

Recovering From Job Loss - Fast!

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Millions of employee layoffs have resulted from the corporate trend to restructure, downsize, and merge, bringing about massive casualties. Psychologists know job loss is one of life's most traumatic experiences, eliciting feelings of grief similar to those of losing a loved one.

Today new tools are available to help downsized workers recover and get back to work quickly and easily. First, it's essential to create closure around the job loss. Expressing your feelings in a safe, harmless way until you can honestly forgive yourself and others for the loss, can achieve that. This can be done effectively in your imagination. Because imagery is the language of the subconscious mind, you can reprogram the subconscious and heal emotional pain by focusing on selected imaginary experiences.

Second, run through a peak-performance job interview in your mind. Repeat this process often to increase confidence and improve performance. Mental rehearsal has become increasingly popular with the world's most successful athletes, where goal-achievement is paramount.

The first step is to look at whether you honestly anticipate job-search success. Scientific studies have shown that if you expect to fail, you probably will fail. Conversely, if you believe you will succeed, then your chances of success are greatly improved.