

# Unit 3: Mismatch Patterns — Where You've Been Fighting Your Wiring

≡ Components	Discussion Forum	Reading	Video	Worksheet
≡ Duration	20 min			
≡ Notes	Mismatch Inventory worksheet, identify 3 times in mismatched systems (150+ words each), video on cost of mismatch			
✓ SOU Evidence	<input checked="" type="checkbox"/>			
⌚ Section	Module 1.5			
⌚ Status	Not Started			
≡ Subsection	Pattern Recognition			

## Overview

**Duration:** 20 minutes

**Components:** Video, Reading, Worksheet, Discussion Forum

This unit helps participants identify specific instances where they've been forced into systems incompatible with their wiring.

## Learning Objectives

- Name specific mismatch patterns in your history
- Connect past "failures" to wiring incompatibility
- Release shame around these experiences

# Video Content (8-10 min): The Cost of Mismatch

## Key messages:

- Real stories of builders in the wrong systems
  - How mismatch creates shame spirals
  - Why "just push through" doesn't work
  - The difference between growth edges and breaking yourself
  - How recovery programs, jobs, and relationships can all be mismatched
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## Reading: Common Mismatch Patterns

### High Structure + Chaotic Recovery Environment

- **You needed:** Clear steps, schedules, expectations
- **Program was:** "Figure it out as you go"
- **Result:** Anxiety, dropout, feeling like a failure

### Low Structure + Rigid Recovery Environment

- **You needed:** Autonomy, flexibility, room to breathe
- **Program was:** Strict rules, constant check-ins, zero flexibility
- **Result:** Rebellion, resentment, relapse

### High Stimulation + Boring Job/Program

- **You needed:** Intensity, variety, fast pace
- **You got:** Repetitive tasks, slow environment, no challenge
- **Result:** Restlessness, self-sabotage, quitting

### Low Stimulation + High-Pressure Job/Program

- **You needed:** Calm, predictability, manageable pace
- **You got:** Chaos, urgency, constant crisis mode

- **Result:** Burnout, shutdown, health issues

## External Processor + Isolation

- **You needed:** People, collaboration, verbal processing
- **You got:** Solo work, no community, no feedback
- **Result:** Loneliness, decision paralysis, loss of motivation

## Internal Processor + Constant Collaboration

- **You needed:** Solo time, space to think, minimal interruption
  - **You got:** Open offices, constant meetings, group everything
  - **Result:** Exhaustion, resentment, can't think clearly
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## Worksheet: Mismatch Inventory

Identify **3 times** you were in a mismatched system.

For each example, answer:

### Example 1:

1. **What was the system/environment?**
2. **What did it require of you?**
3. **What's your actual wiring?**
4. **What happened? (outcome)**
5. **What did you make it mean about yourself at the time?**
6. **What do you understand now?**

### Example 2:

(Same questions)

### Example 3:

(Same questions)

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# Written Assignment

Complete the Mismatch Inventory worksheet with **150+ words per example** (450+ words total).

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## Discussion Forum

**Prompt:** *"Share one mismatch story. Where have you been fighting your wiring? What did you learn?"*

**Instructions:**

- Share one example from your inventory
  - Respond to 2 others with recognition (not advice)
  - Notice how common these patterns are across the cohort
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## Submission

Upload your completed Mismatch Inventory with all 3 examples documented.