

# Angry job seekers should avoid going from mad to worse

- Dealing with your emotions helps keep your job search on track

In a difficult job market, it's likely that at some point you'll go from feeling annoyed and frustrated to downright mad. While it's normal to feel angry while looking for a job, knowing the origin of these feelings and learning how to deal with them could make a big difference in the future.

Jerry Deffenbacher, Ph.D., professor of psychology at Colorado State University in Fort Collins, Colo., and the author of "Overcoming Situational and General Anger" (New Harbinger, \$29.95), mentions three key items to keep in mind while monitoring your anger during a job search.

## Anger at employer

Deffenbacher says it's important not to let any anger you may have felt during your previous job affect the application process for any new jobs.

"Think about how you'll describe your situation of prior jobs in neutral terms," he says. "Diffuse any anger issues related to your prior job so it doesn't screw up the next one."

## Self-monitoring

You can't do much with your anger if you don't know where it's coming from.

"I would encourage a person to keep a journal or a notebook to see where and when they're feeling anger," says Deffenbacher. "Stop and see what the situation is and what's triggering the anger."

Also, be sure to do this with a calm state of mind. "Most people think and problem-solve better when they're calm," he says.

## Reasonable expectations

If you start your job search with a practical goal, you'll find fewer reasons to become angry.

"People get angry when they can't find the right job or career," says Deffenbacher. "A lot of us just work jobs - some are great, some are just jobs. You have to have realistic expectations both short and long-term. That helps keep the frustration down."