

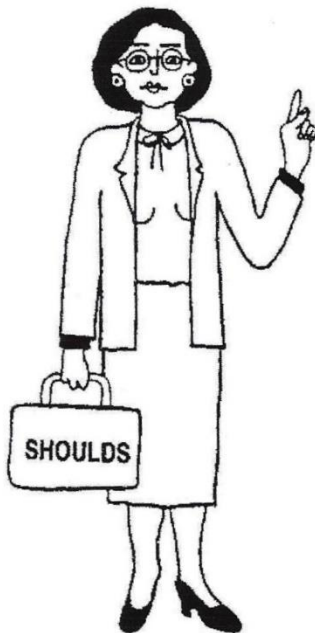


THE

Perfectionist

I may have faults, but being wrong ain't one of them.
 —Jimmy Hoffa

Ones are motivated by the need to live their life the right way, including improving themselves and the world around them.



**Ones at their
BEST are**

ethical
 reliable
 productive
 wise
 idealistic
 fair
 honest
 orderly
 self-disciplined

**Ones at their
WORST are**

judgmental
 inflexible
 dogmatic
 obsessive-compulsive
 critical of others
 overly serious
 controlling
 anxious
 jealous



How to Get Along with Me

- Take your share of the responsibility so I don't end up with all the work.
- Acknowledge my achievements.
- I'm hard on myself. Reassure me that I'm fine the way I am.
- Tell me that you value my advice.
- Be fair and considerate, as I am.
- Apologize if you have been unthoughtful. It will help me to forgive.
- Gently encourage me to lighten up and to laugh at myself when I get uptight, but hear my worries first.

Relationships

Ones at their best in a relationship are loyal, dedicated, conscientious, and helpful. They are well balanced and have a good sense of humor.

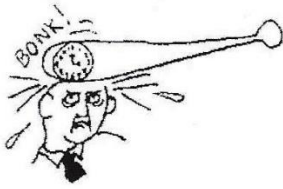


Ones at their worst in a relationship are critical, argumentative, nit-picking, and uncompromising. They have high expectations of others.



What I Like About Being a One

- being self-disciplined and able to accomplish a great deal
- working hard to make the world a better place
- having high standards and ethics; not compromising myself
- being reasonable, responsible, and dedicated in everything I do
- being able to put facts together, coming to good understandings, and figuring out wise solutions
- being the best I can be and bringing out the best in other people



What's Hard About Being a One

- being disappointed with myself or others when my expectations are not met
- feeling burdened by too much responsibility
- thinking that what I do is never good enough
- not being appreciated for what I do for people
- being upset because others aren't trying as hard as I am
- obsessing about what I did or what I should do
- being tense, anxious, and taking things too seriously

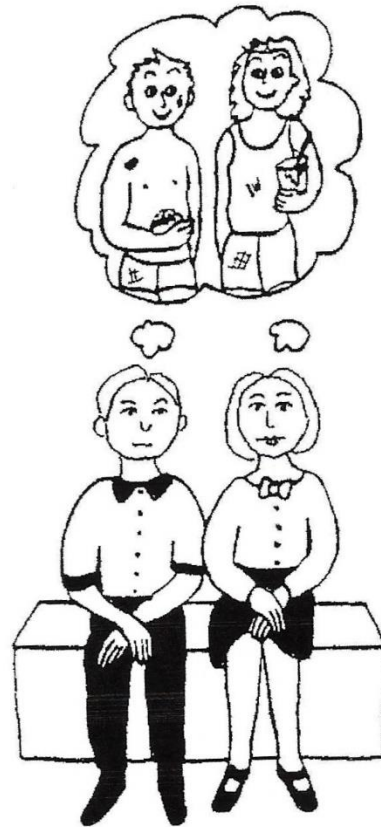


How I Drive Myself Crazy



Ones as Children Often

- criticize themselves in anticipation of criticism from others
- refrain from doing things that they think might not come out perfect
- focus on living up to the expectations of their parents and teachers
- are very responsible; may assume the role of parent
- hold back negative emotions (“good children aren’t angry”)



Ones as Parents

- teach their children responsibility and strong moral values
- are consistent and fair
- discipline firmly



Careers

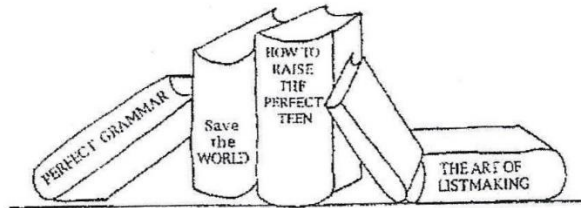
Ones are efficient, organized, and always complete the task. The more analytical and tough-minded Ones are found in management, science, and law enforcement. The more people-oriented Ones are found in health care, education, and religious work.

Since they do things in a professional, honest, and ethical manner, you would do well to have Ones as your car mechanic, surgeon, dentist, banker, and stockbroker.

And Free Time

Ones are often involved in community service groups (PTAs, scouts, neighborhood improvement organizations, etc.). Many have *Robert's Rules of Order* memorized.

Some work to save the environment through the Sierra Club, Greenpeace, and the like, or are involved in humanitarian causes (on either side of the abortion issue, for instance). Ones often work out and diet for good health, or feel guilty if they don't. Many are busy helping friends and family. Ones are usually excellent students.

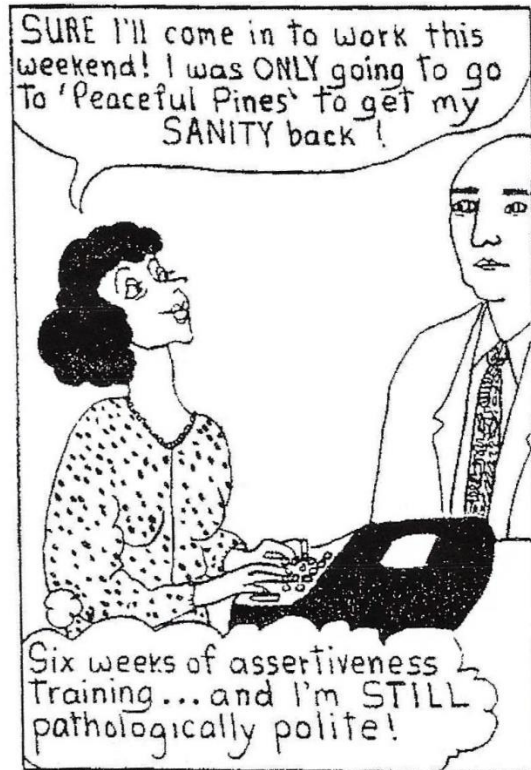


Comments About Ones

"My employee is efficient and patient. When she can't complete an assignment, she'll take it home. If she ever leaves, I'll have to hire two people to take her place."

"My friend quit his job because his boss wanted him to do something that was unethical. He is committed to living by his principles and will never sacrifice his morals. He practices what he preaches."

"My One friend is a teacher. It's hard on her because she is determined to read every single word of every paper and write down every criticism possible. The students love her because she is interesting, inspiring, and fair."



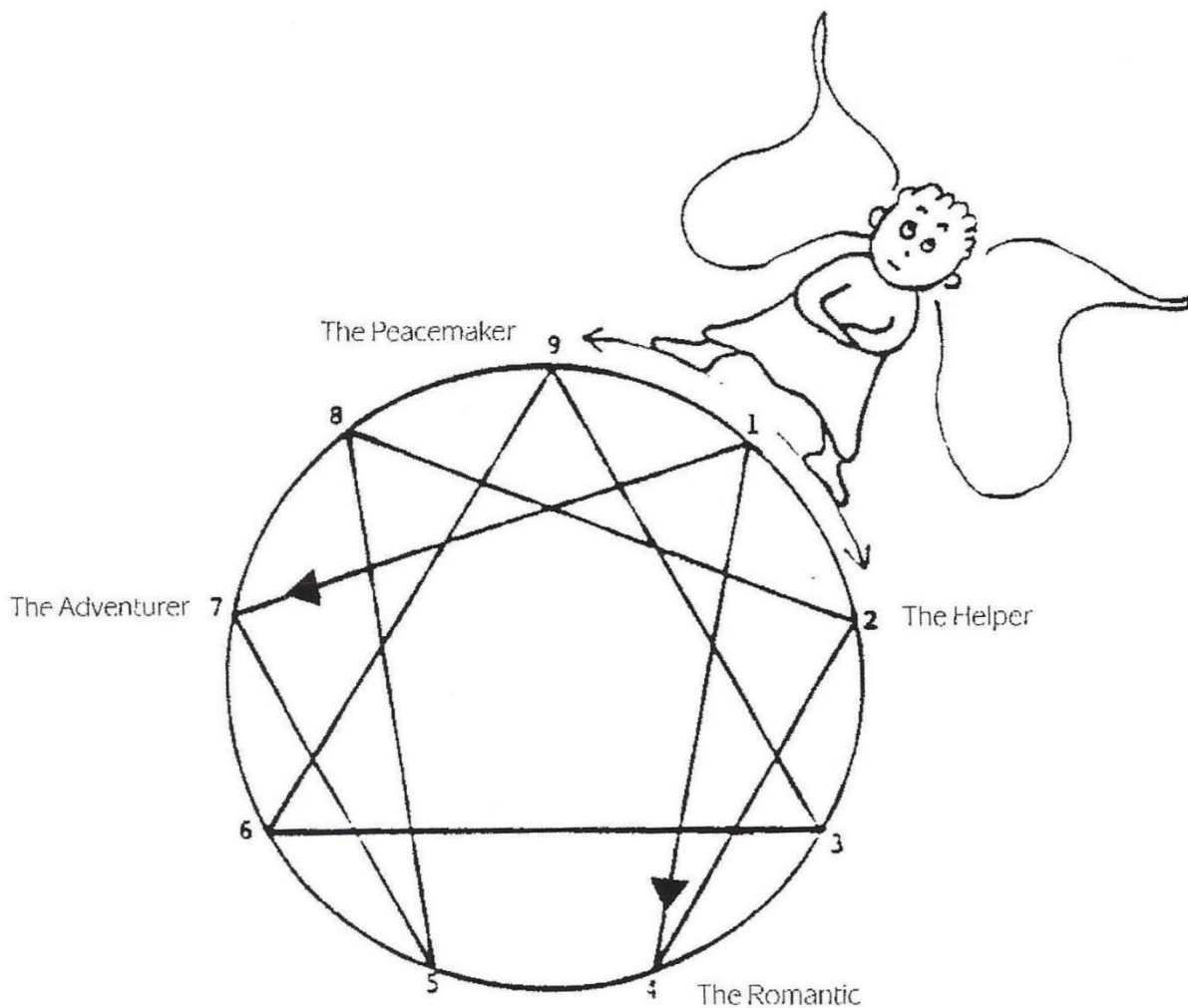
“When I need help with anything, he’s always ready to lend me a hand. He stays until the job is completely finished.”

Wings

Your personality may blend into or be influenced by the types on either side of yours. A strong wing can make a big difference in your personality.

Ones with a more developed Two wing tend to be warmer, more helpful, critical, and controlling.

Ones with a more developed Nine wing tend to be cooler, more relaxed, objective, and detached.



Moving Around Within the Enneagram

Following the lines in the diagram, the One moves toward Seven in one direction and toward Four in the other. Ones move toward the positive side of Seven when they feel secure; they can also consciously cultivate these positive qualities. Ones move toward the negative side of Four when in stress; they can consciously try to avoid these negative traits. Read the chapters about types Four and Seven to learn more about them.

When Ones Move Toward the Positive Side of Seven They

- become less self-critical and more self-accepting
- become more enthusiastic and optimistic
- act more naturally and spontaneously
- shift their attitude away from what's bad in the situation toward what's good
- plan more activities that are simply for enjoyment

When Ones Move to the Negative Side of Seven They

- become self-destructive through substance abuse or other excessive behavior

When Ones Move Toward the Negative Side of Four They

- feel indignant because their expectations are not being met by themselves, others, or life in general
- turn their anger inward and become depressed
- lose trust in themselves and/or feel unloved and unlovable
- long for what they don't have and feel hopeless about ever getting it

When Ones Move to the Positive Side of Four They

- get in touch with deeper feelings
- become involved in creative or artistic activities



Practical Suggestions and Exercises for a One

1. Self-Nurturing

- Spend some time each day doing some recreational activities you enjoy, for instance, gardening, watching movies, playing a sport, walking, being with friends, or putting in your workshop.
- Give yourself special treats regularly (flowers, sports events, bubble baths, dinner at your favorite restaurant).
- Accentuate the importance of humor in your life. Memorize jokes, collect cartoons, watch comedy shows.
- Become aware of what you want and learn to ask for it (even for whims).
- Avoid the word *should*. Change the should sentence to “I *want* to . . .” or “I *don't want* to. . .” For example, “I should visit Mike” becomes “I want to visit Mike” or “I don't want to visit Mike.”
- Take a class in and practice stress reduction, meditation, or yoga.
- Pat yourself on the back for allowing yourself to have one helter-skelter drawer, closet, or room.
- Take vacations to get away from work and compulsive doing.

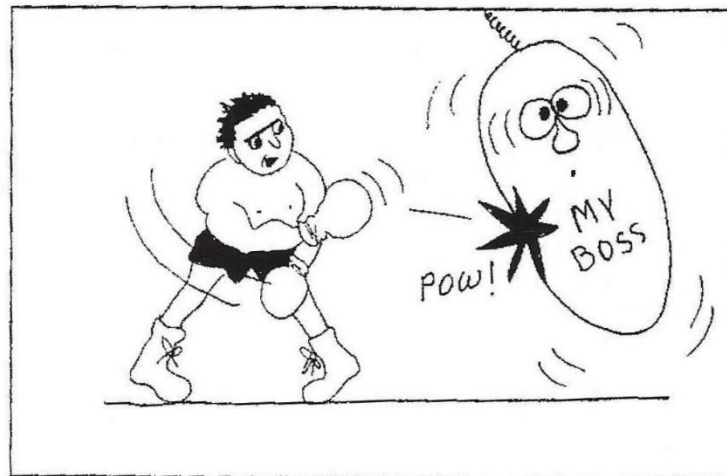
2. Recognizing and Working with Anger

- Be aware that you may make sarcastic or cynical remarks when you feel hurt and defensive.

- Learn to accept anger as a normal and useful human emotion.
- Ask yourself if there is something you haven't been aware of beneath your anger, such as sadness or disappointment.
- Try to realize that expressing anger will not make you unlovable.
- If expressing your feelings directly does not seem appropriate, exercise, write, or talk with a friend.
- You will become more frustrated and angrier if you pressure yourself and others to live up to unrealistic expectations.



Sometimes Ones have a smile on their face, but they're seething underneath.



Find a safe outlet for your anger.

3. Work

- Evaluate your job and make sure it is appropriate for you and fulfilling.
- Ask others to help so you don't do more than your share. If you are afraid they won't do it as well as you, find another One to do the job!
- Allow yourself to do certain things quickly, although imperfectly, so you can get on to the next task or go home on time.
- Instead of mentally rehashing past mistakes, remember the accomplishments you are most proud of.

- Don't let one flaw in your performance make you feel worthless.
- Be willing to drop down a few notches from being perfect.



4. Relationships

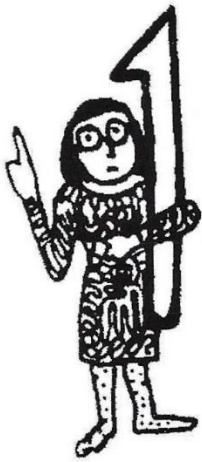
There is so much good in the worst of us and so much bad in the best of us, that it's rather hard to tell which of us ought to reform the rest of us.

—Sign in Springdale, Connecticut

- Learn to forgive yourself and others for flaws and mistakes.
- Learn to respect others' ways of doing things that are different from yours.
- Be generous with praise and encouragement.
- When you get the urge to criticize or correct someone, either keep quiet or surround what you say with positive (not flattering!) remarks.
- Become aware that your tone of voice can be harsh and can upset or frighten people.
- Avoid fantasizing about changing people.

For Parents

- Allow your children to come to decisions on their own in order for them to develop more self-esteem.
- Let your children know you love them not only for what they do, but for who they are.



*See everything;
overlook a great deal;
correct a little.*

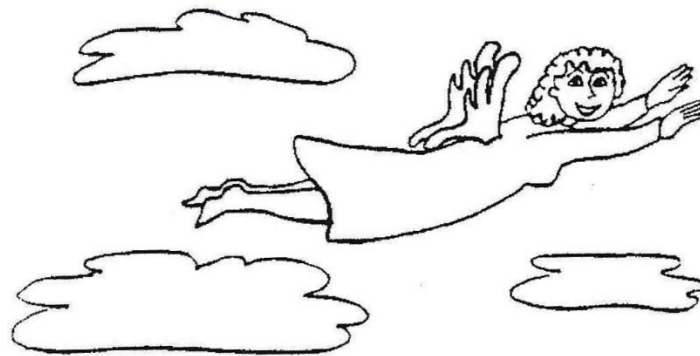
—Pope John XXIII

*I have found the best way to give advice
to your children is to find out what they want
and then advise them to do it.*

--Harry Truman

Things Ones Would Never Dream of Doing

- being half an hour late to work
- not sending thank-you notes for birthday gifts within two days
- not making reservations for every night of their vacation
- leaving their clothes in a heap and their dishes unwashed all week
- laughing it off when criticized
- eating with their elbows on the table and using their sleeve for a napkin
- taking a relaxing bath just before guests come over instead of going over the house for another cleaning



Angels fly because they take
themselves lightly.

Positive Things to Say to Yourself

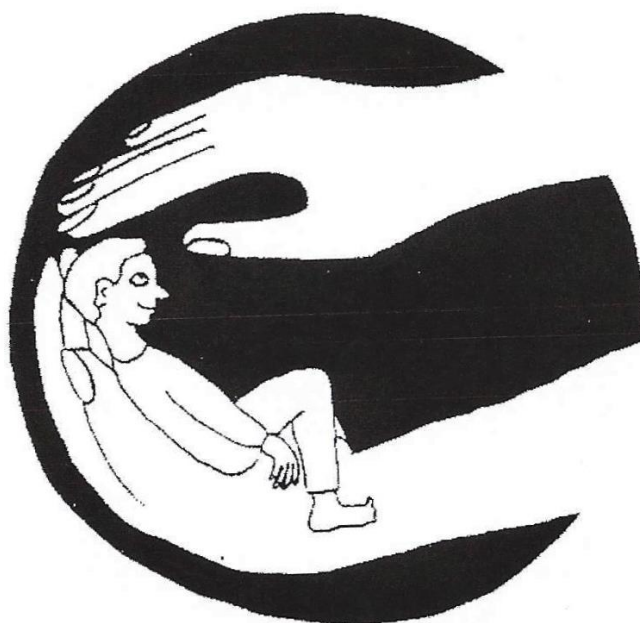
It is OK to relax and enjoy myself.

I'm OK even when I make mistakes.

I am learning not to take myself so seriously.

I am perfect just the way I am.

I will ask for what I want and need.



Thou Shalt Not Should on Thyself

Renee Baron & Elizabeth Wagele, *The Enneagram Made Easy - Discover The Nine Types of People*, HarperCollins Publishers, (New York 1994) pgs. 11-22