

ATTITUDE STATUS

| Place an X in the box or boxes that best describes how you feel about your job loss/search this week | | | | | | | | | | | | | | | | | | | | | | | | |
|---|-------------|----------|----------|----------|----------|----------|----------|----------|----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|--|
| | WEEK | | | | | | | | | | | | | | | | | | | | | | | |
| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | |
| Denial | | | | | | | | | | | | | | | | | | | | | | | | |
| Shame | | | | | | | | | | | | | | | | | | | | | | | | |
| Blame Employer | | | | | | | | | | | | | | | | | | | | | | | | |
| Stress | | | | | | | | | | | | | | | | | | | | | | | | |
| Fear | | | | | | | | | | | | | | | | | | | | | | | | |
| Negative Attitude | | | | | | | | | | | | | | | | | | | | | | | | |
| Positive Attitude | | | | | | | | | | | | | | | | | | | | | | | | |