

title: **Explaining why I was fired?**

num_comments: 8

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Post Text

I'm coming off a long period of unemployment (since November) and I have some potentially good opportunities knocking. The one thing I'm most anxious about is explaining why I was let go from my previous job. The truth is that I was definitely having some issues concentrating that I believe was related to depression (I was treating my ADD with Adderall at the time), and in all fairness probably needed somewhat of an attitude adjustment in regards to my work ethic. Being unemployed this long and having to move back in with my parents has definitely lit a fire under my ass and given me a lot of time to think about how I can change my strategy in regards to going back to work again, and I'm now on depression medication that has helped big time in terms of my mood. The looming question is, how do I explain this to my new prospective employer? I am already being asked by the recruiter I'm in contact with and I don't even know how to answer him. Do I chalk it up to health problems? Do I just take responsibility for it and call it a learning experience? Does anyone have any experience with this?

Comments

Commenter_2

ID: REDACTED! ~(o.o)~ <3, Upvotes: 20

You were dealing with medical issues which hindered your productivity, and said issues are now being treated effectively. Rarely will they press on this by asking "what kind of medical issues" and if they do, fuck em on to the next one.

Commenter_3

ID: REDACTED! ~(o.o)~ <3, Upvotes: 9

Totally disagree about the "medical issues". It's a red flag when they don't know you and they're not liable for you yet. it's easy to disregard you.

If anything, just be confident in saying you were working on a project that ended up not planning out. (Or some such verbiage)

You go in with your hands folded when you rely on "I have medical issues". Some people don't even believe this curse is real.

Commenter_4

ID: REDACTED! ~(o.o)~ <3, Upvotes: 5

I agree. Mention medical issues, say you have them under control now and be as honest bad you can with them. . :) Wishing you the best of luck!!!

Commenter_5

ID: REDACTED! ~(o.o)~ <3, Upvotes: 6

An alternative to "medical issues" might be "personal issues."

Q. Why were you let go from your previous job?

A. I was dealing with some personal issues that hurt my performance at work. I've got my circumstances under control now and am ready to get back to work.

It's vague enough that it could be anything, the word "personal" discourages further inquiry, and not

mentioning "medical" decreases the chance that you get profiled and rejected for ADHD or depression, both commonly misunderstood conditions.

Some interviewers might ask for more specifics. They shouldn't, number 1. If they do, you can plausibly just say you're not comfortable discussing it, because it's _personal_.

Commenter_6

ID: REDACTED! ~(o.o)~ <3, Upvotes: 1

You can say that the project was finished or it would finish not long after you leave.

Commenter_7

ID: REDACTED! ~(o.o)~ <3, Upvotes: 1

They aren't necessarily going to know you were let go. Just talk about you. You needed a break to focus on: getting whatever exciting this new job will bring. A lot of people are going to understand that, regardless of the why.

Unknown_User

ID: REDACTED! ~(o.o)~ <3, Upvotes: 1

Whatever you do, be honest. Don't try to beat around the bush by some "it's not my fault" excuse.

Acknowledge that you've had some performance hindrances in the past (as others have suggested, it may help to specify "due to a personal/medical issue"), but you've now worked through it and you're ready to be a team player again.

Unknown_User

ID: REDACTED! ~(o.o)~ <3, Upvotes: -4

Aren't most of you with adhd also on antidepressants? Just say you have major depression!