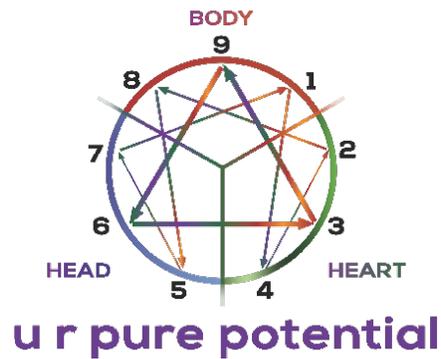


Session 2
How Each Character Structure and the Addictive Style
Type 8 - Boss, Protector, Entrepreneur



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What happened as a result of using the Enneagram?
For the Client and for me
What might have happened without it.
For the Client and for me

Triad of Enneagram:
Body Center
Anger primary emotion expressed directly

Unmet Childhood Need:
To be Seen

Focus of Attention:
Power and Control

Avoidance:
Vulnerability

Cognitive Habit:
Balancing the scales of injustice

Emotional Habit:
Excess and lust for life: over-exuberance

Corresponding Virtue:
Innocence

Adaptive Strategy:
There is a push back against any sign of being weak and a sense of invincibility. Unless there is a sense of unfairness or unjustness, all weakness is to be judged negatively. However, the truly handicapped or unfortunate are assisted by this type with little or no judgment as they are the underdog. It is likely that this type will act or do what they like, be willing to take the consequences of their actions or ask for forgiveness rather than permission.

Motto:
"My way or the highway."

Process of Addictive Cycle:
Lust can be seen as anger rooted in deprivation anxiety. Anger flares quickly when frustration is immanent, and just as quickly fades. This intense appetite for satisfaction enhances feelings of invulnerability, which conflict with softer emotions that emerge when it is safe.

Likely addictions:
Cocaine, alcohol, uppers that give one more energy, high risk or skill gambling, High risk sexual behaviors
Motto when caught in addiction: Never give up and never surrender!

What helps Each Type in Recovery?

1. Notice that you dig in and argue when you feel overwhelmed.
2. Observe when you are in the yes or no response and elaborate.
3. Identify soft emotions as a sign of strength rather than hiding them.
4. Find a provider that you respect, one that can handle your strength and what you perceive is your “too muchness.”
5. Find a provider that will be honest, even brutally honest with you and is comfortable with confrontation and calling you out.
6. Notice that when you feel controlled by the rules, you test limits.
7. Use discernment between objective truth and what’s in it for me.
8. Providers must be able to hold their ground. You can disagree with respect but be prepared for a hearty dialogue.
9. When expecting 8’s to make amends, it may take them a little longer than other types to do a thorough job.
10. Noticing a posture of invincibility.

If you are a type 8 counselor or coach, consider the following type bias:

1. Unrealistic expectations that everyone is to communicate honestly and directly.
2. Be prepared for more vulnerability than you are comfortable with.
3. Notice non-verbal cues from clients that indicate you are intimidating.
4. Notice a judgment that clients may be acting wimpy or you’re wanting them or expecting them to be stronger than they are.
5. Notice your relative comfort with confrontation as compared to others.
6. Watch for how your intensity may be too much for your clients.
7. Allow your clients to see your humanness.

Q and A

Homework:

Watch the video of the type 9
