

COGNITIVE RESTRUCTURING

THE ROAD TO RESILIENCE

1

IDENTIFY THE SITUATION

I don't have a job yet

2

IDENTIFY AUTOMATIC THOUGHTS

It's because no-one wants me. I've got a giant career break in my CV and they think I am out of touch

3

FIND SUPPORTIVE EVIDENCE

I got no feedback from sending my CV and someone told me it would be tough

4

FIND CONTRADICTIONARY EVIDENCE

There is an entire industry for returners who are hired for their experience and wisdom and for diversity. I can google many success stories

5

ADOPT THE BALANCED VIEW

Maybe it will take a while until I find the right employer who understands my worth. In the meantime I can network, update skills, hone my pitch/what I want

6

NEXT STEPS

Be aware of automatic thoughts. Counter them with new affirmations. "I am valued and talented" "Each new connection I make brings me closer to a job with purpose".

YOUR NEW REALITY

Use these cognitive restructuring skills the next time you catch yourself generalising. This will help you perform optimally and stop you undermining your performance.