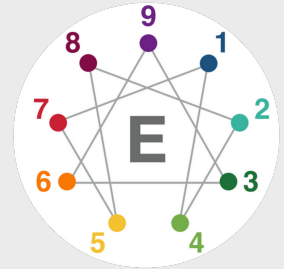


# ENNEAGRAM TYPE 8

## Coaching Session #5 – Continuing Transformation

### Implications of Grace for a Type Eight

- You are constantly concerned that someone is going to betray you, so you believe you must always keep up a strong protective front. You desire to have someone else who is stronger and more powerful than you who can take care of you without always needing to be on guard. The message the gospel says to you is: ***“You will not be betrayed.”*** Christ is our Good Shepherd who knows precisely what dangers are lurking around us and he desires to protect and care for us. You can trust in his good provision and strength. You can rest assured that Christ has no problem dealing with evil since he already did so in his life, death, and resurrection.
- It is hard for you to be vulnerable because it looks like weakness. The truth is that vulnerability takes a great deal of strength and courage. Christ is our perfect representation of being all-powerful but also choosing to be vulnerable. He wept and he felt deep emotions like compassion and sorrow. These emotions do not mean that Christ is weak. In fact, the opposite is true. He demonstrated real power in being vulnerable when he washed the feet of his disciples and when he was flogged and put on a cross. He could have chosen to destroy everyone, but he kept his focus on his Father’s will so that he could save and protect his beloved sheep.
- Remember your Savior knows how it feels to be betrayed. You can go to him, rest in him, and trust him to care for you. He is the only one who can protect you; he will never forsake you. Go to him and discover true rest.



### 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.

### Going Deeper

- Give an example of when you let go of your Core Fear and Core Desire, which allowed you to care for others in ways that might have caused you harm.
- What feelings, thoughts, or body sensations arise when you think about letting go of protecting yourself for the sake of others?

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### The Social “Rock”

When Eights are on auto-pilot, they begin to see themselves as the “rock,” the strong and impregnable one. They see themselves as the foundation for others in their family or professional sphere. The benefit of this viewpoint is that it reinforces their self-confidence and can-do spirit, but it also means that they must suppress their weaknesses, self-doubts, and fears. Like all types in the average levels, if they don’t operate out of this image of being the rock, they feel uncomfortable and vulnerable.

Average Eights prefer to interact with others from this place but it has drawbacks. Being the rock makes them defend against many good things that come into their lives - caring, intimacy, gentleness, and self-sacrifice.

The best place for Eights to be is in recognizing that there is someone stronger and more powerful than them who will protect and provide for them. By believing and resting in this, Eights can let go of this self-image and open up their hearts to others.

### How Have You Grown?

In five sessions, we have learned about you:

- Triad: Gut Center - Anger & justice.
- Arrows:
  - Move toward Type 2 - Plow path for others.
  - Move toward Type 5 - Self care; dial down.
- Hidden Side: Tender inside.
- Relationship Issues: Plowing over others.
- What growth looks like for an Eight: Innocence.
- Wings: 8w7 “Maverick” and 8w9 “Bear.”
- Levels of Development: Healthy, average, unhealthy.
- Childhood Patterns: Ambivalent towards mother.
- Defense Mechanism: Denial.
- And more...

### Going Deep

- Identify at least one area in your life - a relationship, a place, a time - in which you did not feel the need to be tough.
- Observe yourself in this setting or with this particular person. How does it feel? How is it different from other areas of your life?

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### Reflection Time

- What is your most important takeaway from these five sessions?
- What are three other very important things that you learned about yourself that you will continue to work on this year?
- What do you desire to know more about?
- What else do you need help with?

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