



WORKSHEET: Mismatch Inventory

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Tags	

Mismatch Inventory Worksheet



Purpose: Recognize the specific ways you've been forced into incompatible systems.
This is not about blame or shame—it's about pattern recognition. Understanding where you've been fighting your wiring helps you avoid those mismatches in the future.

What Is Mismatch?

Mismatch is the primary source of burnout, anxiety, and the feeling that you are a failure.

It's what happens when your environment demands that you operate **against** your natural wiring, especially when the stakes are high.

This forces you to expend enormous energy just to function, leading to:

- Exhaustion
- Self-sabotage
- Dropout or relapse
- Secondary shame ("What's wrong with me?")

Common Mismatch Patterns

High-Structure Person in a "Go With the Flow" Environment

The Mismatch:

- You needed clear expectations, systems, and routines
- The environment was chaotic, ambiguous, "figure it out as you go"

The Result:

- Anxiety, paralysis, feeling like a complete failure
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Low-Structure Person in a Rigid, Controlled Environment

The Mismatch:

- You needed autonomy, flexibility, room to improvise
- The environment had strict rules, constant check-ins, zero flexibility

The Result:

- Rebellion, resentment, feeling trapped, eventual dropout
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High-Stimulation Person in a Boring, Repetitive Environment

The Mismatch:

- You needed intensity, variety, fast pace
- The environment was slow, predictable, monotonous

The Result:

- Restlessness, self-sabotage, quitting
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Low-Stimulation Person in a High-Pressure, Chaotic Environment

The Mismatch:

- You needed calm, predictability, manageable pace
- The environment was constant crisis mode, urgency, chaos

The Result:

- Burnout, shutdown, health issues
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External Processor in Isolation**The Mismatch:**

- You needed people, collaboration, verbal processing
- The environment was solo work, no community, no feedback

The Result:

- Loneliness, decision paralysis, loss of motivation
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Internal Processor in Constant Collaboration**The Mismatch:**

- You needed solo time, space to think, minimal interruption
- The environment was open offices, constant meetings, forced teamwork

The Result:

- Exhaustion, resentment, inability to think clearly
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Your Mismatch Inventory**Instructions:**

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

These could be:

- Recovery programs
- Jobs or workplaces
- School environments
- Relationships
- Side hustles or business attempts
- Community or volunteer roles

For each mismatch, answer all six questions.

Mismatch #1

1. What was the system/environment?

Name the specific program, job, school, relationship, or situation.

Response:

2. What did it require of you?

What was the environment's operating style? What did it demand?

Response:

3. What's your actual wiring?

Based on your Builder Type, what do you actually need?

Response:

4. What happened? (Outcome)

How did the mismatch play out? Be specific.

Response:

5. What did you make it mean about yourself at the time?

What story did you tell yourself? What shame did you carry?

Response:

6. What do you understand now?

How do you reframe this experience with your new understanding?

Response:

Mismatch #2

1. What was the system/environment?

Response:

2. What did it require of you?

Response:

3. What's your actual wiring?

Response:

4. What happened? (Outcome)

Response:

5. What did you make it mean about yourself at the time?

Response:

6. What do you understand now?

Response:

Mismatch #3

1. What was the system/environment?

Response:

2. What did it require of you?

Response:

3. What's your actual wiring?

Response:

4. What happened? (Outcome)

Response:

5. What did you make it mean about yourself at the time?

Response:

6. What do you understand now?

Response:

Pattern Recognition

Reflection Questions:

1. What patterns do you see across your three mismatches?

2. What type of environment consistently breaks you?

3. What shame narrative have you been carrying that you can now release?

4. What kind of environment will you actively avoid moving forward?

Reframe: From Shame to System



Old Story:

"I failed because I'm not disciplined/resilient/committed enough."

New Story:

"I was trying to run the wrong software on my hardware. The system didn't fit my operating requirements. That's not a character flaw—that's a mismatch."

Write Your Reframe:

Old story I'm releasing:

New story I'm claiming:

Moving Forward

This Mismatch Inventory is a diagnostic tool.

Use it to:

- Recognize early warning signs of mismatch
- Make aligned choices in Module 4 (venture selection)
- Set boundaries that protect your wiring
- Release shame that was never yours to carry

You are not broken. You were mismatched.

Now you know the difference.