



## *The Five Behavioral Stages commonly associated with Job Loss*

- **Disbelief and Denial** - In an attempt to lessen the shock, we refuse to accept the facts. We believe that the boss or company will have a change of heart and all will return to normal.
- **Anger** - When reality sets in, we may lash out at whomever we feel is responsible for the loss, or at the people closest to us.
- **Bargaining** - We want to negotiate, either directly with the boss or with ourselves, by promising to do things differently if given another chance.
- **Grief and Depression** - We internalize the loss and succumb to emotions that interfere with rational thought or activity, and which may cause physical illness.
- **Acceptance** - We gain control of our emotions and begin the healing process by looking toward the future.

All of these stages are normal and need not be suppressed. However, the sooner you can get to the acceptance stage, the better off you will be. Only then will you be able to get your act together and begin projecting the positive image and optimistic attitude that is necessary for success. Your ability to rebound from this traumatic experience, or any similar situation, will depend a good deal on the degree to which your life is in balance. For most of us, there are four major areas that make up the "life experience." If you have strength in all four areas, the disruption of one is less detrimental to your well-being. These four areas are:

- **Spirituality or Faith, or Value System, or Conscience** - It is that inner force that governs our behavior and guides us in our human relationships.
- **Family** - For most people, the immediate family is the most tangible and prevalent source of support.
- **Community** - This includes friends, acquaintances, and others whom we encounter as we move through life. We need meaningful interaction with other people and to connect on a deeper level.
- **Work** - It gives purpose to our lives and an outlet for creativity, as well as providing for our subsistence. Each of us is called to contribute our unique gifts and talents.