



Undercurrent Enneagram Consulting

EMERGE BEYOND THE SURFACE AND THRIVE

Type 1 Provisions

NON-JUDGMENTAL SELF-OBSERVATION:

Simply notice: Where/when/how/in what circumstances...

- ...do you most notice your immediate reaction of doing?
- ...do you notice you feel anger/rage?
 - What are the circumstances where it seems most pronounced?
 - When and how do you notice it "spilling out" from being just under the surface?
 - When do you notice converting other feelings into the more familiar/accessible feeling of anger?
- ...do you judge?
- ...do you move toward or with others to *earn* the autonomy/control you seek?
- ...do you depend on the external responses and reactions of others to understand who you are/where you fit?
- ...do you notice that you're thinking only about defending against your inner critic (*non-productive thinking*)?
- ...do you most notice responding and reacting to whatever and whoever is in front of you right NOW? (*orientation to time*)
- ...do you believe the unconscious childhood message that "it's not okay to make mistakes"?
- ...do you believe the lost childhood message that you're not good?

INTEGRATION PRACTICES:

- At least once a day, look at yourself in the mirror and speak this Enneagram 1 mantra~ out loud:
 - "I **AM** Goodness. I **AM** Purity. I **AM** Sacredness. **It's okay** to make mistakes."
- **Practice being instead of doing (NOTE: Being IS productive doing!).** Create time/space to simply *be* without taking any action. This attunement with your intuition will ultimately guide you into the most productive and meaningful instinctual doing
 - **PRACTICE OPPORTUNITY:** Intentionally build microspaces into your day. For example, leave 5 minutes early for your next appointment. Either you'll be calmer for arriving on time if a delay arises, or you can choose a few minutes of just being before you jump into your next activity, allowing you to be more present with what you are about to engage in.
- **Practice feeling beyond just feeling about what you do/have done or don't do/haven't done.**
 - **PRACTICE OPPORTUNITY:** Tenderly gaze at someone you love, or the moon, or a sunrise and consciously notice what feelings arise. *NOTE: This will require releasing control - great practice for other areas of life, too!*
 - **Bonus:** Use a Feeling Wheel or the How We Feel app to actually name your feelings as they arise. Practicing naming your feelings has the additional benefit of helping you attune and identify the feelings that are actually underneath the anger.
- **Practice productive thinking. PRACTICE OPPORTUNITIES:**
 - In moments of stress, particularly when you feel stuck, pause and ask yourself: "What am I **THINKING?**". Wait long enough to connect with your actual thoughts in that moment.
 - Turn down the volume on your inner critic: Changing Your Critical Self-Talk -Dr. Kristin Neff
 - Subscribe to receive the Enneagram Institute's Enneagram 1 Enneathought for the Day and read each morning
- **Choose joy. Joy > Perfection. PRACTICE OPPORTUNITIES:** Joy Discoveries~

EXPANSIVE RESOURCES:

- Undercurrent Enneagram Resources:
 - Instagram highlights for Doing Dominant, Dependent Stance, and Enneagram Type 1s (*reach out if you'd like even more!*)
 - Doing Dominant Provisions and Enneagram 1 Full Circle Path
 - Love Letter~ for the essence of those who lead with Enneagram Type 1
- Wild Geese^ and When I am Among the Trees^ -Mary Oliver
- The Existential Purpose of Deep Play^ -Maria Popova
- The Art of Living Joyfully~ -the Dalai Lama and Archbishop Desmond Tutu
- The Book of Delights^ and The Book of (More) Delights^ -Ross Gay
- Joy Chose You^ and Joy Comes Back^ -Donna Ashworth
- Participate in The Big Joy Project



^ essay/poem/article | ^ book | ~ video/audio | ~ podcast



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Quotes for the Quest



- "Nothing perfect needs to be done"
-Richard Rohr
- "It is only imperfection that complains of what is imperfect. The more perfect we are, the more gentle and quiet we become toward the defects of others."
-Francois Fenelon
- "The greatest enemy of ordinary daily goodness and joy is not imperfection, but the demand for some supposed perfection."
-Richard Rohr
- [The pursuit of] "perfection is always struggling to become something you're not."
-Rachel Naomi Remen
- "Since I do not live by being right, I am not destroyed by being wrong." -Verna Dozier
- "Vulnerability is a guardian of integrity."
-Anne Truitt