

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

🕒 Module	Module 1.5: Personality & Energy Profile
# Unit Number	0.1
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Video Script: The Wrong Operating System

Module 1.5: Personality & Energy Profile | Unit 0.1 | 5-7 minutes

Video Overview

Objective: Help participants understand that repeated "failures" aren't character flaws—they're often mismatches between their wiring and their environment.

Tone: Direct, relatable, no-bullshit. Use metaphors and examples that land with people who've been told they're the problem.

Visuals: Simple on-screen text overlays, maybe some basic animations showing systems clashing.

Script

[OPEN: Direct to camera, conversational tone]

Hey, it's Ashley. Welcome to Module 1.5.

Before we dive into your Builder Personality and Energy Profile, I need you to understand something.

You're not broken.

I know you've been told you are. Maybe by a boss who said you "don't follow instructions." By a counselor who said you "self-sabotage." By a family member who said you "can't stick with anything."

But what if the problem wasn't you? What if **the environment was the problem?**

[SECTION 1: The Operating System Metaphor]

Think about computers for a second.

If you try to run Mac software on a Windows machine, it won't work. The program will glitch. It'll crash. Eventually, the whole system freezes.

Now—does that mean the Mac software is broken? No. It means **it's running on the wrong operating system.**

That's what's been happening to you.

You've been trying to run *your* operating system—your wiring, your nervous system, the way you're built—in environments that weren't designed for you.

And when you couldn't make it work, everyone told you *you* were the problem.

[SECTION 2: What Mismatch Looks Like]

Let me give you some examples.

Example 1: The High-Stimulation Builder

You need intensity. You need variety. You need to move fast, pivot often, juggle multiple things at once.

But you got stuck in a 9-to-5 desk job doing the same repetitive tasks every day. Low stakes. Slow pace. No urgency.

What happened? You got bored. You started looking for stimulation elsewhere—substances, chaos, risky behavior. Not because you're broken, but because **your brain was starving for the intensity it needs to function.**

Example 2: The Structure-Heavy Builder

You need clear systems. You need to know the plan, the steps, the expectations. You function best when there's predictability and order.

But you ended up in an environment with no structure—chaotic schedules, unclear expectations, constant last-minute changes.

What happened? Your nervous system went into overdrive. You burned out. You shut down. Not because you're weak, but because **your brain needs structure to feel safe, and you were operating in constant chaos.**

Example 3: The Introverted Builder

You recharge alone. You think best when you have quiet, space, time to process.

But you got pushed into environments where you had to be "on" all day—customer service, sales, constant group work, open office layouts with no privacy.

What happened? You drained fast. You started avoiding people. You isolated. Not because you're antisocial, but because **your nervous system needs solitude to recover, and you were never given that space.**

[SECTION 3: Why This Matters]

Here's the thing: when your environment doesn't match your wiring, **your brain thinks you're under threat.**

And when your brain thinks you're under threat, it goes into survival mode.

That's when the coping mechanisms kick in:

- Substances to numb the overwhelm
- Chaos to create the missing stimulation
- Control behaviors to manage the unpredictability
- Isolation to escape the overstimulation

This isn't a character flaw. This is your nervous system trying to survive a bad fit.

[SECTION 4: The Good News]

The good news is: once you understand your operating system—your wiring—you can start designing environments that actually work for you.

You can stop blaming yourself for "failing" in systems that were never built for you.

You can start building a life, a venture, a routine that fits your brain instead of fighting it.

That's what the Builder Personality and Energy Profile is for. It helps you name your wiring so you can design for fit.

[CLOSE: Call to Action]

In the next reading, we're going to break down what "mismatch" looks like in more detail. And then you're going to take the BPEP assessment—35 questions that will map your wiring across four core axes.

This isn't about labeling yourself. It's about **giving yourself permission to design a life that actually fits.**

Let's go.

Facilitator Notes

Key Points to Emphasize:

- The operating system metaphor helps participants externalize blame from themselves to the environment
- Mismatch ≠ failure; it's a design problem, not a character problem
- This reframe is essential before they take the BPEP assessment

Discussion Prompts (if using this in a live session):

- "Can anyone relate to one of these mismatch examples?"
- "What's one environment you've been in that felt like the wrong operating system?"

B-Roll/Visual Suggestions:

- Split screen showing Mac vs. Windows error messages
- Simple animations of systems clashing

- On-screen text of key phrases: "You're not broken," "Wrong operating system," "Design for fit"