

Enneagram #1



The Enneagram 1 is The Strict Perfectionist

1's want themselves, others and the world they live in to be right and do right. They find comfort in structure, rules and order. There is a best way and a right way to do things and the 1 will immediately be aware of when this isn't done. When they see things in disorder and chaos they are compelled to "straighten things up" - whether that be a person, a physical space or a project.

KEY WORDS



Gracious and Wise



Perfectionist and
Opinionated



Highly Principled
and Self-disciplined



Judgmental and Rigid

WHAT DRIVES ME

I have the need to be right and to get things right.

FEARFULLY AND WONDERFULLY MADE

- I find comfort in God because He is a God of order and of truth.
- I am stretched by God because of His grace and mercy - He readily forgives and gives second chances to those who come up short of His holiness.
- I experience love from others when you appreciate the order I bring to life; you let me do things the way I believe they should be done; you let me know the good and right you see in my life.
- I love other people by fixing things and trying to fix you! My efforts to improve things come from a deep desire to make the world a better place - for you and me.

SPIRITUAL PRACTICES

PRACTICE THIS PRAYER

As you breathe in, pray "Made in God's Image"; as you breathe out, pray "I am the Beloved of God."

PRACTICE NOT BEING IN CONTROL

Do something the way others want and look for ways to affirm them. Trust and remind yourself that God is in control.

PRACTICE GRATITUDE AND AFFIRMATION

Look for the good things in the people and situations you are around and intentionally express your thankfulness for the good and affirm the good in others.

KEEP A BLESSINGS LIST

Daily write down the blessings and good things you see in yourself and in the world.

PRACTICE PLAY

Relax and enjoy yourself and others! Don't focus on making it better or right, focus on just being fully in the moment.

AT MY BEST

- I am at my best when I know what the rules and expectations are.
- I'm able to do things to a high level of excellence and challenge others to the same standard.
- My perspective and voice is heard and appreciated.

AT MY WORST

- You'll see the worst in me when I don't know what you expect.
- Things aren't black and white - the rules aren't clear.
- Things change suddenly so I'm not able to do my best and others perceive me as not having done a good job.
- I feel criticized.

Other people experience me as very responsible, organized, principled, and concerned with excellence. They can also experience me as rigid, distant, critical, and judgmental.

WHO I AM

TO GET WHAT I WANT, I WILL MOST LIKELY

be compliant by being good and following the rules so I am doing good and I am seen as good.

WHEN I DON'T GET WHAT I WANT, I WILL MOST LIKELY

depend on my competency to focus on what is wrong, who is wrong, why they are wrong and laying out the right way to move forward.

I LIVE MOSTLY OUT OF MY

body - this comes through as being highly self-controlled, structured and systematic in my plans and actions. I don't easily talk about my emotions or thinking but if you are paying attention you will know what I am thinking and feeling by my body language.

MY SELF MEDICATION TEMPTATION IS

to bring order to myself and my world when I am under stress. I want to have a sense that I am in control so I will try to control the people and the environment around me.

MY CORE WEAKNESS IS

anger - it is first of all and most of all directed toward myself in self-judgment and self-criticism for not living up to the expectations I have for myself. It will come out as anger and resentment toward others and a critical spirit that communicates you don't measure up.

SPIRITUAL TRANSFORMATION

HOW TO SHARE JESUS WITH A 1

"Appreciate my need to have order and to know truth. I am a black and white thinker who wants to know right and wrong. Challenge me with the grace of Jesus that loves me even though I am imperfect (but so want to be and appear perfect!).

THE "1" JESUS MOTTO

Jesus, you are perfect and I don't have to be perfect to be loved.

