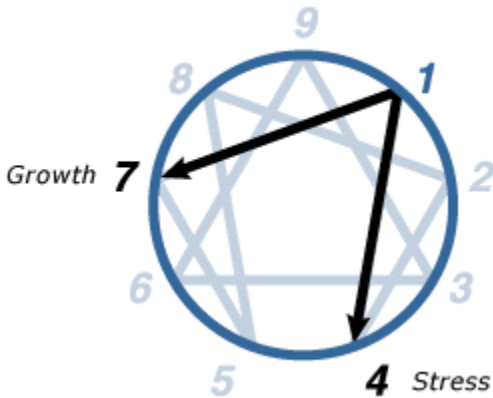


Type 1



Motivation – basic desire

- To be good, to do what is right, have integrity

Focus of Attention

- What is right/wrong, correct /incorrect, what can be fixed?
- Energy spent on fixing what is wrong (with self, others, situations, etc.)

Typical Characteristics of 1's

- Responsible
- Hard-working
- Just and ethical
- Conscientious
- High standards
- High-minded/idealistic
- Focused and clear
- Goal-oriented/strive for excellence
- Reliable and dedicated

Typical Challenges for 1's

- Perfectionist tendencies
- Overly-critical, especially of self
- Judgmental
- Anger
- Demanding
- Impatience
- Harsh or sharp
- A lot of "should-ing"

Strengths

- Conscientious/reliable
- Hard-working
- Productive
- Self-disciplined
- Rational, efficient
- Clear
- Honest, ethical
- Thorough

Challenges - seen as stress increases or in individuals with low self-mastery:

- Judgmental
- Inflexible
- Critical and demanding
- Righteous and sermonizing
- Overly-controlled
- Too intense or serious
- Dogmatic, opinionated
- Nit-picky

As stress increases or in times of low self-mastery, ONE's go to the low side of FOUR and demonstrate these characteristics:

- Non-conformist
- Rebelliousness
- Unsatisfied
- Lamenting
- Dramatic
- Changeable
- Moody
- Unsure of self/self-conscious

For growth or development, ONE's are encouraged to explore the high side of SEVEN and integrate these characteristics:

- Curiosity
- Creativity
- High-energy
- Adventurousness
- Fun-loving stance
- Spontaneity
- Flexibility
- Positive outlook
- "All things possible" attitude