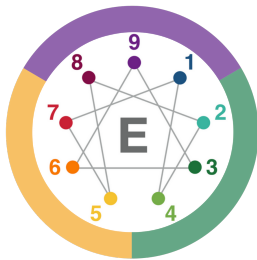


ENNEAGRAM TYPE 8

Coaching Session #2



GUT CENTER Instinctual Triad

- The Instinctual Triad or Gut Center contains **Types 8, 9, and 1**.
- This group shares similar assets and liabilities surrounding their **instincts**.
- They tend to engage in life and circumstances through their **gut instincts**.
- They do this out of a reaction to their **emotion struggle**, which is **anger**.
**(Note: Type 9s are asleep to their anger and do not know this is their emotional struggle).*
- The **common desire** they share and focus on is wanting **justice**.
- Below you will see how this type expresses these aspects differently.

Type 8

- Healthy Eights use their incredible instinctual intuition to see possibilities in situations and in other people’s abilities that are often overlooked by others.
- Average Eights have trouble relating to the world because they seek to **resist and control their exterior environment**.
- In order to be unaffected by the external world, they **repress their internal fears and vulnerabilities**.
- Average Eights **will use** their aggressive energy (**anger**) to control and dominate their immediate environment.
- Because they repress their "softer side," Eights may lose their ability to be close to others or to trust anyone for fear of being betrayed.

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.

Reflection

- Do you feel the need to resist and control your external environment and/or other people? If so, what is your thought process when this happens?
- How does it affect others when you assert yourself with big energy that is dominating them or the environment?
- What does the sensation of anger/rage feel like when a situation is out of control? What do you do in that moment? How can you become more aware of it and change?



Their Hidden Side

Beneath the Tough Exterior

Eights present themselves as strong, tough, and independent. However, beneath their strong exterior and layers of armor, they have a very tender heart. Their heart is so tender when exposed that they feel they must maintain this protective armor to avoid harm. They rarely remove this armor; they do not trust people and are on high alert for those who are out to harm, betray, or control them.

Deep down Eights desire to know that there is someone stronger than them who will constantly look out for them. This would allow them to relinquish their role of vigilant protector. If they find someone they can truly trust in to protect and not harm them, they will remove their armor to reveal their tender, gentle, caring side. This person will have the privilege of experiencing something great!

Relationship Issues

Others often seek Eights as partners because they are capable, strong, confident, and great leaders. They enjoy being reassured by the Eight's strength and protective mindset. Feeling they are safe and secure when they are with an Eight is appealing. (This is true when the Eight is healthy.)

Eights also exude a lot of intensity, passion, and charisma. People are drawn to them because they are inner-directed and intense. However, these same qualities can cause others to be frightened if the Eight is unhealthy. An unhealthy Eight can be domineering, insensitive, demanding, and mean. When Eights are too forceful they often create problems in their relationships. Here are some areas that can cause problems:

- They can lose their temper, go into a rage, or withdraw if they suspect that others have rejected or betrayed them.
- Eights will intensely push and demand an authentic response from the other person.
- If they have been hurt, they will withdraw and relationally cut off others.
- They can be possessive and jealous.
- They may not respect their partner and force them to change into who they want them to be.
- Can be mean, insensitive, and vengeful.

Growth for Eights

The good news of the gospel is that Jesus Christ came to earth to save those he called (his valuable and loved sheep). When a Type Eight (or anyone) becomes a believer, it's important to believe and trust in these truths:

1. **We are weak but he is strong, protective, and completed what he set out to accomplish:** We all have fallen short of God's glory and are in desperate need of a Savior. We are too weak, frail, and unable to save ourselves, but Jesus Christ accomplished for us what we could not.
2. **Christ will neither betray nor forsake you:** We have a true advocate whom we can trust. He took perfect care of us through his life, death, and conquering death through his resurrection. Nothing can stop Christ from protecting you and providing for you. His love is too intensely focused on you, his beloved child. You can truly rest in his power and strength.

Going Deep

- What are some ways you can begin to become vulnerable and express some of the real pain and sorrow that you experience?
- Who do you feel you can trust to begin opening up to? What does it feel like to become vulnerable?
- How can you guide yourself to stay on this path that feels so uncomfortable?

Accepting His Invitation for You

- The invitation to grow from God in an Eight is to have **mercy** both for themselves and others. What comes to mind when you hear this?
- What do you feel when you realize you need mercy from God?
- Did he give it to you? How can you have mercy for yourself?
- What can that look like on a daily basis?
- How can you have mercy for others now that you have received mercy?
- Describe one person you can apply this to?