



ENNEAGRAM TYPE 8 · GUT (INSTINCTIVE) TRIAD

The Challenger

Eights take charge so nobody can control them, and they shield the people who cannot shield themselves.

Core fear and desire

Fear: Being controlled, harmed or at the mercy of others.

Desire: To protect themselves and stay in control of their own life.

Wings: 8w7 and 8w9

8w7, the Maverick. The Seven wing adds speed, appetite and a love of adventure.

8w9, the Bear. The Nine wing adds calm and a slower, steadier presence.

Subtypes

Self-preservation Eight: satisfaction. Lust aimed at survival and material security.

Social Eight: solidarity (countertype). The countertype, the Eight that looks least like an Eight.

One-to-one (sexual) Eight: possession. Lust aimed at a person and at attention.

What helps in love

- Straight talk, with no hidden agenda
- A partner who stands their ground
- Loyalty they can count on
- Room to be soft in private

Avoid:

- Lie to them, even to spare feelings
- Try to control or manage them
- Talk behind their back
- Use their softness against them

Three ways to grow

1. Before acting on anger, ask what you are protecting. Name it out loud once.
2. Let someone help you with something small and notice that it costs you nothing.
3. Ask one more question before giving your verdict.

Passion and virtue

Lust, meaning intensity: a drive to meet life at full force and push until something pushes back.

Innocence: meeting each moment fresh, without bracing for a fight.

Stress → 5 • Growth → 2

Under stress an Eight moves toward the average side of Five: they withdraw, go silent and stop sleeping well, plotting their next move in isolation and cutting off people they think have turned on them.

In growth an Eight takes on the healthy side of Two: openhearted, generous and willing to care for others without needing to control them.

Strengths

- Decisiveness
- Protection
- Directness
- Stamina
- Ownership

What helps at work

- Ownership of the outcome
- Direct, honest feedback
- Authority to match the responsibility
- Leaders they respect
- Room to push back

Commonly confused with

Type 3, Type 6. The full profile has a check for each.