



# Undercurrent Enneagram Consulting

## EMERGE BEYOND THE SURFACE AND THRIVE

### Type 8 Provisions

#### NON-JUDGMENTAL SELF-OBSERVATION:

Simply notice: Where/when/how/in what circumstances...

- ...do you most notice your immediate reaction of doing?
- ...do you notice you feel anger/rage?
  - What are the circumstances where it seems most pronounced?
  - When and how do you notice it "spilling out" from being just under the surface?
  - When do you notice converting other feelings into the more familiar/accessible feeling of anger?
- ...do you deny your vulnerability?
- ...do you move against others (or stand independently)?
- ...do you reframe or reshape the people or circumstances around you to be able to forge ahead in the way you believe is best?
- ...are you aware of the presence of feelings (*yours or others*) and your tendency to deny their value or importance in your daily interactions (*non-productive feeling*)?
- ...do you most notice your attention constantly focused on what's ahead (*future orientation to time*)?
- ...do you believe the unconscious childhood message that "it's not okay to be vulnerable or trust anybody"?
- ...do you believe the lost childhood message that you will be betrayed?

#### INTEGRATION PRACTICES:

- At least once a day, look at yourself in the mirror and speak this Enneagram 8 mantra~ out loud:
  - "I **AM** Aliveness. I **AM** Immediacy. I **AM** Strength. **It's okay** to be vulnerable."
- Practice "active surrender"^ . Intentionally choose to not immediately DO something. The *CHOOSING* is the *DOING*!  
*PRACTICE OPPORTUNITIES:*
  - When you feel the urge to speak, pause, take a deep breath, and CHOOSE to intently listen...and continue truly listening (not just waiting for your chance to speak).
  - Become more attuned to the wisdom of your body by practicing Somatic Workouts^.
- Practice thinking beyond just thinking about what you do/have done or don't do/haven't done. *PRACTICE OPPORTUNITY:*  
Use the "4 Ls Retrospective Method"^ for your next team project review.
- Practice vulnerability by acknowledging your inherent, human dependence on others. *PRACTICE OPPORTUNITIES:*
  - Choose one food item from one meal and try to list every person who helped get it to your plate. Share gratitude for each of them.
  - In moments of stress, particularly when you feel stuck, pause and ask yourself: "What am I FEELING?"
    - Referring to a Feeling Wheel or using the How We Feel app to name your true feelings in real time may be helpful.
  - Read the following quote and journal your response: "Genuinely experiencing your emotional capacity is not a painful experience. Resisting your emotional responses, judging your feelings, trying to "fix" them or alter them is very painful."
  - "The Power of Vulnerability" TED Talk~ -Brene Brown
  - "Vulnerability, Presence, and Surrender"^ -Maria Popova
  - "Vulnerability" -David Whyte
- Subscribe to receive the Enneagram 8 Enneathought for the Day and read daily

#### EXPANSIVE RESOURCES:

- Undercurrent Enneagram Resources:
  - Instagram highlights for Doing Dominant, Aggressive Stance, and Enneagram Type 8s (*reach out if you'd like even more!*)
  - Doing Dominant Provisions and Enneagram 8 Full Circle Path
  - Love Letter~ for the essence of those who lead with Enneagram Type 8
- Gentle Leadership^ and Finding the Strength in Gentleness^



#### QUOTES FOR THE QUEST

- "Denial stops us from listening...But denial lies. It protects us from the potency of a truth we cannot yet bear to accept. It takes our hands and leads us to places of comfort. Denial flourishes in the familiar. It seduces us with our own desires and cleverly constructs walls around us to keep us safe." -Terry Tempest Williams
- "Deep listening is an act of surrender. We risk being changed by what we hear...The most critical part of listening is asking what is at stake for the other person. I try to understand what matters most to them, not what I think matters. -Valarie Kaur
- "Vulnerability is a guardian of integrity." -Anne Truitt