

## FEAR OF WORKING CAN SABOTAGE EMPLOYMENT SEARCH



In the United States, which is currently in a recovery period after dealing with The Great Recession, competition for jobs is quite tough. On average, there are at least three people applying for a job opening each time. Of course, this will vary depending upon the type of job, but it does provide insight on how stiff the labor market is at the moment. And, while finding employment is hard enough as it is already, there are some job seekers who are sabotaging their employment search simply because they are afraid of working again. When some people are laid off, they do what they can to reinvent who they are and what they do. This happened to a woman, Marie, who is living in the suburbs of Minneapolis. Marie lost a job, which consisted of curriculum planning, and decided that with her doctorate in education, she would follow down a new path. However, Marie was sabotaging some of her efforts, without even realizing it. For starters, she was not actively pursuing all leads, being aggressive about finding work and following up with the companies that she had applied to. Marie also admitted that, at first, she was applying for positions that she knew she wouldn't get, knowing the chances of being hired were slim. She also admitted that she did not do the best job on her cover letter for her resume. By doing this, Marie was only sabotaging herself. After one month, Marie realized she was doing herself no justice, and realized what her problem may be. Marie is 58 years old and has fears that employers will think she is simply too old for the job. She is afraid of being rejected and has a lot of doubt in herself. However, she needs a new job, especially with two daughters who are of special needs and unemployment insurance that is running out shortly. Marie says that while she was self-sabotaging herself, she did not discuss her feeling with her husband. He is stressed out, with her not having a job, and any sign of her being depressed will automatically make him panic. Marie says she is not only holding back from employment because of the way she is feeling, she also deals with many different crises that occur with her two special needs daughters. This can take time away from actively pursuing work. She is afraid that she will have to choose between her job and her two daughters. She wants to work, but feels as though she is also needed by her daughters. The problem Marie faces is something that many other people are facing right now. Many people fear and dread change, especially after losing their job. They often feel anxiety about the situation. They also do not take to rejection very well, because it can be devastating.

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