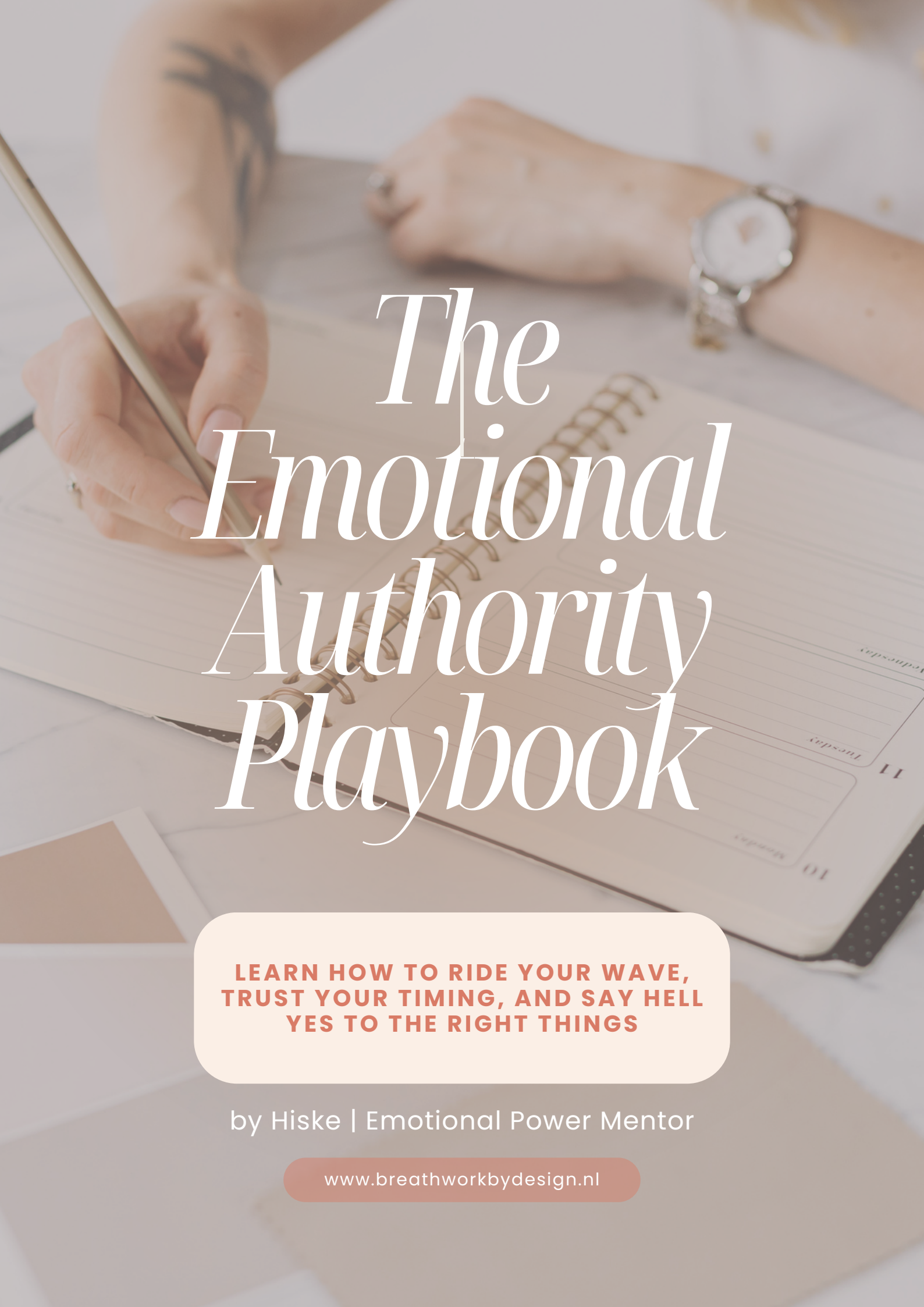




The Emotional Authority Playbook

**LEARN HOW TO RIDE YOUR WAVE,
TRUST YOUR TIMING, AND SAY HELL
YES TO THE RIGHT THINGS**

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Content

- 1* WELCOME
- 2* WHAT IS EMOTIONAL AUTHORITY?
- 3* THE 3 PHASES OF THE EMOTIONAL WAVE
- 4* HOW TO TRUST YOUR TIMING
- 5* EMOTIONAL PATTERNS EXPLAINED
- 6* POWER PRACTICES & SCRIPTS
- 7* 3-DAY WAVE TRACKER
- 8* YOUR EMOTIONAL AUTHORITY TOOLKIT

01

Welcome

If you've found your way to this playbook, you already know one thing: **You feel a lot.**

You've probably been told you're too much. Too sensitive. Too inconsistent.

You may have doubted yourself. Questioned your truth. Made decisions that felt good in the moment... but left you confused or stuck later. And maybe you've wondered—"What's wrong with me?"

Let me be the first to tell you:

Nothing!

You're not broken.

You're emotionally defined.

And that means you're here to make decisions through the wisdom of your emotional wave—not by logic, pressure, or rush.

When I discovered I had Emotional Authority in Human Design, it changed everything. I stopped fighting myself and started trusting my timing.

I created this guide for the woman I once was—the one who was constantly second-guessing herself because she hadn't learned how to ride her wave.

Inside, you'll learn how to:

- Understand your emotional patterns
- Stop rushing or reacting to every high or low
- Make grounded, soul-aligned decisions that feel like peace

This isn't just a guide. It's a reclamation.

Of your timing. Your truth. Your emotional power.

Let's begin.

Love,

Hiske

6/2 Manifesting Generator

Emotional Power Mentor



Roadmap to Emotional Clarity

LEARN WHY EMOTIONAL
DEPTH ISN'T A WEAKNESS—
IT'S YOUR GREATEST
POWER.

UNDERSTAND HOW YOUR
DECISION-MAKING IS
UNIQUELY WIRED FOR
CLARITY OVER TIME. IS
EMOTIONAL AUTHORITY?

DISCOVER THE EMOTIONAL
HIGH, LOW, AND NEUTRAL—AND
WHAT EACH ONE ACTUALLY
MEANS.

STOP RUSHING, START
TRUSTING. LEARN HOW TO
WAIT WITH POWER, NOT PANIC.

RECOGNIZE YOUR UNIQUE WAVE
AND BUILD A RELATIONSHIP WITH
YOUR EMOTIONAL TRUTH.



What is emotional authority?

In Human Design, Emotional Authority means your truth doesn't live in logic, pressure, or gut instinct—it lives in your emotional clarity.

It means you're not designed to make decisions in the moment.

Not when you're excited.

Not when you're frustrated.

Not when you're riding a high, or crashing into a low.

You're here to feel first, know later.

So... What Is Emotional Clarity?

Emotional clarity is not "being 100% sure."

It's not "feeling high-vibe."

It's not about logic or certainty.

The Big Shift

Emotional clarity is a neutral knowing—a deep inner settling.

It's when the wave has moved through, and there's no more inner tug-of-war.

It's the calm yes that stays, not the one that shifts with your mood.

Clarity doesn't mean there are no doubts.

It means your truth holds steady, even when fear or uncertainty whisper in.

When you're emotionally defined, the goal isn't to eliminate the wave.

The goal is to stop making decisions from inside it.

To stop asking: *"How do I feel right now?"*

And start asking: *"What's true once the wave has passed?"*

Clarity isn't loud. It's steady

If you've ever said things like:

- "I was sure yesterday, but now I'm not"
- "I can't tell if it's fear or a no"
- "I feel like I'm all over the place emotionally"

You're in your wave. And clarity is coming.

The 3 phases of the emotional wave

Phase 1: The High (hope, excitement, possibility)

This is where you feel lit up.

You're buzzing with potential, imagining the best-case scenario, dreaming big.

You might feel:

- A hell yes that screams NOW
- Like anything is possible
- Energized and inspired

But here's the truth:

Just because it feels amazing now, doesn't mean it's your final yes.

"Highs are invitations, not instructions."

In this phase, don't commit. Observe.

Let the excitement move through you without letting it run the show.

*"You're not meant to rush your wave.
You're meant to ride it all the way to the truth."*

Phase 2: The Low (doubt, fear, withdrawal)

Now the energy dips. Suddenly, you're questioning everything.

What felt so clear now feels heavy or risky.

You might feel:

- "Maybe this isn't right after all..."
- Fear of failure, rejection, or regret
- Emotional or physically drained

This is not a no—it's just the low.

It's your system clearing out all the possibilities that don't hold up.

"The low isn't wrong—it's part of how you find the truth."

Don't cancel or commit from here. Let it pass.

Phase 3: The Neutral (clarity, calm, steady)

This is where your real yes or no lives.
You're no longer reacting. You're settled.

You might feel:

- A gentle, grounded yes
- A calm but consistent knowing
- Peace—even if fear still whispers

Clarity doesn't always feel exciting—it feels solid.
“When the wave is calm, the truth remains.”

This is your decision point.
If it's still a yes—move forward.
If it's a no—trust that too. Either way, you're choosing from power.

“Clarity isn't late. It's right on time.”

So, how do you know when it's time to decide?

Emotional Authority isn't about waiting forever.
It's about building a relationship with your inner emotional timing—and learning how it shows up in you.
Your wave has a pattern. And once you begin to notice it, everything starts to shift.

You stop rushing.

You stop questioning.

You stop riding every high or crashing with every low.

Instead, you begin to trust...

That your truth will rise when it's ready.
That you can hold space for the wave without forcing answers.
That the real yes is always worth waiting for.



**KNOW YOUR
WAVE, KNOW
YOURSELF**



How to trust your timing

Wait for clarity" isn't a punishment. It's a power move.

If you have Emotional Authority, your timing is everything.

You're not designed to make instant decisions. You're designed to feel your way there.

Your truth doesn't show up in the high.

It doesn't show up in the low.

It shows up in the calm after the wave.

So how do you actually trust your timing?

Stop rushing clarity.

Your wave has wisdom—but it needs time to reveal it. Clarity isn't something you decide. It's something you recognize when it's here.

Normalize the emotional process.

You are not inconsistent—you're cyclical. One moment doesn't define your truth. Zoom out. Wait. Watch what lasts.

Give yourself space before committing.

This applies to everything—relationships, decisions, investments, messages you want to send in the heat of the moment.

If it's right, it will still be right in a few days.

Recognize the calm.

When your wave softens, you'll feel a sense of quiet, ease, or solid knowing. It might not feel dramatic. That's how you know it's real.

Mantra:
"When I wait, my truth finds me."

Trusting your timing isn't passive—it's powerful.

This is how you build self-trust that no one can shake.



Emotional patterns explained

Know Your Wave, Know Yourself

If you have Emotional Authority, you're designed to feel deeply and cyclically. Your emotional wave isn't random—it's a rhythm. A pattern. A sacred pulse that holds your truth.

The more you learn to notice it, the more you stop fighting it—and start flowing with it.

Ask Yourself:

- What does your emotional high feel like? (Hopeful, excited, impulsive?)
- What does your low sound like? (Doubt, fear, confusion?)
- How long does your wave usually last—from rise to rest?
- When have you made decisions too quickly—only to realize it wasn't right?

This pattern is yours. It's not a flaw. It's a compass.

Why This Matters in Real Life

When you don't understand your emotional wave, you might:

- Feel like you're "too much" or "not consistent enough"
- Swing between extremes and blame yourself
- Say yes in the high, then spiral in the low
- Question every decision you've ever made

But when you do understand it

- You stop taking your feelings so personally
- You start trusting that the clarity will come
- You become emotionally grounded—even in chaos
- You stop labeling yourself as moody, crazy, or broken

This is emotional power.

This is what peace feels like when it lives in your body—not just your mind.

Power practices & scripts

When your wave is loud, your rituals speak louder.

Your emotions are not the enemy.

But in the middle of a high or low, it can feel like you're drowning in "shoulds" and spirals.

This is where power practices come in:

Simple, grounded rituals and scripts to bring you back to self.

You don't need to fix the wave.

You just need to ride it with awareness.

High Phase Practices

1

Breathe before you leap

Place one hand on your chest, one on your belly.

Ask: If I didn't act right now, would I still want this in 3 days?

2

Hold the vision without grabbing

Journal prompt: what excites me about this? What's the fantasy? What would this feel like 6 months from now.

3

Affirm

I don't need to act on every high. My desires are safe with me.

Low Phase Practices

1

Slow it down

Cancel nothing. Commit to nothing.
Give yourself permission to just be in the feeling.

2

Name the fear without making it true

Journal prompt: what am I afraid of right now? What do I know is true beyond this fear.

3

Affirm

This is not forever. My clarity always returns.



Neutral Phase Practices

1

Listen inward, not outward

No crowdsourcing. This is your moment of truth. Sit in silence. Let your body speak.

2

Make the aligned move

Journal prompt: does this feel solid, not rushed? Can I own this decision even if no one else gets it?

3

Affirm

This is not forever. My clarity always returns.

Bonus practice: the 24-hour recheck

Not sure if you're neutral yet?
Wait another day. See if the clarity still holds.
Emotional truth stands the test of time.



3 day wave tracker

Track Your Emotional Wave. Witness Your Truth.

This simple tool helps you recognize your own wave in real-time—so you stop guessing and start knowing.

Use this tracker when you're making a decision, feeling emotionally up or down, or just want to observe your rhythm.

Day 1: The Emotional High

Energy Level: (High / Medium / Low)

Mood Words: Excited, passionate, hopeful, energized, impulsive

Thoughts / Desires: What are you craving or ready to leap into?

Truth Check: Would this still feel aligned if I waited 48 hours?

Day 2: The Emotional Low

Energy Level: (High / Medium / Low)

Mood Words: Doubtful, insecure, drained, unsure, avoidant

Thoughts / Resistance: What feels heavy, hard, or scary now?

Truth Check: Is this a no—or just my wave clearing out what's not aligned?

Day 3: The Emotional Neutral

Energy Level: (High / Medium / Low)

Mood Words: Calm, steady, clear, spacious, settled

Final Insight: What feels consistently true—even after the wave?

Clarity Check: Is this a calm yes? If so, it's time to trust it.



3 day wave tracker

	Energy level	Mood words	Thoughts/desires	Truth check
Day 1 The high				
Day 2 The low				
Day 3 The neutral				



Your emotional authority toolkit

Tools to ride the wave, find your clarity, and return to self-trust

1. Journal Prompts

Use these to decode your wave and reconnect with your truth.

What phase of the wave am I in right now? What makes me feel that way?

What is my body saying that my mind might be ignoring?

What do I want to do right now—and what would I do if I waited 48 hours?

What does clarity usually feel like for me?

If I trusted that clarity always returns, how would I treat myself today?

2. Mantras & affirmations

Speak these to your nervous system. Repeat them until they settle.
Pro tip: Pick one and write it at the top of your journal every day.



3. Self-southing practices

When emotions peak—ground yourself, don't fix yourself.

*Movement Ritual
(walk, dance, or stretch
through the emotion)*

*Clarity Pause
(Wait 24 hours before
making any move)*



*Hand-to-Heart Breathing
(5 deep breaths,
repeat “I’m safe to feel”)*

*Wave Naming
(Say out loud:
“I’m in a high/low/neutral phase”)*

4. Daily Check-In

Use this as a simple morning or evening ritual:

What’s true for me today—and what can wait?

This toolkit is your emotional compass.

Return to it every time you forget that clarity lives inside you.

Ready to go deeper?

Because emotional mastery is just the beginning.

You've just taken the first step toward understanding how your energy, emotions, and inner truth really work.

But this isn't just about Human Design.

It's about your wholeness. Your power. Your ability to live, lead, love, and choose from a place that's authentically you.

If this guide made you feel seen, heard, or just a little more at peace with yourself—imagine what could happen when you fully embrace your design in every part of your life.

Here's how we can keep going together:

Work with me 1:1

Get personalized support to decode your emotional wave, reconnect with your truth, and make aligned life decisions that feel so damn good.

Get the emails that feel like therapy + truth bombs

Sign up for love notes that help you ride the wave and trust yourself, again and again.

[SIGN UP HERE](#)

DM me on Instagram @breathworkbydesign.nl

Tell me what landed. Ask your questions. Let's have a real convo.

