

Enneagram 4 and 1 Relationship (TYPE 4 & TYPE 1)

Are you interested in the Enneagram 4 and 1 relationship? This guide is for you!

Enneagram Type 4 – The Romantic Individualist

Tragic-Romantic, Individualist, Humanitarian, Connoisseur, Dramatic Queen or King, Aesthetic Person, One-of-a-Kind

Enneagram Type 1 – The Moralist

Crusader, Quality Control Specialist, Rule Keeper, Reformer, Administrator, Perfectionist, Judge

Core Pattern

Fours belong to the Triad of the Heart. They have the profound ability to feel both the joy and pain of their world and that of their own lives.

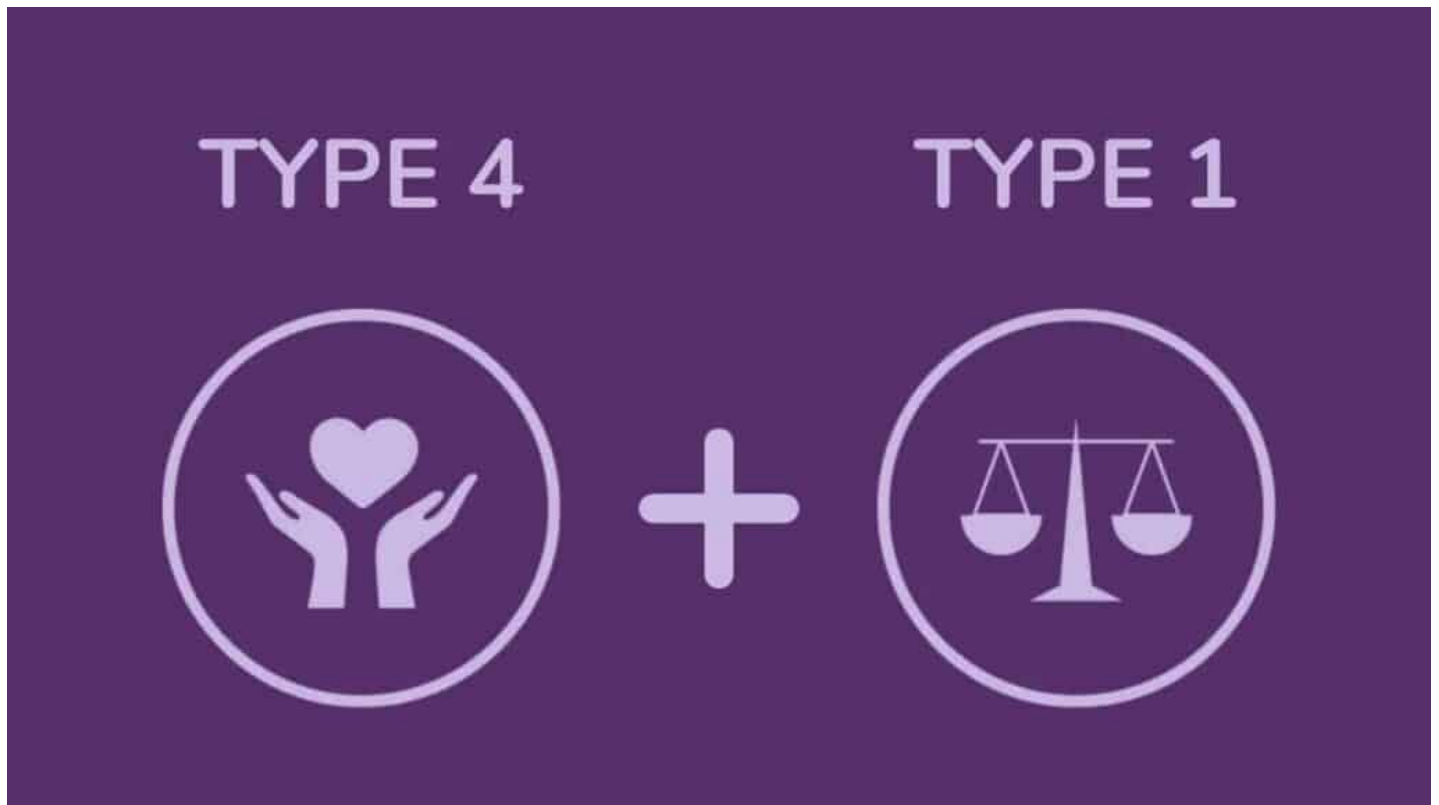
They have a heightened capacity to appreciate the beauty and to appreciate it. They can be dramatic and, too often, find themselves misunderstood by virtually everyone.

Ones belong to the Triad of the Instinctive (AKA Gut) Triad along with Eights and Nines.

Even though they can be easy-going and peaceful spirits, their dominant emotion is anger.

More than anything else, they engage their intuition to guide them in their decision-making endeavors.

Equanimity is important to them, so they rarely cause a stir. Sometimes, Ones struggle with self-identity and cannot clearly express what one need.



Shared Values

Fours and Ones have the primary goal of imparting the world with goodness and beauty.

They share their concerns with idealistic values, so they also have perfectionist traits, especially in their work and in expressing themselves.

Both numbers can strongly envision their goals and dreams and are excellent at foreseeing how a mere expression can become a completed project.

They are harmonious in common work settings and love.

Both Fours and Ones are noted for having a high degree of self-discipline, and they contribute to their relationships.

While Ones can sublimate themselves for the greater good, Fours compliment this characteristic by offering their wisdom, advice and guidance.

When Fours become overwhelmed by their insecurities, Ones are there to help right the ship and restore a sense of reason and order.

Fours go further to give Ones the go-ahead to express the complete range of their passions and emotions.

Ones help them to achieve their dreams by adding their self-discipline to the actualization of Four's dreams.

Both types support structure, but Ones have more self-restraint and act as guides to Fours who are slightly less regulated.

Both Fours and Ones appreciate beauty and refinement and strive to cultivate a sense of art in all things.

Each leans toward having an appreciation for the other's number's life offerings, making a partnership, in most cases, long-lasting and productive.

These two types balance one another's limitations and help to bring out the other person's best qualities.

They have a high potential together to form a lasting, good relationship.

How Fours and Ones Complement One Another

Fours and Ones lean toward perfectionism and tend not to leave well-enough alone.

They can both become frustrated with their surroundings, yet each can balance and understand the other, while the rest of society may view both bumbler types as curmudgeons.

Each of these types tends to form rules about their surroundings that they want others to observe, but together, the two tend to have similar rules that are compatible with the other.

Ones and Fours can be angry types, referred to by others as irritable or overly critical. Still, both also view this as the inefficiency of others to follow their perceived-necessary rules, and each understands this about the other.

While Fours tend to withdraw from situations and people that do not adhere to their views, Ones do not.

However, their other common characteristics, such as their appreciation for creativity, beauty, and art, tend to balance one another out.

Both of these number types tend to blame others for oversights.

Both Fours and Ones offer one another emotional support and encouragement. Each possesses that which is missing in the other and uses it to fulfill the other person rather than holding it against him or her.

How Ones and Fours Can Get Into Trouble

The relationships between Ones and Fours can be fraught with what can seem like insurmountable incompatibilities.

However, they can overcome it with their complementary aspects.

Ones have difficulty believing that they are anything but fair and objective, while Fours try to be anything but fair and objective, leaning more into the area of entitlement. Fours prefer to be viewed by the world from a personal, subjective perspective.

Both Ones and Fours are idealists. However, they come to the table with idealism and perfectionism about different things, which can cause conflicts.

Ones focus more on social issues, politics, and morality. They take up arms concerning global issues in ways other number signs do not.

Fours focus more on their personal lives, their marriages or mates, their work choices, and their lifestyle choices.

While these two signs can reinforce one another's sense of comeuppance, this can lead to being labeled as elitists or snobs when it comes to other people.

Both Fours and Ones have been known to adopt disdainful condensation toward those whom they view as having "lower" social status.

They dwell on the lack of breeding or poor taste lacking in others and deem themselves as being more refined, at times, which can cause problems in life. They can also look down their noses at one another when the going gets rough.

While both of these number signs are perfectly aware of the negative aspects that cause them to become frustrated, each chooses to remedy these issues in completely different ways that use different problem-solving methods.

Ones tend to be ensconced in self-discipline, while Fours are more self-indulgent. Each has personal impulses and heightened emotions that are diametrically suppressed or acted out in opposition to the other person at times.

When impatience rears its ugly head, Fours can view Ones as being too judgmental, cold, or rigid.

On the other hand, Fours can be viewed by Ones as being too critical, self-righteous, or intolerant, which can also lead to disharmony in the relationship. This can lead Ones to become self-pitying and as depressed as Fours tend more often to be.

The relationships between these two number signs have the potential to end in disaster if they exercise their tendencies to be unforgiving and keep score of one another's imagined or real infractions.

Heightening Awareness Between the Two Enneagram Number Signs – 4 & 1

To achieve perfect harmony in a relationship together, Fours need to realize that Ones have a deep-seated fear of being wrong.

They want to receive clear directions about the directions they should take in life, and they desire to be viewed as being above reproach.

To exist harmoniously in a relationship with a Type Four, Type One needs to realize that Fours fear rejection and work toward never evoking that fear in their Four partners.

Fours need to be regarded as having personal significance at all times, so Ones should work to impart the other's importance in his or her life.

While Fours yearn to be viewed as artistic and creative in all aspects of their lives, from the way they dress to the way they cook, Ones should be viewed by their Four

partners as having the highest standards in all things.

Fours need to understand that their One partners always adhere strongly to their perceived codes of conduct and that their disdain for criticism lies at the root of this behavior.

How Type 1 Personalities Operate

Type 1 people focus on the purpose and ideal of the situations in which they find themselves.

Their standards go a step beyond high, so they work hard, and are well-mannered and meticulous. They are regarded by others as being trustworthy, accountable, and honest.

How Type 4 Personalities Operate

Type 4 individuals have a strong sense of humanity and work toward goals that can benefit society.

They are self-revealing and sensitive, so they focus on anything unique in a situation, stemming from their desire to see all sides at once.

They are attracted to the mysteries of life and have vivid imaginations, so they can see that virtually anything is more than it appears to be on the surface.

The Type 4 Growth Journey

Type 4 individuals tend to see beauty in virtually everything rather than feel compelled to create beauty.

They strive to find joy in even negative situations and realize that they can be viewed as special without necessarily being extraordinary in any aspect of their lives.

Type 4 people struggle to understand fear's role in motivating them and turn outward to blame others. Overcoming this is a strong step toward their personal growth.

The Type 1 Growth Journey

Type 1 people feel they are complete just as they are, so they do not need to change themselves to please anyone else.

They are also more accepting of the way things are, rather than strive to fix or change everything to be a different way.

When they can accomplish this realization, they are better able to live with inner peace and serenity that is less critical of others while also being more self-accepting.

Type 1s know that their voice of higher authority does not include their inner critic. However, they have difficulties realizing when their ideals are not realistic.

When they overcome this, they have risen to a new vista of personal growth that can help propel them into happier existences and help them enjoy life to a fuller degree.

Conclusion

The Enneagram 4 and 1 relationship is not without obstacles.

Still, both number signs have the emotional and spiritual capacity to overcome these obstacles and join together in a long-lasting, harmonious, loving relationship.

Enneagram Type 4 Compatibility with Other Types

- Enneagram 4 and 2 Relationship
- Enneagram 4 and 3 Relationship
- Enneagram 4 and 4 Relationship
- Enneagram 4 and 5 Relationship
- Enneagram 4 and 6 Relationship
- Enneagram 4 and 7 Relationship
- Enneagram 4 and 8 Relationship
- Enneagram 4 and 9 Relationship

If you struggle with anxiety, depression, high-stress levels, relationship issues, or other specific challenges, one-on-one support from a therapist can help a lot.

You don't need to go through this alone. There's no shame in getting help!

Thousands of people get tailor-made support from a kind, empathetic, helpful therapist when faced with difficult life situations.

It's private, affordable, and takes place in the comfort of your own home.

Plus, you can talk to your therapist however you feel comfortable, whether through video, phone, or messaging.

Enneagram Relationship Compatibility - Type 1 with Type 4 - Personality Max

Enneagram Type 1 compatibility with Type 4 is among the lowest when it comes to forming successful relationships. However, Enneagram personality typing aims to grow each individual within their relationship. In this way, and by allowing yourself to grow within your Enneagram Type, even the most unlikely partnerships can prove successful.

Before digging into this unique couple a bit deeper, let's take a quick look at their compatibility score and remind ourselves of what wings and growth actually mean for

Enneagram types.

Compatibility Scores

To examine Enneagram Type 1 compatibility with Type 4, a 2022 study showed that this match has a dismal baseline of 10%.

Wings and Growth

Regardless of the scores, it's important to take wings into account when evaluating the absolute likelihood of a match. It's also advisable to consider how each type responds to growth and stressful situations.

Anxiety and Avoidance

In this study, Enneagram Type 1 shows low anxiety and low avoidance, while Enneagram Type 4 seems to show high anxiety and low avoidance. Anxiety is high when Enneagram types have a low self-image while admiring their partner. Avoidance is high in Enneagram types who have a low self-image and a prejudicial view of others.

What Each Type Brings to the Relationship

As individuals in Enneagram Type 1 compatibility with Type 4, both Ones and Fours know what they want and are aware of what they feel.

Enneagram Type 1: The Perfectionist

Ones notoriously have strong moral and ethical values. They're organized, structured, hardworking, and self-disciplined. Their tendency to seek justice for all will also filter through to their relationships, so they will often act for the good of the couple. Being stable and serious, Ones are usually excellent mentors or confidants.

However, their critical and self-righteous nature can be a cause for contention. Annoyance over their own errors is possibly the only thing to eclipse their intolerance of others' mistakes. They may struggle with compromise, and their binary view of the world results in gray areas making them feel uncomfortable.

Enneagram Type 4: The Individualist

Proudly unique Fours can sometimes lean toward being overly passionate, introspective, and withdrawn. They intensely appreciate all that is beautiful. They enjoy experiencing the highs in life, but easily slip into melancholy. As creative dreamers, Fours have an innovative streak that can lead to them seeing and solving problems from an entirely different perspective than others.

Sometimes, they may be perceived as eccentric or even aloof. This may have to do with the fact that these one-on-one individuals often feel out of place. Fours do not take criticism well, it can leave them feeling moody.

Enneagram Wings

It's prudent to mention wings since they result in minor personality adjustments. Each Enneagram Type will lean more heavily on one of its wings, though their dominant personality will prevail.

Enneagram Type 1w9

When the dominant wing of Enneagram Type 1 is 9, you might find that this One is a little softer around the edges. Nine's contribution may result in a less critical or inflexible Enneagram Type 1.

Enneagram Type 1w2

If Enneagram Type 1 has a dominant wing of 2, other characteristics could creep into this One. For example, they may keep their criticism to themselves, since Twos avoid confrontation.

Enneagram Type 4w3

An Enneagram Type 4 who has a dominant wing of Enneagram Type 3 might present some of Three's optimism, energy, and self-confidence. Their leaning toward productivity, goal-setting, and pragmatism may bring the voice of reason into Four's withdrawn and slightly dejected nature.

Enneagram Type 4w5

With Enneagram Type 4 where the dominant wing is Enneagram 5, slightly different aspects may play a role. Five's reduced need for emotional connections and bonding may take the edge off Four's flamboyance or their inclination to wallow in self-pity.

Positives of This Pairing

Many positive components reign over Enneagram Type 1 compatibility with Type 4.

Ones find fulfillment in helping those in need. When Fours are feeling downtrodden, they can depend on the mentorship and wise guidance of their One partner to help them through.

Since Ones are hardworking and structured, and Fours can apply unique perspectives to matters, they will probably make a fierce problem-solving team in their home lives and within their relationships.

Ones will often encourage Fours to reach their idealized goals with a solid structure, and they can boost their Four partner's self-esteem. Passionate Fours may draw out emotions and a small level of spontaneity from Ones.

Since Fours adapt easily, they will lead and encourage their One partners through any changes that they may dread.

This couple shares a common interest in their desire to have a positive effect on the world at large. This could draw them closer through their potential conflicts.

Their high expectations of themselves and others might result in them meeting their partner's demands.

Potential Issues

The potential conflicts in Enneagram Type 1 compatibility with Type 4 are many. For example, Ones see problems objectively, while Fours see them subjectively; Ones idealize the greater good and Fours idealize personal matters.

Fours might see One's self-discipline as frigidity, while Ones could view Four's self-indulgence as immature. Although Ones may suppress emotions, they are comfortable meting out judgments—something neither they nor Fours take well.

This relationship may cause both Ones and Fours to feel inadequate. And difficulties within this union could escalate if this couple turns their sense of superiority on their partner. However, in growth, this couple could well overcome these likely areas of concern.

To combat these potential issues, Ones and Fours should try to encourage their partner's positive aspects and their individual interests. Ones should value their Four partner's unique take on things, while Fours should try to engage Ones in their need for academic stimulation.

Both should note that while Ones process information in logical thought patterns, Fours do so through their emotional connections. And while Ones should approach matters with sensitivity, Fours should consider not taking issues personally.

Conclusion

With One's impatient inflexibility and Four's dreamy flamboyance, Enneagram Type 1 compatibility with Type 4 may not result in the most prodigious union. However, with determination and a shared appreciation for beauty and refinement, this couple could still overcome their problems.

Their opposing forms of idealism may cause conflicts to arise. This can be said for many of their inherent traits. However, growth within their personality type should improve Enneagram Type 1 compatibility with Type 4.

To discover your Enneagram type, complete the Enneagram Personality Test.

Relationship Type 1 with Type 4 — The Enneagram Institute

Enneagram Type One (the Reformer) with Enneagram Type Four (the Individualist)

What Each Type Brings to the Relationship

Enneagram Ones and Fours have an intense mutual interest to bring something good and beautiful into the world. Both are idealistic and concerned with getting it right in their work and self-expressions. Both see how things could be, how a project could become an expression of an ideal form, if all went well. By working together, something universal and transcendent could result in their work and in their relationship itself. Ones bring a desire for objectivity, truth, value, and reason to the relationship. They offer self-discipline, good work habits, and regularity to the relationship. Ones are conscientious and will sublimate themselves and their personal needs for the greater good, including the shared vision and goals that they feel are at the core of the relationship itself. Ones can act as valuable sounding boards for Fours, offering advice and wisdom when Fours get confused by the multitude of their feelings or their self-doubts. Fours bring creativity, intense feelings, sensuality, spontaneity, inspiration, and the ability to tap into dreams, the unconscious, and other universal forces. Their expressiveness and emotionality can be a welcome counterbalance to the One's typical formality and sense of order and reason.

Fours give Ones permission to explore and express the full range of the One's feelings and passions. Ones help Fours actualize their dreams by supporting creativity with healthy self-discipline and appropriate structure. In general, Ones bring self-restraint to the relationship, which may act as a model for Fours, who tend to be more unregulated. Both types have a taste for refinement, beauty, and a cultivation of the arts, and if both appreciate what the other offers, they can make a long lasting, productive team that helps balance the limitations of the other while bringing out qualities that each lacks—one of the primary functions of all good relationships.

Potential Trouble Spots or Issues

A relationship between Ones and Fours can sometimes be like mixing oil and water: they tend to separate quickly because they see things from the opposite points of view. Ones think that they are almost always being sensible and objective, while Fours do not try to be "objective"—they want to see things from the subjective, personal side. While both bring a kind of idealism to the relationship, it is usually idealism applied to different things. Ones will be idealistic about social causes, morality, politics, and global issues, while Fours are idealistic, even perfectionistic, about aspects of their personal lives—their lifestyle, their mate, and their childhood. Both ca

Enneagram type 1s (Reformers) and Enneagram type 4s (Individualists) have a mutual interest in giving something beautiful to the world. Both of them are dreamy, idealistic and are really concerned about doing their work and self-expressions well. They are visionaries that look at projects or things and imagine how they could be different and even be better if things go as planned. If they work together, it could result in something limitless, magic and transcendent.

On one hand, Enneagram type 1s usually offer truth, objectivity, reasoning and value to the relationship. They also bring self-discipline, good work habits, and regularity. Ones are aware of their own needs and change them for the greater good, a specific vision or goal (including the ones they see as the core of the relationship itself.)

On the other hand, Fours bring in all their sensuality, spontaneity, creativity, inspiration, intense feelings, and the power of the unconscious. Their sensitivity and emotions can balance One's typical formality and sense of order as they give One a permission to explore and fully express the variety of feelings and passions within them. Generally speaking, Ones bring boundaries and self-restraint to the relationship, which can work as a role model for Fours, who tend to be more unregulated.

Both Enneagram types have a taste for refinement, beauty and arts, and if both value what the other has to offer, they can form a long-lasting and productive bond that helps balance each side's limitations while bringing out qualities each of them lacks.

Enneagram Type 1 Relationship Compatibility

Enneagram Ones strive to be good and honorable in all that they do — and this includes within their relationships. Ones are loyal and growth-oriented partners who sincerely want the best for their partner and the relationship. If you have a One as a partner, you have a faithful and determined companion.

But relationships with Ones also come with some challenges. One's perfectionism and harsh inner critic can spill over into their close relationships. So, which Enneagram types are Ones most compatible with? The answer isn't so simple. Any type can be compatible with a One — and each type will experience their own joys and struggles.

Read on to learn more about Enneagram One relationship compatibility with each of the nine types. Wondering what Enneagram type is your best match? Take our free Enneagram Compatibility test.

Enneagram One with Enneagram One

Type Ones with Type Ones are literally on point, not unlike a winning athletic or artistic duo who produce both ethically and artistically with beauty and precision. They complete projects well and stay within the boundaries of goodness and truth to complete their missions, big and small.

This duo works well off of lists, finishing one thing and then running to the next important mission whether solo and together (both tend to be independent). This pair can also relax together incredibly well — but only after the hard work is done. They both adore a bit of fun and silliness.

Ones with Ones will do well to learn how to reduce harsh judgments of each other and to help one another get rid of the inner critic that often wears away at them.

[Click here to take your Enneagram communication to the next level with the complete Type 1 & Type 1 Glow Pairing Guide!](#)

Enneagram One with Enneagram Two

Type Ones with Type Twos bring out the best morals in one another as well as have the most fun together. Within this relationship, there are often shared values, an abundance of energy, and a passion for helping the world.

Together they have the potential to create a tidy oasis that permits rest and replenishment in a beautiful and tastefully designed setting. This pairing is often in the helping fields and tries to hospitably honor guests with care, and their own family with healthy endeavors. When they're healthy, there's little question of their alliance to one another, but they also need help working out a power differential.

[Click here to take your Enneagram "Glow Up" communication to the next level with the complete Type 1 & Type 2 Glow Pairing Guide!](#)

Enneagram One with Enneagram Three

A relationship between a Type One and Type Three combines the order and detail of a One and the charming glory of a Three. This pairs up wonderfully as the One lends the nitty-gritty details while the Three offers the big picture view and the execution of their mutual dreams. It's truly a beautiful continual polishing of each other in terms of both ideals and a practical, high-quality finished relationship.

The Three helps the One take healthy risks, remember that failing forward is not only acceptable but the only way to grow, and that it's essential to have fun even when things are difficult. The One, likewise, reminds the Three of tenderness and ideals as they mature. To make sure they don't just work "on" the marriage but rest "in" the marriage, this couple does well to work on their communication.

[Click here to take your Enneagram "Glow Up" communication to the next level with the complete Type 1 & Type 3 Glow Pairing Guide!](#)

Enneagram One with Enneagram Four

Type Ones with Type Fours create a styled and exquisitely tasteful couple, as both take pains to go through life carefully and with detail. And yet, there's passion, deeply committed ideals, and a body and heart connection. This couple exhibits a glow that is beautifully tailored, complete with each taking time for much-needed independence.

Ones and Fours share an appreciation both for aesthetics and functionality and enjoy and appreciate one another's contributions to style and form. When black-and-white thinking takes over, however, and there is a lack of compromise, communication help is essential.

[Click here to take your Enneagram "Glow Up" communication to the next level with the complete Type 1 & Type 4 Glow Pairing Guide!](#)

Enneagram One with Enneagram Five

Type Ones with Type Fives are wonderfully logical and intelligent together, as well as hard-working and precise. They each value moderation — they're both scrupulous

and neither care for excess, even if they don't always hold to the high ideals they share together.

They generally carry a strong collective moral compass in the world and remain focused on their mutual goals of contributing goodness and innovation into the world. This pair has many exclusively private moments they don't care to share with anyone as well. In order to make sure they don't leave each other out of their private life, healthy communication is key.

[Click here to take your Enneagram "Glow Up" communication to the next level with the complete Type 1 & Type 5 Glow Pairing Guide!](#)

Enneagram One with Enneagram Six

The Type One with the Type Six is a fun match. Not only are the One and the Six often mistaken for one another, with their shared values for goodness and loyalty to what they feel is right, but they also both love to execute well-laid-out plans.

This pairing can be quite logical and dutiful, and love to give and serve friends and family. With all the planning (for both safety and order) for them and their people and groups, they need to remember not to leave out room for regular physical and emotional connection, as well as to repair when either hits an anger point.

[Click here to take your Enneagram "Glow Up" communication to the next level with the complete Type 1 & Type 6 Glow Pairing Guide!](#)

Enneagram One with Enneagram Seven

Type Ones with Type Sevens can be a beautiful pair of opposites. Each brings out the best of the other, with the One helping the Seven see their full potential and the Seven reminding the One that they deserve breaks from all of their hard work.

When they can gift each other with these important reminders, the possibilities are unlimited. The joy that is shared is a remarkable display of family and couple goodness. However, when their ideals clash and they withdraw instead of sharing hurts, they need communication help.

[Click here to take your Enneagram "Glow Up" communication to the next level with the complete Type 1 & Type 7 Glow Pairing Guide!](#)

Enneagram One with Enneagram Eight

Type Ones with Type Eights together have some of the biggest energy of any type pairing. When this couple is at their best they're a hospitable and highly family-oriented couple that is vibrant and loves travel, fitness, and personal growth. Both are often very successful in their careers, so this pairing moves and shapes the world in beautiful ways.

This couple takes any chance to change the world in a better way, protecting the defenseless, serving the underserved, and treating themselves to resting fully and well when the hard work is done. However, when one or both feel left behind from the other's fast-paced lifestyle, they can get short and angry with each other.

[Click here to take your Enneagram "Glow Up" communication to the next level with the complete Type 1 & Type 8 Glow Pairing Guide!](#)

Enneagram One with Enneagram Nine

Type Ones with Type Nines take great satisfaction in loving others in the community as well as in giving generously to one another. Both of these body types give of themselves physically to others, often living with minimal attention to themselves. With an excess of stored energy in terms of their own needs, this pair does well to let go of stress together, to choose to intentionally serve the other, as well as to find a place and a routine for serving together. This causes their energy to release goodness, wisdom, strength, and peace into the world.

Their glow toward each other in the relationship is one of acceptance and grace just as they are, without trying to fix one another or hold passive aggression. If they do start to act passive-aggressively toward each other, they need to focus on clear and honest communication.

[Click here to take your Enneagram "Glow Up" communication to the next level with the complete Type 1 & Type 9 Glow Pairing Guide!](#)

Enneagram Compatibility Type 1 with Type 4 | Lynn Roulo

The Enneagram Type 1 is called the Perfectionist or the Reformer because their attention automatically goes to what needs improvement and correction. Enneagram Type 4 is called the Individualist, the Artist, and the Romantic because of their focus on individuality, authenticity, and full expression of their emotions. Here we explore the compatibility of an Enneagram Type 1 with a Type 4 and what the relationship looks like when it is in balance and when it starts to spiral downward.

Enneagram Type 1:4 When In Balance

The Perfectionist (1) and the Individualist (4) bring many complementary personality traits to the relationship and when self-aware, they balance each other's blind spots and appreciate each other's strengths. The foundation of this pair is shared core values layered with very different operating styles.

Perfectionist (1)s offer efficiency, order, logic, purpose and rational thinking. They can provide a stable, organized environment for the Individualist (4) and model self-discipline, follow through, emotional containment and self-sacrifice for the greater good. They can help the Individualist (4) get out of their fantasy world and ground them back down to the material world. Perfectionist (1)s are action-oriented, and their structured, disciplined approach to life can be balancing for the Individualist (4).

Individualist (4)s offer emotional awareness, sensitivity, creativity and a more intuitive approach to life. They have high emotional fluency and can help their Perfectionist (1) partner access a wider range of emotions. Individualist (4)s can see the deeper subtext of situations and offer wise counsel to their Perfectionist (1), who tends to be more literal in their interpretation of events. They also help the Perfectionist (1) to slow down and not feel guilty just "being." This can be healing and helpful for the Perfectionist (1) who naturally feels driven to stay on the go accomplishing their various tasks.

Together this couple combines intuition and rational thought, efficiency and sensitivity, strategic focus and attention to detail. When approaching life together, they successfully blend intuitive and practical operating styles.

Enneagram Type 1:4 The Downward Spiral

Like a logician and an empath, these two types see the world from very different vantage points and have very different emotional responses to situations. When fixated, their balancing traits can become trigger points, and intolerance, disappointment and frustration build. This can set the downward spiral into motion.

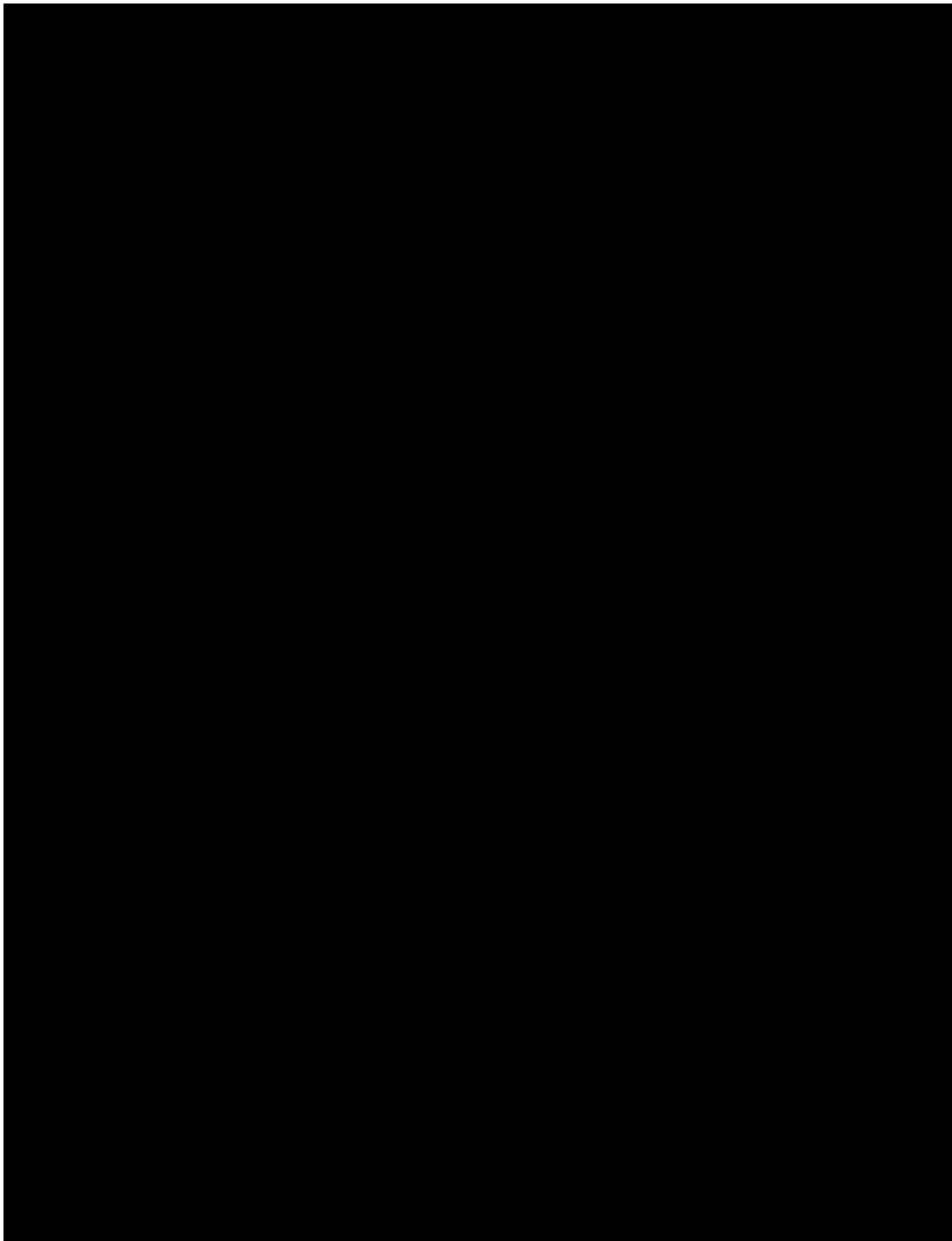
Both handle their emotions and their emotional reactions differently. Individualist (4)s seek to allow themselves to feel the full spectrum of feelings, and this requires them to have time to process and absorb their experiences. Perfectionist (1)s are driven by efficiency and don't want or require as much time to "feel." If these differences aren't understood and accepted, problems arise. To the Individualist (4), the Perfectionist (1) starts to feel stiflingly rigid and controlling. They resent the never-ending "to do" lists and long for a deeper emotional connection. And to the Perfectionist (1), the Individualist (4) starts to seem wallowing, self-absorbed and in need of copious amounts of unstructured time. They are mystified by their Individualist (4)'s desire to "do nothing" and to relax and hang out. When one or both starts to resent these differences in each other, the downward spiral begins.

As each type starts to get rigid in their interpretation of events, the Individualist (4) may feel unseen and misunderstood. This triggers an intense emotional response and more need for time to process their feelings. The Individualist (4) may start to feel drained and judged by their Perfectionist (1). The Perfectionist (1) may resent or take personally the Individualist (4)'s need for time alone. They interpret this as self-absorbed, wallowing, self pitying and in extreme cases, pathetic. This triggers the Perfectionist (1) to become more rigid and critical in their reaction. The downward spiral gains momentum.

Both can be spiteful and unforgiving, tracking past grievances and emotional wounds. If the relationship continues its downward trajectory, it ends in bitter frustration, mutual disrespect and nasty arguments until it finally splits apart.

Learn more about the Enneagram Compatibility of Type 1s in relationships with Type 4s

Enneagram knowledge can be transformative in improving your relationships and an important tool in cultivating compassion, both towards yourself and others. In my book, "The Nine Keys: A Guide Book to Unlock Your Relationships Using Kundalini Yoga and the Enneagram" I explore intimate relationships through the lens of the Enneagram.



The Nine Keys

The Nine Keys is the essential encyclopedia of the Enneagram in relationships. This book contains Enneagram relationship theory for all 45 type combinations as well as personal testimonials all 81 relationship perspectives. Drawing on over 1,500 years of relationship experience from over 100 couples from around the world, the descriptions and testimonials are instructive, uplifting, cautionary, and sometimes scary and humorous – all real, all good. Browse the entire book here.

“This book has been so incredibly helpful. Not only has it given me a better understanding of the dynamics in my romantic relationships (both failed and successful!), but has given me insight into my familial and platonic relationships, as well.”

– EVK

Further Reading

- Read more: Individualist (4)s talking about their relationships with their Perfectionist (1) at page 57
- Read more: Perfectionist (1)s talking about their relationships with their Individualist (4) at page 178
- Read more : the Kundalini Yoga kriyas and meditations for Perfectionist (1) at page 474 and Individualist (4)s at page 454

Return to the Enneagram Compatibility Chart.

Enneagram 1 in Love- What to Expect in a Relationship - Personality Hunt

Enneagram 1s are known for their need to be good. They want to be perfect and be above all forms of corruption. When healthy, type 1s can become wonderful people capable of helping others in so many ways. However, what can you expect from an enneagram 1 in love?

While we know how wonderful type 1s can be, it's a different situation when you're in a relationship with them.

We'll consider this in full detail.

How does an Enneagram 1 Show they love you?

1. They Make Time for you

A typical type 1 is always busy. Usually, they have a project or some activity that takes up a lot of their time. Type 1s want to do this activity perfectly.

However, an enneagram 1 in love with you will still make out time for you. They will carve out lots of time from their busy schedule just to talk to you.

If your type 1 does this for you, then chances are that you are making progress.

2. You Become a Priority

When type 1s love you, they will make you a priority. You won't have to wonder if they are interested in you or not.

They will shift and play with their daily schedules just to make time for you. So, once you begin to notice type 1 making you their priority, you are in.

3. They will strive to Meet Your Standards

Type 1s expect a lot from their partners. Thus, if their partner is excellent at what they do, type 1s will want to meet their levels.

Most times, type 1 might take steps to improve and become better people. All this is done to make sure that the person they like is comfortable.

4. Extremely Supportive

Type 1s are extremely supportive of those they love. Thus, if they are ready to stand by you and help you through tough times, that's definitely a good sign.

Type 1s won't usually stick around if they feel you are not worth their time.

5. They Actually Relax

Most times, enneagram 1 is often the worst critic of themselves. Because they hold themselves to very high standards, it can be very difficult to bring out their playful side.

However, an enneagram 1 in love with you will be willing to do just that. You will see a side of them that nobody usually sees.

This often spreads to other parts of their lives. When type 1 is in love, their unhealthy traits usually reduce which is a good thing!

6. They Want to Commit

Enneagram 1s hardly do casual dating. So, when they like someone, they are often looking for a committed relationship.

Thus, type 1 won't just get close to anyone if they don't see them as a potential long-term mate.

Struggles to Expect when Dating an Enneagram 1

Just like any other enneagram type, you are bound to face some problems when dating or married to a type 1. Here are some of the most common ones.

1. The Problem of Wanting to be perfect

Type 1 wants to be perfect. However, perfection is something that none of us can achieve. Hence, they often beat themselves up or become too obsessed with it. When this happens, nothing anyone does will be good enough for them. This can make their partners feel inferior or put a strain on their families.

2. The Problem of Always Being Right

For enneagram 1s, they often live and die by a code of conduct. To an unhealthy type 1, their code is right and every other person is wrong. Thus, this can be a problem if type 1s take this to heart. To them, their way of doing things is right. You can obviously see where the problem starts. The issue is really how it all ends.

3. Judgmental

As stated above, they have their own set of morals. They just don't want to follow it. They want everyone close to them to also abide by these rules.

When people choose to follow their own path, this can make type 1s critical of these persons. They might even become downright judgmental. This trend follows even when it happens to be their partner.

Who are the Natural Partners of Type 1?

The natural partners of enneagram 1 are type 9 and type 7. Enneagram 1 can also be compatible with type 2s.

However, any two mature persons can make any relationship work.

· Follow their Morals When You Can

If you want to show how much you love type 1s, follow their code of conduct when it doesn't conflict with yours.

To type 1s, this makes you more appealing and attractive. It also shows how supportive you are. Thus, type 1s derive great pleasure from knowing that their partner shares the same beliefs with them.

· Words of Affirmation and Acts of Service

Type 1s are always under a lot of pressure. Thus, they often think that they are not doing well enough. Thus, a word affirming their efforts can work wonders for type 1s.

If you are dating a type 1, you should integrate this into your relationship. They also love when people do things for them.

Type 1s often feel like they have to carry all the load and be the responsible ones. So, it's often a relief when their partner steps up to help.

· Don't Point Out their Flaws

If there's any type that's acutely aware of their flaws, it's type 1. They know where they have done wrong and often beat themselves up for it.

They really do not need their partners to remind them about it constantly.

So, when you feel like they are stressed and making mistakes, it might be better to find ways to make them relaxed. Giving them some constructive criticism will do more harm than good.

· Be More Accountable

Type 1s are often very responsible and accountable people. Thus, you can take some pressure off them by being more responsible and accountable.

So, make sure that you do the things you promised. When you do this, they will come to trust you even more. That will really solidify your bond.

· Find ways to make them relax and have fun

Type 1s hardly have any fun. So, when they are with you, make sure that they take time out to actually relax and have fun.

Doing this will keep their stress levels and will them refreshed. You'll have a better relationship in the end.

How to be better in Your Relationship as Enneagram 1

Are you an enneagram 1? Here are some things you can do to become a better person in your relationship.

· Understand that People are different

Just like you have some incredibly strong views about certain issues, others do too. Thus, people are different. So, don't expect your partner to agree with everything that you do.

· Try to Relax

Most times, you have a mini-meltdown when you are stressed. So, make sure you take out some time to have a bit of self-care.

Going on a vacation or just taking a break from work is a great way to achieve this.

· **Your Partner isn't perfect**

As an enneagram 1, it's normal for you to have pretty high standards. However, always remember that your partner isn't perfect.

Thus, they will not be able to meet all the expectations you had for them. Worse yet, they might not even be aware you have these expectations.

Overall, type 1s are unbelievable people who just want the best for those they love. If you have an enneagram 1 in love with you, then you have a truly supportive partner.