

## 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.



### **2. Recognize the Unmanageability of Control and Intensity:**

For Type 8s, life can become unmanageable when their need for control and intensity leads to compulsive or aggressive behaviors around food.

### **Week 2 Reflection question:**

**“How has my desire for control and intensity made my relationship with food unmanageable?”**

Step 1

Type 8

Question 2





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.”*





Type 8 aka:  
*Lion-Hearted Protector*

STRIVING TO:  
*Feel Powerful*

BY:  
*Avoiding indirectness*  
*Avoiding waiting*  
*Avoiding being controlled*

MANTRA:  
*“In my vulnerability  
lies my strength.”*

