



3

INNER SHIFTS

*to stop*

SECOND  
GUESSING  
YOURSELF

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HUMAN DESIGN HIVE

# 3 Energetic Shifts to Finally Stop Second Guessing Yourself.

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*These shifts changed everything for me (and will for you too)*

You know that feeling when you're constantly questioning if you're making the right choices?

When you spend **45 minutes in Target** because you can't decide between two nearly identical shampoo bottles?

When you can clearly see what your friend should do about her relationship drama, but **you've been going back and forth about sending a simple text for three days?**

When **you've researched a decision so thoroughly** that you now have seventeen browser tabs open, and you're somehow more confused than when you started?

When you finally make a choice and then immediately start second-guessing yourself, but then **lie awake at 2am wondering if you're completely screwing up your own life?**

**Yeah. I've been there too.**

For years, I was **caught in this cycle of overthinking every decision**, asking everyone and their mother for their opinions, then still feeling uncertain about what to do. I'd research everything to death, make pros and cons lists that could rival a dissertation, and somehow still feel like I was missing something crucial.

**What was I missing?**

The simple understanding that I wasn't failing at life. I was just trying to make decisions like everyone else instead of honoring how I'm actually designed to navigate life.

Human Design changed everything for me. Not because it gave me all the answers, but because it finally gave me permission to trust my own process.

So if you're ready to give yourself this same kind of permission, let me share with you the three shifts that helped me stop second-guessing myself and start trusting my own wisdom.

**With love,  
Dana**

# Shift #1: What's Keeping You Stuck May Not Be Yours

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*The biggest reason you doubt yourself is because you've been carrying energy that doesn't belong to you*

Here's something you probably already know intellectually: **Most of the thoughts, beliefs, and pressures that keep you second-guessing yourself aren't actually yours.**

You've probably explored this idea before - maybe in therapy, through self-help books, or your own spiritual journey. You know about family patterns, societal conditioning, internalized messages from childhood.

But here's what Human Design adds to this conversation: It shows you that conditioning isn't just something that happened in your childhood. **Conditioning is ongoing and energetic**, not just psychological. And when you don't know what's authentically yours versus what you're picking up from others, you start doubting your own instincts.

## **Examples of conditioning you might recognize:**

**Family-of-origin conditioning:** Those beliefs about money, success, relationships, or what it means to be "good enough" that you absorbed growing up. Maybe your family valued achievement above all else, so now you feel guilty when you're not being *productive*. Or maybe your family struggled financially, so you have limiting beliefs about money that keep you playing small.

**Cultural conditioning:** The messages from society about how you "should" show up in the world. That you need to be more assertive, more social, more driven, more consistent. These aren't universal truths - they're cultural values that may not match your natural design.

**Workplace conditioning:** The pressure to operate like everyone else in professional settings. To network constantly, take initiative on everything, be available 24/7, or maintain the same energy level every day. When you can't keep up with these expectations, you start thinking something's wrong with you.

**Relationship conditioning:** The patterns you learned about how to be in relationships - maybe that you need to be the caretaker, the problem-solver, the easy-going one, or the strong one. These roles might feel natural because you've been playing them for so long, but they might not actually be authentically you.

### **How this creates self-doubt:**

When you're operating from conditioned beliefs instead of your authentic self, nothing feels quite right. You're essentially trying to live someone else's life with your energy system. Of course you doubt yourself - you're not *being* yourself!

But once you start recognizing what's yours and what isn't, everything shifts. You stop trying to be something you're not. You stop forcing yourself to operate in ways that drain you. You start trusting what actually feels right for *YOU*.

**Here's where Human Design becomes incredibly practical:** Your chart acts as a map showing you exactly where you're most vulnerable to picking up conditioning - and more importantly, how these patterns typically play out in your life.

Maybe you've been called "too emotional" your whole life, but your chart shows you're actually designed to be emotionally clear and wise. Or perhaps you've felt pressure to be more "driven," but your design reveals you're meant to work in sustainable bursts rather than constant output.

When you understand where your conditioning is most likely to show up, you can start to recognize it as it happens instead of getting swept away by patterns that feel so real and urgent in the moment.

*Want to see exactly where your conditioning patterns are hiding? **Your Not-Self Beliefs Guide** shows you the specific ways conditioning shows up in the undefined centers of your chart - and what you can do to do about it. It's \$17 and the awareness it creates can save you years of spinning your wheels. [Read more about the Not-Self Beliefs Guide here](#)*

### **Your Experiment:**

For the next few days, notice when you feel most like yourself versus when you feel off or uncertain. Ask yourself: *"Is this feeling familiar to me, or does it remind me of someone else?"* Start getting curious about which thoughts and pressures might not actually be yours.

# Shift #2: You're Probably Operating Against Your Natural Energy

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*When you try to force someone else's approach, everything feels harder than it should.*

Here's the second piece of the self-doubt puzzle: **You've been taught to operate in ways that might be completely wrong for how you're naturally wired.**

Think about all the advice you've received about how to be successful, how to make things happen, how to show up in the world. "Take initiative." "Be proactive." "Push through resistance." "Stay consistent." "Network more." "Just do it."

Sound familiar?

**But what if your energy doesn't work that way?**

We all have different natural rhythms and approaches to life. When you try to operate like someone else instead of honoring your own natural flow, you end up exhausted, frustrated, and doubting yourself.

It's like trying to run Mac software on a PC. The software isn't bad, and the computer isn't bad - they're just not compatible.

In Human Design, we refer to these different energy designs as **Types, each with their own Strategy** for how to move through life.

**Here's how the different Types and Strategies work:**

**If you're someone who thrives on responding rather than initiating (Generators & Manifesting Generators):** You're not meant to chase opportunities or force things to happen. **Your Strategy is to wait for life bring you something to respond to** - then your considerable energy leads the way. That "lack of drive" you've been criticized for? It's actually your natural way of conserving energy for the right opportunities. When something genuinely excites you, you have incredible sustainable energy for it. But when you try to force things that don't truly light you up, you burn out fast.

**If you're someone who needs to be seen and invited (Projectors):** You have this amazing gift of seeing people and systems clearly, but you're not meant to push your energy out constantly. **Your Strategy is to wait for recognition and invitation**, especially for the big things in life. Your success comes through being really good at what you do and letting people discover your wisdom. That bitterness you feel when you're working hard but not getting recognized? It shows up when you're trying to force your way in instead of focusing on mastery and waiting for genuine recognition.

**If you're someone who's designed to start things and make an impact (Manifestors):**

You actually ARE meant to initiate and make things happen - but only when the urge comes from within, not from external pressure. **Your Strategy is to inform others before you act.** Your frustration shows up when you're trying to sustain energy consistently like other people or when you act without giving people a heads up about your plans.

**If you're someone who needs time and the right environment (Reflectors):** Your energy and clarity change based on your surroundings and timing. You're designed to take time with decisions and be incredibly choosy about who and what you surround yourself with. **Your Strategy involves waiting roughly one lunar cycle for major decisions.** Rushing or being in unhealthy environments leaves you feeling disappointed and unclear.

**Why this matters when building self-trust:**

When you're operating against your natural energy flow, nothing feels easy. You're working twice as hard for half the results. You start thinking something's wrong with you when really, you're just using the wrong approach.

**The moment you start operating WITH your natural rhythm instead of against it, everything shifts.** Things that felt impossible become manageable. Opportunities start flowing. People respond to you differently. You stop questioning whether you're doing it "right" because it finally feels right.

**Your Experiment:**

For the next two weeks, instead of forcing the strategies that "should" work, experiment with the approach that matches your energy. Pay attention to how much easier things feel when you work with your natural rhythm instead of against it.

# SHIFT #3: Your Mind Isn't Your Decision-Maker

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*When you stop thinking your way into clarity and start trusting your body's wisdom, self-doubt becomes self-trust.*

Here's the final piece of the puzzle: **You've been using the wrong tool to make your most important life decisions.**

We've all been taught the same approach: Think it through. Make pros and cons lists. Analyze every angle. Research all the options. Use your head.

**But your mind was never designed to be your decision-maker.**

Your mind is absolutely brilliant at learning, analyzing information, and solving problems. But when it comes to knowing what's actually right for YOUR life? It's like asking your GPS to tell you if you're hungry.

**Wrong tool for the job.**

Your mind can only work with information it already has. It can't predict what will feel fulfilling six months from now or which opportunity will truly light you up. When you try to think your way into certainty, you end up in analysis paralysis - overthinking, second-guessing, and spiraling because your mind keeps looking for more data.

But your body already knows.

Everyone has their own natural way of sensing what's right for them - in Human Design, we call this your **Authority**.

Some people feel it immediately. Others need time to process. Some need to talk it through. The key is learning to trust YOUR specific Authority instead of trying to figure everything out in your head.

**Here's how to start trusting your real decision-maker:**

**If decisions feel right in your gut (Sacral Authority):** Your body gives you immediate responses - it may feel like expansion for yes, contraction for no. That instant "yes" or "no" feeling is your truth talking. Practice asking yourself yes or no questions and feeling for that body response. If it's not a clear, energizing yes, it's probably a no (or "not yet"). Stop trying to talk yourself into things that don't excite you at a gut level.

**If you need time to feel clear (Emotional Authority):** You're not designed to make decisions when you're in emotional highs or lows. You need time to process and settle before you can see what's really right. When someone pressures you to decide "right now," remember: there's often no rush. Sleep on it. Give yourself a few days for bigger decisions. Your clarity will come when the initial emotional charge settles.

**If you get subtle body knowing (Splenic Authority):** Your guidance comes as quiet awareness, a subtle knowingness, or instinctive responses about people and situations. Pay attention to that FIRST response before your mind takes over and starts analyzing. These quiet knowings often don't make logical sense, but they're usually accurate if you trust them. Don't second-guess it. This is ancient survival wisdom - it knows things your mind can't figure out.

**If you need to feel the energy commitment (Ego Authority):** Your guidance comes through sensing what you have the sustainable willpower for. You're not designed to make promises or commitments based on what you *think* you should do, but on what you genuinely have the energy to follow through on. Your truth lives in your personal integrity and what feels aligned with your capacity. When you overcommit or try to prove yourself, you burn out quickly.

**If you need to hear yourself process out loud (Self-Projected Authority, Mental Authority, No Authority):** You discover your truth by speaking and hearing your own voice. Find trusted listeners who can let you talk through things without giving advice. Your clarity often comes mid-sentence when you hear your own wisdom emerge. Voice memos work too - sometimes you just need to hear yourself think out loud to know what feels right.

### **How this changes everything:**

When you stop trying to think your way into certainty and start trusting your natural decision-making process, several things happen:

- Decisions feel more solid and settled
- You stop second-guessing yourself constantly
- You make choices that still feel good months later
- Other people start trusting your judgment more
- You develop unshakeable confidence in your own knowing

**The goal isn't to have all the answers.** It's to trust your unique process for finding them.

### **Your Experiment:**

For the next two weeks, practice using that specific method for all your decisions - from small daily choices to bigger life questions. Notice how different it feels when you honor your natural way of knowing instead of forcing it through your mind.

## So...What Now?

If you're reading this and thinking *"This explains so much about my life"* - welcome to the club.

### **And...this is just the beginning.**

Understanding Human Design is like having a user manual for your soul. It explains:

- Why you've felt frustrated or stuck in certain areas
- How to make decisions that actually feel good
- What your natural gifts and challenges are
- Why some people energize you and others drain you
- How to stop fighting yourself and start flowing with your design

But, (and this is a BIG but), knowing about your design and actually living it are **two very different things**.

I've been studying and living my Human Design for years now, and I'm still discovering new layers. Some days I nail it and feel completely aligned. Other days I catch myself trying to be someone I'm not and have to gently redirect back to my truth.

**That's the real work. And that's where real transformation happens.**

## Ready for your next step?

### **Option 1 - Pinpoint your self-doubt patterns**

[The Not-Self Beliefs Guide: How Your Undefined Centers Create Limiting Patterns \(and what to do about them\)](#)

This report shows exactly where conditioning creates self-doubt in your specific chart. It breaks down the most common sabotage traps based on your design and gives you practical shifts to stop second-guessing in those areas. Think of it as a targeted deep-dive into the patterns that are most likely keeping you stuck.

[Get the Not-Self Beliefs Guide](#)

### **Option 2 - See the Full Picture of Your Design**

[Energetic Clarity: Your Human Design Guidebook](#)

This is your complete map - a detailed, practical guide to your entire energy system. It covers your Type, Strategy, Authority, all your centers, gates, channels, and so much more. This becomes your reference guide that you can return to again and again as you deepen into living your design.

[Get the Energetic Clarity Guidebook](#)

## A little about me...

**Hey, I'm Dana - Human Design guide, 4/1 Emotional Generator, and recovering overthinker who has spent way too many years trying to be someone I wasn't.**



After years of deep inner work through yoga, meditation, energy work and EFT, discovering Human Design is when everything really clicked. Not because it eliminated all my problems, but because it finally gave me permission to trust my own process and stop trying to make decisions like everyone else.

Now I help other truth-seeking souls understand their own energetic blueprint, and embody their design with some of the same tools that helped me, so that they can stop fighting themselves and living from a place of self-trust..

I'm so glad you're here. I can't wait to see you making these 3 shifts and stepping into your new way of being, built on finally, and fully trusting yourself!