

Emotional Mastery: Transforming Your Thought Process To Achieve Results

Step 1: Define the Neutral Circumstance

Begin by defining the circumstances around your job search. Remember that circumstances are neutral and factual, everyone would agree on them. Examples include "I am currently unemployed" or "I have a job interview in four days." Jot down your circumstances.

Step 2: Identify Your Current Thoughts

Separate your thoughts about these circumstances from the circumstances themselves. These could be thoughts like, "I'm not good enough for that role" or "They probably won't even consider me". Remember, these are not facts, but your personal interpretations of the circumstances. Write these thoughts down.

Step 3: Understand Your Feelings

With your thoughts identified, take a moment to understand the emotions they are causing. Are you feeling anxious? Defeated? Scared? Connect with your emotions and write them down next to the corresponding thoughts.

Step 4: Realize Your Actions

Reflect on what actions these feelings lead you to. Does the anxiety cause procrastination? Does feeling defeated make you avoid networking? Write down the actions that you take as a result of these thoughts and feelings.

Step 5: Recognize Your Results

Consider the outcomes of your actions. Are you not getting interviews? Are you not receiving job offers? These are your results. Write them down.

Step 6: Formulate Empowering Thoughts

Now, shift your perspective. For each negative thought you've identified, create a positive, empowering counterpart. For example, instead of "I'm not good enough for that role", you might write "I have unique skills and experiences that make me a strong candidate for this role".

Step 7: Channel Positive Emotions

Refer back to your list of emotions. This time, identify positive feelings that resonate with your empowering thoughts. Write down these positive emotions next to their corresponding new thoughts.

Step 8: Envision Constructive Actions

With a positive mindset and emotions, what actions would you take? Perhaps you'd feel encouraged to apply to more jobs, or to network more? Write down these new actions that you would take.

Step 9: Project Successful Outcomes

Finally, imagine the outcomes that these new actions could lead to. More interviews? More job offers? A satisfying career? Visualize and write down these new results.

Remember, this is a continuous process that evolves with your circumstances. You can return to this exercise anytime you feel your mindset needs adjustment. The goal is to harness the power of your thoughts and emotions to drive successful actions and outcomes in your job search. Best of luck!

abhorrence	awkward	compassionate	disconnected
absorbed	baffled	complacent	disdain
accepted	bashful	compunction	disgruntled
admired	befuddled	concerned	disgust
adored	belittled	confident	disgusted
adrift	bemused	conflicted	disheartened
adventurous	bereaved	confused	disillusioned
affectionate	betrayed	connected	disinterested
afraid	bewildered	consternated	dislike
aggravated	bitter	consternation	dismayed
agitated	blessed	contemplative	distant
agonized	bliss	contempt	distracted
agony	blithe	content	distraught
alarmed	bold	contribute	distressed
alert	bonhomie	courageous	disturbed
alienated	bored	cowardly	doubtful
alive	bothered	cranky	dread
alone	bouncy	craving	eager
aloof	brave	creative	ebullient
amazed	bright	cross	ecstatic
amused	brooding	crushed	edgy
angry	bubbly	curious	elated
animated	buoyant	cynical	embarrassed
animosity	burdened	daring	empathetic
annoyed	burning	deep	empowered
antagonistic	calm	defeated	empty
anticipation	capable	defensive	enchanted
antipathy	carefree	delectation	encouraged
antsy	cautious	delicious	energetic
anxious	certain	delighted	energized
apologetic	chagrined	demoralized	engaged
appalled	challenged	denial	engrossed
appreciative	charmed	depressed	enjoyment
apprehensive	cheerful	desiring	enlightened
aroused	cherished	desolate	enmity
ashamed	choleric	despairing	entertained
assured	clueless	desperate	enthusiastic
at ease	cocky	detached	envious
audacious	cold	determined	euphoric
aversion	comfortable	detest	exasperated
awe	comforted	devoted	excited
awed	committed	disappointed	exhausted

exhilarated	hankering	isolated	open
expectant	happy	jaded	optimistic
exuberant	harassed	jealous	outraged
fanatical	harmonious	jittery	overwhelmed
fascinated	hate	jocular	pained
fatigued	hateful	jocund	panic
fearful	helpless	jolly	panicked
fearless	hesitant	joyful	paralyzed
feisty	hollow	jubilant	paranoid
felicitous	honest	judged	passionate
fervor	hopeful	jumpy	pathetic
flustered	hopeless	lethargic	peaceful
focused	horrified	liberated	peevish
foolish	hostile	lighthearted	pensive
foreboding	humble	listless	perplexed
fortunate	humbled	lively	perturbed
fragile	humiliated	lonely	pessimistic
frazzled	humored	lost	petrified
free	humorous	loving	petulant
fretful	hurt	loyal	pissed
frightened	hyper	lucky	playful
frustrated	hysterical	mad	pleased
fulfilled	ill-tempered	marvelled	possessive
furious	imaginative	meditative	powerful
generous	impatient	melancholic	powerless
genial	impotent	merry	preoccupied
giddy	incapable	miffed	proud
glad	indifferent	miserable	psyched
gleeful	indignant	misunderstood	pumped
goofy	inferior	moody	puzzled
gracious	inhibited	mortified	radiant
grateful	insecure	motivated	rage
gratified	inspired	nasty	rattled
groggy	insulted	needy	realized
grouchy	intense	neglected	reflective
grounded	interested	nervous	refreshed
grudging	intrigued	neutral	regretful
grumpy	introspective	nostalgic	rejected
guarded	invigorated	numb	rejuvenated
guilty	irascible	nurtured	relaxed
gung-ho	irate	offended	relish
gusto	irritated		reluctance

reluctant
removed
repentant
repugnance
resentful
resentment
resignation
resigned
resilient
resistant
resolute
respected
restless
revolted
sad
safe
satisfied
savor
scared
scorn
secure
self-conscious
sensitive
sensuous
serene
shaken
shame
sheepish
shocked
shut down
shy
sincere
skeptical
sluggish
snappy
solemn
sorrowful
sorry
sour
spirited
spontaneous
sprightly

startled
stirred
stressed
strong
stung
submissive
successful
suffering
suffocated
sullen
superior
surprised
suspicious
teary
tenacious
tense
terrified
testy
tetchy
thankful
thirst
threatened
thrilled
timid
tired
titillated
tormented
torn
tortured
touched
tough
tranquil
trapped
traumatized
trepidation
troubled
trusting
twitchy
uncertain
uncomfortable
uneasy
unhappy

uptight
useless
valiant
valued
vehement
vexed
vibrant
victim
victorious
vigilant
vindicated
vindictive
vulnerable
warm
wary
way
weak
weary
withdrawn
woeful
wonder
woozy
worried
worthless
worthy
wrathful
zeal
zest