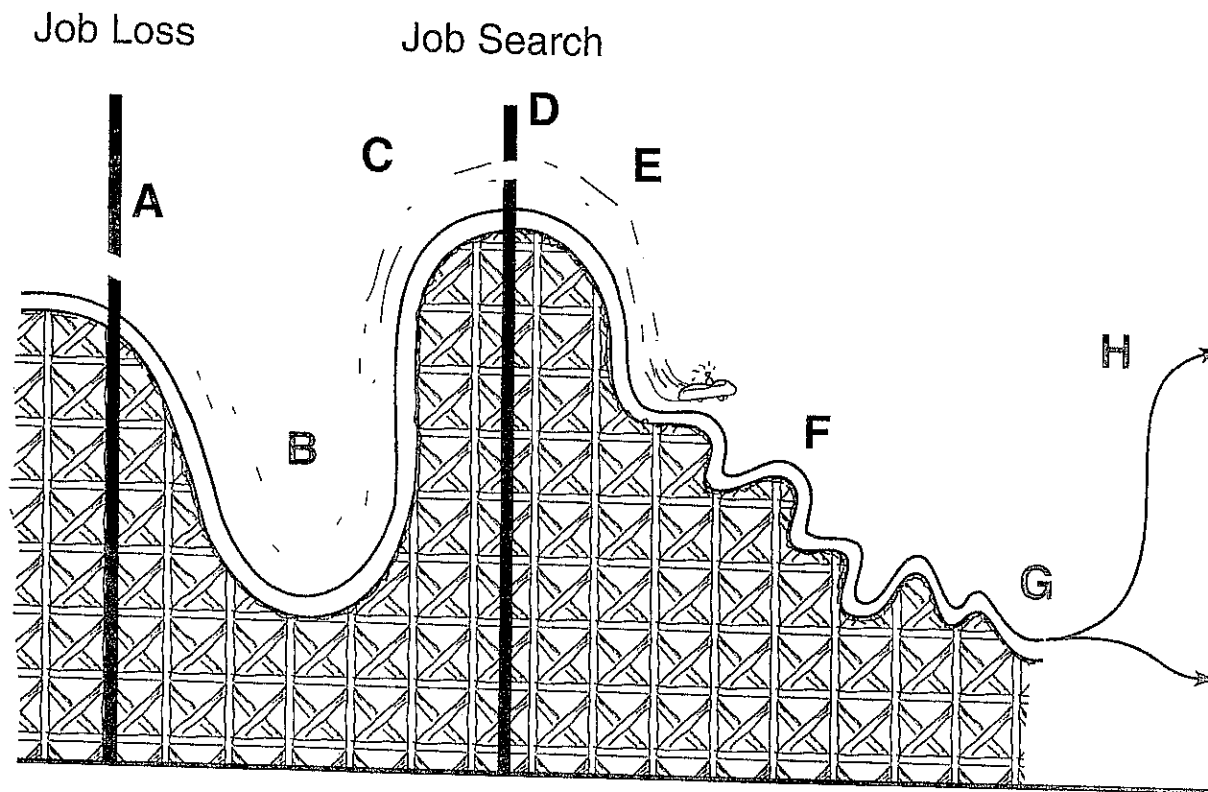


The Roller Coaster of Unemployment

People have described their feelings during times of unemployment as an "emotional roller coaster." This roller coaster of emotions kept them off balance so that they felt out of control. This made it hard for them to feel confident in their ability to do career exploration or job search. Such feelings are normal; and if you are experiencing them, you can bring them under control.

An understanding of this "emotional roller coaster" will help you understand such feelings, whether or not you have already experienced them. It can give you more confidence in your career change or job search. The purpose of this guide is to help you to get off the roller coaster and to take control of your career change.



- A. First negative reactions to job loss (shock, anger)
- B. Thinking about job loss (worry, anxiety)
- C. Acceptance of the loss (determined, on top of things)
- D. Thinking about job search (hopeful, optimistic)
- E. First reactions to stress associated with job search (pressure, discouragement, fear, anger, desperation)
- F. Protection from job search related stress (apathy)
- G. Turning the rejections inside (worthless, isolated, lonely, drifting)
- H. Regaining control of job search (hopeful, encouraged, committed)

Are you ready?