

**Adapted From An Emotionally Intelligent Career Transition  
By Mitch McCrimmon**

If your feelings/behaviors are here...	Try these approaches...
<ol style="list-style-type: none"> <li>1. Prolonged grief, anger, anxiety, vindictiveness, excessive loss of confidence.</li> <li>2. Feeling destroyed, taking things personally.</li> <li>3. Being very negative about employers in an interview.</li> <li>4. Talking too much in an interview.</li> <li>5. Toughing it out by yourself, keeping feelings hidden.</li> <li>6. Feeling a victim, all is loss.</li> <li>7. Taking it out on others, getting angry more easily, picking fights.</li> <li>8. Blaming fate, others for your circumstances.</li> <li>9. Letting tricky interview questions anger you.</li> <li>10. Being sulky and surly.</li> <li>11. Getting defensive and irritated when asked about weaknesses.</li> <li>12. Focusing exclusively on your own needs.</li> <li>13. Being overly arrogant or too self-effacing.</li> <li>14. Becoming totally defeated when setbacks occur.</li> </ol>	<ol style="list-style-type: none"> <li>1. Putting setbacks behind you after a normal period of pain, taking positive steps to rebuild confidence.</li> <li>2. Understanding that job loss is no reflection on your marketability.</li> <li>3. Stressing the positive when discussing previous jobs and employers.</li> <li>4. Knowing when to stop talking.</li> <li>5. Enlisting help from contacts, friends and family.</li> <li>6. Seeing a situation as an opportunity.</li> <li>7. Building on positive emotions, creating momentum, celebrating success.</li> <li>8. Taking responsibility for your past and your future.</li> <li>9. Responding positively to challenging interview questions.</li> <li>10. Maintaining a sense of humor.</li> <li>11. Admitting weaknesses openly in an interview.</li> <li>12. Showing interest in the interviewer &amp; company needs.</li> <li>13. Getting the balance right between confidence and humility.</li> <li>14. Being resourceful and determined to keep going despite setbacks.</li> </ol>