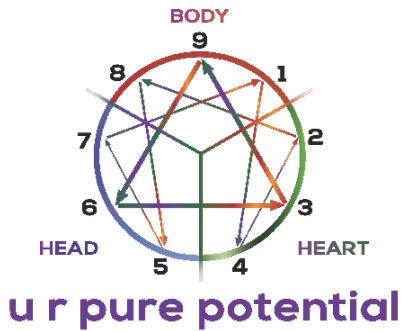


Session 4
How Each Character Structure and the Addictive Style
Type 1 – Perfectionist or Reformer



Renée Siegel, MA, LISAC, MAC, ICGC-II, BACC, LMT, HHP, CPIC

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.

