

Enneagram Type Eight Description

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In-Depth Description of Enneagram Type Eight

An explanation of the Core Enneagram type can be found [here](#), which opens in a new window.

Common Descriptive Names: (1) The Protector, (2) The Challenger, (3) The Leader

Unconscious Fear for type Eight: Of being harmed, violated, betrayed or controlled by others

To compensate for their Unconscious Fear an Unconscious Desire arises.....

Unconscious Desire for type Eight: To protect themselves; to be dependent on no one

For a comprehensive summary of each Enneagram type and the major aspects of this system, click on "[The Enneagram Cheat Sheet](#)," which opens in a new window.

As our personality was forming in early childhood we each developed limiting subconscious beliefs about ourselves, others and the world. For example, your mother or father might have yelled at you "Get your hands out of there!" or "You should be ashamed of yourself!" or "Stop being such a cry baby!" If you had really loving parents you might have heard, "Don't touch that, it's hot!" or "Don't do that, you might hurt yourself!" We also developed limiting beliefs about others. Growing up you may have heard, "I don't want you to play with those kinds of kids" or "Salesmen are sleazebags" or "Politicians are so duplicitous and two-faced." We also developed limiting beliefs about the world. Newspapers and television constantly bombard our minds with reports of scandals, crimes, wars, economic crises, natural disasters, and political corruption. Does this help us believe the world is a loving, safe place to live? Of course not. One way or another, none of us escaped childhood without some limiting subconscious beliefs. Your Enneagram type identifies some of the strongest subconscious beliefs that you've developed over time based on your distorted perception of reality.

The following subconscious beliefs of Eights stem from their unconscious fear and will continue to drive their personality until they learn to reprogram their subconscious beliefs, which will be talked about in the article on "[The Law of Attraction](#)."

Limiting Subconscious Beliefs for type Eight:

- The world is a hard and unjust place.
- Emotional need is equated with weakness.
- Only the strong survive.
- It's not safe to show softness or vulnerability.
- The powerful take advantage of the innocent.
- I must always be in control of my environment.
- To be loved I must be strong and self-reliant.

Core Coping Strategies for Eights: (where Eights focus their attention because of their subconscious beliefs)

- Naturally noticing who has the power and who's in control
- Imposing their will and truth on others (to stay in control)
- Having a strong sense of self and being self-assertive
- Fighting perceived injustices
- Being strong, and forceful if necessary, to gain respect
- Having a high threshold for pain
- Being fearless, tenacious, decisive and authoritative
- Denying any personal vulnerability or weakness
- Taking control of everything and everyone
- Protecting the weak, innocent and disadvantaged

Here's a brief profile of some healthy, very healthy, average, unhealthy and destructive Eight traits.

Healthy Eights are self-confident, self-assertive, courageous and strong. They are powerful, self-reliant and have a lot of passionate inner drive. They follow the beat of their own drummer and want to make an impact on the world. Eights are people of action not just words. With their instinctive, earthy energy and imposing presence, they have no problem taking initiative, going after what they want and making things happen. Eights like to be in charge, whether of themselves only or others also, and healthy Eights make natural leaders. That's because they're authoritative, decisive, direct and commanding. Healthy Eights care about truth and justice. They stand up for what they believe in and use their strength to stand up for the rights and needs of others too.

Healthy Eights are selfless providers and protectors. They are extremely protective of their loved ones yet empower them to stand on their own two feet at the same time. They also like to champion and empower others because they can see hidden potential in people that most people don't readily see in themselves. Unlike other types, however, Eights like to challenge and test people's mettle to bring out their strengths. They believe everyone should have a healthy fighting spirit and strong will so they won't overprotect or coddle anyone. Healthy Eights are self-starters and resourceful people. They often have a talent for taking raw material and using it in a constructive way.

Healthy Eights are exceptionally loyal to those who have earned their trust. Once you are an Eight's friend you are a friend for life and healthy Eights will treat you like a brother or sister.

Very healthy Eights are big-hearted, magnanimous, honorable and noble. They've attained a certain level of inner invulnerability and self-mastery which allows them to be more vulnerable, compassionate and forbearing with people. They have let go of their struggle against people and now use their

strength to improve the lives of others instead. They are innocent in the sense that they respond freshly to each moment, without memory, judgment, or expectation. At their best, they are both powerful and merciful. They have surrendered their personal will to a higher will and have the heroic courage to sacrifice their safety and security for the sake of justice and fairness for all. An inspirational example is Martin Luther King, Jr.* who took a strong stand against racial injustice and put his life on the line to fight for what he knew inside was right. He empowered other African Americans to stand up for themselves too.

* My speculation based on his life and my experience with the Enneagram

Average Eights need to have control over their lives and be as independent and self-sufficient as possible. Since they fear being harmed or controlled by others they become tough to protect themselves. Average Eights often feel as though they don't need anyone and more or less see themselves as individualistic, unconventional nonconformists. They believe that the world is an unjust place and if they let their guard down for a second someone might take advantage of them. So, they instinctively suppress any vulnerability, self-doubt and fear they might have and keep their guard up.

Since being in control and not having to be dependent on anyone is so important to average Eights they do everything they can to obtain the resources they need to stay in control of their life. In light of that, average Eights tend to be hardworking, pragmatic, shrewd, competitive, ambitious and enterprising. They like to impress others, to be seen as important and want people to respect and even obey them, since they like being in charge. They may try to get people involved in their plans by making big promises or by other ostentatious shows of power and importance.

Average Eights are intense, rugged and tend to do things to excess. They enjoy pushing themselves and testing their limits. They could stand to learn a little moderation. They enjoy challenges and taking risks. They work hard and play hard. They tend to be lusty, daring, bold and audacious. They are adventurous and live life with gusto.

Average Eights, like average Sixes, have major issues with trust. They are naturally untrusting. If Eights begin to feel unsupported they can become more controlling, bossy and possessive. They can also be blunt, egocentric, disrespectful and proud. Not surprisingly, average Eights can start to see all of their relationships as adversarial because people don't like to be controlled, bossed around or disrespected so they often get angry and fight back. And if someone tries to order an average Eight around s/he can be confrontational and combative.

Unhealthy Eights fear that others are going to take advantage of them the first chance they get so they impose their will on others first to let people know who's boss and in control. Unhealthy Eights don't see others as equals or treat them with due respect. At this level of health, Eights see everything as a contest of wills and are constantly confronting, bullying and challenging people to get their way. Because of a distorted belief that others are out to get them, unhealthy Eights use threats, intimidation tactics and reprisals to get people to comply and obey them. If only unhealthy Eights knew that like begets like they would realize that their abusive, oppressive behavior only causes others to rally against them with similar vengeance.

Destructive Eights try to stay in control at any cost and feel as though they are in a fight for their survival. They have isolated themselves socially so feel totally on their own. They see themselves as social outcasts, mavericks or outlaws. Their lack of identification with pain and suffering (their own or others) causes them to delusionally believe they can't be harmed. They can feel omnipotent and invulnerable like the terminator. They completely lack empathy so they become hard-hearted, callous and ruthless. They can also be extremely aggressive, amoral, physically violent and destructive. Destructive Eights are murderous tyrants who won't hesitate to destroy everything, including themselves, rather than submit, surrender or back down to others. Their motto is, "Kill or be killed."

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Career Talents, Values & Interests for Enneagram type EIGHTS

I want to say from the outset that the Enneagram is one system among many powerful ones that can be used to help people understand their vocational talents, values and interests by understanding WHO THEY ARE INSIDE!

Martin Luther King, Jr. and Donald Trump are two famous Enneagram Eights but look how different they are based on other systems (click on the links below to see what I mean):

SYSTEM	MARTIN LUTHER KING, JR.	DONALD TRUMP
	Martin Luther King Biography	Donald Trump Biography
Temperament system	True Blue	Bold Orange
Myers-Briggs system	ENFJ	ESTP
Dosha Type system	Pitta-Kapha type	Pitta type
Aura Colors system	Violet/Yellow	Green/Yellow
Multiple Intelligences system	Verbal-Linguistic, Intrapersonal	Logical-Mathematical, Intrapersonal
Numerology system	born on the 15th of the month	born on the 14th of the month
Numerology system	28/10 Life Path	31/4 Life Path
Astrology system	Moon conjunct Venus	Sun conjunct Uranus
Astrology system	Sun opposition Pluto	Moon opposition Uranus
Astrology system	King's Astrology Report	Trump's Astrology Report
Michael system	(Old Soul) Priest	(Young Soul) King

Go to [Famous People Analyzed](#) for more information on these famous men. If you are interested in vocational guidance yourself then go to that area of this website by clicking on the following link: [Vocational Guidance](#).

So, what DO Martin Luther King, Jr. and Donald Trump have in common, both being Enneagram type Eights?

All Eights see themselves as strong, capable and competent people. They are often powerful people too. They are motivated by the need to be self-reliant and to have complete control over their lives. They are assertive, intense, self-confident and have a strong inner drive to do something with their life. They are action-oriented, daring people who thrive on challenge and love taking the initiative to make things happen. They are more interested in being respected than being liked so are able to go after what they want despite criticism or opposition. Eights are natural leaders who want to make a big impact on the world. **Doesn't that sound like both Donald Trump and Martin Luther King, Jr.?**

Eights can have either a Seven wing or a Nine wing. **Donald Trump is an Eight with a Seven wing and Martin Luther King, Jr. is an Eight with a Nine wing.** If, after clicking on the previous links, you feel that you are more of an Eight with a strong Seven wing, look at what Enneagram type Sevens need for career satisfaction as well. If you feel you are more of an Eight with a strong Nine wing, look at what Enneagram type Nines need for career satisfaction as well.

Average to unhealthy Eights are primarily concerned with obtaining the resources (like money) they need to stay in complete control. They can be workaholics like average to unhealthy Ones and Threes. Eights are actually soft on the inside but average to unhealthy Eights have disowned that side of themselves so they seem extra tough on the outside. Eights are often in leadership positions or self-employed because they have so much driven and ambition. People working with or for average to unhealthy Eights can, at times, find them to be too aggressive, domineering, insensitive, self-centered and confrontive. These Eights tend to live life as if someone might take advantage of them if they show any signs of weakness, vulnerability or

sensitivity. Thus, they can come across as coldhearted and callous. This can cause all kinds of serious, hostile problems at work.

Healthy Eights master themselves and their passions, especially their lust for power. They let go of their constant struggle for personal control and instead use their strength to empower and improve others' lives. Healthy Eights can be authentically frank yet compassionate; opinionated yet open to the thoughts of others; strong and forceful yet kind and magnanimous. Many Eights become involved in causes they deem important and some even become historically great. Examples of healthy Eights are **Barbara Walters, Fritz Perls, Theodore Roosevelt, Milton Erickson, Sean Connery, Paul Newman, Glenn Close, Danny DeVito, Madame (Helena) Blavatsky, Winston Churchill, Lyndon Johnson, Indira Gandhi, Franklin D. Roosevelt, George Gurdjieff** and **Mikhail Gorbachev**.

Natural Gifts and Talents of Eights

As an Eight, I have some, or all, of these natural gifts and talents that I take for granted:

1. The ability to take charge and assume positions of leadership
2. The ability to see potential in people and possibilities in situations
3. The ability to empower and encourage others to be strong and take charge of their life
4. The ability to bring out the best in people by challenging them yet believing in them
5. The ability to protect and help those that have been taken advantage of or mistreated
6. The ability to fight for truth and justice and stand up for what I believe in
7. The ability to put enormous energy, passion and intensity into whatever I do
8. The ability to achieve any goal I set for myself, by working long and hard if necessary
9. The ability to take initiative/action and get things done (and get things done quickly)
10. The ability to size people up quickly and figure out their weaknesses
11. The ability to take daring risks but based on practical intuition
12. The ability to enforce [fair] rules imposed on others and break [unfair] rules imposed on me
13. The ability to run my own business successfully
14. The ability to direct my own life and not be swayed, influenced or coerced by others
15. The ability to endure triumphantly/honorably through any tragedy, misfortune, or adversity
16. The ability to give my word and honor it, come hell or high water!
17. The ability to take control of a bad situation (a failing business or government, for example) and turn it around
18. The ability to create financial independence (because of my strong desire not to be dependent on anyone)
19. The ability to speak my mind and inspire others to do the same
20. The ability to remain a source of strength, stability, reliability and dependability for others despite extreme hardship or trying circumstances
21. The ability to accept enormous responsibility and solve difficult problems
22. The ability to produce positive change in the world (with my vision, compassion and strength)

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Work Values

Some of the work values important to Eights are (choose which ones apply to you):

- Autonomy
- Challenge
- Competition
- Contribution (to betterment of world)
- Develop others' potential
- Diversity and change
- Excitement and adventure
- Fast pace
- Financial independence
- Goal achievement
- High income
- Influencing other people's lives
- Intellectual stimulation
- Leadership
- Meaningful work
- Power and authority
- Prestige and status
- Professional recognition
- Risk-taking
- Time/schedule flexibility

Universal Life Values

Which of the following universal life values are important to you?

- A loving, intimate partnership
- Aesthetics/beauty
- Career fulfillment/success
- Close family relationships
- Close friendships
- Faith/spiritual connection
- Financial security/comfort
- Good health/wellness
- Good physical fitness
- Inner peace
- Integrity/honesty
- Joy/happiness
- Ongoing learning potential
- Service/contribution
- Creativity/originality
- Time freedom/independence

Some Life Values of Eights

Some of the life values important to Eights are (choose which ones apply to you):

- Achievement
- Ambition
- Autonomy
- Big-heartedness
- Boldness
- Championing others
- Control over their life
- Courage
- Decisiveness
- Directness
- Drive
- Empowering others
- Enterprising attitude
- Fairness
- Fearlessness
- Freedom
- Getting results
- Hard-work ethic
- Having influence
- Honor and respect
- Independence
- Initiative
- Justice
- Leadership ability
- Loyalty
- Power
- Pragmatism
- Productivity
- Protection, of self and others
- Providing, for self and others
- Resourcefulness
- Self-assertiveness
- Self-reliance
- Shrewdness
- Sovereignty
- Street smarts
- Strength
- Toughness
- Trustworthiness
- Wealth (for some)

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As an Eight, career satisfaction means doing work that.....

1. Allows me to be in charge (preferably working for myself) or working with a handful of people like myself that are hard-working, action-oriented, competent and honest.
2. Allows me to work with a boss (if I'm not the boss) whom I respect and can trust.
3. Allows me to work with a boss that doesn't micromanage, gives me freedom to take initiative and even allows me to take some calculated risks with big potential payoffs.
4. Is active, fast-paced, stimulating, challenging and has practical applications.
5. Respects my need to do things my own way, make my own decisions and have a great deal of control over my work.
6. Makes use of my ability to see possibilities in situations and people.
7. Rewards strength, drive, hard work, persistence and productive results.
8. Makes use of my innate desire to tackle problems head on and uphold just causes.
9. Involves real people and things, not abstract theories; where my efforts can be directed towards producing a tangible product or service.
10. Doesn't require a lot of frustrating inefficiency or tedious detail work.

Sample Type Eight Personal Mission Statements

Most people don't have a personal mission statement which is why I am including some here based on each Enneagram type's innate gifts, talents, interests and values. A personal mission statement is nothing more than a brief written statement of your overall purpose in life, your personal vision for who you want to be in and for the world. Helen Keller once said, "The most pathetic person in the world is someone who has sight but has no vision." I would use the word pitiable (as in evoking compassion) instead of pathetic but otherwise I agree with her. Without a "why" to live for that makes a contribution life quickly becomes empty and meaningless. Ways to find your purpose in life are developed more fully in the [Vocational Guidance](#) section. What follows are parts of personal mission statements from Eights. You may notice a repeating theme.

1. My mission is to make money and help my clients make money so that we have the financial independence to live life on our own terms.
2. My mission is to lead and empower people.
3. My mission is to bring out inner resources and strengths in people that they never knew they possessed.
4. My mission is to protect battered women from abusive husbands by setting up shelters.
5. My mission is to master myself so that I can have a beneficial impact on people and on the world.
6. My mission is to apprentice young, up-and-coming entrepreneurs.
7. My mission is to uphold truth and justice and champion people.
8. My mission is to help failing businesses get on their feet.
9. My mission is to provide for, protect, and above all love my family.
10. My mission is to mentor and empower my athletes to be the best they can be both on and off the field (the mission statement of a college football head coach).
11. My mission is to create more principle-centered leaders.

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Careers That Especially Interest Eights

Enneagram Eights can be found in various occupations but there are certain occupations that they are drawn to because of their natural gifts, talents and values. Here is a list of some of them.

Eights see themselves as strong, capable and powerful people. They are the type that naturally like to be in charge. They also like to be in control and call the shots. So, many Eights are born leaders.

- Administrator
- Business executive/leader
- Captain (ship/boat)
- Chairman
- Chief officer (CCO, CEO, CFO, COO, CAO, CHO, CIO, CKO, CMO, CPO, CQO, CRO, CSO, CTO, CVO, CWO)
- Commander in chief
- Director
- Founder of a company or institution
- Head coach (sports)
- Manager (especially in business)
- Military leader (sergeant, commander, captain, lieutenant, admiral, general, etc.)
- Political leader
- President of a company
- Ruler of a country
- School principal
- Senior pastor/minister
- Superintendent
- Supervisor
- University president

Eights like to live life on their own terms. They often seek the autonomy and freedom that self-employment brings and they possess all the necessary attributes to pull it off - they are enterprising, creative, hard working, persistent, street smart, self-confident and willing to take calculated risks.

- Architect
- Business owner
- Business/management consultant
- Computer consultant
- Entrepreneur
- Executive coach
- Inventor
- Lawyer (all kinds but especially mergers and acquisitions)
- New business developer
- Organizational development specialist
- Political consultant
- Restaurant/bar owner
- Sales/marketing guru

Many Eights subconsciously believe (or at one time did) that the world is a hard and unjust place. Not surprisingly, they like to be law and justice makers and enforcers. Because of this they often choose work in law, politics, law enforcement, the military or corrections where they can "serve and protect."

- Child support abuse investigator
- Compliance officer
- Corrections officer
- Criminal investigator
- Federal marshal
- Game enforcement officer
- Gaming investigator
- Immigration and customs inspector
- Industrial espionage security officer
- Insurance fraud investigator
- Judge
- Law enforcement officer
- Lawyer/attorney
- Lobbyist
- Military officer
- Missing persons investigator
- Police detective
- Police officer
- Politician/political manager
- Private detective/investigator
- Probation/Parole officer
- Security guard/officer
- Sheriff or deputy sheriff
- Special agent (e.g., CIA, FBI)
- Unemployment fraud investigator
- Warden

The desire for financial independence can be such a driving force for some Eights that all of their energy is poured into making money.

- Arbitrageur
- Casino owner
- Corporate raider
- Day trader
- Hedge fund trader
- High yield bond trader
- Investment banker
- Real estate broker

- Real estate developer
- Real estate investor
- Stock broker
- Stock market investor
- Stock trader
- Venture capitalist

Some Eights enjoy work that is risky, physically taxing, fast-paced, challenging and/or action-oriented.

- Emergency medical technician (EMT)
- Emergency room doctor/surgeon
- Firefighter
- Paramedic
- Pilot
- Professional athlete
- Racing car driver
- Rescue worker
- Ski patroller
- Stunt man/woman

Eights have incredible amounts of energy and, being a body centered type, many of them love to work outdoors doing work requiring [bodily-kinesthetic intelligence](#).

- Commercial fisherman/woman
- Construction worker
- Construction foreman/woman
- General contractor
- Landscaper
- Lawn care business owner/worker
- Logger
- Moving company owner/worker

Some Eights love to live larger-than-life and have a rip-roaring good time so they are sometimes attracted to jobs in entertainment, hospitality or recreation.

- Actor/performer/entertainer
- Casino owner/manager
- Cruise director
- Hotel owner/manager
- Nightclub owner/manager
- Restaurant or bar owner/manager

Eights have clever defense mechanisms that prevent them from seeing themselves as vulnerable, weak or dependent in any way. However, their sensitive, vulnerable child that made the decision to protect themselves at all costs in childhood still lives inside. Because of Eights' subconscious belief that the strong take advantage of the weak, healthy Eights like to empower, mentor, guide, and protect other people, especially children, minorities and anyone that could be taken advantage of by other powerful people (usually unhealthy Eights!).

- Counselor/therapist
- Human resources manager
- Human rights activist
- Psychiatrist
- Psychologist
- School teacher
- Trade union leader
- University/college professor

If you are an Eight with a Seven wing also look at the careers that appeal to Enneagram type SEVENS.

If you are an Eight with a Nine wing also look at the careers that appeal to Enneagram type NINES.

If you are an Eight with a strong Five arrow also look at the careers that appeal to Enneagram type FIVES.

If you are an Eight with a strong Two arrow also look at the careers that appeal to Enneagram type TWOS.

Of course there are many more occupations that Eights are attracted to but this is a sampling based on my experience. For much more information on careers please go to my [Vocational Guidance](#) section.

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Relationship Compatibility for Eights with Other Types

To learn more about Type Eight's relationship compatibility with other types, click below on the Enneagram type of the other person in the relationship. This will open in a new window.

Type 8 in relationship with Type:

[1](#) [2](#) [3](#) [4](#) [5](#) [6](#) [7](#) [8](#) [9](#)

Things Eights Can Do to Help Themselves Grow

1. Practice waiting and listening before taking action as a way to moderate your impatience and impulsivity.
2. Allowing yourself to experience vulnerability, innocence and tender feelings does not mean you are weak. On the contrary. It actually shows you are strong enough to let down some of your habitual defenses that prevent you from connecting with people in an authentic way.
3. Pay more attention to the impact your intensity has on others. Ask your friends from time to time if you are being too much.
4. Start to question whether excessive behaviors are a way of concealing and forgetting your real priorities.
5. When you find yourself getting extremely angry at someone or some injustice, allow yourself to relax, breathe deeply and quiet your body and mind instead of reflexively starting to fight.
6. Write down and review insights about yourself as a way of opposing self-forgetfulness and denial.
7. Learn to appreciate the mundane, the mild and the moderate aspects of life.
8. Practice delaying gratification and stimulation.
9. Utilize adversarial situations as a beginning for compromise and win-win solutions.

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Type Eight's Wing Descriptions

An explanation of the Wings can be found [here](#), which opens in a new window.

Are you more like an Eight with a Seven wing or an Eight with a Nine wing? Read below to find out.

Type Eight with a Seven Wing (8w7)

Positive:

- Powerful, Practical, Assertive
- Action-oriented, Like to Lead
- Quick-minded, Visionary,
- Independent and Enterprising
- Pragmatic, Hearty, Robust
- Entrepreneurial, Ambitious
- Sociable, Outgoing, Confident

Negative:

- Materialistic, Confrontational
- Impulsive, Addictive, Hostile

Type Eight with a Seven Wing: Eights with a Seven wing (8w7s) tend to take on more of the attributes of Sevens than of Nines (the other wing), although both wings (7 and 9) can influence their personality. 8w7s tend to be more extroverted, energetic, enterprising and risk taking than 8w9s. 8w7s are definitely one of the most independent and entrepreneurial subtypes of the Enneagram. They do not like working for someone but if they do they need a lot of freedom and leeway in their job or to be one of the top dogs calling the shots. They can be quite visionary and idealistic and are willing to work very hard to bring their dreams into reality. They are sociable, gregarious, self-confident and have a kind of cheerfully boisterous bravado about them. They can be extremely generous with close friends and family. 8w7s are charismatic, quick-minded and action-oriented. They are practical doers who want to make an impact on the world and easily rally support for their visionary hopes, dreams and plans. 8w7s enjoy challenging people to make something of themselves and they like using their powerful connections to create opportunities for people to do so.

Negatively, 8w7s are one of the subtypes most prone to addiction (drug addict, alcoholic, compulsive gambler, sex addict, etc.) given their lust for life and their tendency towards gluttony and excess. 8w7s love to have a good time and while they can be extremely generous they can also be ruthlessly materialistic. 8w7s can be impatient, impulsive, competitive, and overly ambitious. They can also be workaholics. They want to put their big dreams and lofty goals into action ASAP! They are not above making empty promises or exaggerating the truth about the potential of a project they are spearheading to get the venture capital they need. 8w7s like attention and can have big egos. They can be quite self-centered, egotistical and narcissistic. They are generally not concerned with people's reactions to them. They can be insensitive to others' feelings and can't stand self-pitying weakness in other people (or themselves). At worst, they can use people and not feel any remorse. They are also prone to emotionally overreact to perceived offenses against them (they are more likely to be led by their feelings and passions than 8w9s). Then they can be explosive, confrontational, belligerent or even violent.

You may find that you can relate to the description of Type Eight with a Nine wing also (see below). However, there is a fundamental energetic difference between these two descriptions. See if you can discern which description sounds *more* like you, however slight that difference might be.

Type Eight with a Nine Wing (8w9)

Positive:

- Quiet Strength/Self-confidence
- Calm, Kind-hearted, Steady
- Loving, more family-oriented than 8w7s (love kids/pets too)
- Supportive, Patient, Modest
- Friendly while sizing people up
- Nurturing, Protective, Gentle

Negative:

- Stubborn, Quietly Dominating
- Indifferent, Explosive Anger

Type Eight with a Nine Wing: Eights with a Nine wing (8w9s) tend to take on more of the attributes of Nines than of Sevens (the other wing), although both wings (9 and 7) can influence their personality. Because of the influence of the 9 wing 8w9s tend to be more mild-mannered, quietly strong, receptive and gentle than 8w7s. There is a calm, laid-back quality to them that belies the powerful, expansive energy lurking just underneath the surface. 8w9s are better able to pick up nonverbal cues and body language than 8w7s. Like 8w7s, 8w9s don't like taking orders from anyone and prefer to be in a position of leadership (sometimes behind the scenes though) or running their own show. The presence of the 9 wing allows 8w9s to pursue their goals in a steadier, less impulsive, less wheeler-dealing way than 8w7s. They are also more unpretentious, patient and not as easily perturbed as 8w7s. 8w9s like their freedom but are more family and relationship-oriented than 8w7s. They enjoy spending time with their loved ones and are often drawn to the innocence and guilelessness of children and pets. They are also very nurturing toward and protective of their loved ones. They often make well-liked, competent leaders because of their receptivity to other peoples' points of view as well as their ability to reassure, calm and support others.

Negatively, 8w9s can have a dual nature. Eights are naturally assertive and Nines are naturally unassertive. This can lead 8w9s to be assertive in some areas of their life and less assertive in others. Usually 8w9s tend to be more assertive and aggressive at work because they are not as attached to them and more affectionate and loving at home. 8w9s can be incredibly stubborn, calming dominating, indifferent and impassive. Sometimes that can fall prey to muddled, confused thinking due to the 9 wing influence. At worst, they can bottle up their emotions until they finally lose it and explode violently, sometimes abusing those they love before they come to their senses.

You may find that you can relate to the description of Type Eight with a Seven wing also (see above). However, there is a fundamental energetic difference between these two descriptions. See if you can discern which description sounds *more* like you, however slight that difference might be.

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Type Eight's Subtype Descriptions

An explanation of the subtypes can be found [here](#), which opens in a new window.

Which subtype are you?

Type #8 Self-Preservation Subtype

Self-preservation 8s often report having a strong connection to their type 5 arrow because they like their independence, they're private, they're observant, they like being at home (especially 8s with a 9 wing) and they don't like intrusions on their space

Tend to be the most domestic, practical and materialistic of the three type 8 subtypes

Positive/Enhancing:

- They're very protective – of themselves, their loved ones, their possessions, their friends, others in need
- Excellent material providers for their family and themselves; can be generous and big-hearted
- Maintain order and comfort for everyone in their home

Negative/Depleting:

- Keep their house well stocked with food, emergency supplies and creature comforts
- Can be territorial about their possessions and get bent out of sorts if someone moves something of theirs
- Like to have order in their life and get upset when their familiar surroundings get disrupted or disordered
- Their fear of material deprivation can cause a preoccupation with wanting comfort, especially at home
- Can see life as a struggle; may believe only the strong survive; can be hard-hearted, anti-social
- Are often workaholics because independence and security are extremely important to them
- Want money and power to be able to insure their own well being and that of loved ones
- Need to be in control of their immediate environment and all resources
- Can be hard on their kids (if they have them) to toughen them up for the real world
- Can be materialistic and use money as bartering chips for power and control
- Need lots of privacy and their own space
- Like self-preservation 3s, some 8s like the symbols of success – fancy car, nice big house, etc.
- At worst, they can be intimidating bullies, threatening thieves and uncaring megalomaniacs

(For even more insight, learn which "wing" you favor: your [7 wing](#) or [9 wing](#)).

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Type #8 Sexual Subtype

Tend to be the most energetic, intense, assertive and excessive of all the Enneagram types

Positive/Enhancing:

- Can be one of the most devoted, big-hearted and loving types once they trust their partner
- Truly want to have a partnership of equality where they don't feel the need to control and possess
- Want to know everything about their partner – body, mind and soul; no secret is too sacred
- An honest fight/argument that brings out the truth allows Sexual 8s to feel closer to their partner
- Can surrender control and be genuinely soft, vulnerable and tender with their partner once they have won their partner's loyalty and affections and have no fear of being betrayed
- Some Sexual 8s like a partner to be strong and direct, to stand his/her ground against the 8
- Other Sexual 8s like a more withdrawn type of partner that they can mold
- Are very protective of their partner
- Are charismatic, passionate and truthful

Negative/Depleting:

- Inner tension between wanting to connect with my partner on a deep level vs. needing to stay in control
- Tend to take charge of their partner's life; want to possess him/her; feel the impulse to command/boss
- For all their bravado, Sexual 8s actually have a deep fear of rejection which is why they feel the need to possess and control their partner in the first place
- Tend to be lusty in love; can be competitive, impulsive and impatient too
- Like a good heated debate or argument every once in a while with their partner
- Get angry when their partner makes an important decision without consulting the 8 first
- Get angry when their partner withholds information from the 8 during a fight/argument. Sexual 8s want their partner to be direct and honest and not withhold their thoughts or emotions from them
- Tend to be assertive and confrontational in relationships; prefer intense relationships to comfortable ones
- Can be extremely suspicious and fear betrayal
- Tend to demand loyalty and attention from their partner; can act parental or superior at times
- Tend to question and test their partner's motives and actions in the beginning stages of the relationship
- Won't let down their guard or relax their control in a relationship until they know it is safe to do so
- Can have a very difficult time letting go of a relationship once it is over
- Once they have fallen in love with their partner Sexual 8s can become codependent and/or jealous
- At worst, can completely control and dominate their partner and isolate him/her from other people
- At worst, can be abusive, vengeful, sadistic or even commit crimes of passion

(For even more insight, learn which "**wing**" you favor: your [7 wing](#) or [9 wing](#)).

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Type #8 Social Subtype

Can resemble Counterphobic Social 6s at times

Positive/Enhancing:

- Once friends have proven themselves trustworthy, they are considered part of the 8's inner circle
- Enjoy letting loose, having a good time and hosting lavish social events for their friends
- Are extremely loyal to and protective of people they care about
- Stand by their true friends through thick and thin; will come to their defense in times of need
- Once they create powerful bonds of camaraderie with close friends they can let their true feelings show
- Often protect the weaker/downtrodden/disadvantaged members of society, especially when they're being taken advantage of, and try to empower them to be more self-reliant, confident and courageous
- Stand up for what they believe in and fight for truth, fairness and justice
- They have great self-respect; if they are ever betrayed they will cut that person out of their life
- Are sociable, generous, friendly and extremely honorable with those they love
- Are often talkative and enjoy a good debate, especially about politics, the economy, sports or leadership

Negative/Depleting:

- Extremely sensitive to rejection, disrespect and betrayal
- Have a lust for power and quickly notice who else has power when they are among a group of people
- Like to be the center of attention, the head honcho, the big cheese
- Test limits and boundaries with their friends initially to see if they are loyal, honorable and trustworthy
- Won't let their guard down until they feel safe to do so, when they really trust and respect someone
- Black and white thinking can cause social 8s to hold grudges against people for small disagreements
- Fearing betrayal, social 8s can cast aside a friend for even minor transgressions or oversights
- Their lust for life makes them prone to excess – late nights, heavy entertaining, drinking, eating, etc.
- As they become less healthy they can become scheming swindlers, full of hot air and empty promises
- At worst, they can become selfish, anti-social, recklessly impulsive, short-tempered and self-destructive

(For even more insight, learn which "wing" you favor: your [7 wing](#) or [9 wing](#)).

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Heart and Defensive Points/Arrows for Type Eight

An explanation of the Heart and Defensive Points can be found [here](#), which opens in a new window.

Type Eight with a Healthy Connection to Type Two: When Eights integrate the positive aspects of type Two they open up their often-protected big hearts and allow themselves to be touched deeply by people and their needs. Usually mistrustful of people's intentions, Eights with a healthy connection to type Two are able to let down their tough, impenetrable guard and show how much sincere compassion and concern they have for others. Letting down their considerable defenses does not come easily for Eights as the sensitive child within reactively feels the need to protect itself for survival, as it did in childhood. As they allow their hearts to open and their vulnerability to surface, Eights may momentarily feel a sense of fear and panic. But if they acknowledge the fear and do not contract against it or close themselves off from their tender feelings they will gradually become present to their softer, gentler and infinitely more loving feelings. Integrating Eights can be deeply empathetic and caring, like healthy Twos. Since Eights tend to be an all-or-nothing type they can be tremendously generous and attentive to those with whom they feel a special bond. Eights especially like protecting the innocent and the weaker or disadvantaged members of society. They often have a special attraction to the purity of kids and pets since they long to reconnect with the innocent child within them. Integrating Eights are able to nurture themselves, acknowledge their vulnerabilities (including fear of rejection) and admit their need for mutually fulfilling interdependent relationships. Concerned about the welfare of others, integrating Eights can make outstanding, empathetic, empowering leaders.

Type Eight with a Healthy Connection to Type Five: When Eights integrate the positive aspects of type Five they are able to think things through carefully rather than acting on impulse or overreacting. They are able to detach themselves from a given situation and observe it from a more objective point of view, like healthy Fives. They can consider the consequences of their actions and weigh the pros and cons of their decisions. They can be more analytical, systematic and open-minded in their thinking. They are willing to question everything and dismiss nothing in an effort to get to their own understanding of fundamental truths. They are also able to respect other people's truths which differ from theirs without judgment. This connection can sometimes make Eights more philosophical, abstract or introspective in their thinking. With a Seven wing they may even be quite intellectual. They can enjoy empowering people with their insightful advice. This connection allows integrating Eights to become more moderate in their behavior rather than excessive.

Type Eight with an Unhealthy Connection to Type Two: When Eights deteriorate to the negative aspects of type Two they have a great fear of rejection and can form codependent relationships, or remain single because they just expect people not to like them. This unhealthy connection to type Two can cause Eights to overreact because they take things too personally and their pride gets bruised easily. They have a propensity for stormy relationships and can even be vengeful because they have a difficult time letting go of slights and forgiving injustices against them. Eights can be possessive and controlling of their partner and possibly even obsessed with him/her too. They (especially sexual subtype Eights) can also be jealous of would-be rivals. Eights can be totally out of touch with their own authentic needs, do too much and not take care of their health, just like unhealthy Twos (Eights can be excessive in their lifestyle – overeating, staying out too late, drinking, overworking, etc. – which doesn't support the needs of their body). Eights can be intrusive and have a difficult time respecting other people's boundaries. They can think that they know what is best for others and give unsolicited advice.

Type Eight with an Unhealthy Connection to Type Five: When Eights deteriorate to the negative aspects of type Five they withdraw from the world for a while, isolate themselves and take less action. They can become unusually quiet, antisocial and detached, hoarding their privacy and personal space. They get even more out of touch with their feelings. They can become more mentally high-strung and may become arrogant know-it-alls. Sometimes they develop insomnia because of their revved up mind. Eights with an unhealthy connection to type Five can take especially bad care of their health. They may have some dark moods and disturbing dreams.

At worst, they can experience intense feelings of guilt if their isolation has come about because of a fearful recognition of their own unjust, immoral or tyrannical actions that caused others, including loved ones, to turn against them (or leave them). In that case they are prone to severe depressions and paranoia about betrayal by others. They can have intense feelings of alienation and rejection. They can especially feel like isolated outsiders, misfits and loners. They can turn their aggression against themselves and become self-punishing, possibly even suicidal.

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