile of some healthy, very healthy, average, unhealthy and destructive type One traits.**

**Healthy Ones** are truthful, reasonable, ethical and highly principled. They are hardworking, conscientious, organized and productive. They have a strong sense of morality, of right and wrong, and live by their principles. They have extremely high standards for themselves but are tolerant of human shortcomings and foibles, in themselves and others. Healthy Ones are self-disciplined and strive for excellence at all times. They are service-oriented, want to contribute to others' welfare and often have a strong sense of purpose or a mission they want to fulfill. They also practice moderation in all things. Healthy Ones have strong convictions yet are fair and just, impartial and objective, respectful of others' values and open to hearing other peoples' points of view. Healthy Ones are highly idealistic, always striving to improve themselves, others and the world. Because of this they are often advocates, teachers and/or in some way agents for positive social change. Healthy Ones are constantly looking for better ways to live and do things. They set long-term goals and patiently work towards them, often delaying gratification and sacrificing rewards for themselves in the short-term.

**Very Healthy Ones** like Mahatma Gandhi\* and Stephen R. Covey\* (the best-selling author of "The 7 Habits of Highly Effective People" and "Principle-Centered Leadership") see the transcendent perfection in all of life and accept reality on its terms. They are extraordinarily wise, objective, discerning, noble, visionary and realistic. Deeply in touch with universal values, they help others arrive at their own truths. They willingly sublimate their own desires to discern the best choice to make or the best thing to do for the greater good of humanity or a cause they believe in. They are the epitome of integrity in action and authentic, moral heroes who inspire others to "be the change they wish to see in the world" by their example.

\* These are my speculations based on their lives and my experience with the Enneagram

**Average Ones** see imperfection and disorder everywhere OUTSIDE themselves because they don't want to deal with their own **seeming** imperfection and disorder INSIDE themselves. They filter out the amazing perfection in the world already: the perfect balance of gases in the atmosphere for life to exist; the sun that radiates just the right amount of heat and light; the ability of the body to regulate our temperature and secrete just the right chemicals to digest food without our conscious awareness. Nature is another perfect example. Nature takes the outputs of cellular respiration (carbon dioxide & water) and makes them the inputs for photosynthesis. Nature takes the outputs of photosynthesis (oxygen & glucose) and makes them the inputs for cellular respiration. Mother nature is wasting nothing, while taking care of everyone. The plants take care of the animals. The animals take care of the plants. The process has an intricate number of detailed steps that have to be perfectly aligned, and executed in perfect sequence, or the cycle doesn't work. Average Ones don't see the possible perfection in a seeming tragedy or injustice either. For example, perhaps the injustice of the Tibetans being driven out of their country by the Chinese gave the Tibetan Buddhists the **OPPORTUNITY** to serve the divine purpose of bringing Tibetan Buddhism to the rest of the world. Perhaps Helen Keller being born blind and deaf gave her the **OPPORTUNITY** to serve the divine purpose of helping millions of other people with disabilities. Who's to say what is good or bad, right or wrong?

Average Ones, like healthy Ones, are motivated by the need to live life the right way and improve themselves, others and the world. However, unlike healthy Ones, average Ones are highly opinionated about everything. They're high-minded idealists who feel "better than" other people (more morally righteous) and believe that it is their job to instill wisdom in the ignorant and show others how to live righteously. They believe they know what is best for others and that people need their instruction and guidance. Unfortunately (for average Ones at least), people don't like being told what to do and how to live even if there is some truth in what the One is saying. People tend to be resentful of the One's unspoken judgmentalness and sense of moral superiority and resist even the One's good advice. So, average Ones tend to be chronically dissatisfied with reality, other people and also themselves (for not being able to live up to their own ideal of perfection). They don't realize that their own subconscious beliefs reinforce their life experiences and perpetuate their own frustration. They feel as though nobody measures up to their high standards (including themselves) and can be impatient with others seeming incompetence and lack of conscientiousness.

Some average Ones who feel as though they have a mission in life can be single-minded and are very conscientious about how they use their time and resources. They can be reformers, activists, crusaders, ministers, politicians, critics or educators who feel that the world's salvation depends on them and they often get angry at others' indifference to their efforts and hard work. They can feel as if they are working so hard to make positive changes in the world and no one else seems to care. They can be very vocal, convinced that their views are the right and objective ones and that others need to shape up and see the error of their ways. Average Ones tend to worry and get overwhelmed easily. They see disorder everywhere. They can feel like the weight of the world is on their shoulders because they feel personally obligated to do everything and improve or "fix" everyone. Ones truly believe "if you want a job done RIGHT, you've got to do it yourself."

Average Ones subconsciously fear getting out of control so they suppress their real feelings, desires and impulses and discipline themselves to do what they ought to do, what they believe is right to do. If average Ones are under a lot of stress (as they often are), they will work even harder to keep their feelings and impulses in check. As a result, they can come across as tense, stiff, repressed, puritanical and anal compulsive. Average Ones experience a constant internal tug of war between following their personal desires versus doing what they feel they should do.

Average Ones have a harsh inner critical voice yet are convinced that this inner voice is right and the voice of reason, no matter how undermining it is of their self-confidence. They can be really hard on themselves and others, especially when under a lot of stress or feeling overburdened. Ironically, average Ones are very sensitive to criticism themselves and try to avoid it by doing everything perfectly. They can also be perfectionistic, nitpicking and fault-finding when under pressure. Average Ones live by an internal list of rules, schedules and shoulds. Average Ones are meticulous planners. They can be orderly, methodical and well-organized but they can also be impersonal, rigid and emotionally constricted. They are afraid of making mistakes so they can be incredibly fastidious, scrupulous and painstakingly thorough in their work. Unfortunately, this level of detail coupled with a strong sense of obligation and an idealistic, mission-oriented mindset often causes average Ones to become driven workaholics. Not surprisingly, time conscious average Ones expect punctuality and can

get quite frustrated when people are late. They may or may not say something, however, as they internally struggle with whether to be nice (and thus more "perfect" themselves) or get angry (to point out and help correct the other person's "imperfection"). Average Ones see things in simple dichotomies of black and white, good or bad, right or wrong. They feel that right is right and so tend not to be concerned with exceptions or people's subjective needs. They have a difficult time accounting for subtlety and individual differences.

**Unhealthy Ones** can exhibit one of two different behaviors and often both. On the one hand, they can become extremely impatient and frustrated with anything less than perfection in themselves or others. They can be closed-minded and convinced that they're always right, that they know "the truth." They begin to reproach others for not living up to their ideals, for not being all that they could be. They tend to alienate others by being dogmatic, controlling, rigidly inflexible, self-righteous and intolerant. They can be moralizing and preachy, scolding and lecturing others to try harder lest they continue to make mistakes or sin. They can become indignant, bitter and angry at others for not listening to them. This is the kind of person that is a Bible-thumping fundamentalist Christian who stands on the sidewalk of a busy street yelling, "You must repent for your wayward sins in the name of our Lord Jesus Christ or you will go to the fiery recesses of hell!"

Some unhealthy Ones can become more depressive and feel alienated. They feel as if nobody understands them and their ideals. They work so hard and for what? Nobody even seems to care about their ideals. They can become hopeless, melancholy, withdrawn, resigned and inwardly angry. They yearn to be free of their responsibilities, burdens and obligations and may spend more time daydreaming, fantasizing, romanticizing and longing for things to be different (like unhealthy Fours). They can become envious and resentful of others' better lives. They can become painfully self-conscious and socially withdrawn.

Unhealthy Ones may realize, on some level, that life is not working for them. If they can see that other people don't share their same beliefs and yet their lives are working for them they may begin to recognize that their own beliefs and way of viewing the world may be distorted, limited or flawed somehow. This realization can be a turning point if unhealthy Ones are willing to claim some responsibility for their lives and seek assistance from a counselor, therapist or other support person. If unhealthy Ones continue to feel victimized rather than claiming responsibility for their life then they may deteriorate to the destructive level.

**Destructive Ones** lack adequate life coping skills. They probably came from a highly dysfunctional family and/or suffered a severe crisis in life that totally devastated their self-esteem and self-worth. Their mind torments them and unless they get some kind of help they will continue to live a miserable existence.

Destructive Ones have intense feelings of disillusionment and severe depressions alternating with outbursts of rage and condemnation. They can exhibit obsessive thinking and compulsive behavior. They are extremely self-righteous, judgmental and obsessed about the wrongdoings of others yet they are hypocritical because they may do the very same things they are condemning in others, or worse. Destructive Ones can alternate between instinctive self-indulgence and punitive self-control. They may, for example, get drunk, binge and purge or carry on an affair with someone but then will feel extremely guilty, berate themselves and repent, only to find themselves acting out the same behavior again. What is going on is that the destructive One's unconscious instinctive drives are at war with their own superego (inner critic). They are unconsciously acting out all their repressed desires and can't stop themselves. While doing exactly what they are condemning others for they somehow manage to rationalize and justify their own contradictory behavior to escape punishment from their superego. If they come to believe that some part of themselves is responsible for their immoral acting out they can become masochistically self-punishing or self-mutilating. At worst, they may have a nervous breakdown, commit murder or suicide.

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## Career Talents, Values & Interests for Enneagram Type Ones

I want to say from the outset that the Enneagram is one system among many powerful ones that can be used to help people understand their vocational talents, values and interests by understanding WHO THEY ARE INSIDE!

Hillary Clinton and Mahatma Gandhi are two famous Enneagram Ones but look how different they are based on other systems (click on the links below to see what I mean):

SYSTEM	HILLARY CLINTON	MAHATMA GANDHI
	<a href="#">Hillary Clinton Biography</a>	<a href="#">Mahatma Gandhi Biography</a>
Temperament system	<a href="#">Deep Green</a>	<a href="#">True Blue</a>
Myers-Briggs system	<a href="#">ENTJ</a>	<a href="#">INFJ</a>
Dosha Type system	<a href="#">Pitta type</a>	<a href="#">Vata-Pitta type</a>
Aura Colors system	<a href="#">Green</a>	<a href="#">Violet</a>
Multiple Intelligences system	<a href="#">Verbal-Linguistic, Interpersonal</a>	<a href="#">Verbal-Linguistic, Intrapersonal</a>
Numerology system	born on the <a href="#">26<sup>th</sup> of the month</a>	born on the <a href="#">2<sup>nd</sup> of the month</a>
Numerology system	<a href="#">30/3 Life Path</a>	<a href="#">27/9 Life Path</a>
Astrology system	<a href="#">Mars conjunct Pluto</a>	<a href="#">Sun opposing Neptune</a>
Astrology system	<a href="#">Mars conjunct Saturn</a>	<a href="#">Moon trine Neptune</a>
Astrology system	<a href="#">Clinton's Astrology Report</a>	<a href="#">Gandhi's Astrology Report</a>
Michael system	<a href="#">(Young Soul) Warrior</a>	<a href="#">(Transcendent Soul) Priest</a>

Go to [Famous People Analyzed](#) for more information on these famous people. If you are interested in vocational guidance yourself then go to that area of this website by clicking on the following link: [Vocational Guidance](#).

### So, what DO Hillary Clinton and Mahatma Gandhi have in common, both being Enneagram type Ones?

All Ones seek to live in a "perfect" world and work diligently to improve themselves, everyone, and everything around them. They derive their sense of self from being reasonable, conscientious, self-controlled people. Whatever [healthy] Ones do they do it to the best of their ability with high standards of professionalism, competence, principle, honesty and integrity. They are hard working, self-disciplined and organized. They are passionate about making the world a better place for everyone and take their work seriously. They are willing to give blood, toil, tears and sweat for a cause they believe in. **Doesn't that sound like both Hillary Clinton and Mahatma Gandhi?**

Ones can have either a Nine wing or a Two wing. **Mahatma Gandhi is a One with a Nine wing and Hillary Clinton is a One with a Two wing.** If, after clicking on the previous links, you feel that you are more of a One with a strong Nine wing, look at what Enneagram type Nines need for career satisfaction as well. If you feel you are more of a One with a strong Two wing, look at what Enneagram type Twos need for career satisfaction as well.

Some **average Ones** can be perfectionistic workaholics who wonder why everyone doesn't want to improve themselves and doesn't work as hard as they do. Other average Ones have such impossibly high standards for themselves that they can't even seem to get started. They easily feel overwhelmed and burdened by life. Everything they do is never good enough for them so they just procrastinate out of a fear of making mistakes or of failure. Average Ones are motivated by the need to live the right way, as they see it! They can be hypercritical of themselves and others. They can also be too painstaking, obsessive, compulsive, self-righteous, overly serious and controlling. Some average Ones can be too impatient to see progress. Any

job where the motivation is to fix/correct things or others is especially appealing to average and unhealthy Ones.

**Healthy Ones** are drawn to any job where the motivation is to inspire, uplift and encourage others to live according to their highest ideals and principles. Famous examples of healthy Ones are **Al Gore, Margaret Thatcher, Tom Brokaw, John Bradshaw, Joanne Woodward, Peter Jennings, George Bernard Shaw, Colin Powell, William F. Buckley, Pope John Paul II, Stephen R. Covey** and **Nelson Mandela**.

Ones often seem like **Solid Golds** in the temperament system, even if they are actually **Bold Oranges, True Blues** (like Mahatma Gandhi), or **Deep Greens** (like Hillary Clinton). That's because Ones try to abide by the laws of society and do the right thing, unless they feel the laws are unethical or unfair and then they will do everything in their power to change them, as a matter of principle (like Mahatma Gandhi)!

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## Natural Gifts and Talents of Ones

**As a One, I have some, or all, of these natural gifts and talents that I take for granted:**

1. The ability to find and correct errors, flaws and omissions that others overlook
2. The ability to notice what is illogical, inconsistent, impractical or inefficient
3. The ability to inspect products, services, or processes to evaluate their quality or performance
4. The ability to enforce policies and procedures and speak up against dishonesty/unfairness
5. The ability to detect when someone is being untruthful
6. The ability to use good common sense and take a realistic, pragmatic approach to life
7. The ability to do precise, meticulous, accurate, high quality work (impeccable workmanship)
8. The ability to do what I say I will do
9. The ability to prioritize and manage my time well so that I can be efficient and productive
10. The ability to exercise rational judgment and objectivity when making decisions
11. The ability to heed my conscience when making decisions
12. The ability to build trust with people with my strong sense of integrity and hard work ethic
13. The ability to discipline myself to achieve my goals
14. The ability to focus and concentrate on a work task
15. The ability to set, plan, organize and achieve goals
16. The ability to behave appropriately and be polite and well-mannered
17. The ability to sacrifice immediate, personal gratification for the greater good of all
18. The ability to improve myself and my work over time (a commitment to excellence)
19. The ability to follow rules, procedures and policies (as long as they are fair and ethical!)
20. The ability to promote honesty, fairness, righteousness and evenhandedness in others
21. The ability to model integrity by living in alignment with my values (when very healthy)

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## Work Values

**Some of the work values important to Ones are (choose which ones apply to you):**

- Accuracy
- Challenge
- Commitment to Excellence
- Competence
- Contribution (to the World)
- Fairness
- Helping People
- Honesty and integrity
- Loyalty
- Moral Fulfillment
- Ongoing Learning
- Organization
- Perseverance
- Respect
- Responsibility
- Self-Discipline
- Sense of Accomplishment
- Sense of Duty
- Sense of Mission
- Service
- Structure
- Trust

## Universal Life Values

**Which of the following universal life values are important to you?**

- A loving, intimate partnership
- Aesthetics/beauty
- Career fulfillment/success
- Close family relationships
- Close friendships
- Faith/spiritual connection
- Financial security/comfort
- Good health/wellness
- Good physical fitness
- Inner peace
- Integrity/honesty
- Joy/happiness
- Ongoing learning potential
- Service/contribution
- Creativity/originality
- Time freedom/independence

## Some Life Values of Ones

**Some of the life values important to Ones are (choose which ones apply to you):**

- Accomplishment
- Civility
- Commitment to excellence
- Community
- Competence
- Conscientiousness
- Contribution
- Duty
- Ethical behavior
- Fairness
- Faith/spirituality
- Family
- Fidelity
- Financial security
- Good manners
- Hard work ethic
- Honesty
- Humility
- Integrity
- Justice
- Loyalty
- Meticulousness
- Moderation
- Morality
- Organization
- Perseverance
- Personal development
- Personal rectitude
- Physical fitness and health
- Politeness
- Practicality
- Precision
- Principles
- Propriety
- Prudence
- Reliability
- Respect for others
- Respectability
- Responsibility
- Righteousness
- Self-control
- Self-discipline
- Self-reliance
- Self-sacrifice
- Sense of Mission
- Service
- Stability
- Thrift
- Trustworthiness
- Truthfulness/Honesty
- Virtue
- Work/Life Balance

## **As a One, career satisfaction means doing work that.....**

1. Allows me to work with people who are hard working, reliable, responsible, competent, ethical and dedicated to doing excellent work.
2. Allows me to work with a boss who is dependable, fair, consistent and has integrity.
3. Encourages me to fix or improve things that I naturally notice aren't working or could be done better.
4. Allows me to work at my own pace so that I can meet my own high standards for doing the job right, not just getting it done.
5. Allows me to be precise and meticulous about details.
6. Rewards competence, conscientiousness, thoroughness and accuracy.
7. Has meaning and value for me beyond a paycheck.
8. Does not require me to make pivotal decisions on the basis of fluctuating or partial information.
9. Doesn't require that I work under a tight, pressured deadline that might cause me to make mistakes.
10. Won't leave me feeling that what I do is never good enough.
11. Is relatively stress-free (because I already tend to get anxious and take things too seriously as it is!)
12. Doesn't requires me to compromise my ethical values!

## **Sample Type One Personal Mission Statements**

Most people don't have a personal mission statement which is why I am including some here based on each Enneagram type's innate gifts, talents, interests and values. A personal mission statement is nothing more than a brief written statement of your overall purpose in life, your personal vision for who you want to be in and for the world. Helen Keller once said, "The most pathetic person in the world is someone who has sight but has no vision." I would use the word pitiable (as in evoking compassion) instead of pathetic but otherwise I agree with her. Without a "why" to live for that makes a unique contribution life quickly becomes empty and meaningless. Ways to find your purpose in life are developed more fully in the [Vocational Guidance](#) section. What follows are parts of personal mission statements from Ones. You may notice a repeating theme.

1. My mission is to empower people to achieve worthwhile purposes through principle-centered living
2. My mission is to teach that inner peace is the reward of faith, love, morality and service
3. My mission is to restore the character ethic in people by leading a virtuous, honorable life
4. My mission is to be an example of integrity, moral rectitude and balanced living for others to emulate
5. My mission is to fully accept myself as perfect already so that I can fully accept others
6. My mission is to advocate equal marriage rights for gays and lesbians
7. My mission is to bring more integrity, justice and fairness into the legal system
8. My mission is to reform the educational system by implementing multiple intelligences into the school curriculum so that each student can develop his/her unique style of giftedness
9. My mission is to teach people how to live in alignment with their deepest values
10. My mission is to prevent unnecessary depletion of the ozone layer

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## Careers That Especially Interest Ones

Enneagram Ones can be found in many different occupations but there are certain occupations that they are drawn to because of their natural gifts, talents and values. Here is a list of some of them.

**Ones are often attracted to careers that involve truth, justice, law, order, and/or reformation. Careers in civil service are especially appealing because Ones like to serve and protect their community.**

- Bailiff
- Child support abuse investigator
- Correctional treatment specialist
- Corrections officer
- Criminal investigator
- Environmental compliance inspector
- Environmentalist
- Federal marshal
- Fire investigator
- Fire prevention and protection specialist
- Game enforcement officer
- Gaming investigator
- Government employee
- Highway patrol pilot
- Immigration and customs inspector
- Industrial espionage security officer
- Industry safety and health engineer
- IRS agent
- Judge
- Law enforcement officer
- Law professor
- Lawyer/attorney
- Leader of a movement
- Lobbyist
- Mail superintendent
- Military personnel or officer
- Missing persons investigator
- Paralegal
- Parking enforcement worker
- Police detective
- Police identification and records officer
- Police officer
- Political activist
- Politician
- Postmaster/postal worker
- Private detective/investigator
- Probation/Parole officer
- Security guard/officer
- Sheriff or deputy sheriff
- Social advocate/activist
- Special agent (e.g., CIA, FBI)
- Trade union leader
- Transportation security screener
- Unemployment fraud investigator
- Warden

**Since Ones are unconsciously striving to be perfect and some feel a strong inner sense of mission/purpose, they are often attracted to work of a spiritual or religious nature where they can inspire the masses and/or be a humble servant.**

- Bishop
- Chaplain
- Deacon
- Elder
- Evangelist
- Missionary
- Monk
- Nun
- Preacher/pastor/minister
- Priest
- Religious worker
- Theologian

**Many Ones like to help people improve their lives by teaching, coaching, training, educating or counseling them. Average Ones are interested in helping people to live life the right way (as they see it). Healthy Ones are interested in helping people think for themselves, become self-responsible and ultimately follow their own inner truth.**

- Clinical psychologist
- Coach (life or business)
- Counselor (especially career, crisis, employee assistance, substance abuse and behavioral disorder, high school guidance, child welfare, outplacement, or pastoral)
- Developmental psychologist
- Educational consultant
- Educator
- Instructional coordinator
- Librarian
- Psychiatrist
- Psychotherapist
- Public health educator
- Religious educator
- Teacher (especially of humanities, foreign languages, special education, bilingual education, early education,

- English, art, music, social sciences, or drama in high school or college)
- Trainer
- Tutor
- University professor

**Ones are often attracted to careers in business where they excel in managing systems and keeping things running smoothly. They are extremely organized, efficient and thorough in keeping track of details. They don't let errors or omissions go unnoticed or uncorrected and like to double-check their work. They like to follow established ways of doing things for the most part and prefer working for businesses that provide a useful product or service.**

- Accountant
- Actuary
- Appraiser
- Assessor
- Association manager/advisor
- Auditor
- Auditor
- Bill and account collector
- Chief information officer
- Construction and building inspector
- Construction manager
- Cost estimator
- Efficiency expert/analyst
- Examiner
- Government inspector
- Inspector
- Insurance claims examiner
- Insurance sales agent
- Insurance underwriter
- Logistics and supply manager
- Manager/supervisor
- Property manager
- Purchasing agent/contract specialist
- Quality control expert
- Real estate agent
- Real estate appraiser
- Regulatory compliance officer
- Statistician
- Technical writer
- Word processing specialist

**Many Ones enjoy work in the world of finance, to which they are well suited. They are usually concerned about financial security (like 6s) and many Ones have a great head for numbers. They are famously accurate and meticulous in their work and can work painstakingly without distraction.**

- Bank examiner
- Budget analyst
- Chief financial officer
- Cost estimator
- Credit analyst
- Estate planner
- Financial advisor
- Financial analyst
- Financial planner
- Investment banker
- Investment securities officer
- Stockbroker
- Tax preparer and examiner
- Treasurer or controller

**Ones are often attracted to careers that require precision, attention to detail, accuracy, meticulousness and that have practical utility.**

- Architect
- Archivist
- Bookkeeper
- Carpenter
- Electrician
- Mechanic
- Musical instrument maker
- Surgeon
- Tailor
- Watch repairer

**Some Ones are attracted to jobs that give them an opportunity to help people learn to follow protocol, procedures and rules. These careers may also be related to appropriate and proper behavior, manners, conduct and social etiquette.**

- Finishing school teacher
- Social etiquette teacher

**Some Ones are attracted to jobs that involve neatness and cleanliness (after all, "cleanliness is next to Godliness").**

- Cleaning service worker
- Dry cleaning store owner
- Cleaning staff supervisor
- Dry cleaning store worker

**Many Ones are gifted with the Logical-Mathematical Intelligence (from Howard Gardner's "Multiple Intelligences") because they enjoy experimenting, questioning, thinking logically, working with numbers, and understanding how things work. They naturally have a rational, analytical, orderly and realistic mind. Listed below are just some of the career fields that fall under this intelligence and a (sample career):**

- Accounting (accountant)
- Biology (biologist)
- Chemistry (chemist)
- Computer science (computer analyst)
- Economics (economist)
- Engineering (engineer)
- Finance (financial planner)
- Math (mathematician)
- Medicine (physician)
- Pharmacy (pharmacist)
- Research (researcher)
- Science (scientist)
- Statistics (statistician)
- Technology (systems analyst)

**As mentioned just above, many Ones are interested in the fields of computer science and technology.**

- Business analyst
- Change management consultant
- Computer analyst
- Computer animator
- Computer programmer
- Computer security specialist
- Computer software designer
- Computer software engineer
- Information services developer
- Internet architect
- Java programmer/analyst
- Management consultant
- Network and computer systems administrator
- Network integration specialist (telecommunications)
- Network systems and data communications analyst
- New market/product conceptualizer
- Research and development specialist
- Software developer
- Strategic planner
- Web developer
- Webmaster

**Careers that have to do with anger management or self-control can be appealing to Ones (because they are often trying to control their own anger and other "bad" impulses/emotions).**

- Martial arts teacher
- Anger management instructor

**Many Ones are interested in time management, efficiency, order and organization. They enjoy work that involves managing, cleaning, organizing, sorting, systematizing, arranging, ordering, filing, classifying and categorizing.**

- Court reporter
- Efficiency expert
- Event planner
- Goal-setting/strategic planning expert
- Personal organizer
- Secretary
- Stenographer
- Time management expert

**The societally acceptable, well known "professional" careers very often appeal to Ones.**

- Accountant
- Architect
- Attorney/lawyer
- Business manager/executive
- Chief officer
- Dentist
- Engineer
- Judge
- Pharmacist
- Physician
- Psychiatrist
- School principal
- Scientist
- University professor

**Any career related to noticing and correcting errors or mistakes could be appealing to Ones.**

- Editor
- Proofreader

**Careers where Ones get to make the decision as to what is fair or who is in the right are appealing.**

- Adjudicator
- Arbitrator
- Judge
- Mediator/moderator
- Referee
- Reviewer/evaluator
- Standards committee chairperson
- Umpire

**Some Ones attracted to careers involving ethics, morals, principles, ideology and philosophy.**

- Ethics advisor
- Philosopher

**Careers giving advice on or critiquing how to do something better are appealing to Ones.**

- Advice columnist
- Author or scholar on a subject (especially Ones with a Nine wing)
- Critic (literature, art, theater, movie, etc.)
- Grammarian

**Careers that “expose” or “tell the truth” about what’s happening.**

- Journalist
- Newspaper columnist
- Political philosopher
- Reporter

**Ones are often attracted to occupations in healthcare, fitness, healing, and hygiene since perfect bodily functioning and being of service are two of their high ideals.**

- Alternative healthcare practitioner
- EEG technologist
- Exercise physiologist
- General practitioner
- General surgeon
- Health care worker
- Holistic health practitioner
- Home health aide
- Hygienist
- Nurse
- Nutritionist
- Optometrist
- Orthodontist
- Personal fitness trainer
- Pharmacist
- Pharmacy technician
- Physician assistant
- Primary care physician
- Public health officer
- Social worker
- Surgical technologist
- Veterinarian

**If you are a One with a Nine wing also look at the careers that appeal to Enneagram type NINES.**

**If you are a One with a Two wing also look at the careers that appeal to Enneagram type TWOS.**

**If you are a One with a strong Four arrow also look at the careers that appeal to Enneagram type FOURS.**

**If you are a One with a strong Seven arrow also look at the careers that appeal to Enneagram type SEVENS.**

**Of course, there are many more occupations that Ones are attracted to but this is a sampling based on my experience. For more information on careers please go to my [Vocational Guidance](#) section.**

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## Relationship Compatibility for Ones with Other Types

To learn more about Type One's relationship compatibility with other types, click below on the Enneagram type of the other person in the relationship. This will open in a new window.

### Type 1 in relationship with Type:

[1](#) [2](#) [3](#) [4](#) [5](#) [6](#) [7](#) [8](#) [9](#)

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### Things Ones Can Do To Help Themselves Grow

1. Use resentment and suppressed anger and guilt as clues to your denied wants and needs.
2. Appreciate that there is more than one right way to do things and that others' "wrong" ways simply represent individual differences in approach.
3. Learn to accept and forgive imperfections in yourself and others.
4. Find a friend or therapist who can help you depersonalize issues for which you are blaming yourself or others.
5. Join a group which encourages expression of immediate emotions, including anger, in a safe environment.
6. Notice your thinking in terms of either/or, right/wrong and include more sides to the story.
7. Notice how you may procrastinate if you are worried about getting everything right down to the detail.
8. Take time to observe the critical mind in action, and dis-identify with it – use it to remind yourself of your achievements and skills.
9. Put play, pleasure and relaxation on your list of "oughts" until you can allow them for their own sake.
10. Make "harmless" mistakes on purpose and notice the effect. Ask yourself if making a small mistake is really such a big deal.

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# Type One's Wing Descriptions

An explanation of the Wings can be found [here](#), which opens in a new window.

**Are you more like a One with a Nine-wing or a One with a Two-wing? Read below to find out.**

## Type One with a Nine Wing (1w9)

### Positive:

- Highly Discerning, Wise
- Scholarly, Erudite (5-like)
- Emotionally reserved
- Very idealistic, Prefer being alone
- Otherworldly yet Logical
- Objective, Moderate, Relaxed
- Easy-going, Calm, Balanced

### Negative:

- Detached, Stiff, Stubborn
- Remote, Cool, Impersonal

**Type One with a Nine-Wing:** Ones with a Nine-wing (1w9s) tend to take on more of the attributes of Nines than of Twos (the other wing), although both wings (9 and 2) can influence their personality. 1w9s tend to be more calm, composed, dispassionate and moderate than 1w2s. They can be scholarly and somewhat impersonal or detached emotionally **like Fives**. They are usually more objective, philosophical, otherworldly and emotionally reserved than 1w2s but are still kind, considerate and caring of others. Like 1w2s, they too are idealistic and want to improve themselves and the world around them but they tend to work by themselves much of the time as opposed to with people on the front lines (with the possible exception of social subtypes who can be a little more openly moralizing). They like to teach and explain their views calmly but resolutely rather than debating with people or passionately raising their voice to persuade others to change. They also tend to love animals and nature because of their naturalness, simplicity and purity. This subtype is gentler and less likely to show anger overtly than 1w2s.

Negatively, 1w9s can be too idealistic and have perfectionistic expectations of others that are not humanly possible to live up to. They can appear to be too impersonal, cold, remote and stubborn – focused more on their ideals than on individual people. At their worst, they can be disdainful, contemptuous, condescending and seemingly elitist – “People are just too ignorant, immoral, undisciplined, profligate and hedonistic for their own good. When will they ever learn?”

You may find that you can relate to the description of Type One with a Two-wing also (see below). However, there is a fundamental energetic difference between these two descriptions. See if you can discern which description sounds *more* like you, however slight that difference might be.



## Type One with a Two Wing (1w2)

### Positive:

- Principled yet Empathetic
- More Interpersonal than 1w9
- Like working with others and are sensitive to their needs
- Helpful, Compassionate, Warm
- Vocal, Emotionally Passionate
- Humanistic, Personal quality

### Negative:

- Fiery, Critical, Image-conscious
- Controlling, Frustrated, Irritable

**Type One with a Two-Wing:** Ones with a Two-wing (1w2s) tend to take on more of the attributes of Twos than of Nines (the other wing), although both wings (2 and 9) can influence their personality. 1w2s tend to be more empathetic, compassionate, warm and overtly helpful than 1w9s. Like 1w9s, they are genuinely interested in improving the world and especially helping people. They are more willing to get passionately, hands-on involved to bring about the changes and reforms that are important to them. They are sensitive to others needs and willingly sacrifice their time and energy to be of assistance to people. Their high standards are nicely tempered by humanitarianism and altruism. They are more zealous than 1w9s and can be quite vocal and persuasive, getting others fired up to join their mission or cause. As Ones, most 1w2s need their alone time but they are more interpersonal and energized by engaging with others than 1w9s. Some 1w2s like to get involved in politics (especially social or sexual 1w2s) since they have strong opinions about how to improve conditions for people, are good at debating and have a strong desire to make a big difference with their life in service of others.

Negatively, 1w2s can be image conscious, emotionally volatile and attention seeking (especially sexual 1w2s). They can also be rather authoritarian, controlling and self-righteous. They can easily get frustrated with people when things aren't working out the way they think they "should." They can become critical, touchy, emotional and outspoken about their discontents. At their worst, 1w2s can become aggressive, hypocritical and volatile. They can develop dependency in their relationships and conveniently overlook inconsistencies in their own behavior. **This wing is prevalent in sexual Ones** (see the subtypes section next) although it can appear in any of the three subtypes.

You may find that you can relate to the description of Type One with a Nine-wing also (see above). However, there is a fundamental energetic difference between these two descriptions. See if you can discern which description sounds *more* like you, however slight that difference might be.

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# Type One's Subtype Descriptions

An explanation of the subtypes can be found [here](#), which opens in a new window.

## Which subtype are you?

### Type #1 Self-Preservation Subtype

Can resemble 6s at times when they're worried and anxious

Can resemble 4s at times when depressed and/or feeling misunderstood for their passionate ideals

#### Positive/Enhancing:

- Responsible and security conscious
- Good at planning everything out
- Great at saving and investing money
- Health conscious (exercise regularly, eat well, etc.)
- Interested in physical and material well being
- Orderly, organized, neat, clean
- Disciplined and regimented

#### Negative/Depleting:

- Anxiety, worry, physical tension
- Self-inhibited, repress their own wants/needs (and resent others for it)
- Choose a safe career rather than risk doing what they love
- Can be workaholics
- Procrastination
- Fear making mistakes, fear catastrophes
- Have too high expectations of self and others
- Fastidious, picky and finicky
- Can be hypochondriacs
- Inner tension between doing what they want versus doing what they feel they "should" do
- Rigid self-control (food, environment, health, etc.)
- Overprotective

(For even more insight, learn which "wing" you favor: your [9 wing](#) or [2 wing](#)).

### Type #1 Sexual Subtype

Can resemble 8s at times with their capacity to express their anger easily

Can resemble 4s at times with their longing for perfect love

#### Positive/Enhancing:

- Faithful and loyal
- Strong emphasis on fidelity
- Most unconventional of the 1s
- Can show healthy anger

- Supportive and forgiving
- Patient and forbearing
- Passionate
- Can be powerful and self-assertive (like 8s)
- Healthy reformer qualities

**Negative/Depleting:**

- Desire to find the perfect, ideal partner (like 4s)
- Unrealistically high expectations, easily disappointed when others don't measure up
- Too intense for others
- Insecure, possessive and jealous (strong fear of abandonment)
- Often feel lonely, even when with others (like 4s)
- Critically and obsessively compare themselves to others
- Can question, challenge or check up on their partner when gone too long (like 6s and 8s)
- Obsessively think about their partner
- Judge their strong sexual urges/desires as "bad"

(For even more insight, learn which "wing" you favor: your [9 wing](#) or [2 wing](#)).

## Type #1 Social Subtype

**Positive/Enhancing:**

- Strong sense of social responsibility
- Desire to uphold and enforce rules for the good of all
- Can be reformers, advocates and crusaders
- Often drawn to politics and/or journalism
- Like to expose wrong-doing; willing to speak up and speak out
- Very sacrificial for a greater good or cause

**Negative/Depleting:**

- So focused on goals, mission, purpose that they can't relate to people
- Not very adaptable; see things as black and white
- Can be rigid in their viewpoint
- Opinionated; believe they are the voice the "Truth"
- Take criticism very personally
- Hold people to exacting standards
- Can be self-righteous

(For even more insight, learn which "wing" you favor: your [9 wing](#) or [2 wing](#)).

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# Heart and Defensive Points/Arrows for Type One

An explanation of the Heart and Defensive Points can be found [here](#), which opens in a new window.

**Type One with a Healthy Connection to Type Seven:** When Ones integrate the positive aspects of type Seven their judgments of others and self-criticism begin to relax. They allow pleasure, spontaneity and fun back into their lives in a more balanced way. They shift their attention away from what's not working in a situation to what is working. They make decisions more easily because they recognize what they want rather than fretting over what they "must" or "should" do. They become less inhibited and guilt-ridden and are able to express the full range of their emotions. Their funny, witty and relaxed side can finally come out and they often enjoy telling jokes and stories. They plan more activities for sheer pleasure and lead more adventurous lives. They are better able to see different points of view rather than thinking their way is the right or best way. As they integrate their soul child their minds open to many new possibilities and they have greater access to their curiosity, imagination, optimism and creative intelligence. Rather than feeling resentful and obligated, they will feel lighter, freer, more enthusiastic, accepting and grateful, like healthy Sevens. As they wake up to the way things really are they'll feel much closer to their fellow human beings and wonder how they ever got caught in the trap of focusing on what was wrong with them, others and the world in the first place. Ultimately, they will see the inherent *perfection* in everything and everyone and come to marvel and delight in life.

**Type One with a Healthy Connection to Type Four:** When Ones integrate the positive aspects of type Four they get in touch with buried emotional needs and deeper authentic feelings by allowing themselves to turn inward. By allowing some painful and sad childhood memories to surface, they become more self-aware, healed and better able to articulate what they *want* to do rather than what they *should* do. They find more meaning in their life by establishing sincere, warm, empathic connections with people. They become more creative, intuitive and develop a more refined, subtle sense of humor. By letting go of control and letting everything be as it already is, Ones at point Four can finally get in touch with their true heart's desire rather than their ego's desire. If they can relax their self-condemnation, the Essence of their being will guide them where they want to go.

**Type One with an Unhealthy Connection to Type Seven:** When Ones deteriorate to the negative aspects of type Seven they may become more self-indulgent and pleasure seeking. They are angry about years of self-deprivation and now want to let loose. Gluttony, the passion of type Seven, gets acted out through a sense of entitlement. They could become impulsive, selfish, greedy, irresponsible, outspoken or even "naughty" if they feel they can get away with it – like a little child. In light of this understanding, it is not as surprising then to hear about the pious priest who gets caught with his pants down at a motel with a prostitute or the evangelical Christian who has been "playing" with a choir boy for years! At their worst they could become self-destructive through alcohol, substance abuse or some other form of excessive behavior.

**Type One with an Unhealthy Connection to Type Four:** When Ones deteriorate to the negative aspects of type Four it is usually because they are confronted with the fearful recognition that their beliefs, opinions and views about people and life may actually be wrong or at least flawed because they aren't working or making them happy. They may also fear ever being able to live up to their ideal self. At this point their anxiety and stress can start to exceed their coping strategies. They can become more self-absorbed and turn their anger inward, becoming depressed. They can feel as though life is hopeless and meaningless as they become more disenchanted, disillusioned and disappointed with themselves and others. They can withdraw into romantic fantasies and long for what they don't have and yet doubt ever being able to get it. They can have a profound sense of dissatisfaction with people and reality the way it is. They yearn to live in a more perfect, ideal world and yet feel helpless to do anything about it. They become envious, comparing themselves to happy, successful people OR completely self-loathing because they aren't at all like their ideal self. Their idealistic expectations of others and life are not being met either. They can become emotional, moody, socially withdrawn, painfully self-conscious, self-indulgent, hostile and stormy. At worst, they can turn their own high standards against themselves and punish themselves for their fatally flawed self and/or "bad" behavior.

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