

Unit 4: Building Your Operating Rules

⌚ Module	Module 1.5: Personality & Energy Profile
# Unit Number	4
⌚ Types	Video Lesson
⌚ Mandatory	<input checked="" type="checkbox"/>
📁 Archive	<input type="checkbox"/>

Unit 4: Building Your Operating Rules

[Module 1.5: Personality & Energy Profile](#) | [Video Lesson](#)

Unit Overview

You know your wiring. You've spotted your mismatch patterns. Now it's time to design **Operating Rules**—the non-negotiable boundaries and practices that protect your wiring and enable you to build sustainably.

This unit teaches you how to create your own rules for how you work, rest, and build.

Learning Objectives

By the end of this unit, participants will:

1. Understand what Operating Rules are and why they matter
 2. Learn how to create wiring-based non-negotiables
 3. Design their own Operating Rules based on their Builder Type
 4. Practice enforcing their rules without guilt
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Unit Contents

Video: Your Non-Negotiables (8-10 min)

[Video: Your Non-Negotiables \(8-10 min\)](#)

What it covers:

- What Operating Rules are and why cycle-breakers need them
 - How to create non-negotiables based on your Builder Type
 - How to enforce your rules without shame or guilt
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Assignment: Create Your Operating Rules

[Worksheet: Builder Operating Rules](#)

What it includes:

- A framework for designing Operating Rules for each axis
 - Examples of Operating Rules for different Builder Types
 - Practice enforcing your rules with your tribe
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What Are Operating Rules?

Operating Rules are the boundaries and practices you design to protect your wiring and enable sustainable building.

They answer questions like:

- When do I work? When do I rest?
- How much stimulation do I need? How much is too much?
- How much social interaction do I need? How much is draining?
- How much autonomy do I need? When do I need guidance?

They're not aspirational. They're protective.

Operating Rules are based on **how you're actually wired**, not how you wish you were wired or how society says you should be.

Why Cycle-Breakers Need Operating Rules

Most people drift through life without clear Operating Rules. They adapt to whatever environment they're in, even when it drains them.

Cycle-breakers can't afford to drift.

When you're in chronic mismatch:

- Your coping mechanisms resurface
- Your relapse risk increases
- Your shame scripts come back
- Your builder identity weakens

Operating Rules are how you protect yourself from mismatch before it drains you.

The Four Types of Operating Rules

Your Operating Rules should cover all four axes of your Builder Type:

1. Structure Rules

How much routine and predictability you need

Examples:

- "I will not take on projects without clear deadlines and milestones" (Rigid)
 - "I will not commit to fixed schedules that can't be adjusted" (Fluid)
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2. Stimulation Rules

How much intensity and variety you need

Examples:

- "I will not work in low-stakes, repetitive environments" (High-Stim)
 - "I will not take on high-pressure, crisis-mode work" (Low-Stim)
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3. Social Energy Rules

How much social interaction energizes vs. drains you

Examples:

- "I will protect 2 hours of solo deep work every morning" (Introverted)
 - "I will not work alone all day—I need co-working or collaboration" (Extroverted)
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4. Control Rules

How much autonomy vs. direction you need

Examples:

- "I will not stay in environments where I'm micromanaged" (Autonomous)
 - "I will find a mentor or accountability partner for major decisions" (Guided)
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Facilitation Notes

Key Messaging:

- Operating Rules are protective, not aspirational
- They're based on your wiring, not society's expectations
- Enforcing them without guilt is how you build sustainably

Discussion Prompts:

- "What's one Operating Rule you know you need but haven't been enforcing?"
- "What makes it hard to enforce your Operating Rules?"

Tribe Role: Enforcers. The group's job is to help each other enforce Operating Rules without guilt.

What's Next

After this unit, participants will create their own Operating Rules and practice enforcing them with their tribe.