

## 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.

### **1. Admit That You Can’t Achieve Perfection Alone:**

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:

\_\_\_\_\_



Joyful Visionary  
Gift of Spirit:

\_\_\_\_\_

Type 1



Merciful Teacher

Gift of Spirit: \_\_\_\_\_



Intuitive Healer  
Gift of Spirit:

\_\_\_\_\_



Creative Alchemist  
Gift of Spirit:

\_\_\_\_\_



S\_ / S\_ / S\_



Passion (Defect):

Virtue (Gift of Spirit)

MANTRA:

STRIVING TO: **Feel**  
\_\_\_\_\_ **by Avoiding**

What is the Nature? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_