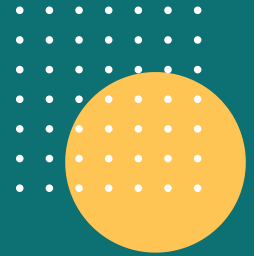


CAREER ADVISORY



Going through Career Transition?

3RD REACTION - RUMINATION



There are four typical human responses to career change: Relief. Excitement. Rumination. Anxiety.

Rumination. This means you find yourself constantly re-living, re-viewing and re-playing old events that caused distress, with a laser focus on the negative aspects of the situation. You give negative meaning to these experiences whether there were negative intentions or not.

Rumination is Normal. Some feelings during this time could be:

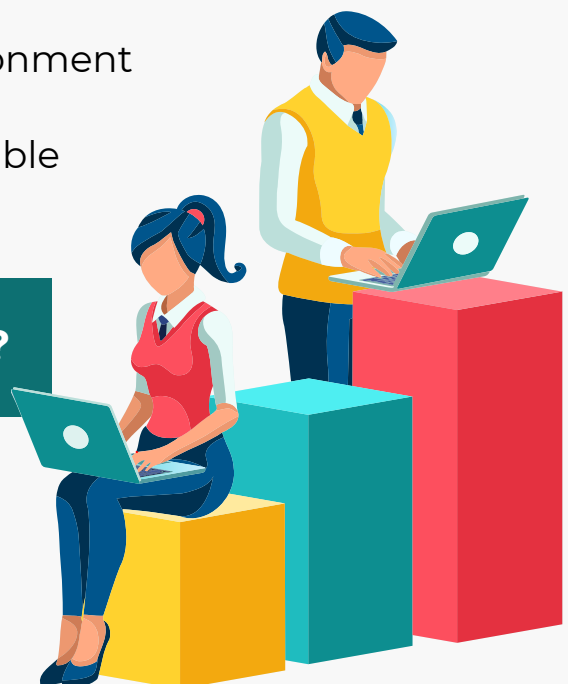
- bitterness
- anger
- hatred
- despair
- betrayal
- disappointment
- fragile
- grief
- abandonment
- empty
- vulnerable
- lonely

HOW ARE YOU FEELING TODAY?

WDS Half-Time Program

Structured Telephone Coaching for Busy Professionals

 WDSAFRICA.ORG



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Feel your feelings today
This is time well spent

CONSULT THE FEELINGS WHEEL



Open your journal. Write down every feeling you can see today. Allow yourself to feel. More Career Support at wdsafrika.org



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Busy Professionals

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