









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

 Components	<div>Discussion Forum</div> <div>Reading</div> <div>Video</div> <div>Worksheet</div>
 Duration	20 min
 Notes	Mismatch Inventory worksheet, identify 3 times in mismatched systems (150+ words each), video on cost of mismatch
 SOU Evidence	
 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.