



# Enneagram 8

## Power

THIS  
&  
THAT

Power can be used to lead with confidence, empower and motivate others, face obstacles with strength, and solve problems efficiently. It creates space to express opinions and thoughts directly.

Power can be used to overrule or dominate others. It creates distance with others by overprotecting self and it can burn bridges by moving too quickly or too forcefully.

### An Enneagram 8 might think:

- Desire for Justice: I have a strong sense of justice and I often find myself responding to unfairness on behalf of others.
- Autonomy: I value my independence and will resist people and situations that attempt to impose control over me.
- Action-Oriented: I am driven, I make decisions quickly and I like to take charge of situations.
- Fear of Weakness: I do not like to be seen as weak or vulnerable. I am sensitive to assumptions about my strength and capabilities.
- Intense and Direct: I approach many aspects of my life with energy and passion. People have commented that my directness can sometimes come across as forceful or blunt.

### Centre of Intelligence: Body Type

Body Types lead with their gut - they just "know" what to do next. They are often very aware of issues of justice and fairness. They are driven by action and impacted by the dominant and motivating emotion of anger.

Enneagram 8s use their body intelligence to intuitively sense power dynamics and respond to potential threats. They focus on maintaining control and protecting themselves and those they care about, acting decisively and assertively to solve issues of fairness.

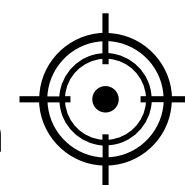
### Dominant Emotion: Anger

Enneagram 8s experience anger as irritation or frustration, which fuels their drive to take action and defend their boundaries. This emotion is expressed directly and proactively, empowering them to face challenges head-on.

Anger can empower and motivate change but can also escalate conflict and lead to stress and burnout.

#### Central Focus:

I focus on alleviating harm or control of myself and others.



#### Important Values:

I value trust, independence and honesty.



#### Danger Zone:

Excessive Behaviours - the need for more projects, causes, control.



#### Antidote:

Innocence - leading with curiosity and open exploration.





## Distorted Len: Excess

Each Enneagram type has an emotional filter effecting thoughts, feelings and actions. It is automatic and unconscious, created from core fears and desires. In traditional Enneagram language this is referred to as a “passion.” The Passion is our attempt to recreate a version of our true nature when life becomes overwhelming.

The distorted lens for Eights is excess. Excess refers to a need to consume material things, projects, causes, people or power without limits.

## True Nature: Innocence

The true nature of each Enneagram type is referred to as their “virtue.” The virtue is the exact opposite and antidote to our distorted view on the world.

The true nature of Eights is innocence. Innocence is the playfulness of a child, allowing life to come and go without feeling the need to control the process or the outcome. Innocence is saying, “I am curious.” Innocence trusts that there may be perspectives or outcomes outside of our own vantage point and allowing others to step forward and take action

### At My Best:

- Confident and Assertive: Eights are natural leaders, confidently taking charge and making decisions.
- Protective and Loyal: They fiercely protect and stand up for those they care about, demonstrating loyalty and dedication.
- Energetic and Enthusiastic: Eights have a high level of energy and enthusiasm, often inspiring others with their passion.
- Resourceful and Resilient: Eights are good at finding solutions and overcoming obstacles, showing resilience in the face of challenges.
- Courageous and Bold: They are not afraid to take risks and confront difficult situations, demonstrating bravery and boldness.

### Under Stress:

- Impatient and Intolerant: Under stress, Eights can become impatient and intolerant, pushing others to meet their high standards without considering limitations.
- Forceful and Confrontational: They may become more aggressive and confrontational, sometimes intimidating those around them.
- Rebellious and Defiant: Eights may resist authority and rules, becoming rebellious and defiant in the face of restrictions.
- Overworked and Exhausted: They often push themselves too hard, leading to physical and emotional exhaustion.
- Excessive and Impulsive: They may act impulsively and excessively, seeking immediate gratification without considering the long-term consequences.

## Working with Eights:

- Big Picture: Eights do not want to be stuck doing menial tasks. Tap into their vision and ability to see how all the pieces will fit together.
- Get Moving: Eights have a lot of energy. Once they have an idea, they want to get going. Avoid delaying the action without good reason.
- In Charge: Eights are often in positions of leadership. They don’t always want to be in charge but they will step up if they can see no one else is going to deal with an issue. This can be a good signal that a deeper issue needs to be addressed.
- Competence: Eights are often very good at what they do ... and they expect you to be too. Frustration can arise when Eights perceive poor or ineffective work is being done around them, especially when it interferes with their own.
- Direct and Honest: Eights are known for being direct. They do not like guessing what you “actually mean.” When it comes to expectations and communication, avoid leaving them guessing about pieces left unsaid.



## Subtypes: Different Ways of Taking Charge

Each of the three subtypes below are slightly different ways Enneagram 8's use their strength to take charge. These subtypes are created when we combine the distorted lens of the type, excess, and an "overdoing" of one of the natural human survival instincts for self-preservation, social safety and one-to-one bonding and relationship.

- Self-Preservation 8's channel their strength into making things happen and getting their needs met in a very direct way.
- Social 8's channel their strength into protecting and supporting others, and fighting injustice and exploitation.
- One-to-One 8's channel their strength into being the centre of the action - they are passionate, assertive, trail blazers and change maker.

Read through the descriptions below and consider which subtype description fits best - you may see characteristics of yourself in more than one.

Self-Preservation

### Taking Charge of Needs and Security

You'll notice SP8's by their quiet but powerful way of handling business. They're direct about getting their needs met and creating material security - though they might do it with less obvious force than other Eights. While they might think they're just being practical, there's usually an unconscious pattern of controlling their environment to prevent vulnerability. They get notably protective of their inner circle and their personal domain.

Social

### Taking Charge of Justice for All

SO8's channel their power into fighting for others and standing up against injustice. They're often the ones who step up to protect the group or speak truth to power - though they might not realize how much they use this role to maintain control. While they might think they're just being protective, they're often unconsciously asserting their strength through advocacy rather than aggression. You'll spot them being surprisingly diplomatic while still maintaining their powerful presence.

\*This is the counter-type: a subtype driven by the same motivation but expressing it in seemingly opposing ways.

One-to-One

### Taking Charge of Power Dynamics

In close relationships, OT8's bring an intense, passionate energy. They're quick to take action and make things happen - though they might not notice how their forceful presence impacts others. While they think they're just being direct, there's often an unconscious pattern of taking center stage to avoid feeling powerless. This can come across as overwhelming, but it's actually their way of making sure they don't lose control in important relationships.

## Using Your Wings:

### Wing 7

- **FLEXIBILITY:** Eights can use this wing to discover more flexibility, it becomes less important to do things “their” way and they become more curious about finding new ways of moving forward.
- **POSITIVITY:** With this wing, Eights begin to access a lighter and more positive way to approach life, looking for fun and enjoyment.

### Wing 9

- **LISTENING:** Eights can use this wing to become more patient with others, they consider what is behind another person’s actions and take in other points of view.
- **PERCEIVING:** With this wing, Eights tune into what is already happening in their environment and join in rather than leading the charge.

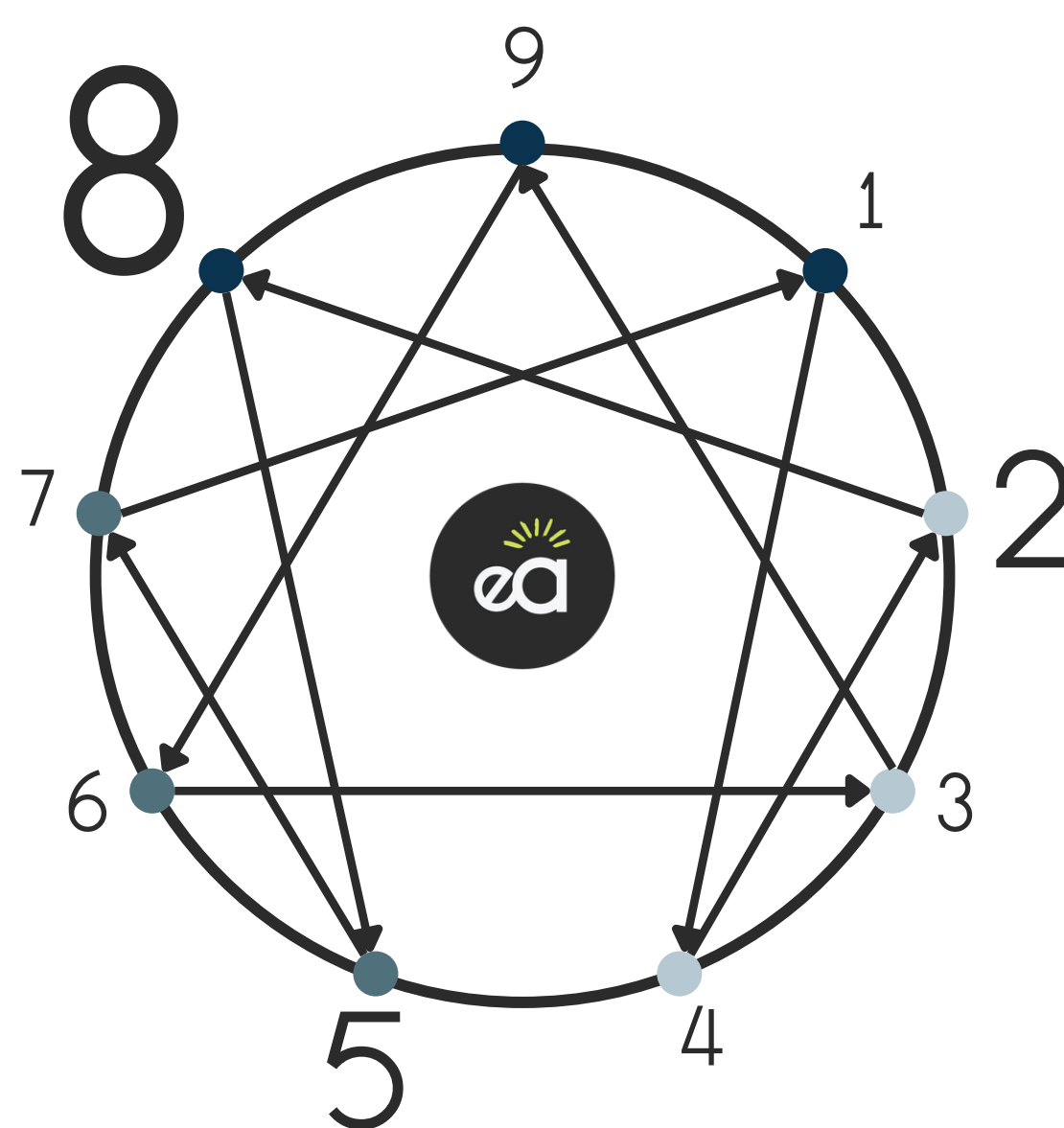
## Using Your Arrows:

### Point 2

- **CONNECT:** Eights can use this arrow point to connect with people in a deeper way. They can engage with more empathy and appreciate the positive traits of others
- **FEELINGS:** With this arrow point, Eights begin to access more of their emotions. They can stay with their emotions without feeling the need to do something about them right away.

### Point 5

- **PLANNING:** Eights can use this arrow point to slow down and think things through. They can take in more information, and a broader range of information before making decisions.
- **SLOWING DOWN:** With this arrow point, Eights slow down their decision-making process; counting to three before doing, engaging in more observation and being more open-minded.



## To the Eights ...

Eights are strong. We all know that. But I think many Eights are tired of being strong. They’re tired of being the ones in charge, they’re tired of everyone looking to them for the answers, they’re tired of looking like the bully when they know there is more to the story. So to the Eights, this is a safe place for you. In this space you can examine your inner world without judgement. It is safe to explore, it is safe to get curious, it is safe to let down your guard, it is safe to trust. The Enneagram and those who study it want to meet you where you are. This isn’t about changing you or pointing fingers, it’s about embracing more of who you are and realizing how important your role is in the collective.

Book a coaching session by emailing:  
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