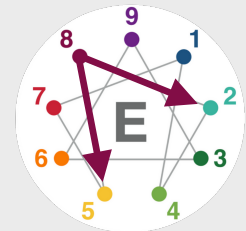


ENNEAGRAM TYPE 8

A Brief Overview

Overview

- Eights are intense, assertive, say it like it is, independent, resourceful, determined, action-oriented, pragmatic, competitive, shrewd, and insistent.
- Eights get into problems by being too blunt, forceful, confrontational, domineering, defiant, quick-tempered, rageful, cynical, and vengeful.
- At their best, Eights are inspiring, decisive, protective of the innocent, honorable, empowering, generous, gentle, and constructive.
- They want to be direct, straightforward, and honest. More than this, they want to be independent, make their own decisions, and pave their own path. They see themselves as self-assured, decisive, and capable of making things happen. They want others to see them as durable, fair-minded, and big-hearted. Their idealized image is that they are protective and powerful.
- There is no shortage of passion, intensity, and energy in Eights. They enjoy overcoming challenges with their quick decision making and confidence. When they face adversity, they have the strength and stamina to face it head on with a take-charge, no-nonsense attitude. Their assertive stance and imposing presence can be intimidating to others. They intensely desire to experience as much of life as possible and to them "too much of a good thing" is almost enough.
- Eights will follow through with their commitments since their word is their bond. Their assertive energy can be intimidating to others. It is very important to Eights to be authentic and honest with their thoughts and opinions. Therefore, they have no problem speaking their mind. Their blunt, forceful, and confrontational communication style can be intimidating and off-putting to others. Eights can be easily misunderstood as being insensitive or mean. They will stand up for their beliefs and will not back down from a conflict since they see this as a sign of weakness.
- It is important to know that beneath their tough exterior is a tender, gentle, playful, loyal, and caring person. They have a good sense of humor. They have an "inner circle" of people they are very loyal to and protective of. They will even go without to make sure that others will have what they need. They have their own "code of conduct" that they follow and they have a strong internal compass for justice. They will protect the innocent from being at the mercy of injustice. Others follow Eights since they feel protected and secure.



Type 8

The Protective Challenger

Core Fear: Being weak, powerless, harmed, controlled, manipulated, and at the mercy of injustice.

Core Desire: To protect oneself (deteriorates into constant fighting and conflicts).

Self-Image: I am outspoken, direct, opinionated, bold, decisive, tough, and compassionate.

Core Weakness: Excess - Constant need for intensity, control, and self-extension. Constant need to push everything, assert themselves willfully.

Message Your Heart Longs to Hear:

You will not be betrayed.

Why did you decide to get Enneagram Coaching?

What are your coaching goals and desires?

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Our Personal Internal GPS — Lines & Arrows

Under Stress

What we are like when we are under stress.

Type 8 moves toward Average to Unhealthy **Type 5**

- They become secretive and fearful.
- They are less in touch with their feelings and withdraw from others.
- They fear that others will betray them.

Security Point

The way we behave with those we are totally secure with.

Type 8 moves toward Average to Unhealthy **Type 2**

- They want to be reassured that those close to them still need them.
- They show their feelings and vulnerability.
- They desire to receive appreciation for all they do for others.

Growth Point

When the Holy Spirit enables us to begin to transform and grow.

Type 8 moves toward healthy side of **Type 2**

- They become more open-hearted and caring.
- They open up to others and reveal their vulnerability.
- They have more empathy and compassion toward others.

The Missing Piece

After we begin to grow, we can transcend to this level.

Type 8 moves toward healthy side of **Type 5**

- Eights need to learn most from the high side of Type Five by learning humility and their true place in the larger scheme of things.

Reflection Questions

Moving toward **Type 5**

- Describe a time when you over extended yourself emotionally, physically, or mentally and found you needed to remove yourself from others to find privacy to recharge.
- What do you need to do to recognize this pattern and become more proactive in your own self care?
- Can you add a “dimmer” switch to your intensity levels?
- Have you experienced a time where you learned humility and your true place in the larger scheme of things?
- Have you experienced a time where you realized that God is in control, loves you, and will not betray you? How did this impact you and your life?

Moving toward **Type 2**

- When around those you are secure with (mainly your family), do you become more vulnerable, express your feelings, and desire for them to express their appreciation for what you do for them?
- What would it look like to access the high side of Type 2? How can you acknowledge the best in others?
- How can you increase your ability to have empathy and compassion?
- What would it look like to move toward others with tenderness and a giving spirit?
- How can you demonstrate your affection to others in a positive and caring way?

Internal Message

Each of us has an internal record player that says many things to us. One message you receive often is:

“As long as I am in control and remain tough, then I am okay.”

Contradiction

- How will you know when you are tough enough to completely protect yourself?
- How much control do you need to ensure your protection?
- Is your well-being really being enhanced through your tough exterior and controlling intensity?
- Do you see that despite bringing more control to a situation, you never feel fully protected and secure?



Type 8 – The Challenger

Under Stress: Questions to Ponder

Name a time that you have cut off from your feelings and withdraw?

How has this impacted your relationships:

Personal:

Professional:

When has the fear of betrayal kept you from moving forward in your stress:

Growth: Questions to Ponder

When do you notice yourself letting go and responding out of a place of service?

When have you noticed yourself let your guard down and become vulnerable:

Personally:

Professionally:

Where and when are you most empathetic and compassionate towards yourself and others:

Use this space to journal where you feel you need the most growth:
