Beliefs : Are They Working For You or Against You?

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Do you know the difference between knowing something and believing in something? To know something is when there is no doubt and to have a clear understanding of something. To believe is to take as true, real, to suppose or expect, or even assume. Beliefs are not necessarily true, however they can be mighty powerful on both sides of the fence; useful or not.

Beliefs are tricky. They parade around as truths, however, by definition they are only beliefs. And here's the catch, all too often some beliefs if , they have been part of your thinking for a while, and are unconscious, can be incredibly harmful when interviewing. And they could even wind up as truth and then fact in your own mind!

Here are some examples of beliefs that parade around as truths/facts: "I am too old." "No one wants anyone who doesn't have industry experience." "No one is hiring now," "I will never find a job that I like," "I have no power, no identity without a job," "I think that all interviews are made to make you squirm," "Search firms are only interested in you if you are employed," and on and on and on.

So, what are your limiting beliefs? What kinds of behaviors do you think having such beliefs prompts? If you believe that you will never find a job, what actual behaviors follow that kind of thinking? You might remember that where you put your awareness is what you are aware of. In other words, if you keep thinking the same thought, then there is no room for another. Oh and what kind of interviewee will you be if you believe that all interviewers want to do is stress you out or make it rough on you?

Not a strong place from which to make your case, is it?

So, it may be time to begin to shift your negative beliefs into some more positive. First, make an inventory of your beliefs about yourself and the job market. Be brutally honest. Ask yourself, what do I know and believe about myself and the job market? Make a mental check list of what thoughts are in your mind that get in the way of your being your best. Are your thoughts around age? The marketplace? Your experience? Do you picture the interviewer as superior to you because at least they have a job? Do you see yourself as an underdog? Do you think you need to be rescued? Do you picture failure because your campaign is taking longer than you expected?

Make a list, see what bubbles up.

Then, challenge each item on your list with this question. "Do I know 100% that this is 100% true?" If your answer is "Well, it seems to be true, after all, look at the unemployment figures," then chances are, it's not what you know, as fact but only a thought, or a belief.

Beliefs are powerful in both directions. They can overrun you or gear you up. And, the good news is you can work with a belief and change it. You can shift it into something more positive, such as "Although the unemployment figures are daunting, I know my value and I believe I can make every effort to keep my campaign alive."

When you challenge a firmly held belief, it can be unnerving as well as uplifting. If you understand that change is difficult yet can be beneficial and changing the way you have been thinking could just be the release you have needed, then you might be able to look at your beliefs and change them. And then, they can change you for the better!