



CORE DESIRE

Enneagram Type 8's desire to protect yourself and inner circle ; feeling powerful and fulfilled

CORE FEAR

Blind Spot

Weakness or roadblock

- Being weak, powerless, harmed, controlled, vulnerable, manipulated, and left at the mercy of injustice.
- Lust

Trigger

What brings out the worst

- Being controlled
- Injustice

GOAL

Shift to

High side of 2

- Get in touch with compassion
- Build others up
- Let others lead
- Be vulnerable

Shift to

High side of 5

- Spend time alone
- Dive deep with understanding
- Practice the "Pause"

TYPE EIGHT

THE CHALLENGER

If it wasn't for you, our world would be without the assertive influence that seeks justice. Your self confidence inspires others to do great things. You seek love by fighting for what is right

Though you are direct and honest, you struggle with needing to be powerful to cover your vulnerable side. Remember that under that hard exterior is a soft tender heart.

Allowing others experience your vulnerable side will build trust and fill that empty place inside. It may seem like being weak but it is powerful.