



How to Cope with the Loneliness of Job Seeking

A sudden change in circumstances may have forced you to seek a job or change your career for the first time in many years. Or perhaps you feel the urge to change your employment surroundings, obtain new challenges and learn from new people. You may have little or no experience in modern day job-searching techniques. If you are having difficulty in finding alternative employment, you may feel that you have an unusual problem which is preventing your success. After you have tried for what seems like too long, a period of despondency may set in.

The major obstacle to achieving your employment goal may be the loneliness which accompanies this despondency. The sort of loneliness which reduces your self-confidence; makes writing positive job applications very hard work and attending face-to-face job interviews more stressful than they really should be. Loneliness can make you want to shut yourself away from other people, to slow down or even stop your inquiries about employment opportunities.

It is a rare person who does not experience this. If you are out of work you miss the familiar faces, voices and momentum of the duties of your previous employment. Days go by too slowly. Your applications and messages to recruitment consultants or employers seem to take far too long to get a response. Many never reply.

You know that only you can be interviewed and get a job offer. But there is no reason why all other aspects of job searching should be carried out alone. Looking for employment is not a badge of shame. It should not be a secretive operation that as few people know about as possible. You have every reason to develop a support group and no reason to avoid it.

This is just the time to recruit your friends, neighbours and relatives as your support group. A great resource to help you in selecting your support group is to read 'Discover How Supportive Your Significant Others Are Of Your Job or Career Change' http://www.sixfigures.com.au/job_seekers/resources/articles/our-significant-others

If they are supportive they can help if you ask them by checking over your self-appraisal and commenting on the search for your talents and skills; they can assess the standard of your job application writing and to help you to conduct interview practice sessions. Or they can be very helpful by just being a good listener to hearing out your frustrations and concerns.



Self-Defeating Tendencies

Some of the self-defeating tendencies observed when people are job seeking:

Rushing into the job search.

Expecting immediate results.

Taking the first job offer.

Avoiding seeking help from friends and connections.

Placing availability adverts on web sites before planning is well under way.

Avoiding personal career analysis and life planning tasks.

Dwelling on the past.

Blaming self.

Accusing the past employer of malpractice.

Provoking arguments with partner with whom they live.

Don't sit at home pondering your plight. Look up old friends and contacts, research new employment opportunities and mix with other people. Keeping your networks alive and active is crucial, as highlighted in the article '*Top 10 Effective Habits of a Highly Successful Networker*'

http://www.sixfigures.com.au/job_seekers/resources/articles/highly-successful-networker



Critically review your application communications and résumé. Rewrite them in different ways. Practise responding to likely interview questions on a recorder or with a friend. Mix with other people and do not be too shy to seek help. There are few job seekers who have not experienced the loneliness and fluctuating despondency of job searching. You will be surprised how helpful and supportive others can be—even people you don't know well. Techniques which worked well for them could be useful for you, but you won't learn about them unless you talk to other people.

If your stress is impairing your mental and-or physical health it's time to visit your GP. Not for prescription pharmaceuticals but to request a referral to a psychologist counsellor whose fees are now subsidised under Medicare.

If you are not job searching, but reading this for other reasons, spare some time for someone you know who is looking for employment. By contacting them you could be providing the critical nudge over the major morale hurdle for a job seeker, whether you are a family member, friend, acquaintance, neighbour or a stranger. Your gesture could break the paralysis of inaction so many job seekers experience. Talking about problems is an essential step for the job searcher before the person can once again move forward towards their goal in occupational life. You never know, you may make a new friend of someone who was just an acquaintance.

Six Figures Careers Resources

To access an expansive library of complimentary job search and career related resources, articles and guides specifically for professionals and executives, we encourage you to register as a member on Six Figures http://www.sixfigures.com.au/job_seekers/register.

About the Author

Paul Stevens, B.Bus., founded The Centre for Worklife Counselling in Sydney in 1979 following a 21 year career in Human Resources Management and The Worklife Network - a national and international affiliation of adult career specialists - in 1986. He wrote his first published contribution to adult career development in 1981, Win That Job!, closely followed by Stop Postponing the Rest of Your Life. Over 35 further titles, booklets and career assessment instruments have been published since, the latest being A Passion for Work: Our Lifelong Affair and My Third Age: Work & Life Choices. Paul's is a Fellow of the Career Development Association of Australia (CDAA) and has been awarded their highest honour Life Membership. Paul Stevens is a regular contributor and author for Six Figures.

For more information about Paul or to engage his services visit http://www.sixfigures.com.au/job_seekers/career_services/coach_profiles