

Type 8 – part of the BODY Triad



STEP 2: “Came to believe that a Power greater than ourselves could restore us to sanity. For Enneagram Type 8, working Step Two means facing the ways in which their need for control, power, and strength has affected their relationship with food. Type 8s may use food as a way to assert control or avoid vulnerability, but Step Two asks them to trust that a Power greater than themselves can restore them to sanity.

1. Admit That Control and Strength Can't Fix Your Relationship with Food:

Type 8s often use food to maintain control or power in their lives. Step Two requires them to admit that using food as a means of control has become unmanageable and that only a Higher Power can restore balance.

Weekly Reflection question:

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

Step 2

Type 8

Question 1





Type 8



S_ / S_ / S_

Joyful Visionary
Gift of Spirit:

Gentle Mystic
Gift of Spirit:



2



Lion-Hearted Protector



5



Intuitive Healer
Gift of Spirit:

Gift of Spirit: _____

Kind Wizard
Gift of Spirit:

Passion (Defect):

MANTRA:

STRIVING TO: **Feel**
_____ **by Avoiding**

Virtue (Gift of Spirit)

What is the Nature? _____

