

## APPENDIX - J

### DESCRIPTION OF NINE ENNEAGRAM TYPES

#### ENNEAGRAM TYPE ONE: THE PERFECTIONIST

| IDENTITY CARD     |                           |
|-------------------|---------------------------|
| NAME              | Perfectionist             |
| IDENTITY          | I'm right and hardworking |
| CENTER            | Gut                       |
| COMPULSION        | Perfection                |
| PASSION           | Anger                     |
| OUTLET            | Resentment                |
| FEAR              | Imperfection              |
| REJECTION         | Direct anger              |
| DEFENSE MECHANISM | Reaction Formation        |
| FOCUS             | Rules and Criticism       |
| STANCE            | Smaller / Aggressive      |
| NEED              | To relax                  |
| HEALING           | Growth                    |
| VIRTUE            | Serenity                  |

Story – A farmer was troubled much by the weeds in his farm. Every time he was applying different techniques to get rid of them but in vain. Weeds were coming up as usual in due time. He was tired of them and finally wrote to the Head of the department of Agriculture to suggest some effective measures to get rid of those weeds. The Head replied to his letter immediately saying, “Sir, Learn to love them.”

This farmer is a typical Enneagram Type ONE, who had the problem with imperfection.

#### GENERAL DESCRIPTION:

The Perfectionist ONE belongs in the Defender triad and they contend with an internal critic, they judge themselves and others by an internalized yardstick. There is a central preoccupation with rightness. Avoiding error is the primary defense mechanism of the Perfectionist. A major gift of the ONE is to be a moral compass, Perfectionists intuitively know what is right, and they feel it in their bodies. ONES do have a sense of the moral and ethical shape of a project; they can move quickly to what is right or wrong. But the focus on error, mistakes can often be a drawback. Additionally, the focus of attention doesn't only go to what is wrong; the next step kicks in, “How can I correct this.” ONES take on the burden of responsibility for correcting error, because they believe that they can see how to perfect error. This belief can annoy others, especially if they're always being told how things can be corrected.

Believing, that they are the only people, who carry around a sense of perfection, of correctness, is the source of the ONES' anger. This is where the edginess and resentment comes in. Anger comes out indirectly as criticism and