

## The Asserter (the Eight)

Asserters are direct, self-reliant, self-confident, and protective.

### How to Get Along with Me

- Stand up for yourself... and me.
- Be confident, strong, and direct.
- Don't gossip about me or betray my trust.
- Be vulnerable and share your feelings. See and acknowledge my tender, vulnerable side.
- Give me space to be alone.
- Acknowledge the contributions I make, but don't flatter me.
- I often speak in an assertive way. Don't automatically assume it's a personal attack.
- When I scream, curse, and stomp around, try to remember that's just the way I am.

### What I Like About Being a Eight

- being independent and self-reliant
- being able to take charge and meet challenges head on
- being courageous, straightforward, and honest
- getting all the enjoyment I can out of life
- supporting, empowering, and protecting those close to me
- upholding just causes

### What's Hard About Being a Eight

- overwhelming people with my bluntness; scaring them away when I don't intend to
- being restless and impatient with others' incompetence
- sticking my neck out for people and receiving no appreciation for it
- never forgetting injuries or injustices
- putting too much pressure on myself
- getting high blood pressure when people don't obey the rules or when things don't go right

### Eights as Children Often

- are independent; have an inner strength and a fighting spirit
- are sometimes loners
- seize control so they won't be controlled
- figure out others' weaknesses
- attack verbally or physically when provoked
- take charge in the family because they perceive themselves as the strongest, or grow up in difficult or abusive surroundings

### Eights as Parents

- are often loyal, caring, involved, and devoted

- are sometimes overprotective
- can be demanding, controlling, and rigid

Renee Baron & Elizabeth Wagele

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## The Adventurer (the Seven)

Adventurers are energetic, lively, and optimistic. They want to contribute to the world.

### How to Get Along with Me

- Give me companionship, affection, and freedom.
- Engage with me in stimulating conversation and laughter.
- Appreciate my grand visions and listen to my stories.
- Don't try to change my style. Accept me the way I am.
- Be responsible for yourself. I dislike clingy or needy people.
- Don't tell me what to do.

### What I Like About Being a Seven

- being optimistic and not letting life's troubles get me down
- being spontaneous and free-spirited
- being outspoken and outrageous. It's part of the fun.
- being generous and trying to make the world a better place
- having the guts to take risks and to try exciting adventures
- having such varied interests and abilities

### What's Hard About Being a Seven

- not having enough time to do all the things I want
- not completing things I start
- not being able to profit from the benefits that come from specializing; not making a commitment to a career
- having a tendency to be ungrounded; getting lost in plans or fantasies
- feeling confined when I'm in a one-to-one relationship

### Sevens as Children Often

- are action oriented and adventuresome
- drum up excitement
- prefer being with other children to being alone
- finesse their way around adults
- dream of the freedom they'll have when they grow up

## Sevens as Parents

- are often enthusiastic and generous
- want their children to be exposed to many adventures in life
- may be too busy with their own activities to be attentive

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