

## ***Coping with Job Loss and Uncertainty (Part 4: Sustain Enthusiasm)***

Dalena Watson, LPC, FAMI, MT-BC

July 2009

This article is about the last step in the process of coping with job loss and uncertainty (sustaining enthusiasm to implement your plan). If you have not read the first 3 articles, please take time to do so.

Let's assume you have completed the first three steps. Now you have begun implementing your plan. Some of your work may be showing signs of promise and return on your investment in yourself. However, what happens when you are working the steps of your plan and nothing seems to be happening? To avoid losing motivation, suggestions to keep your enthusiasm going are listed below.

### **Positive Thinking:**

*Keep your thoughts positive:* Notice what you are telling yourself. Negative and self-defeating thoughts (I'll never get a job, there are no jobs, no one needs me) will only affect your mood (depression, apathy), but also stop you from moving forward. If you tell yourself you have already failed, then there seems to be no point in continuing your job search.

To combat negative thinking, be aware of the thoughts. Then, tell yourself to stop it. Tell yourself the reality: no one knows the future, there are jobs there, there is the perfect job for you, a "no" only means you are not the right fit at this time. You may think of other statements to tell yourself such as listing the good qualities you have or listing your value to a company.

### **Set a Schedule:**

*Make a schedule for yourself:* Looking for work is a job itself. Treat it with the same respect that you would have for a paid job. Use a calendar and schedule in appointments

as well as tasks. Make your appointments for your actions steps in your plan early in the day so that you do not become distracted and procrastinate. Then, schedule in some time off for relaxation and fun. Be on the look out for low-cost and free events. Having a balance of work and relaxation/fun helps our attitudes and motivation.

### **Accomplishment Journal:**

*Keep a journal of your goals and accomplishments:* Every day that you do something related to your plan, log it in an accomplishment journal. Even the smallest things count! When you are feeling discouraged you can look back and see the steps you have taken to remind yourself that you are still in control and moving forward.

By writing down your goals, you are more likely to accomplish them. First, you have to be clear about your goal to transform it into written language. Second, writing the goal is a form of commitment to yourself. Third, periodically reviewing and revising your goals helps keep your plan on track. Fourth, accomplishing your goals and checking them as completed gives a sense of satisfaction.

Sometimes all you are thinking about is your plan and time seems to move at a different pace for you than the rest of the world. If you find yourself beginning to worry about why you have not heard from the company where you submitted applications or proposals, you might be able to check your accomplishment journal to see that it has really only been 3 days rather than the 2 weeks it might feel like! Writing the dates in your journal helps give you perspective as well as noticing too much time has passed and it is now time for you to follow-up with the company.

So remember, relax, assess, make a plan, and stay enthusiastic. It will happen for you!

© July 2009  
Dalena Watson, LPC, FAMI, MT-BC  
DalenaW@musicandimagery.com  
www.musicandimagery.com  
602-686-3723