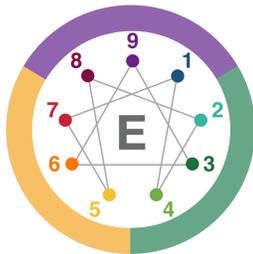


ENNEAGRAM TYPE 1

Coaching Session #2

GUT CENTER Instinctual Triad



- The Instinctual Triad or Gut Center contains **Types 8, 9, and 1**.
- This group shares similar assets and liabilities surrounding their **instincts**.
- They tend to engage in life and circumstances through their **gut instincts**.
- They do this out of a reaction to their **emotional struggle**, which is **anger**.
*(Note: Type 9s are asleep to their anger and do not know this is their emotional struggle. Type 1s do not think they have anger but do see that they have resentment.)
- The **common desire** they share and focus on is wanting **justice**.
- Below you will see how this type expresses these aspects differently.

Type 1

- Healthy Ones are able to exhibit wisdom and conviction because they have the ability to be impartial in circumstances that call for it. They have a clear inner knowing of right and wrong, which allows them to be fair-minded, reasonable, and guided by these principles.
- Average Ones are **resisting and controlling their internal environment**, particularly their instincts and aggressions.
- Unhealthy Ones **repress** any part of themselves that does not conform to their ideals, so their inner life will be orderly and consistent. They get **angry** with themselves as an attempt to "keep themselves in line." Unfortunately, they can also be aggressive with others when they feel that their self-control is being threatened by another's behavior.

Type 1

The Moral Perfectionist

Core Fear: Being wrong, bad, evil, inappropriate, or corruptible.

Core Desire: To have integrity, to be right, virtuous, and the good boy/girl (deteriorates into critical perfectionism).

Self-Image: I am accurate, thorough, diligent, responsible, moral, correct, just, in control, and fair.

Core Weakness: Resentment - This is anger that has been repressed, leading to continual frustration and dissatisfaction with themselves, others, and the world.

Message Your Heart Longs to Hear:

You are good.

Reflection

Do you find yourself resisting and controlling your internal environment (particularly your instincts and aggressions)? What does it look like to resist them? What are some typical instincts and aggressions that you resist? Why do you resist them?

How does anger (resentment) play a role in your life? What does it look like and how do you try to control it?

Their Hidden Side

Ones appear well balanced and sure of themselves, but they can suffer from extreme self-criticism, feeling that they are never able to measure up to their own high standards. Similarly, they can feel lonely and alienated from others, seeing themselves as the only responsible adult around. At such times they feel burdened by their responsibilities and by the sense that others will not do as thorough of a job as they will. If these feelings intensify, Ones can become harsh with themselves and others and can fall prey to hidden depression. They may attempt to maintain an outer attitude of self-control and reserve while inwardly feeling anguished and alienated. As they become more isolated, their self-criticism can become more cruel and irrational. Few casual observers would suspect how much they are suffering from the relentless attacks of their inner critic.

Relationship Issues

Ones take their relationships and the responsibilities they have in their relationships very seriously. They are firmly committed to the people whom they love, and they are willing to make great personal sacrifices for the well-being of their intimates.

As with other areas of life, Ones are idealistic and hold high standards for their relationships. It is important to them to have a partnership that is based on shared values and beliefs.

When Ones get more stuck, the following areas can create problems:

- Holding the partner to strict standards that the partner does not wholeheartedly share.
- Having difficulty finding a partner because of unrealistic standards – finding that no one “measures up.”
- Becoming uncommunicative, depressed, and moody because of their repressed anger.
- Not allowing enough “play time” in the relationship – feeling that all spare time must be used for serious purposes (yard work, checking finances, reading educational or “meaningful” books, discussing political issues, etc.).
- Having issues with criticism: they fear receiving criticism from their partner. They also become critical of the partner by being nitpicky, scolding, and correcting them at every turn.

Growth for Ones

The good news of the gospel is that Jesus Christ came to earth to save those he called (his valuable and loved sheep). When a Type One (or anyone) becomes a believer, it's important to believe and trust in these truths:

1. **Forgiven:** Jesus' death on the cross was the payment for our sins. We are forgiven of all our past, present, and future sins. All of our imperfections have been forgiven completely.
2. **His Righteousness Credited to Us:** We needed our sins forgiven, but we also need to BE holy in order to have right relationship with God. Being forgiven doesn't mean we are now righteous and holy. It means we are not indebted anymore. But Christ solved this dilemma by living a perfect life and then crediting his righteousness to us. Therefore, because we are righteous in Christ, we are good. This is amazing news to a Type One!

Going Deep

- Describe the various ways your inner critic berates you. How does it make you feel? How do you react to it? Does it cause you to become critical of others? If so, why?
- In your relationships, do you find that that you hold others to the same high standards that you hold yourself to? Do you find that you can become critical and moody toward others when they do not come through for you in the way you expect?
- Give examples of the thoughts and feelings that go through you when others disappoint you. How do you react externally and internally?

Accepting His Invitation for You

- What is it like to realize that God has completely taken care of all your sins in the past, present, and future? What thoughts arise as you contemplate on the truth that through Christ's perfect life, death, and resurrection, you are no longer in debt to God because of your short-comings?
- What is it like to realize that not only are all of your sins removed from you, but Christ has also given you his own righteousness so you can be in the presence of God as his beloved child? Does this give you new freedom and a light heart? Are you able to rest in him?