## Type 1 – part of the BODY Triad

**STEP 2**: "Came to believe that a Power greater than ourselves could restore us to sanity. For Enneagram Type 1, working Step Two means confronting the belief that everything depends on their own self-discipline and moral effort. Type 1s often struggle to let go of control and trust that a Higher Power can guide them toward sanity and balance, especially when it comes to their relationship with food.



Type 1s often believe that through enough discipline and effort, they can "perfect" their relationship with food. Step Two asks them to let go of this idea and trust that a Higher Power can restore the balance they're seeking.

## **Weekly Reflection question:**

"How have I been trying to achieve perfection on my own, and how has this been keeping me stuck in unmanageable patterns around food?"

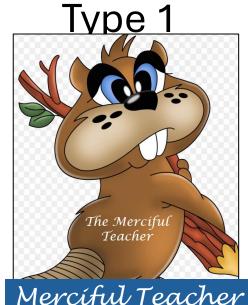
## Step 2 Type 1

Question 1





**Gentle Mystic** Gift of Spirit:



Merciful Teacher



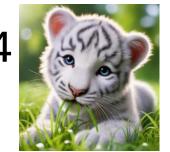
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Intuitive Healer Gift of Spirit:



**Creative Alchemist** Gift of Spirit:





Back Arrow Joyful Visionary Gift of Spirit:

Gift of Spirit:

Passion (Defect):	MANTRA:	STRIVING TO: <b>Feel</b> by Avoidin
Virtue (Gift of Spirit)		
What is the Nature?		