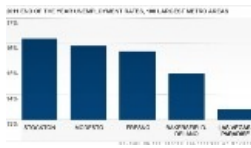


IF YOU MUST SAY SOMETHING, DON'T SAY THIS



It seems that everywhere that you turn there is all of this concern about the economy. With the employment rates being so low nationwide, there is a very good chance that you are going to be crossing paths with someone who has recently lost their job. If it so happens that it is someone that you know, here are a few guidelines for what to say and what not to say. **What to Say:** Tell that everything is going to be ok. Remind them that J.K. Rowling, Jerry Seinfeld, Robert Redford and Lance Armstrong all got fired too. It opened up the chance for them to be able to do something extraordinary. Explain to them that life is all about trying to find the right fit, and that job just wasn't it. Now they get to go out there and find out what it really is. And with all of the technology out there today, it has never been easier to learn all about new opportunities and become an expert in some of those areas. It can also be done without having to go back to school, and it can be done very quickly. Also let them know that if they had to be let go, then this is the most opportune time. In most states, people can get 99 weeks of unemployment compensation. Inspire them to look at that as a gift, and to use it wisely. Focus on all of the positive, happy, stuff, listen to them and boost their confidence as much as possible. **What not to say:** In general, so not say things that are going to create more stress for the person. Referencing just how many other people you know who are also laid off, or are about to be laid off, is not going to make anything better. So why say it at all? Telling them that it was their fault, or telling them that the company is to blame is not going to accomplish anything useful. All that it is going to do is create anger, or regret--neither of which is going to help the situation. **Ten Things You Should Not Say, Under Any Circumstances:** No matter how funny you think they would sound, stay very far away from these comments:

1. I can't believe they waited this long to let you go.
2. You had a job? It seemed like you were always at home.
3. It could be worse.
4. I know that you are sad, but it is not like you were that good for them anyway.
5. McDonald's is hiring.
6. This is bad for everyone. But given your skills, it's catastrophic.
7. To be honest, most of us were amazed that you even got the job to begin with.
8. I bet now your boyfriend/girlfriend will leave you and something else bad too.
9. I hear that they are always looking for call center people over in India.
10. Don't worry, I have a new recipe for ramen noodles that you are going to love.