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## Preface

Thousands of people are fired every year — justifiably or not. You may have been fired or perhaps a close friend has been fired.

During the past several years, I've known at least a half dozen people who were fired. Two of them, Betty and Michael, are my friends.

I stayed in close contact with Betty and Michael, talking with them frequently about how they were handling their situation, how they were dealing with it from an emotional standpoint, and what they were doing to get back on their feet.

As they worked through their crises, I noticed three stages that each went through to recover from getting fired. I refer to these stages as:

- Pick yourself up.
- Dust yourself off.
- Get on with your life.

My objective now is to offer you my insight into the three stages and the advice I offered to my friends. You may find this information beneficial for yourself, if you've been fired, or you may use it to support and advise a friend who has been fired.

In the end, both Betty and Michael made getting fired seem like the best thing to have happened to them. It allowed them the perfect opportunity to reassess their lives and gave them a chance to do something they really wanted to do.