



'The Perfectionist'

Principled, orderly and self critical

- Type ONE · Body Centre -

The Enneagram describes 9 ways of seeing the world.

If your standards have always been higher than everyone else's - this one is yours!

You are motivated through your body; your instincts, your anger and your deep sense of right and wrong live here

Why this name?

Type One is named The Perfectionist because they have an extraordinary inner compass; a deep, unwavering sense of right and wrong. Their journey is accepting that they are already enough, and that the world is already enough, exactly as it is. That journey starts with understanding the motivation that propels them forward, and the fear that is quietly shaping their every move.

What gets you out of bed

To be good, right and to live with integrity in everything you do

What keeps you up at night

Being corrupt, wrong or imperfect in the eyes of themselves and others

These three levels describe the range of how a Type One can show up; from your most expansive self to your most contracted.



When you are in flow · Levels 1–3

Your standards are still there, but they no longer feel like a weight. They feel like a compass. You move through the world with a quiet integrity that doesn't need to announce itself, and the people around you are lifted simply by being near you. Joy is no longer something you have to earn. It is just there, available, natural and yours



When life gets hard · Levels 4–6

You can see what joy could look like, but there is always something that needs to be fixed or improved before you can let yourself have it. You hold yourself to a standard that nobody could consistently meet, and the people around you feel it too even when you say nothing. The present moment is never quite enough.



When you are running on empty · Levels 7–9

Nothing feels good enough, not the world, not the people around you and especially not yourself. The voice in your head has become relentless and cruel, and somewhere along the way you stopped being able to see yourself or the world with any kindness at all.

Discover how to begin living in flow →

Type One

The Perfectionist

This is what becomes possible when you release and surrender

Most Type Ones recognise themselves in this, but the gap between knowing this and living it is where the real work begins.

Type One - Your true gift to the world

You have the ability to make things genuinely better; quietly, consistently and without drama. Not by announcing what is wrong, but by being the person who notices, who holds the standard, and who does the right thing even when nobody is watching. Your presence doesn't exhaust people, it inspires them.

This is what release and surrendering looks like for a Type One.

There is nothing you need to achieve, rather someone to become. When life feels emotionally hard and the old patterns keep showing up. Below is what life looks like when you are in flow, you'll no longer need to fight. It is just ease.



With Yourself

You silence the inner critic; not by fighting it, but by finally understanding where it came from. You discover that imperfection is not a flaw. It is what makes life and people beautifully human. You give yourself the freedom to simply be.

The work: learning to observe the critic without obeying it.



With People You Love

You become a deeply principled, emotionally present and genuinely inspiring presence. Not correcting or reforming, but modelling what it looks like to live with both integrity and warmth.

The work: choosing connection over correction.



With The World

You become a powerful and joyful agent of change. You see clearly what the world needs and inspire others toward it with wisdom and lightness rather than judgment or criticism.

The work: leading from inspiration rather than expectation.

Begin Here: Observe

Your advice comes from a place of genuine care. Observe how your well intentioned advice is often received as criticism. When you share what you see, are others feeling helped or criticised?

The Enneagram is a lifelong practice. If your curiosity has been sparked and you are ready to explore further, I would love to continue this conversation with you.

Ines Curin

ENNEAGRAM & INTEGRATIVE COACH



inescurin.com