

# Unit 0: Why You Keep Breaking the Same Way

≡ Components	Discussion Forum    Reading    Video
≡ Duration	10 min
≡ Notes	Reframe repeated failure as OS mismatch. Video (5-7 min): The Wrong Operating System, Reading on mismatch patterns
✓ SOU Evidence	<input type="checkbox"/>
⌚ Section	Module 1.5
⚙ Status	Not Started
≡ Subsection	Introduction

## Overview

**Duration:** 10 minutes

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

This unit reframes repeated "failure" as operating system mismatch, not character flaw, setting up the assessment work ahead.

## Learning Objectives

- Reframe burnout and "failure" as wiring mismatch
- Understand what "operating system" means in this context
- Prepare for honest self-assessment

## Video Content (5-7 min): The Wrong Operating System

**Key messages:**

- Why cycle-breakers burn out even when sober
  - The exhaustion of forcing yourself into systems that don't fit
  - How shame compounds when you "fail" at tools that work for others
  - The difference between fixing yourself vs. understanding your machine
  - What "wiring" means (neutral, not diagnostic)
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## Reading: You're Not Broken, You're Mismatched

Mismatch is 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 an inevitable system clash.

### The Cost of Fighting Your Wiring

When your innate wiring (your OS) is incompatible with the demands of a system —be it a job, a relationship, or a recovery program—the result is always friction, dysregulation, and eventual failure. This isn't evidence of your weakness; it's a diagnostic printout of a system clash.

### Common Mismatch Patterns

#### High-Structure Person in "Go With the Flow" Startup

- **The Mismatch:** A person who needs clear expectations and systems is thrown into a chaotic environment where they are told to "figure it out as you go."
- **The Result:** Anxiety, paralysis, and feeling like a complete failure.

#### High-Stimulation Person in Rigid, Repetitive Job

- **The Mismatch:** A person who thrives on intensity and variety is placed in an environment with slow, predictable, and monotonous tasks.
- **The Result:** Restlessness, self-sabotage, and quitting.

#### External Processor in Solo Entrepreneurship

- **The Mismatch:** A person who gains energy from collaboration and thinks out loud is forced to work in isolation without a team or feedback loops.

- **The Result:** Loneliness, decision paralysis, and loss of motivation.

## The Secondary Shame Layer

When these outcomes occur, we often blame ourselves, creating a layer of "secondary shame." We believe we failed because we weren't disciplined or resilient enough, when in reality, we were simply trying to run software on incompatible hardware.

## Why This Module Comes Before Identity Work

Module 1 released the old target. Module 1.5 explains the machine. Module 2 builds an identity that actually fits. Without this, Module 2 risks becoming aspirational instead of sustainable.

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## Discussion Forum

**Prompt:** *"What's one tool, program, or strategy that 'should have worked' for you but didn't? What do you think was the mismatch?"*

### Instructions:

- Share your mismatch story
- Respond to 2 others with recognition (not advice)
- Look for patterns across the cohort