

Enneagram #8



The Enneagram 8 is The Active Controller

The Active Controller is a strong, independent and powerful force. Often described as having “presence”, people know when they are in the room either from their quiet strength or their verbal and physical presence. They do not “suffer fools” well, have little patience with what they see as weakness in themselves or others but are a defender of those who are treated unjustly and powerless.

They don't mind confrontation - in fact they sort of like it!

They will be direct, decisive, courageous and a welcome friend in any battle.

KEY WORDS



Strong and
Independent



Pragmatic and
Resourceful



Confrontational and
Intimidating



Unbending and
Controlling

WHAT DRIVES ME

I need to be strong, in control and not be vulnerable
to the injustice of others.

FEARFULLY AND WONDERFULLY MADE

- I find comfort in God because He is all-powerful and is a God of justice, holding the evil to account.
- I am stretched by God because of His mercy and kindness toward those who repent and change; that He requires I submit to His lordship in all things.
- I experience love from others when you hear what I have to say, you work with me but don't try to control me, appreciate my protection over you, speak plainly and straightforwardly.
- I love other people by caring for you by protecting you, telling you what I think, showing you the chinks in my armor - being vulnerable.

SPIRITUAL PRACTICES

PRACTICE SLOWING DOWN

and being completely where you are in the moment. Your physical energy wants to “do.” Focus on “being.”

PRACTICE CHECKING IN

with your thinking and feelings three times per day.
Write down what God shows you.

PRACTICE THE BREATH PRAYER

(Breathe in) God you are in control...

(Breathe out) I trust your power.

PRACTICE TRUSTING OTHERS

Choose to give your power and control to others,
serving them so they succeed.

AT MY BEST

- You'll see at my best when I am in charge and have the attention and respect of others.
- I am fighting for what I believe is just and right.
- I see solutions and results from my focus and efforts.

AT MY WORST

- You'll see the worst in me when you are clearly wrong from my perspective.
- You try to exert control over me.
- You betray my trust/vulnerability.
- You underestimate me.

Other people experience me as strong and safe when healthy, confrontational, decisive and action oriented, directive and independent.

WHO I AM

TO GET WHAT I WANT, I WILL MOST LIKELY
be assertive. I see obstacles and conflicts as opportunities to assert my power to get what I believe I want and need.

WHEN I DON'T GET WHAT I WANT, I WILL MOST LIKELY
be reactive, probably showing itself in some sort of physical response. I will be bold and confrontational to pursue my wants and needs.

I LIVE MOSTLY OUT OF MY

body- I am a physical person who is biased toward action and "doing something." I may show this in constant nervous energy that keeps me physically moving in some way.

MY SELF MEDICATION TEMPTATION IS

domination of myself and my surroundings. I will push the limits. This can be relationally, my personal physical limits, consumption of food, beverage and relationships.

MY CORE WEAKNESS IS

lust or excess. There is a constant desire for intensity in all things and a relentless pursuit of that intensity wherever I can find or create it.

SPIRITUAL TRANSFORMATION

TO HAVE A CONVERSATION ABOUT JESUS WITH ME

"Be straightforward, bold and have conviction. I respect strength of character and conviction, even if I don't agree."

MY JESUS TRUTH IS

Jesus you are eternally devoted to me therefore I can be vulnerable with you and others.

"He is the Rock; his deeds are perfect. Everything he does is just and fair. He is a faithful God who does no wrong; how just and upright he is!" (Deuteronomy 32:4, NLT)

