

"SO, YOU'VE LOST YOUR JOB !!!

After looking at the attached "emotional" chart identify where you think you fit.

Keep in mind, **JOB LOSS TRAUMA SHOULD BE SHORT LIVED UNLESS YOU DECIDE TO LIVE WITH IT!**

Regardless of your career level, be it a Vice President or hourly worker, your reactions and feelings are no different than literally thousands of others.

What are your feelings at this point? Feel like you've hit rock bottom? You are very **normal** if you are experiencing anger, depression, loneliness, sleeplessness, self-pity, tension, panic, fear, embarrassment, "power" loss, tiredness, revenge, disbelief, etc. etc. etc.

Think about your feelings. Write them down. Go over the list and decide which feelings you want to keep. Then actually toss the list in a waste basket. You don't need it any more.

However, If you hang on to those feelings they will cripple your progress. You are preparing for your future. So much is going to depend on your attitude. The right attitude will diffuse or eliminate those negatives that stand in your way.

Stop worrying about yourself. Keep in mind it is not what you have lost but what you have left. You still have knowledge, experience, health, your mind, your 'know how', your skills, your talents, and your faith. These are what you will be taking to your next job.

Whatever process or program you choose, **COMMIT TO IT**. Changing careers or searching for a job is a **FULL TIME** job. You will encounter ups and downs. Keep working. Your competition may be seeking the same job you seek. It only takes a little bit better preparation and effort to win the job.

Focus on the future, not the past.

Job Loss

