



# Enneagram Type Eight

ACTIVE CONTROLLER

CHALLENGER

PROTECTOR

THE POWERFUL TYPE

*"Anger is like a strong wind. It calms down after a while, but lots of branches are already broken."  
-Rumi*

## CORE MOTIVATION

EIGHTs are motivated by their need to be strong and in control.

EIGHTs want to be independent, self-reliant and protect themselves.

## UNCONSCIOUS FEAR

- Of being controlled or harmed, hurt by others.
- Of being helpless, vulnerable or weak.
- Of being violated or betrayed by others.

## SUBTYPES



### SELF-PRESERVATION

SP EIGHTs take a direct approach in getting what they want. Get frustrated and intolerant of obstacles in the way.



### ONE-TO-ONE

SX EIGHTs rebelliously assert "their way" in place of rules or norms. They want others to surrender control.



### SOCIAL COUNTERPART

SO EIGHTs seek advantage and influence through associations, alliances. Use their power and influence in the service of others.

## OVERVIEW

EIGHTs seek to defend themselves and others from injustice by avoiding and denying vulnerability.

EIGHTs are attracted to and value power. They desire to be assertive people who use their strength and influence to make the world a more just place to live in.

EIGHTs are bold, energetic and like to take charge, but can also be ego-centric, overly angry and domineering.

## QUALITIES

DIRECT  
WILFUL  
STRONG  
POWERFUL  
CONFIDENT  
RESOURCEFUL  
INDEPENDENT  
ACTION-ORIENTATED

## STRENGTHS

- Loyal
- Decisive
- Strategic
- Protective
- Influential



## STRUGGLES

- Impulsive
- Controlling
- Demanding
- Intimidating
- Confrontational