

# microverse

## Emotional Strategies in Job Hunt

~Skills Playground~



# Understanding Emotional Intelligence (EI)

**Emotional Intelligence as the ability to recognize, understand, and manage our own emotions and the emotions of others.**

5 key components:

- Self-awareness
  - Self-regulation
  - Motivation
  - Empathy
  - Social Skills
- 
- 



EI

Why is it relevant in the Job Market ?





# EI in Job Hunting



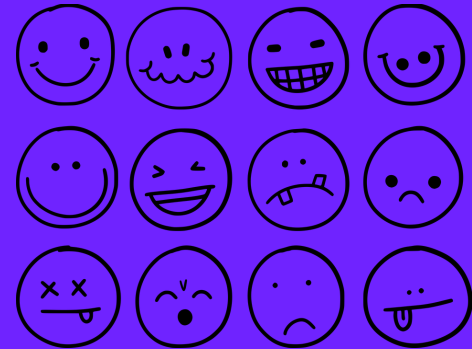
- During Job Search
  - In Interviews
  - Handling Rejections
- 
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# Reframing your Thoughts



# Naming your Emotions





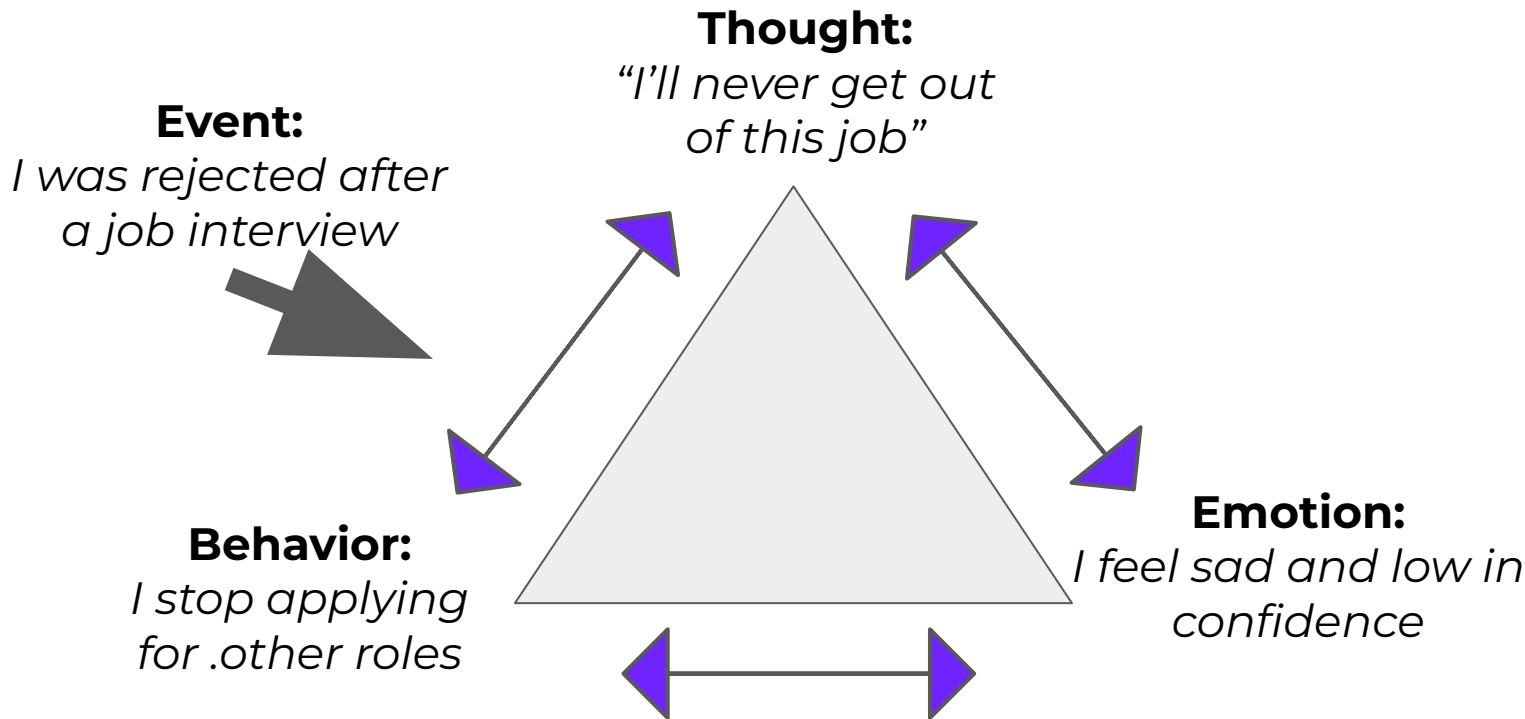
# Reframing your Thoughts



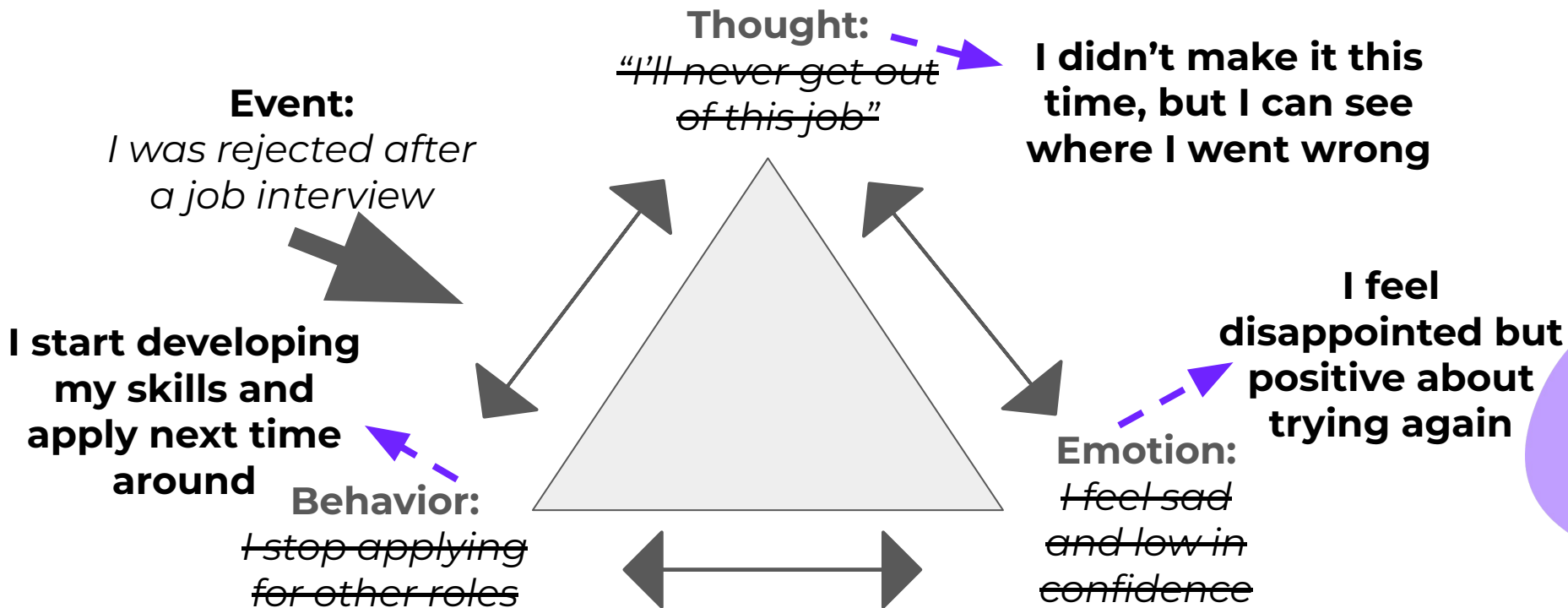
(Cognitive Behavioral Therapy)

- Behaviors - Emotions - Thoughts are linked
- ~~Event~~ → Our reaction to that event

# Reframing your Thoughts

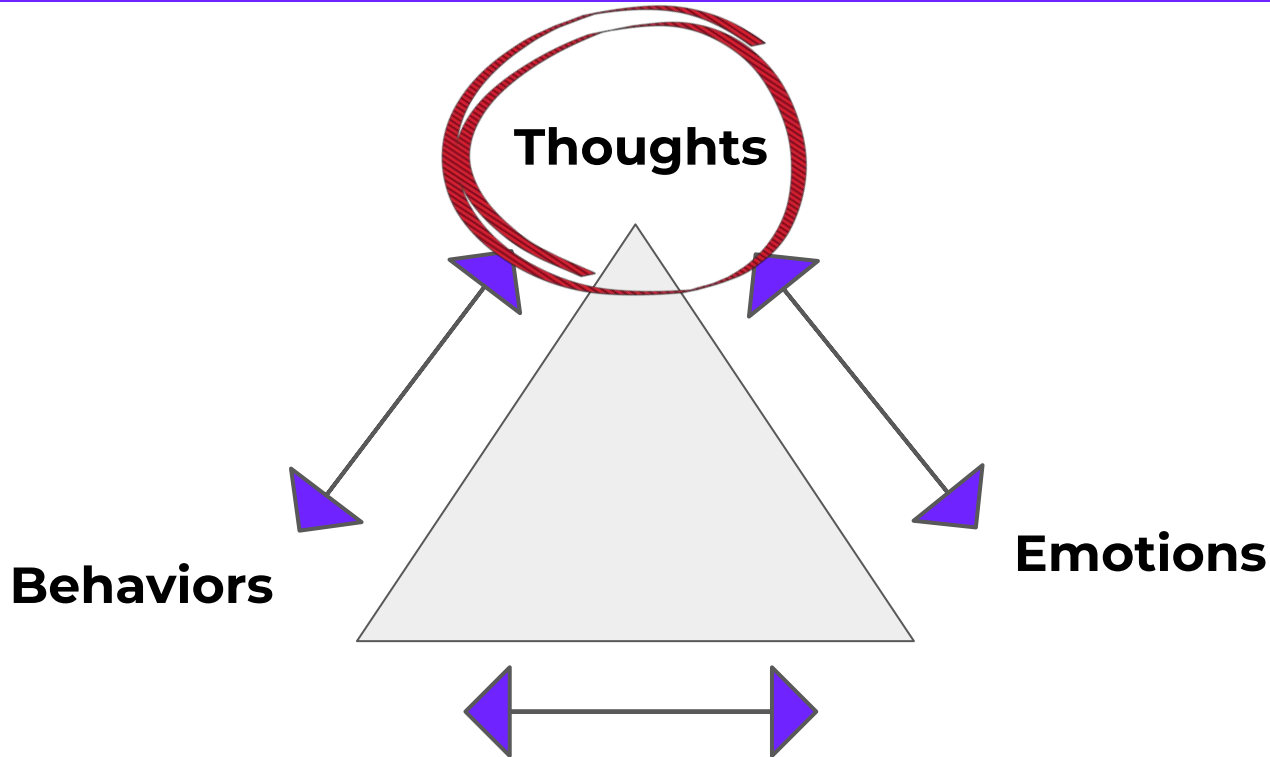


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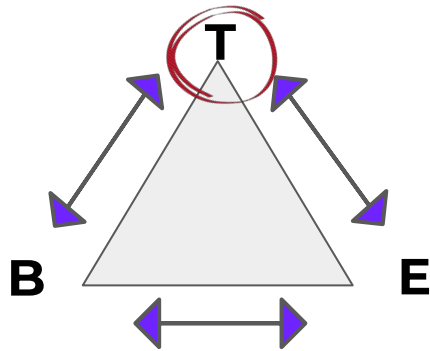




# Reframing your Thoughts



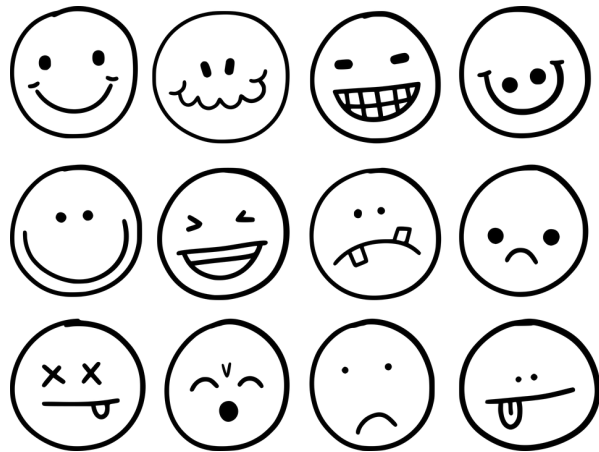
# Reframing your Thoughts



**“I'm not good enough; no one will hire me”**  
(Dealing with Rejection)

**“Each rejection is a learning opportunity to improve for the next opportunity”**

# Naming your emotions = “Labeling”



## Why is this so difficult?

- We've been taught that strong emotions should be suppressed.
- We don't know a vocabulary.

	Happiness	Caring	Depression	Inadequate	Fear	Confusion	Hurt	Anger	Loneliness	Remorse
Strong	Delighted Ebullient Ecstatic Elated Energetic Enthusiastic Euphoric Excited Exhilarated Overjoyed Thrilled Tickled pink Turned on Vibrant Zippy	Adoring Ardent Cherishing Compassionate Crazy about Devoted Doting Fervent Idolizing Infatuated Passionate Wild about Worshipful Zealous	Alienated Barren Beaten Bleak Dejected Depressed Desolate Despondent Dismal Empty Gloomy Grieved Grim Hopeless In despair Woeful Worried	Blemished Broken Crippled Damaged Feeble Finished Flawed Helpless Impotent Inferior Invalid Powerless Useless Washed up Whipped Worthless Zero	Appalled Desperate Distressed Frightened Horrified Intimidated Panicky Paralyzed Petrified Shocked Shook up Speechless Startled Terrified Terror-stricken Wrecked	Baffled Befuddled Chaotic Confounded Confused Flustered Rattled Reeling Shocked Shook up Speechless Startled Stumped Stunned Taken-aback Thrown Trapped	Abused Aching Anguished Crushed Degraded Destroyed Devastated Discarded Disgraced Forsaken Humiliated Mocked Punished Rejected Ridiculed Ruined Scorned	Affronted Belligerent Bitter Burned up Enraged Fuming Furious Heated Incensed Infuriated Outraged Provoked Seething Storming Truculent Vengeful Vindictive	Abandoned Black Cut off Deserted Destroyed Empty Forsaken Isolated Marooned Neglected Ostracized Outcast Rejected Shunned	Abashed Debased Degraded Delinquent Depraved Disgraced Evil Exposed Humiliated Judged Mortified Shamed Sinful Wicked Wrong
Medium	Aglow Buoyant Cheerful Elevated Gleeful Happy In high spirits Jovial Light-hearted Lively Merry Riding high Sparkling Up	Admiring Affectionate Attached Fond Fond of Huggy Kind Kind-hearted Loving Partial Soft on Sympathetic Tender Trusting Warm-hearted	Awful Blue Crestfallen Demoralized Devalued Discouraged Dispirited Distressed Downcast Downhearted Fed up Lost Melancholy Miserable Regretful Rotten Sorrowful Tearful Upset Weepy	Ailing Defeated Deficient Dopey Feeble Helpless Impaired Imperfect Incapable Incompetent Incomplete Ineffective Inept Insignificant Lacking Lame Overwhelmed Small Substandard Unimportant	Afraid Alarmed Apprehensive Awkward Defensive Fearful Fidgety Fretful Jumpy Nervous Scared Shaky Skittish Spineless Taut Threatened Troubled Wired	Adrift Ambivalent Bewildered Puzzled Blurred Disconcerted Disordered Disorganized Disquieted Disturbed Dizzy Foggy Frozen Frustrated Misled Mistaken Misunderstood Mixed up Perplexed Troubled	Belittled Cheapened Criticized Damaged Depreciated Devalued Discredited Distressed Impaired Injured Maligned Marred Miffed Mistreated Resentful Tortured Troubled Wounded	Aggravated Annoyed Antagonistic Crabby Cranky Exasperated Fuming Grouchy Hostile Ill-tempered Indignant Irrate Irritated Offended Ratty Resentful Sore Spiteful Testy Ticked off	Alienated Alone Apart Cheerless Companionless Dejected Despondent Estranged Excluded Left out Leftover Lonely Oppressed Uncherished	Apologetic Ashamed Contrite Crestfallen Culpable Demeaned Downhearted Flustered Guilty Penitent Regretful Remorseful Repentant Shamefaced Sorrowful Sorry
Light	Contented Cool Fine Genial Glad Gratified Keen Pleasant Pleased Satisfied Serene Sunny	Appreciative Attentive Considerate Friendly Interested in Kind Like Respecting Thoughtful Tolerant Warm toward Yielding	Blah Disappointed Down Funk Glum Low Moody Morose Somber Subdued Uncomfortable Unhappy	Dry Incomplete Meager Puny Tenuous Tiny Uncertain Unconvincing Unsure Weak Wishful	Anxious Careful Cautious Disquieted Goose-bumpy Shy Tense Timid Uneasy Unsure Watchful Worried	Distracted Uncertain Uncomfortable Undecided Unsettled Unsure	Annoyed Let down Minimized Neglected Put away Put down Rueful Tender Touched Unhappy Used	Bugged Chagrined Dismayed Galled Grim Impatient Irked Petulant Resentful Sullen Uptight	Blue Detached Discouraged Distant Insulated Melancholy Remote Separate Withdrawn	Bashful Blushing Chagrined Chastened Embarrassed Hesitant Humble Meek Sheepish

# Why labeling works?

## We are re-wiring our brain:

- We are stepping out of thought, creating a space between ourselves and our thought, allowing for choosing and responding rather than reacting, becoming the wise observer of our mind.





# Personification of Thoughts and Emotions



- **Example 1:** "Pessimistic Pete"... "That's just Pessimistic Pete showing up again."
- **Example 2:** "Critical Carla"... "I hear you, Critical Carla, but let's focus on constructive feedback instead."

**Awareness | Naming the Character | Observe & Interact**

**Choose your Response | Patience & Practice | Reflect on Changes**

