



Watch Out for and Correct Any Stinking Thinking (practice practice practice the antidotes!!!)

All or nothing: "I'll probably never work again." Or "If I don't get a job quickly, then it's likely I won't be able to find one." Or "There aren't any college grads getting jobs these days."

Awfulizing and Catastrophizing: "I lost my job and so I'm sure I'll end up homeless." Or "My boss criticized me this morning so I'm sure I'll get fired soon."

Mind Reading: "I know this interviewer doesn't like me."

Fortune Telling: "The job market is so bad, there's no way I'll get a job this year."

Personalization: "I know I am out of work because of my _____." Instead, find the truth: "I am not the only one going through this" and "I am not being singled out for punishment."

Musturbation: "I just have to get this job at the _____ company." Or "I should apply to 15 places every day." Or "I cannot allow myself to be frustrated."

Negativity: "That last job I had was a complete waste of my time." Or "I have no strengths, who am I kidding."

Low Frustration Tolerance: "I can't stand being out of work another day." Or "I am not going to apply for any jobs this week because I can't take any more rejection."

Comparisons: "The people I was laid off with all got jobs the next month but I didn't, so I must be a loser." Or "that guy had a new suit for his interview so I'm never going to be able to compete with that."

Cult of Self-Reliance: "I have to or will survive this experience by myself." Or "If I have enough will power I know I can make it."

10701 Corporate Drive, Suite 190
Stafford, Texas 77477
(832) 532-0129
drken@gratiaplenacounseling.org
www.gratiaplenacounseling.org