

# The Enneagram Personality Test

RESULTS FOR: SAMPLE  
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## What is the Enneagram?

The Enneagram is a personality system that aims to reveal how emotions drive our lives and how we engage with others in an effort to get what we want and need. The Enneagram defines **nine personality types**, each with its own set of strengths, weaknesses, and opportunities for personal growth.

Your Enneagram type reveals what motivates you on a very deep level, and illuminates the path you must take to achieve a higher level of self-actualization.

## Your Enneagram Scores

The graph below shows how you scored for each of the 9 types of the Enneagram. In this graph, the area of each section indicates your score, with larger sections being a better match for your personality.



# The 9 Types of the Enneagram

Each of the nine types of the Enneagram has its own driving force, which is centered around a particular emotion. Some types experience strong emotions, while other types aim to avoid emotions in one form or another. However, whether running from emotions or diving into them, each type describes some aspect of emotional experience.

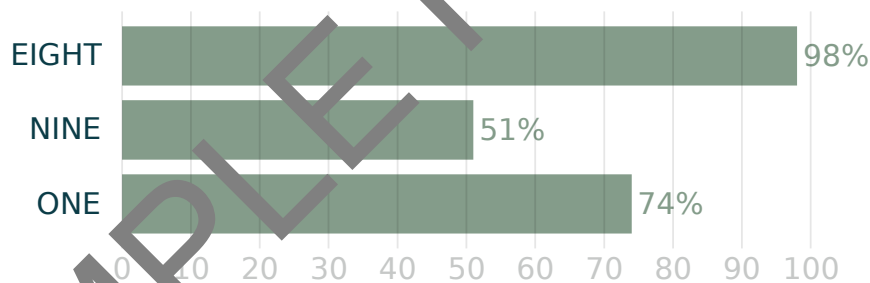
The nine types of the Enneagram are commonly divided into three groups of three types each: Body Types, Head Types, and Heart Types. Each of these groups is considered to be driven by a particular center of intelligence and a particular core emotion.

## Body Types

Body types are driven by instinct and are tuned into their five senses as a primary means of gathering information. Body types often feel their emotions and reactions in their stomach and have a "gut sense" for things.

For body types, the core emotion is **anger**. This does not necessarily mean that all body types experience anger frequently. Some people who are body types repress their anger; however, it is still a driving force in their thoughts and actions.

Your scores for the body types:



### EIGHT | 98% MATCH

Eights see themselves as strong and powerful and seek to stand up for what they believe in. They rarely see themselves as having vulnerabilities and have the belief that they can handle pretty much anything that comes their way. Eights have easy access to their anger, and as a result, are sometimes seen as intimidating to others. However, Eights typically see themselves as fighters, standing up for what is right and protecting the weak.

### NINE | 51% MATCH

Nines are defined by a desire to live in peaceful harmony with their environment. They want a sense of balance and calm, and aspire to a kind of homeostasis where nothing disturbs their inner peace. They tend to be easygoing and accepting of what is happening around them, but can become resistant and willfully oblivious when something in the environment threatens to throw them off balance.

## ONE | 74% MATCH

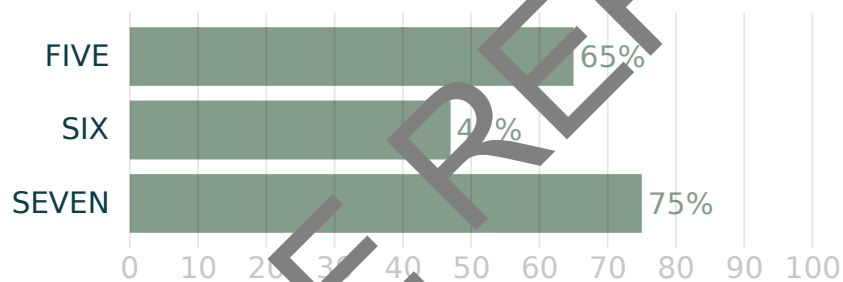
Ones are defined by their belief that everything must be in order, and by their feeling that they must always be "right." They show great commitment and determination to improve conditions that they find need improvement, and they are forward in encouraging others to improve their performance, too.

## Head Types

Head types are driven by intellect and tend to analyze and rationalize their emotions. Head types make choices and evaluations based on their logical analysis and interpretations of things. They are prone to "overthinking" things.

For head types, the core emotion is **fear**. This does not necessarily mean that all head types knowingly experience a lot of fear; for some, fear is more of an unconscious driving force.

Your scores for the head types:



## FIVE | 65% MATCH

Fives are driven by a belief that their resources are scarce, and that they don't have enough of what they need. Unlike other types who go out into the world to get what they need, Fives instead aim to need as little as possible. To achieve this, they withdraw from the world, retreating into their minds to conserve their time, energy and other resources.

## SIX | 47% MATCH

Sixes are preoccupied with security, seek safety, and like to be prepared for problems. They have active minds which are constantly scanning for danger and creating contingency plans. They are highly attuned to risk and typically have a clear idea of what they will do in any worst-case scenario. They are good at seeing how things will play out, particularly understanding how things could go wrong.

## SEVEN | 75% MATCH

Sevens are defined by their desire to experience everything good and pleasurable that the world has to offer, while avoiding pain, boredom, and limitations. Although Sevens appear enthusiastic and fun-loving, deep down, they

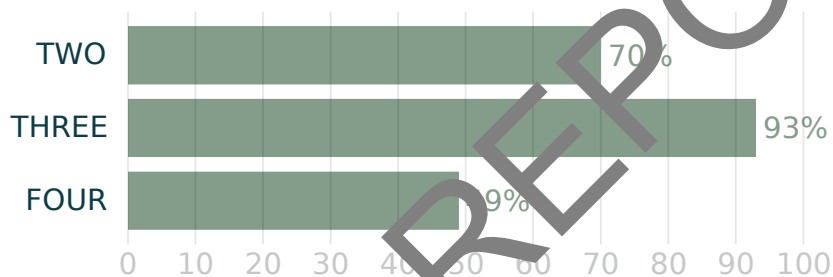
have a fear of getting stuck in negative emotions. Thus, they tend to disconnect from their deeper feelings, instead focusing on their imagination and zest for life to keep them moving forward and gathering new, pleasurable experiences.

## Heart Types

Heart types are driven by their emotions and their desire to connect with other people. Heart types are driven by a strong sense of empathy and their sense of what people are experiencing, both themselves and others.

For heart types, the core emotion is **sadness**, which originates from a sense of disconnection with self or others. Some heart types experience sadness more acutely, while others proactively try to connect with people to circumvent their core sadness.

Your scores for the heart types:



### TWO | 70% MATCH

Twos want to be liked and find ways that they can be of service to others so that they can belong. They have a strong need to be affiliated with others and pursue acceptance by being kind, caring, and helpful. They are highly altruistic and empathetic and often have an intuitive sense of what other people need and want. They sometimes give too much of themselves because they are so eager to be connected with others.

### THREE | 93% MATCH

Threes are defined by their desire to achieve. They want to advance in the world and will sacrifice almost anything for success; vigorously pursuing tasks and becoming utterly absorbed in the pursuit of attainment. But they will only choose a task in the first place if it promises rewards and brings prestige. Threes like to stand out. They have a burning need to be admired and see life as a game where winning is emphasized.

### FOUR | 49% MATCH

Fours are defined by their belief that they are different from other people, and by their feelings of envy for what others have. Fours have the sense that something is missing from their lives, and they worry that they will never have the happiness that other people experience. At their core, Fours passionately long for the type of deep connection that will make them feel whole and accepted.

# Your Type in Depth

Your primary type is **Eight**. In this section, we'll dive deep into the Eight profile to understand how it drives your core emotions, fears, and desires, as well as how it impacts you in relationships and at work.

## In a Nutshell

Eights are motivated by the desire to be independent and to take charge of themselves and others. They are assertive personalities and passionate about life, which they approach with vigor and confidence. Eights know how to look after themselves. They pursue their own destiny.

These are the qualities of natural leaders, and whatever role they find themselves in, Eights have an imposing presence. They are action people, preferring to 'do' rather than conceptualize, and they are ready to make the difficult decisions and accept the consequences if things go wrong. At the same time, Eights believe that people should be encouraged to help themselves rather than relying on others for assistance. Give a man a fish and you feed him for a day; teach a man to fish, and you feed him for a lifetime is a piece of proverbial wisdom that Eights wholeheartedly buy into.

Ultimately, Eights want to be autonomous, to show their strength and independence, and to be important in their world. They do not want to feel weak or vulnerable. Having their authority challenged is difficult for them, and Eights will do all that they can to gain and keep the respect of others and turn desperate situations into a success.

### Strengths

- Authoritative and determined; Eights own the room
- Full of urgency, initiative and resourcefulness; Eights get things done
- Encouraging and inspiring
- Ready to make sacrifices for the people and causes that are dear to them
- Make a big impact on their surroundings

### Challenges

- Can be bossy, overbearing and confrontational; throwing their weight around
- May attach great importance to their own person
- Fear being controlled and losing their autonomy
- Can be defiant and vindictive to the point of displaying a bad character
- Can be extremely intense, finding it hard to relax and let go

## Core Weakness

**Excess:** a craving for more control, power and intensity to hide feelings of weakness and vulnerability.

Although Eights are natural leaders, they are not always aware of how forcefully they seek power and how intimidating this may seem to others. Eights can offer the world a hard, aggressive image but it tends to be an armor they hide behind. Beneath the surface, Eights may worry that they aren't as strong or influential as they think they are. Eights expect others to reject or dislike them for their weaknesses, and they cover up this vulnerability by engaging in extreme behaviors. Examples include working too much, partying too much, or throwing their weight around where it is not welcome.

# Core Belief

"It's a tough world and I must be tough to survive."

# Core Fear

Being weak, vulnerable or average. Not having the power to make things happen. Being controlled or limited by others.

Eights are afraid of being controlled or hurt by others and often seek to harden themselves against any kind of neediness. They tend to avoid situations that make them feel vulnerable and insist on being the most influential person in their environment as a way to avoid any attempt at being controlled. Eights are acutely aware of power dynamics and believe, somewhat unconsciously, that weak people do not deserve respect and being strong is the only way to be safe and not vulnerable. As soon as they get the sense that someone is trying to manipulate or control them, they will resist the influence, even if it means rebelling against the established rules.

# Core Desire

To dominate circumstances and people in order to control outcomes. To have enough power so as to be invulnerable.

# Core Traits

**Fiercely independent.** Relying on others in any capacity makes the Eight feel deeply uncomfortable. When under stress, they will work hard to restore their own autonomy and get back in control of a situation. It's this extreme drive towards independence that pushes the Eight into leadership roles – in any situation, Eights feel compelled to step up and have others follow their lead. Their instinct is to tackle problems single-handedly and resist being indebted to anyone. Asking for help doesn't even occur to them.

**Go-getting and assertive.** Eights move towards goals swiftly and decisively. When they set out to do something, they will give it their all until the goal is accomplished – never hesitating to take the initiative and never procrastinating over whether the solution they've chosen is the right one. The force of their convictions can leave others feeling overwhelmed and intimidated, a situation that is not helped by the Eight's tendency to show frustration when others are not as competent as the Eight wants them to be. It's a challenge for Eights to show their assertiveness without scaring people away.

**Protective.** Eights stand up for themselves and others. They protect the people they care about and will not accept unfairness or injustice. The moment they feel the balance of power shifting in the wrong direction, they will do everything in their power to level it out. At the same time, Eights want their contributions to be acknowledged as they fight the good fight. They do not appreciate sticking their necks out and receiving no recognition for it. They're unlikely to forget those kinds of injuries, which they regard as a personal slight.

**Inspiring.** Eights want to see people thrive and will bend over backwards to motivate people with energy and belief. But they refuse to accept self-pity. If someone is struggling, an Eight will equip them with the tools they need to make a go of things – but they will expect the other person to step up and show courage in the face of adversity. Eights are not afraid of doling out some tough love. As frustrated as others can get with the Eight's no-nonsense attitude, they can count on the Eight to be an inspiring, caring and loyal friend.

**Afraid of being vulnerable.** Eights are afraid of feeling vulnerable to others and may be working harder than people realize to keep this side of themselves hidden from view. Even in situations of emotional intimacy, an Eight will only disclose information if they are sure it cannot be used to hurt them. Eights impose firm boundaries on their relationships, both at work and with loved ones, and they have a hard time letting people in. There's a tendency to be domineering as a way of keeping those boundaries exactly where the lines were drawn.

## Emotional Life

At their best, the strengths of the Eight are those of a protective and honorable person. They use their great strength to ensure that people are cared for and supported through dynamic and practical action. Eights react strongly when someone is treated in a degrading way. They're motivated to support the underdog and are self-sacrificing when looking out for the people they love. The need to protect and provide is very strong in this personality type.

Feelings for the Eight are rarely lukewarm. They are passionate people with intense urges and a desire to make a big impact on their surroundings – for better or worse. Eights are not afraid of confrontation, seeing it as a necessary evil in a world that's quick to take advantage of people who do not stand up for themselves. If others are tip-toeing around problems, then an Eight will have no qualms about calling them out and raising the energy levels until they get an appropriate response.

When passion runs deep, it tends to take the form of anger. An Eight under pressure can seriously lose their grip, and may explode into rage. Eights will expend a lot of energy trying to regain control of a spiraling situation, but if they feel powerless, they don't process logically and may say and do things without thinking.

Ultimately, Eights believe that the best defense is a good offense. There's a tendency to attack others when they're provoked, and unhealthy Eights can become downright aggressive when pushed. Eights must watch their propensity to walk over those who stand in their way. Eights need to be in control of a situation and that's a good thing. But if they resort to brandishing their power or overdoing their forcefulness to gain the upper hand, then the Eight's strength may turn into a weakness.

## Childhood Origins

At some point in their childhood, Eights have convinced themselves that only the strong can survive and be loved. It's hard for Eights to believe that anyone could accept them for their weaknesses and so they hide their vulnerabilities. Young Eights may show an inner strength and a fighting spirit that adults may mistake for a self-confidence that does not exist. Even in childhood, Eights are fiercely independent. Many seem older than their years.

Seizing control so they cannot be controlled is *the* major driver for Eights, and this manifests as an aggressive child who has a tendency to exert their will over every situation. Eights stand up for themselves and, at this level of

immaturity, may attack physically or verbally when provoked. They are the type most likely to get into playground fights, although some will step up and take charge of situations because they perceive themselves as the strongest person in the room.

Fundamentally, Eights are intense – even as children. They have big energy, big tantrums and big ideas. They talk louder, laugh harder and cry longer than anyone else, and they can be completely uninhibited: a true 'force of nature'. This type of child can be challenging to parent and this sets the family up for misunderstandings, conflict and punishments for disobedience. Young Eights may not understand why an adult is seeking to curb their 'wild' behavior; to them, it feels like an injustice, triggering the Eights defense strategy of defiance, non-compliance and mistrust of authority.

For many Eights, then, their childhood is marred by power struggles. Perhaps they had a domineering parent, or perhaps the parent was intolerant of the child's forceful nature. Either way, an Eight raised in a battlefield of clashing agendas and explosive arguments is likely to entrench and become even more persistent in getting their own way. This attitude carries through into adulthood, and the Eight may keep their defenses up and deny their own fears and vulnerabilities to maintain the upper hand.

## In Relationships

Eights are often sought after as partners because they come across as strong, capable and confident, offering protection and stability to a relationship. Eights also have a lot of charisma and many potential partners are drawn by their forcefulness and energy. These same qualities may be frightening to some, however, as the Eight can come on really strong and appear to 'take over' and only be interested in themselves in a relationship.

### The Good:

- Brings lots of energy and intensity to a relationship, like a smoldering fire
- Powerful protective instincts; an Eight will always nurture, care for and defend the people they love
- Great capacity to 'do' relationships, taking the positive action necessary to fulfill the dreams they have for themselves and their partner

### The Bad:

- May become emotionally unavailable and distant in the face of trouble
- Often considers their partner as weak or inferior – someone to be directed or controlled
- Tends towards jealousy and possessiveness of their partner

Eights approach their relationships with intensity and often enjoy the adrenaline rush of dating and falling in love. They want to get the most out of life and will indulge their physical and romantic appetites with gusto. At the same time, Eights are excellent contributors. Home is very important to them, and they will look after their partner and manage the household's resources to ensure that the family will always fall on its feet, regardless of the challenges that life throws at them.

Intimacy does not come easily to Eights and few get to see their sentimental side. It takes a lot for an Eight to trust someone, and they often have a hard time lowering their defenses enough to let their partner in. Betrayal of any



sort is intolerable to the Eight and can signal the immediate end of a relationship. Eights find any sort of compromise uncomfortable so when the trust is broken, there may be no going back.

Problems arise when Eights start to view their partner like a child – as someone to be molded and developed rather than an equal contributor to the relationship. Eights are unwilling to be controlled, and they may provoke those they love to increase their strength and gain dominance, deliberately starting arguments to stimulate the intensity of their relationship. When healthy, these tendencies are kept in check, but the instinct to test and dominate is always there and can play a central role in the Eights' romantic relationships.

## At Work

At work as in life, Eights exist in an 'all or nothing' world. They do everything to the best of their ability and are extremely dedicated in their push to reach the top, leave a legacy and make an impact on their environment. There's a tendency to excess, however, and Eights often work too hard and too aggressively. They typically seek to control the workplace and make it clear that they are unambiguously in charge.

### What the Eight needs at work:

- Roles that give them independence, respect and authority
- Opportunities to take an active, rather than a passive role
- A competitive, fast-paced work environment
- Being rewarded for getting things done

Eights are hardworking, pragmatic and strong-willed people with the energy to match. They will not take anything sitting down. This type would rather be in control than be controlled, and as a result will strive for leadership roles to limit the degree of external control. Even in junior positions, Eights will often take charge of situations and find ways to control their environments. They are masters at getting things done.

Autonomy is important to Eights as they need the freedom to take charge and perform at an extremely high level. They operate well in competitive environments where people are encouraged to meet challenges and take risks with a big potential payoff. They work less effectively in collaborative environments where cooperation and dependency are essential. Eights don't like having to ask for help since it shows vulnerability, and their tendency to be brutally honest and controlling may scare others off in a teamwork situation.

Since Eights are all about doing, they have a tendency to pass directly from urge to action without pausing to think. Eights want to move forward as fast as they can, and they often miss important details and steamroll over people's opinions in their haste to get things done. Moderating the pace is a key development point that will prevent the Eight from acting too rashly.

## The Spectrum of Health

Like all types, Eights express their characteristics differently depending on how well they are functioning. When Eights are healthy, happy, and well-adapted, they will tend to display more of the positive qualities of their type. When they are less healthy and happy, they will show more of their characteristic weaknesses.

# Stressed

When Eights are psychologically unhealthy, they are some of the most aggressive and domineering of all the types. Since their core fear is that others will seek to control them, they go all out to let people know who is in charge. At this level of health, the Eight can retreat to a dog-eat-dog world where everything is about bullying and challenging others to get their own way; a true contest of wills.

## **Stressed Eights can be described as:**

- Confrontational
- Controlling
- Defiant
- Vengeful
- Power hungry
- Impulsive
- Intimidating
- Angry
- Destructive

# Average

At average levels of psychological health, Eights are stimulated by conflict. They like to provoke reactions to enhance the intensity of a situation and they don't beat around the bush, pushing boundaries and delivering ultimatums to see how far others will let them go. They seek to show that they are tough to stop others from taking advantage. Balanced Eights will do anything to stay in control may resort to competition, boasting and intimidation to impress others and show their strength.

## **Average Eights can be described as:**

- Shrewd
- Competitive
- Ambitious
- Take-charge
- Intense
- Forceful
- Audacious
- Bossy
- Doing things in excess

# Thriving

At their best, Eights let go of their need to control and no longer struggle to dominate their world. They still stand up for themselves and others, but they are assertive rather than aggressive, and they no longer throw their weight around to get things done. At this level of health, Eights stop feeling threatened by the strength of others and instead seek to nurture those qualities, becoming compassionate and thoughtful mentors.

## Thriving Eights can be described as:

- Empowering
- Thoughtful
- Magnanimous
- Confident
- Courageous
- Humble
- Influential
- Inspiring
- Source of strength for others

# Transformations

Essential to the Enneagram is the idea of growth and movement. Rather than being locked into a static personality type, the Enneagram shows how we can shift and change, both under stress and in times of expansion and growth. The two primary ways our personalities undergo transformation is through **wings** and **arrows**.

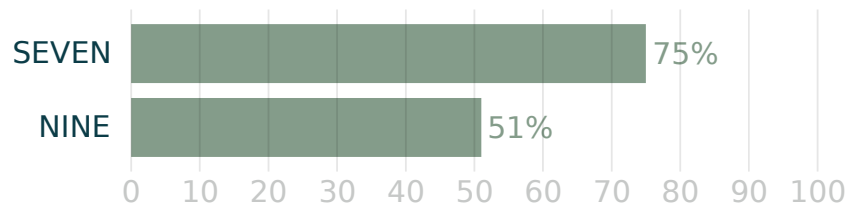
# Wings

In the Enneagram, each type is considered to have two potential *wings*. Your potential wings are the types which are adjacent to your primary type on the Enneagram diagram. For most people, their primary type explains the core of their behavior, while the wing drives secondary (and sometimes contradictory!) aspects of who they are. Learning about your wing will help you to understand your personality in more depth.

Wings are also a way to think about development. In studying the Enneagram, the first goal is always to understand ourselves as we are. The second goal is to understand how to move out of our patterns so that we may become more well-rounded, adaptable, and effective as people. Wings can help us to understand who we are, but they can also help us to see new behaviors that we might experiment with in order to grow and develop. Because our wings are adjacent to our own patterns, they can be easier to “try on” as compared with other, unrelated types.

As an Eight, you may have either a Seven or a Nine wing, or a bit of both. These wings modify how you express your type, and add depth to understanding what drives you. If there are some aspects of who you are that do not seem to fit with your primary type, then understanding your wings may explain why.

Your wing expression:



## The Seven Wing

Sevens are spontaneous and versatile who maintain a sense of playfulness and optimism in everything they do. At their core, Sevens fear missing out on worthwhile experiences and want the freedom to seek out adventures in order to remain joyful and satisfied.

A Seven wing brings curiosity and vivaciousness to the Eight personality type. While Eights are controlling, tending to force their will on others to avoid feeling vulnerable, Sevens are much more expressive. Developing a Seven wing for Eights, then, can help turn the Eight's desire to be in charge into something more cheerful and idealistic, using the Eight's practical 'doing' skills to rally support for bigger dreams and plans. Eights with a Seven wing are one of the most entrepreneurial types of the Enneagram and they use their skills to create opportunities for themselves and others.

Developing a Seven wing can also help Eights let go of their self-preservation tendencies. Whereas Eights believe that showing vulnerability makes you vulnerable, Sevens recognize that having spontaneous fun and making mistakes along the way is all part of the learning process. Being in control is empowering, but real strength implies showing your vulnerability and learning to go with the flow, so you can embrace new people and situations rather than fighting them every step of the way.

### Contributions of a Seven wing

- Quick-mindedness
- Enterprising qualities
- Self-forgiveness
- Self-confidence
- Optimism

## The Nine Wing

Nines are easygoing, self-effacing people who are motivated to create harmony in their environments. At their core, they desire peace—both outwardly and within themselves. Nines have a great yearning to go with the flow and feel at one with the cosmos. They may have difficulty saying no, however, and can be very uncertain about their own wants and needs.

A Nine wing brings a quietness and moderation to the Eight personality type. Where Eights can get domineering and angrily passionate about their desire to take charge of a situation, Nines take a more detached approach. An Eight with a Nine wing, then, will still seek out positions of leadership, but will pursue them in a calmer, less *'let's charge the battlefield'* way than pure Eights. They are more patient with others and more receptive to alternative viewpoints, rather than being wholly focused on their own autonomy.

Developing a Nine wing can also help Eights protect the things they care about using softer methods. While Eights are obsessed with sniffing out the weak and possessively asserting their control, Eights with a Nine wing tend to be much more gentle and attentive. There's a laid-back quality that tempers the Eight's enormous energy, and this allows them to support and reassure others. Eights who develop their Nine wing often make well-liked and competent leaders who are compassionate and forbearing with people.

### Contributions of a Nine wing

- Quiet strength
- Calmness
- Self-effacing
- Agreeable
- Attentive to others

## ARROWS

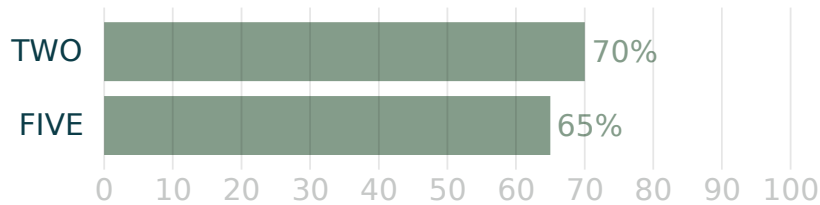
Arrows in the Enneagram represent a path to development. Each Enneagram type is connected to two other types in the diagram, and each connection is marked with an arrow in a particular direction. These arrows can be thought of as pointing in the direction of growth. One arrow points towards your primary type, indicating that you must grow *from* this development point. The other arrow points away from your primary type, indicating that you will grow *toward* this development point.

In contrast with wings, which are somewhat related with our primary type, arrows point to aspects of our personality that may be completely neglected. We tend to access our arrow points during times of upheaval, when we are experiencing stress or profound personal growth. Accessing arrow points is often difficult and disruptive, but integrating these points with our personalities is an important part of becoming our highest selves.

Eights connect with development points of type Two and Five. The characteristics of these types present key developmental stages in the growth of the Eight personality type. You may have already developed somewhat through your arrows, or you may find that your arrows present new opportunities for you to think about how to be more effective.

Your scores for each of your arrow points can give you some idea of how much you've already developed through these points. Higher scores indicate that you've already developed somewhat, while lower scores indicate an area for future growth.

Your arrow development:



## Developing Through Two

The **origin point** of the Eight is type Two. This represents a mode that is blocked or repressed for the Eight. For Eights, the origin point of Two represents a repressed sense of vulnerability. Eights tend to hide behind a tough, impenetrable guard but adopting more of the healthy behaviors of Twos allows Eights to realize that protecting and being good for others means allowing themselves to be touched by people and their needs. Twos do not close off from their tender feelings and are more compassionate and loving as a result.

A key development point, then, is for Eights to rediscover the concept of being attentive to others, and especially those with whom they feel a special bond. Where Eights are attracted to control, Twos are much more inclined to nurture in the sense of being emotionally generous with those they love. An Eight can grow by embracing their fear of rejection, exposing their safely-guarded heart and showing their caring in a palpable way.

### Tasks for development through the origin point

- Act with moderation. Recognize that life is not a battlefield and a 'survival of the fittest' mentality often alienates people. Seek to inspire rather than dominate others and use your power to be the benevolent leader you are meant to be.
- Give to get. Understand that you don't have to coerce or intimidate others to get what you need. Strive to influence others through generosity and helpfulness.
- Strike the right balance between your own and others' needs. There's a balance between asserting your authority and attuning to others' feelings. Remember that it's okay to care about others and express your affection in more conscious ways.

## Developing Through Five

The **growth point** of the Eight is type Five. This represents a mode that the Eight can move towards as they seek to grow into new ways of being. For Eights who have developed their own characteristics into a healthy mode of being, discovering and adopting more of the healthy behaviors of Fives can open up their growth even further. This means discovering the deep sense of 'nonattachment' that is so natural to Fives, in the sense of stepping back and objectively analyzing a situation instead of always rushing to action.

Where Eights fall into oversight, feeling that they must confront, challenge and take charge to protect their territory, Fives tend to hunker down and think carefully before acting. Fives like to detach from a problem and process it objectively, weighing the pros and cons before reaching a decision. An Eight can grow, then, by 'doing' less and being more deliberate and introspective in their thinking.

A key development point for the Eight is to question everything, including their own motivations and other people's realities, in order to reach the fundamental truth. To develop through the growth point, Eights should let go of control and be more open-minded in their thinking. This ultimately will allow them to become more managed and moderate in their behavior, so the Eight can lead consciously and cerebrally rather than relying on force.

### **Tasks for development through the growth point**

- Look before you leap. Instead of jumping to immediate action, develop a habit of gathering information and listening to other people's points of view. Notice that something is not true simply because you say it is. Think more thoroughly about a problem before launching into action.
- Act with restraint. Understand that others may be intimidated by your take-charge attitude. Use the Five's internal focus to help you moderate the extremes of your behavior. Step back into your mind before you engage with the world.
- Value your time alone. Spend some time alone with your thoughts and indulge in a little introspection to balance your frenetic energy and level out your instinct for over-action.

## **A Path Forward**

Like all types, Eights have patterns that they act out unconsciously based on their own core beliefs and fears. Sometimes these patterns work for us; sometimes they hold us back. In recognizing our patterns and how they limit us, we can begin to grow beyond the limitations of our unconscious fears.

Although the Enneagram can be extremely useful in understanding who you are and why you do the things you do, the real value of the system is uncovered when you begin to understand it as a way to grow and develop. The Enneagram can help us to see our patterns objectively so that we can begin to understand that they are not inevitable—we can choose to take another approach if we need to. And, it can help us to understand what we need to do in order to grow and become happier, more effective, more actualized people.

Each type has particular patterns they must examine and overcome in order to move forward. In order to express the highest aspects of themselves, Eights must learn to yield, at least occasionally. They must recognize that imposing their will on others is not the only way to stay in control. And they must learn that letting others in will not make them weaker, but will support and reinforce the Eight's ability to protect the things they care about in life.

### **Growth Tasks for Eights**

- Act with self-restraint. Recognize that true power comes when you stop asserting your will over others, and focus instead on supporting people through a crisis. Have faith that you can inspire people without controlling them.
- Start a pattern of relinquishing control in small and insignificant ways, such as allowing a partner to plan an outing. Enjoy the feeling of going with the flow.
- Get feedback from others on how forcefully your words and deeds come across. Ask others to call you out on your domineering behavior and find something you can do to release pent-up anger safely. Strive for moderation.
- Practice non-attachment. Accepting people and situations for what they are will make you less angry.

- Express a wider range of feelings to communicate what you want from others, whether that's love, support or a promotion. Find ways to get what you need without throwing down a challenge or seeking to provoke a reaction.
- Identify the people who are on your side and let them know how much you care about them. Remember that the world is not against you. Much can be achieved through partnerships and cooperation if you would only let people in.

When Eights are operating at their best, they are natural leaders. They are people of action and selflessly pursue what they perceive to be right, fighting hard to unlock potential and to champion and empower others. Eights are driven to action, and will decisively go after what they want and make things happen. Although it is never easy to examine and overcome our old patterns, Eights who do so will find that life can be even richer and more inspiring than they ever thought possible.

## MANTRA FOR EIGHTS

*True strength comes from the courage to be vulnerable.*

## What Makes You Unique

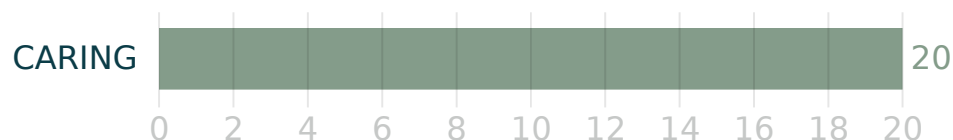
Although your Enneagram type explains a great deal about you, it doesn't explain everything! Within your type, you have reached a specific level of development and growth which is unique to you, and you have also had experiences that have required you to stretch into different modes and develop traits that are not necessarily typical for your Enneagram type. In this section, we'll look at the traits that are unique to you—both those traits that can be used as super-strengths, and those which may be holding you back.

Below, you'll find information on the top 3 traits you can harness as your personal superpowers, and the top 3 traits which may be stopping you from achieving what you desire. One important thing to remember is that personality traits are never all good, or all bad. Every trait has its possible benefits and potential downsides—it's all in how you use it.

## Your Top 3 Personality Superpowers

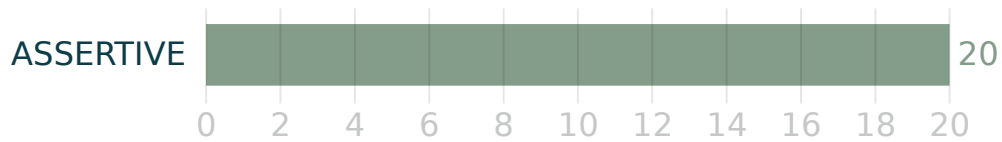
Which of your personality traits are your biggest assets? We all have our strengths and weaknesses, and many psychologists believe that the key to success is not in trying to overcome all your flaws, but rather in making the most of what you have going for you. Let's look now at some traits that you may be able to deploy to your benefit.

As you read over this section, remember that even beneficial personality traits can work against you if they are overused. For each superpower below, you'll see how it can benefit your life, as well as how it may backfire if not kept in balance.

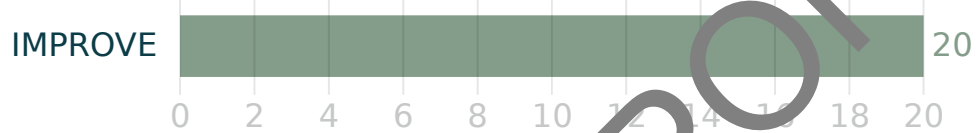




**Caring.** You instinctively reach out to others in need, and the people around you know you to be the sort of caring, involved person that they can count on for support. Although you may sometimes overcommit yourself, there is no doubt that you are an asset to your community and a person that others are happy to have in their corner. As long as you are careful not to agree to do more for others than you're really capable of, you'll bring altruism and connection to any community you're involved with.



**Assertiveness.** You're not afraid to ask for what you want in life, and more often than not, you do it. You're clear about your goals and preferences in a variety of situations, and are unlikely to get involved in something without an understanding of what you hope to gain. While it's possible to take assertiveness too far—by ignoring others' needs and steamrolling their ideas—as long as you are conscientious about listening to others and taking them into account as well, your tendency to be clear about your agenda will make it more likely you'll achieve your goals.

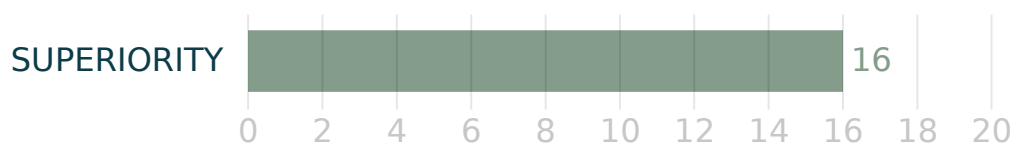


**Self Improvement.** You see yourself as a work in progress, and are always willing and motivated to learn something new. You want to understand how to be the best you can be—whether at work, in your relationships, or in your own mind. You enjoy exploring psychology and other systems of understand and improving oneself, and you are probably a voracious reader and lifelong learner. Self-acceptance may not be a strength of yours; because you see yourself as an ongoing project, you may never feel really satisfied with who you are now. Be mindful of recognizing your progress, and give yourself regular pats on the back as you press forward on your quest for self-actualization.

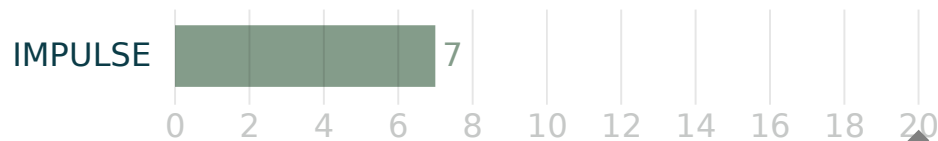
## Your Top 3 Personality Blindspots

Now, let's take a look at those aspects of your personality that are likely to get in your way, cause you stress, or interfere with you achieving what you want. These are traits that you need to be especially conscious of, as they can tend to sidetrack you if you are not paying attention.

As with your strengths, these traits are not always negative; in fact, by being aware of them, you'll be more able to turn them to your advantage. The goal is not to eliminate these qualities from your personality; rather, you want to explore and master them so you can choose the most effective behavior for yourself in any given situation.



**Superiority.** Although you may not freely admit it, the truth is, you believe that you are a bit better than other people—or that you should aspire to be. Although you may find that you produce excellent results simply because you expect more from yourself, your belief that you are superior creates a lot of pressure on you and can sometimes make you come off as arrogant. While there's nothing wrong with aspiring to great things, the fact is that everyone has their flaws and weaknesses, you included. You may find more peace and contentment in life if your identity doesn't depend so much on being "the best."



**Impulsivity.** You are easily distracted and often choose to enjoy the present moment rather than pursue a long-term goal. Your plans are frequently sidetracked by temptations and impulses, and you have trouble sticking with things when they get too hard. On the plus side, you are unlikely to be overworked or over-stressed, and people probably know you as a fun-loving, carefree sort of person. But ultimately, you struggle to stay focused on what you *should* do instead of what you want to do, which can make it difficult to achieve ambitious goals. You may never be a nose-to-the-grindstone type, but working on your willpower will serve you well. Someday, you'll want to achieve something that takes persistence, and you'll need to understand how to buckle down and go after it.



**Present Focus.** You are a grounded sort of person, tuned into what's happening now. You don't spend much time thinking about the future or imagining what might come next. You're way ahead of those multitasking folks who struggle to "stay present," but you can also be a bit blindsided by life. Without a vision for the future, your path through life can be haphazard, and you may make decisions based on circumstance rather than a cohesive plan for what you want. Although nobody can predict the future, that doesn't make thinking ahead a waste of time. Making a point to think about how you'd like your life to go will make it more likely that you get what you want.

## Making the Most of Who You Are

The Enneagram presents a rich opportunity to discover what drives us, what matters to us, and who we are at our core. You may have found that your Enneagram report confirmed some of what you already knew about yourself. You may have also found words for aspects of yourself that you were aware of, but didn't know how to describe. And you may have also seen some sides to yourself that you were uncomfortable with.

Many people find that taking an Enneagram assessment and discovering their type helps them to get back in touch with important parts of themselves that have been obscured or pushed aside in daily life. Others find that the Enneagram helps them to understand the paths they might take to be more fulfilled and empowered in their goals. Whatever your purpose with the Enneagram, we thank you for allowing us to help you along your way. We wish you the best of luck in your journey to your higher self!

SAMPLE REPORT