

SAME HUMAN.
NEW HORIZON.

BETWEEN JOBS

A DISCUSSION GUIDE

Reflect • Process • Reframe • Take Next Steps

Finding
Your Footing,
Your Perspective,
and What's Next

DIFFERENT
CHAPTER
STILL LEADS
SOMEWHERE
BEAUTIFUL

1

ACKNOWLEDGE THE REAL IMPACT



A job provides more than income. It often gives structure, social connection, purpose, identity, and a place in the world. Losing that can shake many parts of life.

DISCUSSION QUESTIONS:

- What has been the hardest part for you?
- Which of the “five” (structure, connection, purpose, identity, status) do you miss most?
- What has surprised you about this experience?

2

NOTICE THE EMOTIONS



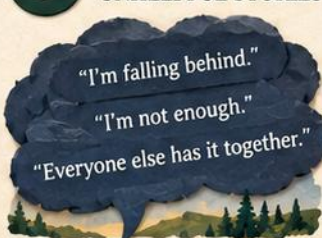
It's normal to feel a mix of emotions: uncertainty, fear, shame, anger, grief, and even relief. All of these make sense and are part of a very human experience.

DISCUSSION QUESTIONS:

- Which emotions show up most for you right now?
- What would you say to a friend who felt this way?
- How can you create space to feel these emotions without judgment?

3

CHALLENGE UNHELPFUL STORIES



Our minds often create harsh stories in the in-between. These thoughts can feel true but are not always facts. Not having a job does not mean you are a failure.

DISCUSSION QUESTIONS:

- What self-critical thoughts have been showing up?
- How might you reframe them with more compassion?
- What would you say to your younger self right now?

4

FOCUS ON WHAT YOU CAN CONTROL



While you can't control everything (like the job market), there are helpful steps you can take. Small, consistent actions can rebuild momentum and a sense of agency.

DISCUSSION QUESTIONS:

- What is one small step you can take this week?
- What daily routines help you feel more grounded?
- How can you celebrate effort, not just outcomes?

5

STAY CONNECTED



It's common to withdraw, but connection matters now more than ever. Trusted friends, family, mentors, or a support group can reduce shame and remind you that you're not alone.

DISCUSSION QUESTIONS:

- Who are 2–3 people you can be honest with?
- How can you stay engaged, even when it feels hard?
- Would a support group, coach, or therapist be helpful right now?

6

REDISCOVER MEANING AND POSSIBILITY



This season can be more than a pause. It can be a time to reassess, explore, and move toward work that fits your values and the life you want. Different can still be meaningful.

DISCUSSION QUESTIONS:

- What do you want more of in your next chapter?
- What have you learned about yourself during this time?
- How might this experience shape a more intentional future?

YOU ARE MORE
THAN WHAT YOU PRODUCE.



DR. MICHAEL ZAKALIK, PSY.D.
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Understanding
minds.



Strengthening
connections.

THIS CHAPTER
STILL COUNTS.