

Type 8 – part of the BODY Triad

For Enneagram Type 8, working Step One involves facing the ways in which their need for control, power, and strength has impacted their relationship with food. Type 8s may use food as a way to assert control or to avoid vulnerability.



1. Admit Powerlessness Over Using Food to Assert Control:

Type 8s tend to use food to maintain a sense of control and power. Admitting powerlessness means recognizing that food cannot help them feel in control or manage their emotions.

Week 1 Reflection question:

“How have I used food to feel more in control, and how has this approach become unmanageable?”

Step 1

Type 8

Question 1



Type 8 aka:

Challenger

Passion (Defect):

Lust for Intensity

Virtue (Gift of the Spirit)

Innocence

I must be strong & in charge to be complete

MANTRA:

*“In my vulnerability
lies my strength.”*

