

## 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.



### **2. Recognize the Unmanageability of Perfectionism:**

For Type 1s, life can become unmanageable when their need for control and order leads to rigid, unhealthy patterns around food.

#### **Week 2 Reflection question:**

**“How has my constant pursuit of perfection made my relationship with food and self-care unmanageable?”**

Step 1

Type 1

Question 2





Type 1 aka:

*Perfectionist*

Passion (Defect):

*Anger*

Virtue (Gift of the Spirit)

*Serenity*

I should be perfect & LIFE should be perfect.

**MANTRA:**

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

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Type 1 aka:  
*The Tender-Hearted Teacher*  
STRIVING TO:  
*Feel Perfect*

BY:  
*Avoiding Criticism*  
*Avoiding Rule-Breaking*  
*Avoiding illogical behavior*

MANTRA:  
*"It isn't always my  
responsibility."*