

Type 1 – part of the BODY Triad

For Enneagram Type 1, working Step One means confronting their deep desire to be good, perfect, and in control, which often extends into their relationship with food. Type 1s may use strict self-discipline or indulge in compulsive eating to cope with the frustration of not living up to their own high standards.



1. Admit Powerlessness Over Food as a Way to Manage Perfectionism:

Type 1s struggle with holding themselves to impossibly high standards and often use food as a way to either exert control or rebel against their own rigid rules.

Week 1 Reflection question:

“How have I used food to either punish myself for not being ‘good enough’ or as a way to escape the pressure of perfectionism?”

Step 1

Type 1

Question 1





Type 1 aka:

Perfectionist

Passion (Defect):

Anger

Virtue (Gift of the Spirit)

Serenity

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I should be perfect & LIFE should be perfect.

MANTRA:

*“It isn’t always my
responsibility.”*