

**CMS-055 and 056  
The Enneagram and The HAM's:  
The Religious Strategies -  
The One**

## Religious Motivation

Let's review the Religious Motivated Types:

The 8 believes that they have a mission to save those who are mistreated. Justice is the root of their Religion.

The 9's mission is Peace; avoiding conflict and resolving issues.

The 1's mission is Righteousness and Perfection, so they try to mold everyone into their ideal of Morality and Perfection.

## The One

Enneatype One: Religion of Perfection

People of Enneatype One are idealists.

They are idealists in the sense that they bring to all of their experience an implicit sense of “how things should be.”

This sense of an unmet ideal permeates the One’s experience of the world.

It is as though they were simultaneously aware of how things are and of how they should be.

### The One

Since reality as the One perceives it, and the ideal as the One conceives it, very infrequently coincide, Ones experience reality as being essentially flawed and approach it from a standpoint of frustration. Ones are people of action and therefore tend to deal with their belief in the world's inherent imperfection with the deep seated conviction that something ought to be done.

## The One

The flaws should be fixed; the system reformed; the sin expurgated.

Some Ones, like Martin Luther or Mahatma Ghandi are leaders and reformers in the classic sense, but virtually all Ones have a pronounced streak of perfectionism, a perfectionism which is active; it seeks not just to judge but to fix.

## The One

To be sure, other types can have perfectionistic streaks, but the One's perfectionism is more than a quirk; it is a central compulsion, and while it may not extend to all areas of the One's life, it will be very much front and center in those areas upon which the One has chosen to focus. And Ones are people who have a highly developed capacity to focus; they are disciplined people who can attend to their jobs while steadfastly refusing to be drawn into distractions.

## The One

Ones generally have a fine eye for detail and are typically quite skilled in at least a few key areas.

They are people who can commit, who will “follow through;” they are people who will do what they see as their duty.

Ones are dedicated, competent and conscientious and they know how to persevere.

They are people of principle who can be counted on to do what they say they will do.

Ones are not only aware of the flaws they see embedded in the very structure of reality, but also, by extension, of the flaws they see in others, and more importantly of those they find in themselves.

## The One

This is naturally not an easy dynamic for the type One individual, or for those close to the One, especially since Ones tend to focus their reform efforts on those they love.

Ones tend to worry about those they love, and they feel it is their duty to help others achieve the excellence that the One believes them capable of achieving.

These reform efforts are a sign of the One's love, but can, paradoxically, cause others to feel unloved, as though they were simply never quite good enough for the One.

For obvious reasons, this can be a particularly difficult dynamic for the children of type One.



## The One

On the positive side though, Ones are loyal and dedicated.

They will sacrifice for those that they love.

They will not abandon those who have been placed in their charge.

Of course, as mentioned, Ones are quite hard on themselves also.

They tend to feel guilty for not quite measuring up to their own impossible standards, and are frequently somewhat impatient with the many little flaws that are inherent in being human.

On the high side, Ones can approach this with a kind of self-deprecatory humor, which gives them perspective and which breaks the tension.

### The One

Ones know they are sticklers and can sometimes see the humor in it all.

On the low side, the One's frustration at a world which is imperfect, and with themselves for not measuring up, can lead to a stance of anger and resentment against a world so poorly made.

For this reason, in the traditional enneagram, anger is considered to be the distinctive passion or "vice" of type One.

Oscar Ichazo succinctly defined this anger as a "standing against reality."

### The One

When the type One personality is sufficiently unbalanced, it approaches each situation and each individual as being "not good enough."

When the unhealthy One brings a reforming energy to this sentiment, the punitiveness of their superego is turned outward.

They can become frankly aggressive, even in extreme cases violent, and they can then readily justify their excess as being necessary, as being "for a good cause."

The One's anger usually exists in a quiescent state, but serves as the backdrop to all other emotional states and makes for a generally tense character.

### The One

Ones tend to feel guilty about their anger.

Anger is a "bad emotion" and Ones strive sincerely and wholeheartedly to be "good."

As the One's superego is already over burdened, awareness of anger is usually vigorously repressed from consciousness.

Others may be very much aware of the One's anger, even as the One vehemently denies its existence through clenched teeth.

(Introspection, especially in this regard, does not tend to be the One's strongest suit.)

## The One

In order to appease their punitive superegos, Ones generally maintain tight control of their tempers, and usually only allow anger to manifest in one of its less obvious permutations – impatience, frustration, annoyance and judgmental criticality.

When anger does break through into an overt expression, others can be impressed by the depth of the One's self-righteous fury.

Ones are generally serious people who find it difficult to relax and who often needlessly deny themselves many of the harmless pleasures of life.

They are generally somewhat emotionally repressed, and, especially if male in our society, tend to see the active expression of emotion as a sign of weakness and a lack of self-control.

## The One

They are sometimes uncomfortable with their sensuous side.

As they generally have strong instincts, Ones don't always find sexuality to be an area of life that flows smoothly.

This is undoubtedly exacerbated by a society that has sent conflicted messages to the One's superego about sexuality, messages which imply that sex is "dirty."

Ones are susceptible to these sorts of messages and to all messages sent to them about how things "ought to be."

Ones tend to have been good boys and girls: "young adults," eagle scouts and straight A students.

## The One

Ones are “doers.”

They are sometimes workaholics, but whether they are career oriented or not, are generally getting things done, whether this involves one of their hobbies or one of their causes.

They are usually talented and have multiple interests, but often simply feel that relaxation is a manifestation of idleness and hence an indulgence which shouldn't be allowed.

Ones are sincere.

They seldom consciously adopt a social role and are uncomfortable with posturing or self-promotion.

Although they are generally practical people involved in the world, they often have an endearing naivete when it comes to those who are less principled and more duplicitous than themselves.

### The One

They tend to be authentic. What you see is what you get, which does not imply at all that the One is superficial, but rather that the One is honest and not skilled in the arts of deception.

Ones often command respect from others, even if it is only grudging.

Ones may be exacting, but they don't ask from others what they would be unwilling to do themselves, and others generally recognize this and respond favorably.



## The One

Integrity is a rare quality, but Ones more than all other Enneatypes strive to embody it, and often enough manage to achieve it, even if it is in their own flawed way.

When healthy (operating at the top of Human Good), Ones are the most noble of all Enneatypes.

Their perfectionism becomes coupled with kindness and a gentleness of spirit.

There is even a regal quality to the healthy One.

### The One

Ones with a Two wing tend to be warmer and more emotionally expressive than those with a Nine wing. They are more extroverted and somewhat less self-restrained.

They can frequently be found in the helping professions.

### The One

Ones with the Nine wing frequently love nature, as they find there the perfection they so deeply admire.

It is not without reason that Henry David Thoreau is frequently typed as a One with Nine.

A dominant Nine wing often manifests in the need to withdraw under stress and as an ability to merge with chosen activities.

## The One

### Type Exemplars

It is not uncommon for Ones to be intellectual. Biographies of the great German philosopher, Immanuel Kant, indicate that he was very likely an Enneatype One.

Plato, and the Stoic philosopher Epictetus, likewise seem to have been Ones; certainly their philosophies manifest type One concerns.

## The One

### Type Exemplars

As indicated earlier, many reformers are Ones. In addition to those already cited, Joan of Arc comes to mind, and on the scene more recently, Ralph Nader who organized a team of young idealists who were appropriately termed “Crusaders.”

While some reformers buck the system, many, such as John Paul II, are conservative.

Some are even reactionary; Osama bin Laden is a chilling such example.

## The One

### Type Exemplars

Henry David Thoreau, naturalist and author of *Civil Disobedience* which would later influence Ghandi, was a One, as was Ghandi himself.

Authors include Flannery O'Connor, Charlotte Bronte, George Bernard Shaw, Samuel Johnson and Noam Chomsky.

## The One

### Type Exemplars

It is not uncommon for Ones to be drawn to politics – Al Gore, John Kerry, and Hillary Clinton are obvious examples, but not all Ones are so wooden.

Rudi Giuliani is a good example of a more personable and passionate type One politician.

Some actors are Ones: Henry Fonda, Emma Thompson, Diane Lane are Ones, as was Gregory Peck and Peck's fictional Atticus Finch from *To Kill a Mockingbird*. And musicians as diverse as J.S. Bach and George Harrison.

## The One

### Type Exemplars

The famous journalist, Edward R. Murrow was a One. There is still a small plaque in the lobby of CBS headquarters in New York City which contains the image of Murrow and the inscription:  
"He set standards of excellence that remain unsurpassed."



## The One

### Type Exemplars

Fictional examples of type One include Mr. Spock, who is sometimes mistaken for a Five, Dostoevsky's Grand Inquisitor, Aragorn, from the Tolkien trilogy, and King Peter from the Narnia chronicles, whose creator, C.S. Lewis was also a One.

## The One

Type Exemplars

And, Mr. Darcy from Jane Austen's *Pride and Prejudice*.

Mr. Darcy describes his character in these terms:

"I have faults enough, but they are not, I hope, of understanding.

My temper I dare not vouch for.

It is, I believe, too little yielding, certainly too little for the convenience of the world.

I cannot forget the follies and vices of other so soon as I ought, nor their offenses against myself.

My feelings are not puffed about with every attempt to move them."

## The One

### Type Exemplars

Mr. Darcy (continued)

“My temper would perhaps be called resentful. My good opinion once lost, is lost forever...There is, I believe, in every disposition a tendency to some particular evil, a natural defect, which not even the best education can overcome.”

## The One

### Possible Mistypes

Ones can mistake themselves for Twos, especially when female, and if the wing is strong, but Ones are much more concerned with abstract principles than Twos, who are more feeling oriented, emotionally expressive and concerned with people than are Ones.

## The One

### Possible Mistypes

It is not likely for a One to mistype as a Three although the converse does occur.

Both types attempt to embody an ideal and Threes can sometimes seem “perfect,” according to the prevailing value system.

But, unlike Threes, Ones are frequently unaware of their image; it is often one of their blind spots.

## The One

### Possible Mistypes

The relentless pursuit of perfection can take its toll and lead to depression.

At such times a One can mistype as a Four.

But Fours have a tendency towards self-indulgence, when unhappy, whereas Ones are self-denying.

Fours are comfortable feeling deep emotions; Ones are decidedly not.

## The One

### Possible Mistypes

Ones are often intelligent, independent and emotionally detached and can easily mistype themselves, or be mistyped by others, as examples of Enneatype Five, but however intelligent they are, Ones are primarily people of action, not thought, and they are far more comfortable adopting a leadership role than is the more withdrawn and reclusive Five.

## The One

### Possible Mistypes

Ones tend to worry and can sometimes mistype as Sixes, although the converse is probably more common.

But Ones are far less self-doubting than Sixes; unlike Sixes, they are quite sure that they are right.

This certainty makes Ones decisive, whereas Sixes are generally ambivalent.

In addition, Ones are less affiliative than most Sixes and their decisions are not likely to be reached by seeking group consensus.



## The One

### Possible Mistypes

Ones do not mistake themselves for Sevens, although Sevens might well find that they themselves have a perfectionistic streak.

Sevens tend to have problems with immaturity however, and Ones are very much the adult.

Ones are frugal, sometimes to a fault; Sevens tend to be spendthrifts.

Ones have a hard time having fun; Sevens usually find a way to enjoy themselves, even in the midst of hardship.

## The One

### Possible Mistypes

Ones can be quite dominating, like Enneatype Eight, but Ones dominate in service to an ideal and lack the Eight's expansiveness.

Eights are more visceral than Ones; Ones generally have a more cerebral orientation than do Eights.

## The One

### Possible Mistypes

Finally, if the wing is especially strong, Ones and Nines might crosstype, but Ones are far more judgmental and have a much harder time relaxing than Enneatype Nines, who are generally far more “laid back.”

Ones seldom have a hard time expressing their opinions or making their requirements known, whereas Nines frequently struggle with self-assertion.

## The One

The Instincts: Sexual

Enneatype One belongs to the instinctual/gut triad; its instinctual energy and anger are directed inward.

This inward build-up of energies gives to the sexual variant an energy similar to a cork under pressure.

The fixation of the One is focused on containment and improvement, but the sexual instinct is passionate and impulsive and its needs don't take kindly to "going underground." It is essentially opposed to Oneness.

## The One

The Instincts: Social

Comparatively, the social One is less conflicted.

The social instinct lends itself more to a plan, an order; the instinctual energy has a natural outlet.

Not everyone sees things the same way as the One however, and that's where problems arise for the One who wants to be "right" and wants the social realm also to be "right."

## The One

The Instincts: Self-preservation

The self-pres energy of type One is in sync with its dominant fixation, which can work well when the person is balanced.

When out of balance, the self-pres One can become obsessive-compulsive, anal, and/or perfectionistic.

## The One

### The Instincts

The sexual instinct is, in many ways, in opposition to self-pres-like One energy, so inner conflict is seen more when the sexual variant is expressed through the Oneness.

In *My Fair Lady*, the whole movie is about his attempts to; a) reform Eliza Doolittle - a name that would bring scorn to any One, who tend to think people should work hard and be rewarded for work and virtue, not luck or charm or circumstance) and, b) his refusal to acknowledge his carnal desires for the luscious lady.

## The One

### The Critical One

They seem to know better than reality.

By that it is meant that they have a habit of looking at reality in the light of something better.

They look at reality and see what is wrong.

They sort for fault, for flaws, for what ought to be there and isn't.

They walk around asking themselves, "What's wrong with this picture?"



## The One

### The Critical One

They have high standards to which reality must, but cannot, conform.

They turn the scolding light of faultfinding on themselves first.

Often ones grew up in an atmosphere in which they were criticized, perhaps severely and were told that criticism was done in the name of love.

"If I didn't love you, I wouldn't correct you. I tell you what is wrong because I love you."

## The One

### The Critical One

Children turn all attention into love anyway, so they interpret criticism as an act of love.

So to be good to themselves, they criticize themselves. This is also a preemptive strike. "You can criticize me, but I've already criticized myself for that very thing so you don't really add much to the conversation."

## The One

### The Critical One

Like all enneagram strategies, it is also a way of controlling their world.

If One is hyper critical, One is aware that this is a way of making sure the world is the way it ought to be. Implicit in this approach is a smoldering anger that things are not right.

This anger is part of the 8-9-1 Instinctive or Gut or Anger center.

## The One

### The Critical One

The One's anger is a moral one.

They can be pictured as waving their index finger in a scolding manner.

This search for rightness and the energy of the anger makes them perfectionists.

Ones will work endlessly on a project, making sure everything is perfect.

They frequently have trouble with deadlines or completing projects because almost any project can be improved.

## The One

### The Critical One

With their intense moral concern and their interpretation of criticism as love, Ones do not want to be loved for their charm or beauty.

They want to be appreciated and loved for the good work they do and their moral fiber.

Love comes after evaluation, it is not be given for charm without effort.

## The One

### The Critical One

Some prominent real life ones: Ross Perot (who, while quite effective when he criticizes things, is much less effective in saying what we ought to do).

Miss Manners tells us all just how to behave.

Like her, many Ones are literary and musical critics.

Hilary Clinton campaigned for her health care reform with the central theme, "It's the right thing to do." (Listen to her talk, she frequently searches out the moral high ground).

## The One

### The Critical One

And Pope John Paul II is a One.

On one page of his book he refuted a dozen heresies and then said what the truth was.

Ones have a tendency to think there is only one right way to think or behave.

John Paul is no exception.

Oneness can show up in lighthearted situations, too.

Remember (or watch again) *My Fair Lady*.

Rex Harrison plays a One.

He happens to play a sexual subtype with the usual lifework of reforming those they love.

The whole movie is about his making Liza Doolittle into a fine lady.

Surprise! She resents it. (His picky grammar, his finicky habits, his repression of his own sensuality).

## The One

### The Critical One

He declares love by singing that he's become accustomed to her face, etc.

That's not exactly unbridled passion.

One's are polarized against their own sensuality because sensuality can easily lead to moral deviance. Passion, impulse, bliss -- these threaten the moral order.

So One's have a specific neurotic defense called a reaction formation.



## The One

### The Critical One

A One walks down the street and sees a delicious dessert being served at a sidewalk cafe.

They then begin to lecture on how terrible it is that people let themselves get fat!

They do this without acknowledging how much they want that dessert.

## The One

### The Critical One

Paul's letter to the Romans.

The whole thing is about how we can be righteous.

Paul is a one and you'll see how angry he is, and how angry he is at the Law.

He is angry at the law because all the law does is show us where we are wrong and doesn't enable us to do what is right.

This really bothers a One.

## The One

### The Critical One

Martin Luther and John Calvin are Ones, too and Lutherans often talk about Paul's letters to Romans and Galatians as the "Canon (Standard by which things are measured) within the Canon of scriptures."

American Puritanism is quite One-ish.

Just read Jonathan Edwards as he scolds and scalds his audiences with his sermons.

## The One

Believing is Seeing...

The Compulsive One

*One never notices what has been done, one can only see what remains to be done. ----- Marie Curie*

In the early middle ages, a religious order of sisters devoted themselves to exquisite tapestries of religious themes.

They wove intricate artistic depictions of the resurrection of Jesus, the faces of the apostles, etc. They were known far and wide for their artistic excellence.

## The One

Believing is Seeing... The Compulsive One

They were also known to always make one small mistake, out of humility, because only God was perfect. A recent society has been formed.

The sole purpose of this society is to examine these tapestries and find that flaw.

The only people who would dream of joining would be compulsive Ones and maybe a few Fours who love art and have a strong connection to their One security point.

## The One

Believing is Seeing... The Compulsive One

Our enneagram style is sculpted by the energy generated by our focus of attention.

You often hear that seeing is believing, but it is equally true that believing is seeing.

That phrase means that reality is so complex, layered, metaphorical and rich that we usually see what we believe we will find.

This process of “looking for this and ignoring that”, is sometimes called "sorting," especially by people trained in NLP (Neuro-Linguistic Programming).

## The One

Believing is Seeing... The Compulsive One

In the Enneagram circles it is called variously, focus, fixation, or compulsion.

It's final stage is hallucination.

When people hallucinate, they see what they expect to see whether it is there or not, and in the case of negative hallucination, they don't see what they don't want to see.

Edgar Allen Poe's story, the Purloined Letter is about a letter "hidden" in plain sight, but nobody could see it because they didn't expect it to be there.

## The One

Believing is Seeing... The Compulsive One

If you've ever looked for car keys or something else and finally found them where you knew they were all along but didn't see them, you have been negatively hallucinating.

You didn't see what you saw.

Ones negatively hallucinate (that's a bit strong, but it is clear) in the sense of the opening quote from Marie Curie.



## The One

Believing is Seeing... The Compulsive One  
She only saw what was not there, she says.  
She is speaking poetically (metaphorically) and it is helpful to think of our enneagram style as a metaphor. When our behavior is inappropriate, it is always a metaphor for the trance we are looking at inside us. When a one sees only what is wrong, they are speaking out of an hallucination. What they say reflects what they expect, not necessarily what is in front of them.

## The One

Believing is Seeing... The Compulsive One  
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## The One

Believing is Seeing... The Compulsive One

In the case of the self-preservation One, they tend to worry.

Negative expectations about what might happen to them, their friends, and especially their money and possessions.

Ones work very hard taking care of their material possessions, but it isn't because they are greedy or materialistic, it is because they fear they will be taken from them.

## The One

Believing is Seeing... The Compulsive One

Why are they afraid?

If you are self-critical, it stands to reason you wouldn't deserve such good things.

If you ask a One how they are, if they were honest they'd answer (with Calvinist theology, I might add), "Better than I deserve, thank God." (Calvin was a One).

## The One

Believing is Seeing... The Compulsive One

The sexual subtype of the One focuses on the partner, and their task in life is to have a perfect partner.

This takes some effort, and the One diligently sets about perfecting the partner.

A lot of criticism is needed before the partner is perfect.

So much is required in some cases that if the partner doesn't pick up on the fact that criticism is "One Love", the partner may leave long before the task is finished.

## The One

Believing is Seeing... The Compulsive One

The self-criticism of the One's makes them feel insecure about their partner, so they are often quite jealous (if I don't love myself, it follows that they don't either. If they do, they are stupid, another thing I have to correct about them...)

In the enneagram scheme of things, this preoccupation with the partner usually means a Two wing and Ones can be quite co-dependent, because someone is doing all sorts of bad things and it is the One's job to reform them.

The worse they are, the more work a One has to do and the more fulfilling their life's work is --- making things perfect.

## The One

Believing is Seeing... The Compulsive One

If the One is a social subtype, like Hilary Clinton, they see themselves as representing a tradition.

The tradition has all the rules and it tends to be applied to current situations with as much rigidity as the person is fixated.

The Pharisees of the New Testament are presented as classic examples of a One-ish tradition that became so rigid it missed some main religious concerns (like compassion and justice).

## The One

Believing is Seeing... The Compulsive One  
The Christian New Testament sees them as the  
archtypical Religious HAM Ones.

The tradition is just a cover for the real problem of the  
social One: "I personally am not perfect and so I can't  
speak for myself. But my tradition is perfect, so I will  
cling tightly to that and in the process I will become  
perfect."



## The One

Believing is Seeing... The Compulsive One

Note that the self criticism is the first psychic movement downhill.

Once a One focuses on his imperfections, the need for the Tradition becomes paramount.

Ralph Nadar continues to be public. He's a social One. Listen to the anger in his talks. The moral outrage is real.

## The One

Believing is Seeing... The Compulsive One

So all three subtypes are three focuses for the sorting process for what is missing.

Where the focus goes, the energy goes.

The One's energy goes first against himself and then against others.

All in the name of love, of course.

My parents told me what was wrong because they loved me and the least I can do is provide the same service for you.

### The One

Listen to Laura Schlessinger (Dr. Laura) on talk radio. (She is everybody's bossy older sister; self-righteous, smarter than you and a bit angry that people don't know how to behave themselves.

Note the crispness, the no-nonsense, "shape- up-or-ship-out" underlying attitude.

## The One

### The Self-Preservation One

Worry --- and almost paranoia

A subtype is probably best understood, at least to start with, as the psychological arena in which we do the most compulsive thinking and are perhaps the most distorted in our energy and attention placement.

There are three subtypes and they are called various things, but I will use the terms self-preservation, sexual and social.

Remember Margaret Frings Keyes' encapsulation of "the one, the few and the many."

Some authors use the term intimate instead of sexual.

## The One

Worry --- and almost paranoia

The Self-Preservation One

Regardless of the terms, you can see concentric circles of attention.

Some pay attention to themselves, others to their significant other and a third group to the wider community.

No one subtype is better than the other.

And when I say "pay attention" to themselves, I mean they pay their kind of enneagram-distorted attention.

This is the area to which they pay the wrong attention.

Self-preservation Ones are really hard to distinguish from Sixes because both worry a lot.

## The One

Worry --- and almost paranoia

The Self-Preservation One

Ones of this persuasion take their generalized critical attitude and decide they aren't going to be able to live up to the right way of doing things.

But of course they don't do this in one fell swoop.

They begin to worry about every little thing, especially decisions, because decisions are a function of the will, and it is the will that results in anger.

## The One

Worry --- and almost paranoia

The Self-Preservation One

Anger gets a quarter turn when focused on oneself for Ones.

The "One right way" that Ones are troubled with turns into a concern that one wrong move could knock down the whole house of cards.

The thin line between thinking things are not right and that the world is not going to work is a fine one.

## The One

Worry --- and almost paranoia

The Self-Preservation One

For this reason, they tend to love routine and will cling unreasonably to it.

And once plans are made and the inner work of making a decision has been done, it is very difficult to change a plan.

From the outside they can look like a Five or Six because they anticipate everything that can go wrong and can make detailed plans.



## The One

Worry --- and almost paranoia

The Self-Preservation One

One difference between the worry and the almost paranoia of the One and the Six is that the Six can feel righteous and they know they don't deserve to have the world turned against them.

Self-preservation Ones are not so sure -- sometimes.

There can often be an element of being undeserving and inadequate, so they react with worry.

After all, they think, if there is only one right way to do and be, I probably haven't found it -- the odds are against me.

But Ones work tremendously hard to try to reach that one right way.

## The One

Worry--and almost paranoia: The Self-Preservation One

To tighten the focus even more, this whole worry reaches its zenith when it comes to material well-being. Job security, money, health, and work ethic are big. The thought of undeserving people getting welfare is enough to ruin their whole day. (Whereas a social One, like Ralph Nadar will worry about corporate welfare).

## The One

Worry--and almost paranoia: The Self-Preservation One

They don't know what they want, they have substituted what they should do for what they want to do.

So, in the case of the self-preservation One, they are most anxious when they have to make decisions in which a desire is embedded (the choices we all have to make about where to work, live and play and with whom).

How does one marry the right spouse, choose the right house, etc.

## The One

Worry--and almost paranoia: The Self-Preservation One

"Mr. Right" takes on a whole new and ominous meaning!

And if you have kids, you vacillate between being nurturing (which is the right thing to do) and being critical (in order to make them grow up right).

And Ones see being critical as being loving.

After all, they're doing it for your own good.

And when Ones criticize themselves, they do it as an act of self-love.

But it feels like worry.

What I have described is the compulsion, not how a person acts.

## The One

Worry--and almost paranoia: The Self-Preservation One

Here's the difference.

How a person acts may have one or more of any of these and not have the rest.

Or they may have it in a very mild form, or slightly different.

What I describe is necessarily negative --that's the energy-- but I don't describe the intensity of the energy, only the direction determined by the focus of attention.

But if you are a Self-preservation One, you do have this strategy for simplifying and ordering life so you can predict and handle what you are sure is going to happen.

## The One

Worry--and almost paranoia: The Self-Preservation One

And this is what you learned from very early experience.

Now, depending on the intensity and frequency of that experience, you will be more or less sure this is what will happen and you will be more or less sure this is the best way to handle it.

But under stress, this is what you're apt to bet will happen.

Palmer's classic *The Enneagram* has a short section on subtypes and her introductory box has a single descriptive word to pinpoint the focus of each subtype. For example, her word for the Self-preservation One is Worried (Anxious).

## The One

Eager to fight the Moral Fight: The Social One

Ralph Nadar may run for president again, I understand, but his clear (emotional) agenda is to criticize the way politics are being done now.

He in turn is criticized for being dogmatic, unyielding and negative.

Social Ones live by their moral and social rules.

They give themselves over to these rules so completely that they can have a tendency to lose sight of their emotional and volitional urgings.

## The One

Eager to fight the Moral Fight: The Social One

The tradition uses the word non-adaptable. (A person cannot adapt a rule to fit an exception or circumstance. You don't argue with the answer book, you change your own thinking).

The most famous Social One in the world is Pope John Paul II.

Like a lot of Social Ones, he has a Nine wing.

Do you think it bothers him that much of the world thinks he is dead wrong on the ordination of women, birth control and homosexuality?

Not at all.



## The One

Eager to fight the Moral Fight: The Social One

The One belief is simple and clear: no good can come out of morally wrong actions.

And (this is more treacherous), if I do the morally right thing, then good things will necessarily flow from them.

So if the conscience is clear, the consequences are necessarily positive.

It is a small but significant psychological shift from putting morality first to considering only morality.

## The One

Eager to fight the Moral Fight: The Social One  
It's a byproduct of thinking there is only one way.  
If there is only one correct decision, then if you make  
the correct moral decision, you make the correct  
decision.

Period. (If there were two morally correct decisions,  
then one could factor in the political, economical,  
emotional and social consequences

But like all enneagram compulsions, one purpose of  
our tight focus is to simplify life to fit the model we  
developed at an early age.

## The One

Eager to fight the Moral Fight: The Social One  
So having only one right decision makes life, in one sense, a bit simpler.

The Catholic Church is a Nine organization with a One wing.

So the official church became upset about "situation" ethics.

Situation ethics says an act is good or bad by its consequences.

But the Social One compulsion says that a good act always and everywhere must have good consequences.

You can't reverse the flow.

Also because the flow can't be reversed, Social Ones feel free to impose the older rules on new situations without sensing much need for flexibility or adaptability.

## The One

Eager to fight the Moral Fight: The Social One  
Social Ones speak for the moral tradition.

Their identification with the social tradition is their psychological compensation for their loss of self-awareness, what many writers and teachers call letting the self go to sleep, so they don't see any difference between what they think and what the tradition teaches. There is no "self" opinion, there is only the correct teaching of the tradition.

## The One

Eager to fight the Moral Fight: The Social One  
This has a tendency to lead to self-righteousness  
because it is not the individual who is right, it is the  
tradition that is right.

Ones are drawn to high ideals and noble causes and  
are untiring in their efforts to make this imperfect world  
a little better.

We probably owe seat belts to Ralph Nadar's Social  
One compulsion.

## The One

Eager to fight the Moral Fight: The Social One  
Another high side of the Social One is the frequent soundness of their judgments.

When your whole self is involved in every decision made, the tendency is to weigh all the evidence extremely carefully (mistakes are fatal).

Therefore, Ones, compelled or not, often make excellent judges, critics and public officials.

## The One (Essential Enneagram)

“I have high internal standards for correctness, and I expect myself to live up to those standards.

It's easy for me to see what's wrong with things as they are and to see how they could be improved.

I may come across to some people as overly critical or demanding perfection, but it's hard for me to ignore or accept things that are not done the right way.

## The One (Essential Enneagram)

“I pride myself on the fact that if I'm responsible for doing something, you can be sure I'll do it right. I sometimes have feelings of resentment when people don't try to do things properly or when people act irresponsibly or unfairly, although I usually try not to show it to them openly. For me, it is usually work before pleasure, and I suppress my desires as necessary to get the work done.”



# The One

The Perfectionist.

This personality type typically asks the question, “what are the external standards of correctness, areas for improvement in one’s life and the lives of others, how can I correct errors, and how do I compare to others.

Leadership style is orderly, conscientious with clear goals and guidelines; very result oriented.

Strong, directive, critical and principled.

Work style is hard working, meticulous, eye for detail, practical, realistic.

## The One

The One desires to be right, desires fairness and honor; prefers to be evaluated on skills and merit and expects the same for others.

Can shift blame.

Difficulty delegating responsibility.

Goal oriented versus process oriented.

Strengths lie in perfection & serenity while weaknesses are bottled resentment & anger.

# The One

## The Reformer

*The Rational Idealistic Type:  
Principled, Purposeful, Self-Controlled, and  
Perfectionistic*

Generally, Ones are conscientious, sensible, responsible, idealistic, ethical, serious, self-disciplined, orderly, and feel personally obligated to improve themselves and their world.

## The One

Ones get into conflicts by being opinionated, impatient, irritable, rigid, perfectionistic, critical (and self-critical), sarcastic, and judgmental. At their Human Good best, Ones are tolerant, accepting, discerning, wise, humane, prudent, principled, fair, and able to delay rewards for a higher good.

# The One

## Recognizing Ones

Type One exemplifies the desire to be good, to live up to the highest ethical standards, and to effect positive changes in the world.

While a number of types care about achieving goals, Ones are particularly aware of how they achieve their goals.

Were they honorable?

Did they use their resources wisely?

Were they fair and truthful?

## The One

Ones are people of high standards and they expect themselves and others to live by those standards as much as possible.

They tend to see things in terms of long-range objectives, and they can be aware of how current actions might affect future situations.

For example, Ones are often in the forefront of battles to improve environmental standards or to make people aware of healthier lifestyle choices.

## The One

Most Ones report feeling a powerful *sense of mission*, a deep feeling of purpose that they remember from their early childhood.

They sense that they are here for a reason and, unlike some other types, they have a fairly clear idea of what that reason is.

This sense of mission impels Ones to rise to their highest standards, to make personal sacrifices, and to evaluate themselves regularly to see if they are falling short of their ideals.

## The One

They feel that they must live a balanced, sensible life in order to have the clarity and inner resources necessary to fulfill their purpose.

Ones also have deep convictions about right and wrong, what is just and unjust.

They are often dedicated to reform and social causes since they feel personally obligated to improve the world and leave it a better place.

They put themselves on the line for their values and ethical convictions—if it means risking their jobs, their fortunes, or even their lives.



## The One

Ones are convinced that there are indeed some truths—some values—that are worth both living and dying for.

To accomplish their missions, Ones maintain self-discipline and do their best to practice "moderation in all things."

While Ones focus their attention on serious life issues, their high standards can also be directed to less significant matters—although they may seem equally important to Ones at the time.

## The One

They can become extremely upset, for instance, if their spouse or one of their children fails to clean up after themselves adequately after using the bathroom sink. Ones are nothing if not thorough and well organized. Some Ones express this as an extraordinary concern with "neatness," the kind of people whose socks and underwear are folded neatly, whose file folders are labeled and filed alphabetically, and whose pencils are all sharpened.

## The One

Other Ones focus their perfectionism in other areas, such as punctuality, ethical standards, political or religious ideals, office protocols, or uncovering misdeeds and untruths.

While Ones tend to see themselves as people of logic and reason, they are often driven by strong feelings and impulses—usually experienced as personal convictions.

## The One

Because they so strongly feel that they must accomplish their life mission, they conclude that they must be serious and determined and must not waste time.

They can become very strict with themselves, feeling they must always be working toward their ideals, "making progress," and pointing out how things could be improved.

## The One

They are extremely conscientious about how they use their time and resources.

Under pressure, time becomes a major interpersonal issue for Ones—they insist that they and others be punctual, efficient, and particular about details.

They make lists, organize things, and constantly prioritize their activities.

Their sense of obligation, however, can make them feel heavier and more burdened.

## The One

Consequently, they begin to be afraid of making a mistake because they want everything to be consistent with their strict standards.

At such times, others can perceive them as overly rigid and perfectionistic.

In brief, Ones want to be right, to strive higher and improve everything, to be consistent with their ideals, to justify themselves, and to be beyond criticism so as not to be condemned by anyone.

Criticism is a dagger in their hearts and questioning them is a slap to their cheek.

## The One

Ones do not want to be proven wrong, to make mistakes, to allow sloppiness, to be with people they perceive as lazy or not serious, to be in chaos or in situations that seem out of control, or to be embarrassed by emotional display.

## Review

HAM's:

*Happiness Attainment Motivators  
aka the Lust Patterns of the Sin Nature*

HATS:

*Happiness Attainment Tactics & Strategies*

The Strategies for the Attainment of the Selfishness Goals and the Tactics used to accomplish them.

*Motivator\_*

The driving force, which originates from the inherited nature from Adam, which influences thinking in the mind, seeks to gain the cooperation of one's volition, and achieve its goals.



## Review

*2. The Happiness Attainment Motivators of the Inherited Human Nature from Adam (IHNA) include:*

- a. Sexual*
- b. Chemical*
- c. Religious*
- d. Approbation*
- e. Power*
- f. Materialism*

*All of us succumb to each of these Motivators from time to time, and our dominant Motivator most of the time.*

*Your dominant Motivator is derived from both your genetics and your environment and results in your Trend toward Human Goodness (HG) or Human Badness (HB); as well as your personal areas of weakness (Your HAM) and your personal areas of strength (Not Your HAM) in your inherent human, or Adamic, nature.*

## Review

### Strategy:

a plan designed to achieve a particular long-term aim or goal.

### Tactics:

made or carried out with only a limited or immediate end in view; short-range plans or actions to achieve a strategy.

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Your Enneagram Type is an example of the way you can determine your Dominant Motivator (Strategy) and see your Tactics played out, WHEN you are walking by means of the "FLESH", or your GENETICALLY corrupt HUMAN NATURE.

Not everything in the Enneagram Type descriptions is related to the HAMS, but also to legitimate PERSONALITY traits.