

# Best of The Innerwife: Relationships & Unemployment



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## About the Author

Chad Hunter is a published author, copywriter and freelance writer. He has written numerous pieces of fiction, magazines articles, newsletters and on-line publications. His background in journalism has stretched its roots into applying strong writing principles into the new and unconventional writing of the new and hi-tech market. He has contributed to relationship-related outlets such as [www.askmen.com](http://www.askmen.com), [www.iseecolorlive.net](http://www.iseecolorlive.net) and been featured on [Alan Roger Curry's Blog Talk Radio network "Mode One" talk show](#) in 2008 and [again in 2009 discussing the Innerwife in the Bedroom](#).

Most importantly for this book, Hunter is a married man. Having had good dates, bad dates and some that are still undecided, he has experienced directly and indirectly the highs, the lows and the in-betweens that occur in every type of relationship.

The Inner Wife is more than imaginary, she is a blessing. On top of that, she is newly developed but anciently wise. The Inner Wife is, amongst other things, a marital muse and a relationship Sherpa.

Hunter, his wife (and his inner wife!) live and grow in their marriage with strength, blessing and resolve.

## How to Survive Your Spouse's Layoff Day

Your spouse has just been let go. Their life has changed and they're hurting. The day is dark but the next few moments will decide how you'll both survive your spouse's layoff day and their quest for new employment.

- Listen - Your spouse or partner has just lost their job on their layoff day. It's like a limb has just been chopped off and they may be in shock. At this moment, open up your ears. Hear them but listen most importantly. This will allow them to feel that they mattered, something that their job just took away.
- Get the Details - Knowing what's happened on your spouse's layoff day is very important to what happens next. Get this information out gently by asking them questions such as "Is there anything you need to get?" "Is there any paperwork that you need to sign?" "Did they give you details on insurance?" Ask for the paperwork so you can see it without making them feel grilled.
- Reassure - Your special someone just had their world rocked and their foundation cracked. They need to feel that tomorrow will be okay. If they're worried about the car or frightened about the house, let them know that everything will be fine. Even if you don't know how, reassure them that life will continue on beyond their layoff day.

- Get physical - In this moment, they are unemployed and unsure. They need to feel safe, loved and grounded. Give a hug, kiss a forehead, and hold a hand. Your spouse needs to know that their world is not empty and that you stand with them.
- Comfort the creature - Whether it's a nice lunch or dinner, a rented movie (because they don't want to cry in public) or some sudden intimacy, go for the creature comfort. This is a quick band-aid on a wound but it can help them with the sudden shock.
- Circle the wagons - Call in support on your spouse's layoff day if needed. Their siblings or good friends can help shore up against the darkness they feel closing in. Be highly selective as the wrong person can do considerable damage. Also invite people your spouse has already told so that you don't break the news for them.

Surviving your spouse's layoff day is a traumatic moment that can hit anyone and will hit everyone who experiences it hard. Choosing to listen, get the details, reassure, get physical, comfort the creature and circle the wagons can be the difference between coming together or falling apart.

## Laid off? How to Write THE Resume

Being laid off can be a critical blow to one's emotional and financial health.

Sometimes, even more difficult than getting let go from a job is beginning the search for another one. We often spend so much time in a job that we forget the skills that got us there and we forget to expect change and we especially lose sight of updating our resumes.

- Step back and breathe – Writing THE resume or any resume can seem like a terrifying journey. Don't let it. Step back and breathe is the first and most important step to writing a resume because it allows for focus, calm and a truer perspective than one of fear and anxiety. Put yourself in a calm environment (soft music, refreshments) and away from distractions and noise before you start to write.
- Reassess yourself – After you step back, look at who you are and where you are. After losing one's job, all the nightmares of what you'll lose, where you'll live and how'll you'll eat start to come down in unrealistic waves. You start to feel like a "loser" and suffer from lowering self-esteem. In actuality, you may have more savings than you think or you may not be as alone as you feel. Reassess yourself and look at where you will be starting from.
- Look at your previous job skills – Many people forget to include or update their resumes with the skills they acquired at their previous job. The job that let us go becomes a mental "no-fly" zone that we never want to

mentally revisit. Stop and look at your previous job skills. Did you learn computers and more applications (i.e. Microsoft Word or Excel)? Did you learn accounting systems or how to interview people? Every job teaches something new and that knowledge is yours and cannot be taken from you.

- Look at your personal skills – Just because you’ve not been officially paid for it doesn’t mean that your personal skills are not bread-winning skills. Do you like to talk and have a persuasive way about you? Do you enjoy detailing your activities and schedules for vacations or nights-out? Are you good at fixing things around the house or are you bilingual? We all have personal skills that are worth paying for, we just have to stop and look at them.
- Write a list – Writing THE resume begins with a list. Begin jotting down the previous job skills you uncovered as well as what personal skills you have. As you begin to write the list, begin to record the years, places and several individuals tied to your list’s items. As you begin to piece your resume together, you’ll have the basic information needed for it.
- Keep it simple but not too simple – When writing THE resume; keep your entries for objective, employment history, education and skills simple...but not too simple. You don’t want a resume that looks cluttered and takes over one page to read (unless you’ve been in the workforce for decades). Use short wording instead of complete sentences and use bulleted lists

where appropriate. Remember, the resume gets you in the door so you don't have to write everything about everything down. You sell the rest.

- Start with the basic resume – Writing THE resume is not about having an end product that is flashy or filled with artsy shapes and fonts. An excellent resume is about organization and importance of what's listed. With whatever word processing software you're using, start with the basic resume. Having a clear objective, employment history, educational background, skills and contact information are key elements to getting across what you offer your next employer.
- Use basic resume paper – With so many attractive styles of resume paper in the stores today, it is tempting to get something that stands out. However, off-white or beige, heavy resume paper is still good to use. Having a neon orange resume is going to make your application look more foolish than professional. Use basic resume paper and let what's on it stand out.



## Laid off? How to begin Self-Discovery

Maybe you knew it was coming. You've been hearing rumors in the break room and whispers by the water cooler. Maybe it was completely out of the blue – you walked in and were escorted out. Either way, you've been laid-off and are now unemployed. While it is a considerable blow and a life-changing event, being laid-off is not the end of your life. With the steps below, it can often be the beginning.

- **Breathe** – The first and most important step is regaining your emotional footing. Being laid-off is a shock and can often cause anxiety and panic. Breathe. Take in a deep breath and exhale slowly. Focus on controlling your air intake and you're actually regulating your body's response to stress as well as calming down your mind.
- **Go through the Cycle of Grief** - Denial, Anger, Bargaining, Depression, Acceptance – Like any traumatic event, losing your job will put you through the seven cycles of grieving. Allow yourself to walk through each phase without staying too long or moving too fast. Ask your spouse, partner, family member or a close friend to keep an eye on you as you move through these stages. But allow yourself to go through the cycle of grief because they ultimately lead to healing.
- **Ask Questions** - "Who am I?" "What do I want?" These and many more questions are what you need to ask yourself to find out not just what you want to do but what will ultimately make you happy. A job that steals your

energy, vitality and even your soul is only going to make you wish you were still unemployed. Ask questions about what you want and also ask questions about what you don't want also!

- Clean house – Take the time to address old issues you've never had the time or desire to face. Make peace and bury the hatchet in old fights and grudges. Own up to past mistakes. Reach out to someone you've always wanted to. Whatever it is clean house and free yourself for the next level of who you are.
- Use the Past as a Blueprint for the Future – The past is the past but it can also be a design of what you want the future to be and what you don't want the future to be. Look at what fulfilled you and what stole from you and let these things lead you into tomorrow. Use the past as a blueprint for the future to guide you from what didn't work to what will
- Being laid-off is a big shock. However, it is not only survivable but a chance to do some soul-searching and self-discovery. By remembering to breathe, go through the cycle of grief, ask questions, clean house and use the past as a blueprint for the future, being laid-off could be the best thing for you.

## Laid Off? Facing Your Friends

Being laid off hurts. It means having to encounter many aspects and moments of a new life that are not easy. Such a moment may be facing your friends. Meeting your friends right after you've lost your job can be like being in a room full of people who think you have the plague. But, while possibly an unsettling moment, facing your friends after being laid off can lead to stronger relationships and even great networking.

- Relax – Relaxing may sound clichéd but it is the first most important step to surviving being laid off and facing your friends. Relaxing can consist of concentrating on breathing and noticing your heartbeat. Concentrate on deeper and slower breaths and this will take the attention from your sudden shock and back onto calming down.
- Tell your close friends first – Close friends can be support columns to keep you up while reeling from the blow you just took. Go to the friends who give you positive energy and strength. Hit your close friends first and then work your way down the list of the fair-weather friends and the weekend buddies.
- Tell the mouth-pieces next – Go to those friends who will go to everyone else. By telling these individuals about your being laid off will save you the time and energy of having to tell everyone yourself. Give them the quick and dirty version of your traumatic blow and let them run and do their best town crier. Sometimes this can lead to great networking.

- Handle what you can – Facing your friends after being laid off can be exhausting. Many people don't know what to say and will look at you like you're not the buddy they once knew. Some will jump on the "help you" wagon and, while their suggestions are great, they may be too much for you right now. Handle what you can by surrounding yourself by people who know when you need a push forward and when you need to be held up.
- Consider networking – A high percentage of new jobs come from networking with friends. Talk with those friends that are in careers that may have always interested you. When you're invited to work mixers or after-work happy hours, GO! Don't constantly drop that you're out-of-work to everyone but be aware of opportunities and if someone asks, tell them you've been downsized and are looking around. Your friends are your friends but they can also be new leads.
- Being laid off hurts. It's a dramatic change and can impact an individual in numerous ways. One such way is socially amongst their friends. However, by remembering to relax, by telling your close friends first then telling the mouth-pieces and by handling what you can, facing your compadres can be easier than expected. Also consider networking with your friends as they can be new career ventures in hiding.

## Laid Off? Facing Your Family

Being let go from a job is hard. It means having to face a lot of uncomfortable situations in life and of those uneasy moments may be facing your family.

Meeting your family right after you've lost your job can be like meeting them for the first time because life has changed and you're not the same person you were before this trauma. But, while possibly uncomfortable, facing your family after being laid off can be empowering and supportive.

- Breathe – Facing anyone has to start with relaxing and relaxing starts with breathing. Taking deep breaths allow you to focus past the pain and shock. Taking deep breaths also takes your mind off the traumatic moment of being fired and helps still your nerves.
- Get the details right – Members of your family will ask you the same questions over and over so get the details right. If you don't, there's the chance that Mom and Sis will talk, compare notes and get a bunch of information wrong and then either grill you or misinterpret what's happened. Know when your severance kicks in, why you were let go, when your insurance stops, if you can use a referral and more so that you're less aggravated by questions you can't answer.
- Get your story small and easy – Members of your family will ask you to repeat the same story over and over. So, get your story down to a small and manageable paragraph so that you're not spending hours repeating

yourself. Having a story small and easy will help you get the difficult details out and over faster and less painful.

- Start small and work your way up – Families have structure and each member carries more “impact” and “drain” than the others. Start with the members that empower you, shelter you and help you pick yourself up. Then tackle the members that judge you and wear you down. Start small and work your way up through your family and you’ll be able to deal with the unemployment questions and comments.
- Remember they love you – No matter how much you may get drilled, grilled and bombarded with questions and comments; remember that your family loves you. Remember that sometimes what comes out of their mouths doesn’t match what is going on in their hearts and mind. Their concerns and fears for you can be verbalized the wrong way.
- Being laid off is a painful moment and can cause ripples that go far and wide. Having support during this time helps ease past the shock of being let go. Facing your family when unemployed can be difficult but remembering to breathe, making sure to get the details right, getting your story small and easy and getting your story small and easy will help. Also, and above all else, remember they love you.

## How to Deal With Sex While Unemployed

Unemployment is hard enough on finances, budgeting and other aspects of money. However, being unemployed is a blow to romance as well as the pocket. Losing one's job can also cause a loss of libido that can further strain a relationship.

- Understand sexual desires can be threatened - Whoever is the bread-winner and suddenly suffers unemployment can also feel a loss of sexual prowess. The other partner can also feel a shift in romantic feelings as their spouse loses their self-esteem and energy levels. Understanding that sexual desires can be threatened will prepare you for what may come. Reiterate your passion for each both physically and emotionally. Keep words of both encouragement and lust coming.
- Communicate about your sex life - Talk, talk and talk. Talking about both the employed's and unemployed's feelings of intimacy will keep lines open about the bedroom highs and lows you'll face. The more you communicate, the more you'll both stay on each other's mind and in each other's mental bedroom. Without talking, sex while unemployed will find no support. Few things are as sexually igniting as having a best friend / lover.
- Explore new sexiness - With job loss there does come extra time gained, use it for self-discovery and sexual discovery. Use this time to exercise and get healthy in order to get your body to new levels of energy and sexuality.

Consider new fantasies or old fantasies never fulfilled. Take this time off to explore new sexiness. Think about role playing or wearing sexy clothing (or no clothing) when the working spouse comes through the door!

- Keep having sex - Often when unemployed, one's focus becomes completely on job-hunting. While that is a good thing, focusing on getting work is only healthy if it's balanced out maintaining the good things in life: like sex. Don't forget to nurture the relationships, including the sexual part of it. Date whether it's like the old days or low-key because of money. Flirt, touch and keep up the physical parts of your relationship.

Being unemployed can be a blow to one's self-esteem and especially to one's sex life. While couples can struggle in the checkbook, they can also suffer in the bedroom. But by seeking to understand that sexual desires can be threatened, remembering to communicate, taking time to explore new sexiness and continuing to have intimacy, a couple can keep sex while unemployed.



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