
The Challenging Protector

Report for Enneagram
Style Eight

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This report specifically addresses an advanced understanding of a person whose style is Eight: The Challenging Protector.

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Your Enneagram Style: Eight

The Challenging Protector



Motivation & Core Fear

Eights are motivated by the desire for power and control. They want to protect themselves and others as they are very aware of real or perceived injustice. This motivation is driven by their fear of being weak, vulnerable, powerless and controlled. While they greatly desire protection, they have developed a core fear that they must remain strong and in control.

Summary

As Challenging Protectors, Eights want to protect themselves and others from the injustices of the world. They empower others and protect the innocent. They do this by being resourceful, pragmatic, determined and action-oriented. Eights are direct, assertive and strong, which is evident in the way they relate to others. Eights will move forward with self-assuredness and with the determination to make things happen.

Eights are honorable, loyal and will fulfill their commitments when they have given you their word. They have strength, stamina and tend to be a “take charge” kind of people. Because they are honest and direct in their communication, others may be intimidated by their presence.

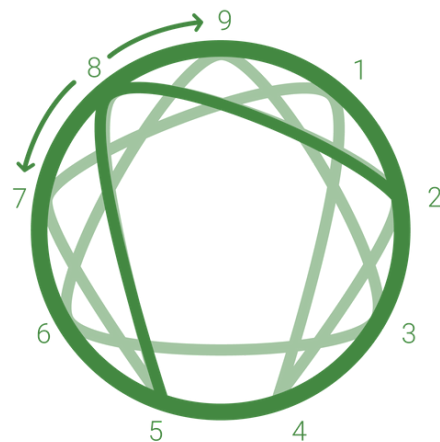
Others tend to follow the leadership of Eights because of their strong presence, persuasiveness and protective nature. Eights base their relationships on trust and commitment. They build and maintain lifelong friendships. When their compassion is coupled with their boldness, they can be fearless and inspirational, causing great change in the world.

Wings

Each person is unique. Thankfully, the Enneagram recognizes this and actually shows how each style carries “flavors” of the other styles.

On the diagram to the right, the lines on the outside of the Enneagram drawing (pointing from the Eight to the Seven and to the Nine) are called “Wings.”

If you’ve taken our assessment, your wing is the higher score between a Seven or a Nine.



EIGHT WITH A SEVEN WING

This variance is often called “The Independent.” Having Independent tendencies means that you are probably charismatic with the ability to bring people together to support your vision. You are action-oriented. You are able to challenge others to grow and reach their potential. You are most likely entrepreneurial and enjoy the act of creating. You are sociable, talkative and very confident in yourself.

EIGHT WITH A NINE WING

This variance is often called “The Bear.” Having Bear tendencies means that you are probably grounded with a warm nature. You exhibit strength, self-confidence and a quiet determination. You tend to “size up” others by reading their actions and non-verbal cues in a friendly way. And you lead them with a protective, reassuring and calming presence.

Subtypes

Each style has three different "subtypes" or instincts often referred to as self-preservation, social, and one-to-one (sexual).

The self-preservation instinct is interested in safety and well-being.

The social instinct helps is very aware of others and how they affect those around them.

The one-to-one instinct has a higher drive for intimacy in another person.

SOCIAL

- This counter-type is the most helpful to others.
- Their loyalty to friends and social causes are more important than their personal feelings and needs.
- They are more overtly friendly and good mentors.
- They are concerned with the injustices that happen to others.
- While they can be rebellious and assertive, they are more outgoing, mellow, and slower to the Eight's anger than the other two subtypes.

SELF-PRESERVATION

- This subtype has a stronger focus on physical survival and material security.
- In conflict, they will either win or go down fighting.
- They are fiercely protective and good providers for their family and friends.
- They get what they want and are good at bargaining and bartering.
- They get things done quietly. When they do speak, they are direct and no-nonsense.

ONE-TO-ONE

- This subtype uses forcefulness and self-assertion to possess (or control) others.
- They like to be the center of attention.
- They are charismatic, emotionally intense and love a good adrenaline rush.
- They are the most rebellious, provocative and antisocial Eight.

Note: You use all three of these, but one is more influential upon your style. Also, the order of intensity of these three is why you can be very different than another person with the same style.

Your Circumstances

Childhood

As children, Eights felt that they needed to be protected. They often report a time of rejection, betrayal or abuse from someone important in their life. They learned to hide their wounds and protect themselves to avoid being vulnerable. Eights developed a tough exterior, standing up for themselves and others. Sometime in their childhood, it's as if they resolved, "I'll never let them see me cry." This longing for protection gives them a passion to protect others who are vulnerable.



At Work and in Relationships

Eights can be confident, strong and passionate workers, especially when they are operating from a place of health. At their best, high-functioning Eights have the ability to look at a broad picture and know how to implement a bold course of action. They take on challenges with little fear of failure, fully-assured that they will reach the goal. Healthy Eights are good mentors who help others grow. They do not fear conflict and can work effectively to find resolutions.

Eights can also misuse these characteristics, becoming so focused on the end result that they fail to pay attention to details. Because they have a higher level of confidence, they can put too much pressure on themselves

and others. They can be divisive to a team, become controlling and forcibly pushing others toward their agenda like a snow plow. Others may tend to avoid them since they can be intimidating. As a result, Eights can miss out on valuable relationships and opportunities to help others grow.

Eights need to accept that being vulnerable is not a sign of weakness. They must receive protection and security. When they do, Eights will treat others and themselves with respect, appreciation and genuine care. They will also surrender their own fear of being unsafe and unprotected by working to right injustices against humanity.

Stress & Security

The lines on the inside of the Enneagram drawing (pointing from the Eight to the Five and the Two) are called “Arrows.” They reflect how a person operates in times of stress or security.

Generally, Eights gain a few characteristics of Fives under stress. They can be preoccupied with gathering information in an attempt to better control a situation or problem. They need time to sort things out before they are able to move forward. When they feel overwhelmed they can pull away from others. They often become cynical or disrespectful toward the beliefs, values and feelings of others. They may struggle with insomnia or fail to take care of their own physical, emotional and spiritual needs. However, when they feel loved, Eights can be more moderate, objective and carry themselves with humility, even in stressful situations.

In a more secure or relaxed setting when Challenging Protectors feel comfortable expressing their innermost thoughts and feelings, they gain a few characteristics of Twos. They relax their guard, open up and allow themselves to be vulnerable. This takes a great amount of courage, but allows them to powerfully express their love for others. They grow respectful of the boundaries of others. If Eights feel that someone has violated their trust, they can disregard these boundaries and set unrealistic demands upon them.



Gold & Shadow

When Eights are motivated to create protection for themselves, they operate in the dark side of their personality and often become demanding, intimidating and confrontational. But when Eights have most of their deepest needs met and are well-loved, they can improve the world by fighting for justice.

The following table shows your responses in the assessment. Typically, they are your characteristics when you are healthy (gold box) and your characteristics when you are unhealthy (gray box):

Strong

I have a powerful presence.

Direct

I get straight to the point in my communication.

Assertive

I confidently step into difficult situations.

Protector

When threatened, I aggressively guard myself and others.

Compassionate

I will fight for the victims of an injustice.

Demanding

I am not afraid to press for what I want.

Intimidating

People are afraid to say no to my requests.

Overbearing

I can be too much for other people to handle.

Confrontational

When I am challenged by others, I become argumentative.

Overly Aggressive

I operate in attack mode.

Healthy

Healthy Eights live a compassionate life devoted to caring for and loving others. Instead of focusing on their own protection, healthy Eights fully know, believe and trust in a "higher power" that releases them from their need to control. This knowledge also stirs up compassion and mercy in the heart of an Eight.

Healthy Eights allow themselves to be vulnerable, heal from the hurt they have experienced and seek reconciliation. They no longer seek their own power and protection and are able to work to bring justice for those who have been mistreated, marginalized or oppressed.

Healthy Eights are honest, trustworthy, empathetic and deeply connected to others. They courageously open up emotionally and let others know who they really are. They release control, help to create deep relationships and encourage collaboration. They also welcome constructive criticism as an opportunity for growth.

These Eights are filled with curiosity, wonder and excitement. They have more faith in themselves and others. They learn to live with more self-control and grow more passionate about loving with tenderness and gentleness.

Average Health

While there are times that they do depend on a "higher power" to meet their needs, spiritually average Eights spend too much time focused on being independent. They can be more guarded and highly competitive with others. They will work so hard that they often neglect themselves and their needs.

Average Eights can hurt their relationships when they seek to control others. When pressed, they can become confrontational and fight for their beliefs with such strong conviction that others may be hurt. They can become impatient and aggravated at inaction and when others appear to be indecisive. They have a tendency to see life in "black and white," seeing others who are in the "gray" as weak.

Unhealthy

Unhealthy Eights do not put their trust in anyone and fear that others will betray them. When they feel others are pulling away from them, they will preemptively cut ties. They become angry, resentful and even vengeful when their influence is no longer effective. At these times, they disregard the boundaries of others. They are overly-focused on winning at all costs with little regard for the casualties they leave behind. At their worst, they can go on rampages, destroying anyone in their path.

Next Steps

Here are some helpful steps in how you can boost your understanding of yourself and the people around you.

Personalize It!

Begin by reading through your report with purpose. Grab a highlighter and mark any word or phrase that is especially true of you. This process will help you evaluate your results and “hone in” on the truths that are most applicable to your growth.

Team Building

This study is perfect for groups and leadership teams. Your group will grow in empathy, understanding, and in the ability to speak to one another in a more personalized way.

Online Courses

Since the Enneagram emphasizes emotional health and character growth, it's a great tool to explore the spiritual beliefs that drive your motivations.

We also have courses for leaders who want to learn all nine Enneagram styles from a Christian perspective. To learn more, click the link below.



[Click Here to Preview Courses](#)

Coaching

We're happy to help boost your self-awareness, spiritual vibrancy and giftedness for individuals, couples and teams. We will customize our time to meet your needs and desires.

Speaking

We are equipped to help boost productivity, unity and the health of your leadership team through retreats and conferences. Email us at john@peoplelaunching.com.