

## The Centers and Related Issues

### Head Center

#### Defined –

- Pressure to answer questions, solve the mystery
- Mental anxiety when they can't solve it
- Impatience to act, resulting in undesirable outcomes and consequences
- "I can't stop thinking, thinking, thinking!"
- Hard time turning mind off
- Mind wants to take over, run everything, make all the decisions
- Tendency to think about things in the same way

#### Undefined –

- Pressure to answer other people's questions
- Swayed and pressured by other people's ideas
- Feeling pressure to act on those ideas
- Confusing other people's ideas with your own, then not having the energy or interest to follow through...blaming yourself
- Difficulty in coming up with ideas on your own
- Feeling bad that they think about things in a wide variety of ways – feeling mentally "inconsistent"

### Ajna Center

#### Defined –

- More thinking, thinking, thinking
- Tend to think about things in the same way – hard to imagine thinking any other way
- Mind wants to make the decisions – but can't let go of the other options, causing endless second-guessing
- Feeling bad because those mind-based decisions often don't work out

#### Undefined –

- Feeling bad because you don't feel comfortable being "certain" about anything
- Or going the other way and becoming rigid in your thinking to over-compensate
- Distractible – hard to stay focused, always something else to check out
- "Do I have ADD?"
- Feeling like there is something wrong with your thinking about things in different ways at different times

### Throat Center

#### Defined –

- Can be overly, impatiently impulsive
- Can trigger other people to talk compulsively – "They never ask about me!"

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Tend to talk in patterned ways, and with consistent themes, depending on the gates associated with it

### **Undefined –**

Fear you won't be heard  
Attention-getting behaviors  
Trouble knowing when to stop talking  
Unpredictability in what comes out of their mouths  
Ultimately fear of, or lack of confidence in, self expression

### **G-Center**

#### **Defined –**

Clear idea of where you're going, tendency to expect others to do the same or follow you  
Clear idea of where you want to go, but get talked out of it or second-guess it, leading to disappointment and frustration  
Feeling pressure to lead others, who are inspired by your self-confidence

#### **Undefined –**

Feeling insecure about your lack of solid identity – “who am I and what do I want to be when I grow up?”  
Not sure where you're going  
Being hyper-sensitive about your environment – feeling bad about it  
Feeling bad about needing/preferring to be “shown” options when it comes to deciding on something  
Lack of direction, at any level

### **Heart Center**

#### **Defined –**

May feel like a control freak  
Can be hyper-competitive  
Can be perceived as “conceited” or one with an “inflated ego”

Willful – gotta do what they gotta do!  
Can be too forceful  
Can be perceived as arrogant

#### **Undefined –**

Sense of worthiness comes and goes – not feeling good enough  
Trying to prove themselves worthy – building up “credits” for the worthiness bank  
Feeling like you can't compete  
Pressure to overachieve, overcompensate, overdo – trying to be/prove “good enough”  
Feeling like a failure when you don't follow through on things you had been excited about

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Making promises you can't keep

Accepting less than you should – of everything

Overcompensating by trying to control everything

Trying to prove how brave you are by doing foolish things

Trying to prove how great you are by bragging about yourself and your accomplishments

Imposter syndrome!

## **Solar Plexus Center**

### **Defined –**

“I'm so moody!”

“My moods go up and down so much – am I bipolar?”

Feeling bad about needing a lot of time to make a decision

Pressure to be more spontaneous, but then it doesn't work out

Feeling bad about needing time to shift gears

Feeling bad about being a “slow processor”

Feeling bad because you feel differently about the same thing at different times

Feeling like you're too intense

Pressure to make decisions on either the high or low end of the wave

### **Undefined –**

Difficulty in being around other people's intense emotions

Tendency toward conflict avoidance

Tendency to shut down emotionally

Pattern of emotional explosiveness

Dissociation

Feeling responsibility for other people's emotions

Overly placating

Emotional boundary issues

Feeling emotionally chaotic/out of control

Making emotional decisions

Hiding how they really feel – secret life

## **Sacral Center**

### **Defined –**

Hard to stop once you get going, even if you don't want to

Feel pressure to initiate, even though it usually doesn't work out

Tendency to ignore or override gut response

Can feel enslaved/put upon by others who expect you to work, work, work!

Tendency to quit when frustrated

Have a hard time waiting

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**Undefined –**

- Don't know when enough is enough
- Don't have sustained energy – can't keep up with others
- Don't like working – especially 9-5 jobs
- Easily burn out when trying to keep up

**Spleen Center**

**Defined –**

- “Intuition? What intuition?” Letting the mind override intuitive information, with lots of negative consequences
- Nervously twitchy, hyper-aware of all potential risks
- Ignoring health
- Overplanning, overthinking, when spontaneous action is more beneficial
- High degree of concern about safety

**Undefined –**

- Overwhelmed by life in general, fear of life
- Becoming emotionally dependant on those they feel safe with, regardless of health of rest of relationship
- Feeling pressure to be spontaneous
- Sensitive to traditional medicines/medications

Holding on to things too long – difficulty in letting go

**Root Center**

**Defined –**

- Initiating things to relieve the pressure, instead of waiting for right timing
- Gets depressed when nothing to focus on
- Obsessiveness

**Undefined –**

- Pressure to relieve the pressure! Driving too fast, rushing to get things done, etc
- Can appear hyperactive, restless
- Stage fright – overwhelm from the adrenaline of others
- Burnout