# YOUR INSIGHT MAPPING SYSTEM ROADMAP

## Client Dashboard

Name: Sarah Spinner

Energy Type: Projector

Profile: 3/5 (Martyr/Heretic)

Strategy: Wait for Recognition and Invitation

Authority: Splenic

Defined Centers: Spleen

Undefined Centers: Emotional Solar Plexus (ESP), others not specified

Goal/Manifestation: Secure, easeful connection with Gray & Self

What's in the way: "I'll lose whatever I gain/accomplish"; "I'll make people feel lesser by comparison"; "I don't deserve to have it all"

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## BECOME SELF-LED

### What is Human Design and how does it benefit you?

Human Design is your personalized decision-making system that reveals your unique energetic blueprint, helping you align with your natural gifts and authority instead of conditioned patterns.

### Brief summary of your authentic self

You are a Projector with a 3/5 Profile (Martyr/Heretic), designed to be a wise guide who penetrates deeply into people and systems. Your aura naturally focuses on others, making you powerful in one-on-one interactions. With your 3/5 Profile, you learn through direct trial-and-error experiences (3 line) while others often project expectations of leadership onto you (5 line). Your Splenic Authority gives you immediate, intuitive hits about what's healthy in the moment. As a Projector, your energy works in focused bursts followed by rest, and you thrive when genuinely recognized and invited to share your insights. Your undefined Emotional Solar Plexus makes you sensitive to others' emotional energy, which you can absorb and amplify.

### How to practice stepping into your Human Design to become Self-led

Honor Your Projector Energy: Schedule regular rest before exhaustion hits. Work in focused bursts on things that truly excite you rather than pushing for constant output.

Wait for Recognition & Invitation: Notice when you feel genuinely seen and invited to share your wisdom or energy. Resist pushing yourself onto others without that energetic green light. Start small by waiting to be asked for your opinion in conversations.

Tune into Your Splenic Authority: Pay attention to the quiet, intuitive "hits" you receive in the moment. Practice pausing before deciding or reacting to check: does this invitation/situation feel "correct" on a subtle level?

### Summary of how your specific HD manual contributes to current stuckness

Your feeling of depletion and frustration (especially during "shoulds" like spring break activities) stems from operating against your Projector design—pushing your energy without invitation, leading to the Projector's shadow of Bitterness.

When your insights about your needs aren't invited or heard by Gray, it triggers this bitterness, making you feel stuck in communication loops.

Your 3 line learns through trial and error, but if you judge these "experiments" (like emotional conversations) as failures rather than data collection, you become afraid to try new approaches.

The 5 line carries others' expectations, creating pressure when you feel you must "fix" everything or have it all figured out.

Your undefined Emotional Solar Plexus absorbs and amplifies emotional energy (Gray's feelings, or past patterns with your father), making vulnerability overwhelming and creating crying patterns that block clear communication.

### How your defined/undefined centers contribute to limiting beliefs:

Your Undefined Emotional Solar Plexus absorbs and amplifies emotional energy, especially around relationships. This amplification makes perceived threats feel larger and more immediate, triggering "Little Sarah" who holds deep fears. This intense emotional experience reinforces your limiting beliefs:

* "I'll lose whatever I gain/accomplish": The amplified fear of loss during uncertainty with Gray makes potential loss feel inevitable.
* "I don't deserve to have it all": The emotional overwhelm makes it hard to calmly state needs, reinforcing unworthiness and making asking for clarity feel dangerous or undeserved.

Your Defined Spleen offers intuitive knowing about what's correct for you in the moment. However, the amplified emotions from your undefined ESP can drown out this quieter wisdom, making it hard to trust your inner knowing.

**Journal Questions**

Questions based on your defined/undefined centers:

For your Undefined Emotional Solar Plexus:

* When you feel that wave of emotion rising (especially with Gray), can you pause and ask: "Whose emotion is this primarily – mine, Gray's, or Little Sarah's past?"
* What does it feel like in your body before the tears start? Is there a subtle cue?
* How can you create space for the emotional wave to pass through you without it derailing you?

For your Defined Spleen (Authority):

* Think of a time you trusted a gut feeling – what did that physically feel like in your body?
* When Gray expresses indecisiveness, can you check in with your Spleen about what your intuition says in that moment?
* How can you distinguish between a true Splenic warning and a fear-based thought pattern?

Questions based on your profile :

(3 Line - Martyr): How can you view your communication attempts with Gray as "experiments" rather than failures? What specific data did you gather from the last attempt? What's one tiny adjustment to try next time?

(5 Line - Heretic): When Gray seems "nonchalant," how much of that interpretation comes from your past experiences versus present evidence? What does your Splenic hit say?

(3/5 Combined): How can wisdom from your past relationship "trials" (3) inform practical solutions you might offer (5) to yourself about navigating the current situation?

(Projector Strategy): Where might you be pushing for answers or clarity without first feeling truly seen, recognized, and invited to share your needs?

## DETACH FROM PROTECTOR PARTS

### What is Internal Family Systems (IFS) and why is integrating internal roles beneficial?

Internal Family Systems is a therapeutic framework that recognizes we all have different "parts" with protective roles, allowing you to understand your internal world and respond from your compassionate core Self rather than reactive patterns.

### Likely protector roles showing up for you:

Proactive Manager: The "Perfectionist Should-er"

This part tells you what you should be doing (exercising, organizing, creating perfect memories) to manage potential feelings of regret or inadequacy. It's proactively trying to prevent negative feelings by striving for an ideal state.

Reactive Firefighter: The "Emotional Overwhelmer/Crier"

This part activates during vulnerable conversations about your needs with Gray. When "Little Sarah" feels threatened (by perceived abandonment), this firefighter floods you with tears to prevent you from fully expressing your needs or facing potential rejection. It's dousing the immediate perceived danger but blocks deeper connection.

### Journal Questions to ask your protector parts:

To your "Perfectionist Should-er":

* What are you afraid will happen if I don't do all these things perfectly?
* What feeling are you trying to help me avoid through constant productivity or being "ideal"?
* What do you need from me (Self) to trust that it's okay to rest and just be?

To your "Emotional Overwhelmer/Crier":

* What danger do you sense when I try to talk about my needs with Gray?
* What past experience taught you that crying was safer than speaking directly?
* What reassurance do you need from me (Adult Sarah) to feel safe right now?

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## ROADMAP OF INTENTION

### How your limiting beliefs hold you back from your goal:

"I'll lose whatever I'll gain/accomplish" keeps you anticipating loss with Gray, preventing you from relaxing into good moments. It fuels anxiety about his potential distance and makes asking for clarity terrifying (fearing the ask itself will trigger loss). This keeps you focused on potential future pain instead of present connection.

"I don't deserve to have it all" undermines your ability to define and ask for what you truly want. It justifies settling for ambiguity because asking for more feels undeserved. This fuels perfectionism as you try to earn worthiness rather than claiming it.

### Possible fears underneath these beliefs:

Fear of Abandonment: A deep-seated fear, likely from childhood (father pattern), triggered by Gray's potential physical/emotional distance or indecisiveness.

Fear of Not Being Enough: Fear that you're fundamentally not worthy of keeping the love/commitment you desire, leading to patterns of seeking reassurance and difficulty stating needs.

Fear of Emotional Vulnerability: Fear of your own intense emotional experience (amplified by undefined ESP) and the consequences of showing it (pushing Gray away, feeling powerless).

### Worst-case scenarios to journal through:

Scenario 1: The Distance Happens.

Gray decides to move to Santa Cruz full-time and reduces his presence in your area. Journal: What are your immediate emotional reactions? What does Little Sarah feel/need? What practical steps would Adult Sarah take? What strengths/resources do you have? What might actually happen versus your catastrophic fear? Could anything positive eventually emerge?

Scenario 2: The Direct Ask & Rejection.

You calmly express your need for clarity regarding the future, and Gray responds that he isn't ready/able to offer that now. Explore: How does this feel compared to the crying pattern? What emotions arise? What do your protector parts say? How would Adult Sarah respond? What does this information actually mean versus your fear interpretation? What would be your next steps?

Scenario 3: You Prioritize Ease & Your Design.

You fully lean into your Projector design – resting more, saying no to drains, focusing only on invited opportunities, and communicating from Self. Worst case: Gray doesn't "step up" as hoped, or you feel initial discomfort letting go of control. Explore: What does this discomfort feel like? What does your 3 line learn from this experiment? What clarity emerges about what truly matters to you?

### Micro-action steps to move the needle:

Daily Check-in with Little Sarah: Set aside 5 minutes each day to close your eyes, picture her, and ask how she's feeling about Gray or any anxieties. Offer her reassurance from Adult Sarah that you are here, capable, and will keep her safe.

"Is This Mine?" Pause: When strong emotion arises, especially around Gray, take one deep breath and ask internally, "Is this emotion mine, his, or amplified?" Just notice without needing to fix it immediately.

Identify One Invitation: Reflect on what felt like a genuine invitation to connect or share recently. Notice one time you pushed without invitation and how that felt energetically.

Splenic Scan: Once daily, scan your body and ask your intuition: "What feels truly correct for me to focus on today?" and "What feels like a 'no'?" Listen for the immediate response.

### How the Insight Mapping System supports getting out of your own way:

I've created the Insight Mapping System to integrate your unique Human Design blueprint (the what and how of your authentic energy and decision-making) with Internal Family Systems (the why behind your patterns via your internal Parts).

Your HD provides the map – your natural strengths as a Projector, your strategy (Wait for Invitation), authority (Spleen), and potential pitfalls (Bitterness).

IFS helps you understand the different parts of you – protectors (like the Perfectionist, the Crier) trying to keep you safe, and vulnerable exiled parts (like Little Sarah) holding old wounds.

By combining these, we create a clear pathway to understand why you feel stuck (parts reacting against your HD strategy) and how to take aligned action from your core Self. This leads to greater clarity, self-compassion, and the ability to make choices that foster ease and authenticity.

### Extra tips for becoming Self-led:

Redefine "Success": For you as a Projector, success isn't hustle; it's impact through recognition and ease. Redefine "having it all" to align with your design – deep connections, meaningful guidance when invited, ample rest, and trusting your flow.

Curate Your Environment: Notice who and what energizes versus drains you. Spend time with people who genuinely see your insights. Practice energetic boundaries around Gray's energy and your undefined ESP.

Trust the Timing (Projector & 3 Line): Your path involves waiting for invitations and learning through experience. Surrender the need to force outcomes. Trust that clarity will emerge through Splenic hits and 3-line experiments in their own time.

Self-Recognition First: While waiting for external recognition, practice recognizing yourself. Acknowledge your insights, celebrate your successes, and validate all your parts' feelings. This builds inner resilience.

Practice Energetic Boundaries: When emotional overwhelm starts, visualize your aura as a container that can filter energy. Breathe deeply and imagine releasing what isn't yours. Consider physical distance when needed to reset.

## SMART Breakdown of Your Goal

Specific: Develop a secure, easeful connection with Gray through clear communication of your needs and internally validating your self-worth using your Projector strategy and Splenic authority.

Measurable: Track instances of: 1) Successfully expressing needs without emotional overwhelm; 2) Honoring your Projector energy through rest before depletion; 3) Following your Splenic hits in decision-making.

Actionable: Wait for natural openings/invitations in conversations to express needs; Check in with your Splenic authority before responding to Gray's uncertainty; Practice the "Is This Mine?" pause when emotions arise.

Realistic: Focus on self-regulation and communication attempts as success metrics rather than controlling Gray's responses or decisions.

Time-Based: Implement daily Little Sarah check-ins and Splenic scans for 21 days; Review progress weekly to identify patterns and improvements in emotional regulation and communication clarity.