

What are You Thinking!

Lessons 003 and 004

Introduction: A Review of Past  
Studies on Thinking - Part 2

*Psalms 66:18 If I perceive sin in my heart, the Lord will not hear me.*

*Psalms 32:5 I acknowledged my sin unto thee, and mine iniquity have I not hid. I said, I will confess my transgressions unto the LORD; and thou forgavest the iniquity of my sin. Selah.*

*1 John 1:9 If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all other unrighteousness.*

*1 Cor 11:31 But if we judge ourselves rightly, we should not be judged.*

Ephesians 2:8 For by grace you have been saved through faith; and that not of yourselves, *it is* the gift of God; 9 not as a result of works, so that no one may boast.

Rom. 11:6, *"But if it is by grace, it is no longer on the basis of works, otherwise grace is no longer grace."*

Gal. 2:21, *"I do not nullify the grace of God; for if righteousness comes through the Law, then Christ died needlessly."*

*Gal. 3:24, "Therefore the Law has become our tutor to lead us to Christ, that we may be justified by faith."*

*1 Corinthians 3:11 For other foundation can no man lay than that is laid, which is Jesus Christ.'*

*John 3:16, "For God so loved the world, that He gave His only begotten Son, that whoever believes in Him should not perish, but have eternal life."*

*"Trust in the Lord Jesus Christ and you will be saved"  
Acts 16:31*

Today we continue our study on Thinking.

In addition to the Scriptures on thinking, we have looked at numerous attempts by psychologists or others to evaluate the thinking process, looking at it from a purely materialistic brain function, to a quantum physics approach to understanding the way the mind works, with stops along the way to examine various attempts to classify personality and characteristics.

Probably the most effective descriptor of human personality and motivation, aside from our study of the six Happiness Motivators, has been the Enneagram, with Its Nine Descriptors of Human Happiness Motivation.

Today, we will look at the Pathological Side of these 9 Enneatypes today, to see the more radical side of the Human Nature; in order to prepare us for a look at how these extremes of Negative Human Nature develop.

Our plan is to look at the Enneagram examples of Human Nature, how they fit into the 6 Happiness Attainment Motivators of the Human Nature. Then, to look at how the Parent-Child Relationships in the home relate to the 8 Stages of Human Personality Development of Erikson, the 6 Moral Foundations of Haidt, the Social, Economic and Political ramifications from Rossiter, and the Judeo-Christian Values/Viewpoints of the Bible. Finally, we will use these to evaluate and define the Doctrine of Predestination of the Calvinists.

This study will attempt to answer several questions, questions such as:

"How can anybody believe in..."

God, the Bible, science, etc.

One that I heard in the office last week, "how can two children raised in the same household, grow up to be so different?"

"How can anyone in their right mind vote for..."

Obama, Romney, Ron Paul, Sarah Palin, John McCain, etc.

"What are my responsibilities as a Parent to properly raise my children to be receptive to God's Call?"

"What are my responsibilities as a Child to my Parents to be receptive to God's Call?"

"Is everyone predestined to hear God's Call?"



And, the one we say, or at least think, so often:  
"What are you thinking!"

*A Review of some highlights of our previous thinking studies:*

*1 Jn 2:16* For all that is in the world, the lust of the body and the lust of the eyes and the boastful pride of life, is not from the Father, but is from the world.

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.

### 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.

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

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

*All of us succumb to one of these Motivators from time to time.*

*The dominant Motivator related to you 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 and your personal areas of strength in your Human (Adamic) nature.*

#1. Lust of the body:

The IGHNA Happiness Attainment Motivators:

Sexual Lust

Chemical Lust

#2. Lust of the eyes:

The IGHNA Happiness Attainment Motivator:

Materialism

### #3. Pride of Life:

The IGHNA Happiness Attainment Motivators:

Power

Approbation

Religion



## The Enneagram - Basics

The word 'Enneagram' comes from two Greek words *Ennea* meaning 'nine' and *Grammos* meaning 'point'.

The Enneagram consists of a system that holds that there are nine approaches to the perception and response to reality.

It is used to identify the hidden motivators our thought patterns that form beliefs that drive our behavior, exposing the true motivations for actions and illusions developed regarding himself and regarding how to deal with the world.

In other words it is supposed to enable a person to gain knowledge of his true self, and help fine-tune ones self.

The self-help and personal growth movement have mostly popularized Enneagram.

## Review of the Approbation Types

Two - Pleaser: Seeks love by being pleasing, self sacrificing. Becomes prideful and resentful, angry.

Three - Over achiever: Seeks approval by being productive, over achieving. Avoids emotions.

Four - Dramatic Individualist: Seeks acceptance with their unique expression and dramatic stories. Holds onto tragedy.

**Twos** (The People Pleasers) believe love is the be all and end all of life. Self-actualized Twos love everyone unconditionally and are genuinely generous, compassionate, and altruistic. Ego-driven and pathological Twos also love deeply, but they attach strings to their love — often cajoling others into loving them so that they can feel fulfilled in life and, above all, needed. Twos want to feel indispensable and work so hard to uphold their loving persona they conceal their aggressive tendencies under a blanket of love. Unless they achieve self-actualization, despite appearances, Twos ultimately stay focused almost entirely on themselves.

## Pathological Twos **by Susan Reynolds**

As Twos dip into pathology — usually as a result of a really traumatizing event (or series of events involving abuse) in their past or present — they become increasingly self-deceptive and manipulative.

They have lost the ability to hide their pent-up feelings and become even more emotional when they finally butt up against their own image of themselves as good people.

As their relationships crumble, desperate to win back your affection, pathological Twos resort to lies and trickery in blatant attempts to convince you they are lovable.

Unfortunately, the more desperate they become, the more they attempt to control their loved ones, resorting to emotional and verbal manipulation designed to undermine their loved ones' confidence in themselves — and their ability to function without the increasingly desperate Two.

Despite increasing evidence that they are hurting rather than helping the people they love, pathological Twos still believe that they are blameless and almost willfully project their own faults onto others.

They will belittle or berate loved ones, punish those they love by withdrawing their love, and eviscerate someone they love just to keep them frozen in place.

Because they are still motivated by a need to be good and have to repress what is now visible, seething anger, some Pathological Twos now feel compelled to overcompensate by doing for others.

Some convert their anxiety into physical ills, consciously or unconsciously resorting to hypochondria to elicit sympathy and loyalty.

Still convinced they are unrelentingly loving, they furiously resist therapy or any suggestions that they are flawed — anyone who questions their behavior becomes their enemy.

Despite the demeaning, hurtful, and manipulative way they treat you, pathological Twos feel entitled to your love and now demand that all attention be focused on their increasingly neurotic or psychotic needs.

They compulsively hook up with people who embody the primal protective parent or father figure who neglected or failed them — often choosing someone who neglects, abuses, or debases them.

They may act out prior sexual abuse and become either sexually promiscuous or abusive toward their partners.



If you attempt to leave a severely Pathological Two, he will issue threats and dogmatically attempt to cajole you into changing your mind.

But underneath it is very clear that the “love” they once had for you now has transformed into hate.

As a last-ditch effort, they often develop mysterious illnesses and may even become an invalid to force you to take care of them.

According to **The Wisdom of the Enneagram**, pathological Twos on a downward slide may visibly lie to themselves and yet act as if they are entitled to have whatever they want.

They become increasingly manipulative, controlling, and jealous.

They anger easily and explode over simple misunderstandings. They may drink too much, overeat or stop eating, complain about being wronged, and resort to coercion or seduction to have sex.

**Threes** (The Kings of the Hills) are the kingpins and the stars of their universe.

When they bond with healthy mothers, they become the most authentic souls on the planet.

When they bond with narcissistic mothers, they become sham artists, hawking false person as to hide undeveloped souls. They are hard-driving achievers who claw their way to the top and crow when they get there.

Unfortunately, they desperately want congratulations and adoration from the people they just worked so hard to beat. When self-actualized, Threes attract others with their magnetic personalities; when pathological, their narcissism drives others away.

### **Pathological Threes by Susan Reynolds**

Pathological Threes desperately try to prop up a rapidly disintegrating personality by doing whatever they feel they have to do to maintain the façade — lying on job applications, buying things they cannot afford, exaggerating their accomplishments, denying that their spouse left them, and posturing on a multitude of superficial levels.

They have become so adroit at deception and so invested in their successful persona even they believe their own lies.

They also still feel so threatened and jealous of their competitors' success that they will sink to the dark pits of hell to sabotage or beat them.

No longer aware of what they might actually feel or really need, they use people as pacifiers, someone to gratify their insatiable need for adulation.

If a person meets their needs, they want to keep that person around; if not, they throw him away like a used paper towel.

They have become so adept at deluding themselves and hiding their reality from others that Threes under extreme pressure may inadvertently create a crisis situation that leaves them feeling naked and vulnerable.

When their worst nightmares come to pass and they are exposed, rejected, or abandoned, some Threes are able to snap their rather substantial defense mechanisms back into place while others come completely unglued and disintegrate into a deep depression.

Eventually, pathological Threes view the truth as whatever they need it to be.

The lie has become all, and everyone and everything becomes expendable.

A Three lies when they pretend that you are not important to them or that they've got everything under control.

Their deepest deceit, however, is not in the multitude of lies they tell; it is an existential deceit — they are not whom they seem to be. With pathological Threes, what you see is not what you get.

What you see is the role they play to impress, conquer, and control.



As the pathological Threes' lives deteriorate, their desperation makes them vindictive and dangerous — willing to destroy anyone who gets in their way or who could conceivably expose them as fakes.

They become increasingly hostile, jealous, and malicious — desperate to squash anyone who has something they want but can never have, and desperate to hold onto the very people they profess to love yet abuse.

When they've hit rock bottom on the pathological scale, Threes feel threatened by anyone or anything that reminds them of their failures.

And when they feel angry or threatened, they often lash out at the person rejecting them, becoming cruel, jealous, possessive, vindictive, abusive, and ultimately, at the end of the pathological spectrum, capable of murder.

Male psychopathic Threes tend to attack women who look or act like the mother whose love they could never win or who make them feel rejected.

**Fours** (The Creative Seekers) possess a multitude of qualities: introspective, intuitive, sensitive, compassionate, artistic, self-motivated, ambitious, true to self, and emotionally vulnerable.

They often have a steel core — when they sink into despair, they bounce back to reinvent themselves.

Fours have an emotional, romantic nature.

They love beautiful, sensual surroundings to feel their feelings, and they use their vivid imagination to create fantasies, stir passions, or simply exaggerate emotions.

Often called overly sensitive or dramatic, they harbor and nurture deeply felt emotions, particularly a bittersweet melancholy that they seem to cherish despite their complaints.

## Pathological Fours by Susan Reynolds

As small children, pathological Fours learned to withdraw into an increasingly solitary world, sinking into a depression that felt as if they were in their darkest hour and that there was no way out of the black pit of despair.

Because they felt powerless to make any positive changes, any offers of outside help fell on deaf ears.

Pathological Fours replicate those feeling by falling in love with melancholia because it feels intense and awakens their unconscious through imagery and metaphor, creating what Palmer called a “unique temperamental sensitivity.”

When a Four personality hits the skids, what was once sensitivity becomes an obsessive need to be the center of attention.

A pathological Four whines, complains, acts out, and falls apart — all in the name of expressing her hypersensitivity and fulfilling her self-absorbed needs.

What was once sensitivity focused on themselves first and others second transforms into a reedy, high-strung, overly dramatic compulsion to be viewed as tragic and, therefore entitled to everyone's undivided attention.

Their emotional and psychological needs soon become tiresome, repetitive, and incapable of being successfully addressed.

They have virtually fallen in love with disappointment, tragedy, and suffering.



Eventually, pathological Fours turn all their imagined or real humiliations inward, becoming deeply reclusive and depressed.

The more they withdraw, the more they feel and act immobilized.

They often plead for time to sort out their feelings and could spend months — or even years — rehashing past events to no avail.

They never forget or forgive, and clearly, if pathologically, get satisfaction from recounting — over and over and over — their litany of complaints about what everyone else has done to them.

When they direct their contempt inward, however, their self-reproach turns into self-hatred, which can result in late-stage addiction or a steep fall into suicidal depression.

According to **The Wisdom of the Enneagram**, a desperate Four on a downward slide exhibits moodiness that leads to reactive anger and emotional outbursts.

He withdraws from social interactions and is increasingly melancholy and morose.

He constantly sabotages himself and then suffers self-created, unbearable guilt over his perceived unworthiness. He paints himself into an emotional corner, eventually spiraling into a deep depression that could lead to self-mutilation or suicidal thoughts.

## Review of the Power Types

Five - Observer: Seeks safety by avoiding life. Isolates and lives in their fantasies.

Six - Doubting loyalist: Seeks security by being hyper- vigilant. Always wonders "What if". Avoids change.

Seven - Experience Seeker: Seeks to avoid their fear by concentrating on outside experience. They avoid introspection.

**Fives** (The Masterful Hermit) are the cool, calm, collected thinkers of the world.

They are the ones who endlessly use their considerable intellect to mull things over, albeit from a safe distance.

Fives are quiet, reserved, self-contained, and famously contemplative.

They stand in the corners at parties survey the crowd, and silently amass information they can use later to form opinions about whom they can and cannot trust.

Even though they long to belong to a circle of friends, they don't take the initiative in forming relationships but wait for others to come to them.

## **Pathological Fives by Susan Reynolds**

As their personalities disintegrate, Fives suffer from excessive mind chatter and a debilitating lack of self-esteem.

They no longer trust their own judgment or their ability to navigate life.

In addition, because their exceptional mental abilities allow them to see all sides of a problem, they over think and confuse themselves to such an extent that they end up not doing anything to solve their problems.

Instead of clear thinking, they get distorted, jumbled thinking that amplifies their inability to make decisions or take action. They often dramatically switch from being intellectual and theoretical to being defensive and aggressive.

Secretly they fantasize about having a real life, but they have grown too complacent to wish for, or to expect, anything to occur.

Eventually, pathological Fives resign themselves to living a limited life that is devoid of passion, lust, or desire for anything or anyone.

As they become increasingly passive and isolated, they feel dried up, wasted, and of no use to anyone, not even themselves.

Pathological Fives frequently lose their vitality, including whatever fragments of their sex drive remained.

Some pathological Fives become dictatorial, impatient, petty, hypercritical, and blame others for things that go wrong.



Sadly, they themselves become victims of their own crushing superego, which punishes them regularly and harshly for failing to meet its high standards.

Unlike a One, who integrates or identifies with her superego, a Five's superego berates, belittles, and nags him constantly, making him feel even worse about himself.

In a desperate attempt to control his environment, a longing for order turns into obsessive-compulsive behavior in which both his thinking and his actions become rigid.

Disintegrating Fives often feel empty inside and do whatever they can to avoid actually feeling the emotions connected to their own sense of deprivation and poverty of spirit.

They become increasingly antisocial and withdraw from work, social, or family events.

When asked personal questions, they clam up and refuse to share their feelings.

They appear frozen or paralyzed with fear and often act as if nothing matters and nothing can change, as if they have lost all hope that their lives will be happy or fulfilled.

According to **The Wisdom of the Enneagram**, Fives on a downward slide live an increasingly hermetic life, rebuffing all social opportunities.

They compartmentalize their life and become apathetic, exhausted, and neglectful of their own daily physical needs. They appear trapped in their overactive mind and become both bitter and spiteful.

They appear schizophrenic or obsessive-compulsive, and eventually approach a catatonic state.

**Sixes** (The Loyal Guardians) tend to expect the worst while not exactly hoping for the best.

Like Fives, Sixes also rely on their minds, which are often reeling with possibilities — negative, fearful possibilities.

Their personalities are filled with paradox.

They display characteristics of being equally weak and strong, shy and outgoing, and they flip-flop from one ego state to another.

They spend their lives rebelling against authority or surrendering to it.

Sixes need someone or something to believe in, and once they find that person, philosophy, cause, government, or theology, they devote themselves to it.

## Pathological Sixes by Susan Reynolds

Pathological Sixes manifest their chronic anxiety by becoming phobic — convinced everyone is against them and either accusing or avoiding perceived troublemakers.

Or they manifest their anxiety by becoming counterphobic — proving they are not afraid by being confrontational and aggressive toward the object of their fear.

They believe everyone has suspect motives and are convinced that someone is out to get them. The more they isolate themselves, the more paranoid they become.

Unfortunately, Sixes project their weaknesses onto other people.

While this gives them some respite, it also gives their power away — allowing them to skirt responsibility or to realize that they have the power to make changes.

They become too dependent on someone else, surrendering their confidence, their energy, and their motivation to take control of their own lives.

This makes them susceptible to abusers, and they often stay in relationships in which they swing from being professional victims to abusers.

When they blame others for their problems and direct their anger outward — usually inappropriately and disproportionately to the situation — their outbursts are startling and make people around them uncomfortable.

In a desperate attempt to order their lives and feel safe, pathological Sixes often latch onto a religion or cult and project all of their power onto the chosen leader or theology.



They often project godlike omniscient powers onto the person leading the group.

This can leave them feeling like they don't have the power within themselves to change their situation or even to make intelligent decisions about their life.

When Sixes become fundamentalists they ascribe to one set of structures.

Like all dogmatic fundamentalists, they live within the narrow scope of beliefs that exclude anyone who doesn't feel the same way they do.

Fundamentalists no longer question authority, re-examine their beliefs, or show compassion and understanding toward those who don't share the same beliefs.

They think suppressing others will make them safe, so when they feel threatened or when they cannot accept their own dark side, they project their fears or weaknesses onto others and label them as evil to justify violence against them.

According to **The Wisdom of the Enneagram**, a desperate Six on a downward slide suffers from panic or anxiety attacks and may flip from being extremely needy and dependent to being openly rebellious and defiant.

She may suddenly hook up with a bad crowd or tolerate abusive situations in which she is clearly being hurt.

She becomes increasingly fearful and paranoid and, if pushed to her limit, may strike back aggressively at perceived enemies.

**Sevens** (The Optimistic Dreamers) believe in the pleasure principle and live life with gusto.

They love life, people, parties, and everything wonderful that life can bring.

There's no looking back and no reliving unhappy experiences. Sevens just want to be happy, and they'll have a fascinating life — even if it only happens in their daydreams.

They are bright, energetic, enthusiastic optimists.

Sevens are the dreamers and schemers who are so compelled to keep themselves busy that they are constantly creating new goals and trying new activities.

## Pathological Sevens by **Susan Reynolds**

Pathological Sevens don't take themselves seriously, which means they bury possibilities along with potential problems. Their once busy life becomes a frenetic life that further loosens their grip on reality.

They can delude themselves into thinking that the dreamy life they created in their own mind is what is really occurring.

They can become so desperate to believe their fantasies that when a close friend or family member attempts to interject a slice of reality they will refuse to listen.

Pathological Sevens hunger for excitement. Hyperactivity provides them with a seductive adrenaline rush that leaves them feeling compelled to chase it.

The more they get caught up in the chase, the more they become impulsive, indulgent, irresponsible, and unreliable.

Pathological Sevens focus solely on what benefits them.

Their narcissism becomes pathological when they start feeling that they are not only superior but deserve everything they want, and they are willing to trample anyone who gets in their way.

They walk around feeling and acting superior but cower in constant fear that someone will discover that they are not who they pretend to be.

According **The Wisdom of the Enneagram**, a desperate Seven on a downward slide refuses to acknowledge painful feelings, which leads to frenzied activity and desperate attempts to sublimate or supplant sadness, anger, or depression.

Bombarded by all the memories and feelings he suppressed, his behavior becomes increasingly erratic, often swinging from mania to depression.



His addiction escalates into dangerous territory, and he may abuse other substances.

As his personality disintegrates, he may suffer panic attacks or fall into a deep depression.

A Seven at the end of his rope is often suicidal.

## Review of the Religious Types

The Enneagram 8 - the Confronter - a competitive, blunt, passionate maneuverer.

The Enneagram 9 - The Peacemaker - avoiding all confrontation.

The Enneagram 1 - The Perfectionist out to fix the world.

**Eights** (The Dominators) are powerhouses — in the boardroom and in the bedroom — who have a large appetite and the lust to fulfill it.

Primarily motivated by sensory instincts, they like anything that makes their body sing — monetary success, power rushes, hot romances, and the robust assertion of power.

Eights are authoritative, direct, assertive, and amazingly resourceful. In personal and professional relationships they are often argumentative, dominating, controlling, and intense.

Eights love to face reality head on and rebel against injustice.

Oddly enough, they make the ultimate revolutionaries or missionaries.

## Pathological Eights by Susan Reynolds

Pathological Eights are hypercritical, possessive, unforgiving, and crudely insensitive.

They bulldoze over anyone that gets in their way, leaving a string of antagonistic relationships behind them.

Not only have these Eights long ago lost connection to their softer side, they go through life defensive and combative — exerting their power over others by arguing about everything.

To supplicate their underlying vulnerability and — mostly due to their own bad behavior — susceptibility to betrayal, they constantly test others' loyalty by pushing their buttons to see how they react.

They will also indiscriminately act arrogant, bullying, and intimidating simply to bolster their own sense of being in control.

Eventually they believe everyone is against them and plot vindictive revenge.

Pathological Eights are victims of their own inflated image.

When their image implodes, they disintegrate into dictatorial sociopaths — dysfunctional to the point of breaking every moral and ethical code to get what they want or to maintain control.

They become ruthless power mongers who use their negative power to control, dominate, and destroy anyone who makes them feel insecure or who gets in their way.

At the farthest reaches of the scale, pathological Eights become megalomaniacal, sadistic dictators — on the level of Saddam Hussein or Idi Amin — who are capable of feeling justified in annihilating masses of innocent people.

According to **The Wisdom of the Enneagram**, Eights on a downward slide are confrontational to the point of vociferously bullying loved ones or coworkers.

Their ego has a grandiose quality — almost kinglike. They actively seek revenge for perceived transgressions or threats to their authority.

They resort to physical and emotional rages in a last-ditch effort to control.

An Eight on the brink of total meltdown can literally go into a murderous rage and feel justified in doing so.



**Nines** (The Peaceful Lambs) are the sweethearts of the Enneagram.

They typically have no hard edges and will go along with ideas, plans, or group consensus purely to get along.

Nines often prefer the agendas, values, and ideas of others, so much so that eventually they lose of their own preferences.

To them, peace and harmony are graceful, ideal states well worth personal sacrifices.

As such, Nines willfully suppress or deny their needs, wants, dreams, desires, ambitions, or genuine emotions for the sake of everyone else.

They have big hearts, and they can be genuinely generous and exceedingly reliable.

## Pathological Nines **by Susan Reynolds**

Pathological Nines barely live in their own skins.

They have suppressed so much of their personality and projected it onto others that they no longer have an inner sense of who they are.

They have lost the ability to ferret out their needs or desires and survive by keeping themselves so busy fulfilling someone else's needs or meeting someone else's agenda that they don't have time to ruminate on what they have lost or denied themselves.

However, as their personalities disintegrate and their propped up worlds crumble, all that anger Nines pressed down into the darkest corners of their soul comes bubbling to the surface. Suddenly nothing works anymore, and they feel angry often to the point of rage.

They may uncharacteristically explode, dumping years of previously unspoken frustration on their loved ones or coworkers.

They are, in fact, furious with themselves for sabotaging their own lives, but they still find spoken anger so frightening that they project it onto the people they chose to serve.

Some pathological Nines react to the realization that they subverted their lives by becoming immobilized — locked in place and incapable of or completely resistant to change. Their energy often plummets to the point of serious depression.

Some Nines feel so overwhelmed by a rush of intense emotions, they literally disassociate from all of their feelings and either consciously concoct or unconsciously spin off an alternate personality or personalities.

According to **The Wisdom of the Enneagram**, Nines on a downward slide become openly argumentative, defensive, and bitter, often accusing others of taking advantage of them.

They develop a long list of past affronts and wield them to break off long-term relationships.

Or they become increasingly needy, dependent, and submissive, remaining in dysfunctional relationships even when being clearly physically or emotionally abused.

They may lapse into a deep depression or disassociate from their emotions by creating a false persona.

**Ones** (The Evangelical Idealists) are the crusaders of the world. They formulate principled ideas and will almost virtually fight to the death for them.

Purposeful, orderly, self-controlled and die-hard perfectionists, Ones are people on a mission to improve the world.

They love to overcome moral adversity and will eagerly sacrifice themselves for the overall good of their community.

They are rational idealists who are moved by a higher calling but want to serve in practical ways.

Ones often become reformers, teachers, activists, crusaders, moralists, and religious leaders.

## Pathological Ones **by Susan Reynolds**

Pathological Ones have flipped to the dark side of their orderly, fair-minded ways and can be openly self-righteous, intolerant, cruel, and rigid.

Because they are vainly trying to hold onto the rigid rules that once helped them feel safe in a dangerous and corrupt world, they often become obsessed, controlling, and compulsive.

They attempt to force themselves — and everyone else — into an extremely narrow box of acceptable behaviors or beliefs.



Anyone who resists or steadfastly remains unwilling to live in the Ones' narrow box of propriety often warrants condemnation and punishment.

When they've gone off the deep end into true pathology, Ones can get locked into absolutes and become increasingly intractable — refusing to bend, or mend, their minds or their ways.

They can do nothing wrong; everyone else can do nothing right.

Because they feel so conflicted inside, they obsess about the failings, or sins, of others.

They may even secretly fantasize about administering harsh punishment and believe, on some dark level, that doing so will finally purge them of their own sins.

As such, dysfunctional Ones typically hide behind religious, legal, cultural, or moral codes to control their own behavior, but they also use these same pure and well-intentioned structures to crucify perceived dissenters.

Whatever warmth healthy Ones once had is now gone, and they coolly and calmly rationalize their beliefs to the point of hypocrisy.

For example, they may preach equality but typically downgrade anyone not within their fold and abiding by its superior moral codes.

And they can be very willing to resort to ruling over someone in order to convert them to the one right way.

Going back in history, you could cite the Franciscans' annihilation of Native Americans as an example of a One religion foisting its beliefs on identified heathens.

They virtually imprisoned the Native Americans and forced them to surrender their own very sacred beliefs and accept what those Ones considered the one and only proper religion — Franciscan theology.

The more tightly wound pathological Ones become, the closer they move toward total collapse — it's all or nothing, dark or light, saint or sinner.

When they're at the end of their rope and can no longer control their own forbidden impulses, pathological Ones fall sway to abrupt, irrational behavior, breaking their own rules in humiliating ways such as the once highly respected and highly powerful religious leader Jimmy Swaggart proclaiming, “I have sinned” while weeping profusely and begging forgiveness.

The more pathological Ones attempt to suppress unwanted emotions or the more they turn their anger inward, the more they sink into depression.

The more they preach abstinence, the more they overindulge in alcohol or drug abuse.

According to **The Wisdom of the Enneagram**, a pathological One on a downward slide is dogmatic and inflexible.

She constantly rationalizes her own bad behavior.

She becomes increasingly depressed, obsessive, compulsive, anxious, and self-destructive.

She judges herself and others harshly, often flying into rages over perceived slights or missteps.

When they are losing their battle to maintain self-control, pathological Ones walk a daily tightrope between obsession and compulsion.

Many eventually fail themselves, and their moral code, by performing a spontaneous, rebellious, truly unsavory physical act that breaches all of their rules.

This means they become the ultimate hypocrite, for example, a priest who molests children, a minister caught with a prostitute, or a leader who betrays a nation.



Because they feel compelled to be pure and virtuous, Ones often develop obsessions with cleanliness or purging, becoming anorexics, bulimics, or so compulsive about cleansing they overuse laxatives or enemas.

They can also become that obsessive-compulsive housewife who compulsively scrubs every inch of her floors, cabinets, and walls, especially the darkest corners, either to keep so busy she isn't thinking those nasty thoughts or to wash away the sins inherent in everyday life.

Disintegrating Ones become dangerous when they project their unacceptable thoughts, feelings, or behaviors onto others, making someone or something else the source of all their — and the entire world's — problems.

When the rules, philosophy, or religion they use to order their world has failed to contain their impulses, disintegrated Ones can become dangerously vindictive and cruel.

They vehemently believe they are absolutely right, have justice on their side, and are so pure it's virtually their duty to clean up the world.

Once they project all the sins of the world onto a person or a group, they feel justified to show no mercy and offer no reprieves in what they see as their noble quest to annihilate the infidels.

If you are involved in an intimate relationship with a pathological One, you can become the enemy and the victim of his or her distortion, regardless of whether you've done anything whatsoever to warrant it.

## The Enneagram - The Stories

The story of the One is being flawed and finding flaws.

The Two is not having their needs met.

The Three is being loved only for what they accomplish

The Four is a life of tragedy.

The Five is being too fragile to handle life.

The Six is not being able to trust.

The Seven is making plans for more experiences.

The Eight is attacking the world for what has been done wrong.

The Nine is being so inferior that there's no point being present.

Next week we will look at the 9 Enneagram types as Parents and as Children; and we will look at the 8 Stages of Development according to Erik Erikson.