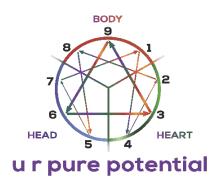
## Session 4 How Each Character Structure and the Addictive Style Type 1 – Perfectionist or Reformer



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What happened as a result of using the Enneagram?

For the Client and for me

What might have happened without it.

For the Client and for me

Triad of Enneagram:
Body Center
Anger primary emotion expressed as repressed
Unmet Childhood Need:
To be heard
Focus of Attention:
Error and correction
Avoidance:
Making mistakes and losing self-control

Cognitive Habit: Resentful irritation of a world gone wrong
Emotional Habit:
Anger – "Life isn't right"
Corresponding Virtue:
Serenity
Adaptive Strategy:
Think right.
Do right.
Be right.
Motto:
"Find the rules and master them."
Process of Addictive Cycle:
There is a lot of self-imposed pressure on type 1 to live up to the impossible high
standards they have for themselves. This creates chronic tension. Using mood
altering substances or engaging in behaviors that can become process addictions
may develop as part of the coping strategy. It is interesting to note, that type 1's
usually has one type of active addiction at a time.
Likely addictions:
 Eating disorders and other body image concerns, alcohol, benzodiazepines  One addiction at a time

## What helps Each Type in Recovery?

- 1. Encourage healthy expression of anger. Anger is normal and ok!
- 2. Teaching the client about the super-ego and how it shows up more often in this type than in others.
- 3. Identifying the "inner-critic" and ways it might take some time off.

- 4. Notice the difference between should and wants and the importance of wants.
- 5. Finding the signals that anger is arising, the body is a good place to start.
- 6. Finding ways to embrace and soften the right-wrong thinking that is often present.
- 7. Discerning where attention to correction has been helpful in the world to soften self-judgment.
- 8. Get curious about the inner critic.
- 9. Build in relaxation and play time to recovery plan without the use of addictions.

10	. Cultivate gratitude for small things.
If you are	a type 1 counselor or coach, consider the following type bias:
1.	Your own tendency to judge, befriend your super-ego.
	Be aware of the anger and frustration arising in your body and find
	appropriate ways to handle it.
3.	Notice when you want to let the client know they should change some
4.	Allow time to relax and play.
5.	Admit error immediately to avoid resentment.
6.	Model gratitude practices for your client.
Q and A	
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