

# Homework: Parts Definition

## Homework Summary — Parts / Identity Insight: One Identity and it's aspects.

Through my exploration I arrived at a simple Identity Parts definition: rather than many separate parts competing inside me, there is fundamentally **one sense of self(Identity)** that expresses itself through different functions(**Functions:** combination of Roles, Responsibilities & relationships). That identity inherently has a **Coherency Field** — a built-in quality that scans, and maintains a feeling of orientation and safety through a perception of coherency. Our **coherence scannerer**, is an inherent aspect of our sense of Identity and always runs background scans checking whether your capacity, environment, and actions remain consistent with that identity. When coherence holds, expression and action flow naturally; when something feels inconsistent, or a signal arises that has to be integrated into the system the scanner activates and pushes the system to slow or pause and integrate and resolve it so self-expression can continue in a stable way.

## Homework Summary — Additional Pieces and Parts

### Human Design Framework

We've been experimenting with using **Human Design as a shorthand framework** to understand some of our interaction patterns. In that lens, I tend to operate more like a **Projector**, meaning I process signals and context deeply and need a protected lane to stabilize before responding, while Phoenix often moves more like a **Manifesting Generator**, meaning she naturally adjusts and responds in motion. In our last conflict, that difference showed up as a cycle where I was trying to reduce incoming signals to regain orientation, while she was trying to resolve things quickly through interaction, so what each of us experienced as self-regulation looked like obstruction or escalation to the other.

### Additional Parts and Pieces - One Identity, multiple roles

Within that identity there are roles and responsibilities and relationships. This is a draft catalog of those parts and how they coordinate or collide.

For this assignment I'm describing my internal "parts" using a **Human Design framework**, which I'm using as a language to understand how signals, decisions, and actions move through my system.

In this model, my body tends to register **splenic signals**, which are quick intuitive cues that show up before language. These signals often arrive as bodily awareness about timing, alignment, or something needing attention. Because they are brief and easy to miss, my system tends to try to catch them quickly.

I notice several functional parts that operate in a cycle:

### **Scanner / Air Traffic Control**

This part notices signals, ideas, obligations, and environmental inputs. It tracks what might need attention and can become activated when many signals appear at once.

### **Insight**

This part forms connections and interpretations from signals that are noticed. It produces ideas, patterns, and potential solutions.

### **Manager**

This part takes a headcount of what is active and organizes signals into categories or responsibilities.

### **Architect**

This part designs systems, processes, or structures that could handle those signals more effectively in the future.

### **Executor**

This part carries out work or creative tasks once there is enough clarity about what to do.

The cycle I'm experimenting with looks like this:

Signals appear → they are captured quickly → the manager takes a headcount of active responsibilities → signals are grouped into containers → execution happens → architecture happens later to improve the system.

When these parts operate in sequence, I feel organized and able to work. When they activate simultaneously, they can become tangled and create overwhelm, because scanning, designing, organizing, and executing all compete for attention.