

# HOW ARE YOU SABOTAGING YOUR JOB SEARCH?

**It's easy to get in your own way during a job search.** Maybe you second-guess every application, or procrastinate reaching out to people who could help. These small habits sabotage your confidence and momentum.

Positive Intelligence® research shows that most negative thinking comes from just 10 common patterns – called *Saboteurs*. Read through the statements below to see which ones sound familiar – or take the [5-minute quiz](#) to get a customized ranking of your own Saboteurs.



**1. AVOIDER**

I avoid tasks I dislike or bad news (e.g. applications, networking, email).



**2. CONTROLLER**

I try to over-manage the process and am frustrated when I can't.



**3. HYPER-ACHIEVER**

I research new certifications or degrees that might make me a more appealing candidate. I invest hours in building a portfolio to showcase my achievements.



**4. HYPER-RATIONAL**

I assume that there is one right way of applying for jobs and everyone thinks like I do.



**5. HYPER-VIGILANT**

I constantly worry about the worst case scenario. *What if I can't pay my rent?*



**6. PLEASER**

I pay attention to what everyone else thinks I should be doing.



**7. RESTLESS**

I constantly change job search strategies and struggle to finish what I start.



**8. STICKLER**

I spend hours perfecting my resume and cover letter for each job. I don't apply for jobs unless I meet 100% of requirements.



**9. VICTIM**

I focus on the unfairness of it all. *Why did this happen to me?*

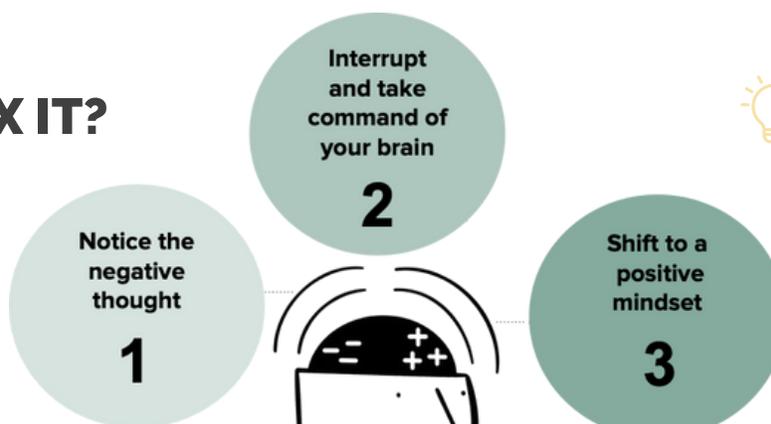


**10. JUDGE** (Master Saboteur)

**Judging Self** - I'm not good enough for that company/job.  
**Judging Others** - That recruiter was rude.  
**Judging Circumstances** - This job market is hopeless.

## HOW TO FIX IT?

It's all about interrupting the negative thought and shifting your mindset.



## QUIZZES

**Rank your Saboteurs:**  
[positiveintelligence.com/saboteurs](https://positiveintelligence.com/saboteurs)

**Find your PQ score:**  
[positiveintelligence.com/pq-score](https://positiveintelligence.com/pq-score)