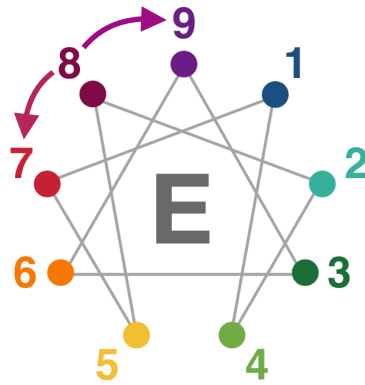


ENNEAGRAM TYPE 8

Coaching Session #3 - Wings & Levels of Health

Wings are the two personality types on either side of the main personality type. For instance, the wings for Type Eight are Type Seven and Type Nine. One of the wings is usually (but not always) used more than the other and brings a new dimension and depth to the main type. Think of them like salt and pepper. They add flavor and more complexity to the main type. The main type dominates how a type perceives and experiences life, but the wings do influence the main type.

Type 8's Wings



Type Eight with Seven wing – 8w7 “The Maverick”

They are more extroverted, enterprising, energetic, quick, materialistic, interested in power, and egocentric.

Type Eight with Nine wing – 8w9 “The Bear”

They are more mild-mannered, gentle, receptive, enjoy their comforts, people-oriented, and quietly strong.

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.

Which wing do you use more? _____

How does this wing add to your main type? How does it impact your relationships, work, and everyday life?

How does the other wing influence your main type? How can you utilize it more to create more balance?

Enneagram Type 8 Levels of Development

H E A L T H Y	<ol style="list-style-type: none"> 1. At their best, Eights are fully living out their identity in Christ when they become self-restrained, magnanimous, merciful, forbearing, and self-controlled through their surrender to the Lord. They are courageous and willing to put themselves in serious jeopardy to achieve their vision of having a lasting influence for the sake of others. As they put others before themselves, they can achieve true heroism and historical greatness. 2. They are self-assertive, self-confident, and strong. They have learned to stand up for what they need and want. They have a resourceful “can-do” attitude and passionate inner drive. 3. At this level, they are decisive, authoritative, and commanding. They are excellent natural leaders that others look up to. They have no problem taking the initiative to make things happen. They are a champion of people, a provider, a protector, honorable, and support others with their strength.
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A V E R A G E	<ol style="list-style-type: none"> 4. As they begin to wander away from knowing they are Christ’s beloved child, they focus on self-sufficiency, financial independence, and obtaining enough resources to avoid dependence on anyone. They become enterprising, pragmatic, a “rugged individualist,” and a wheeler-dealer. They also take great risks. They are extremely hardworking and deny their own emotional needs. 5. They begin to dominate their environment, including others. They want to feel that others are supporting their efforts. They can be boastful, forceful, and expansive. To them, they are the “boss” whose word is law. They are proud, egocentric, and want to impose their will and vision on everything. They neither see others as equals nor treat them with the respect they deserve. 6. They become highly combative and intimidating in order to get their way. They are confrontational, belligerent, and create adversarial relationships. Everything is a test of wills and they will not back down. They use threats and reprisals to get obedience from others, keeping others off balance and insecure.
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U N H E A L T H Y	<ol style="list-style-type: none"> 7. When they have forgotten that they are Christ’s beloved, they start to believe they are an orphan alone in life. They defy any attempt of others trying to control them. They become completely ruthless, dictatorial, and believe that “might makes right.” They can become a criminal, outlaw, renegade, and con artist. They are cold-hearted, immoral, and potentially violent. 8. They develop delusional ideas about their power. They believe they are invincible and have the ability and strength to prevail in all circumstances. They are narcissistic, feel all-powerful, and believe they are indestructible. 9. If they get in danger, they may brutally destroy everything that has not conformed to their will rather than surrender to anyone else. They become vengeful, mean, and murderous. Sociopathic tendencies are possible. An unhealthy Eight generally corresponds to the Antisocial Personality Disorder.
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Going Deep — Describe what you are like when you are healthy, average (auto-pilot), and unhealthy. Give examples for each.

HEALTHY	AVERAGE	UNHEALTHY
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