



My career goal is unclear; I don't know where to go.



My career goal isn't that important; I don't see the point in trying to achieve it.



My career goal isn't my priority; I have other goals to achieve at the moment.



I doubt my abilities to reach my goal.

1.2. Reinforcing Goal Importance	1.1. Clarifying the Goal
<ul style="list-style-type: none">• Targeted questions• Scale of importance• Unfolding the scenarios• Exploring the gap with the values	<ul style="list-style-type: none">• Playing down• Exploring the metaphor• Goals' typology• Vocational indecision inventories
1.4. Increasing Self-Confidence	1.3. Increasing Goal's Priority
<ul style="list-style-type: none">• Targeted questions• Confidence scale• Exploring success stories• Quality inventories• Trusting	<ul style="list-style-type: none">• Life roles analysis• Subjective identity forms analysis



My environment doesn't support my efforts to reach my goal.



I feel a lot of mixed emotions toward my goal.



I tend to procrastinate the tasks that I need to do.



I tend to be pessimistic and always expect the worst to happen.

<p>1.6. Clarifying Emotions</p>	<p>1.5. Increasing Confidence in the Environment</p>
<ul style="list-style-type: none">• Functional analysis• List of emotions• Emotional intelligence	<ul style="list-style-type: none">• Identifying obstacles and resources• Social support network map• Asking for help
<p>2.1. Reviewing Pessimistic View</p>	<p>1.7. Fighting Procrastination</p>
<ul style="list-style-type: none">• Softening the thoughts• Scaling the thoughts• Three doors exercise• Pre-mortem analysis	<ul style="list-style-type: none">• Changing the speech, the perspective, the name or the story• Making it fun• Doing the task with someone• Increasing the difficulty



I doubt my worth and tend to blame myself for all of my shortcomings.



I'm afraid of mistaking myself and making a bad decision.



I am afraid of the uncertainty surrounding my decision and its consequences.

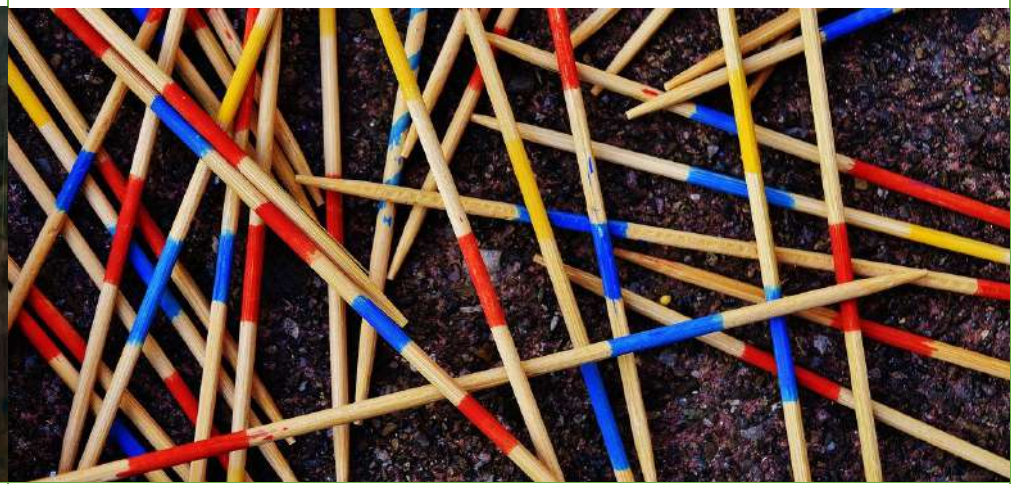


I am anxious about having to make a decision.

2.3. Reviewing the Fear of Making a “Bad Decision”	2.2. Fostering Self-Esteem
<ul style="list-style-type: none">• Unfolding the worst scenarios• Psychological immune system	<ul style="list-style-type: none">• Self-compassion• Flip side of the flaws• Dream team• Role models
2.5. Decreasing Career Decision-Making Anxiety	2.4. Facing Uncertainty
<ul style="list-style-type: none">• Progressive exposure• Marie Kondo method	<ul style="list-style-type: none">• Effectuation• Possible selves• Decision tree• Spirit of adventure



I tend to experience fear and anxiety in a lot of situations.



I fear the consequences that my choice could have on my family's equilibrium.



Choosing a career is crucial decision because it is made once and for all.



Work is the most important thing in life.

2.7. Considering Relational Factors	2.6. Handling General Anxiety
<ul style="list-style-type: none">• Family therapy assumptions	<ul style="list-style-type: none">• Vicious cycle of stress• Cognitive reframing• Emotional reframing• Postural reframing
3.2. Downplaying the Centrality of Work	3.1. Downplaying the Criticality of the Decision
<ul style="list-style-type: none">• Love metaphor	<ul style="list-style-type: none">• Finding counter-examples• Temporizing choices• Nine lives exercise



In the end, it is mostly chance and luck that guide career choices.



The career counselor will be able to tell me which path is right for me.



Tests and inventories can reveal which career option is best for me.



My relatives know better which paths will suit me better.

3.4. Reframing Professional Help	3.3. Reassigning the Roles of Luck and Fate
<ul style="list-style-type: none">• Motivational and paradoxical postures• Being direct	<ul style="list-style-type: none">• Nudging luck• Drawing lots
3.6. Giving Back their Rightful Place to Significant Others	3.5. Specifying the Role of Tests and Questionnaires
<ul style="list-style-type: none">• Paradoxical posture• Love metaphor	<ul style="list-style-type: none">• Photograph metaphor• Paradoxical posture



The prestige of a career or training path is very important.



Some occupations are for women and others for men.



I lack information on how to develop my career throughout my life.



I lack information on the steps to follow when choosing a career.

3.7. Questioning (Gender) Career Stereotypes	3.7. Questioning (Prestige) Career Stereotypes
<ul style="list-style-type: none">• Finding counter-examples• Highlighting gender stereotypes	<ul style="list-style-type: none">• Possible selves• Learning more
4.2. Giving Information about Career Decision-Making Steps	4.1. Introducing Stages of Career Development
<ul style="list-style-type: none">• Parson's model• Gati and Asher's model• Funnel metaphor	<ul style="list-style-type: none">• Hope centered model



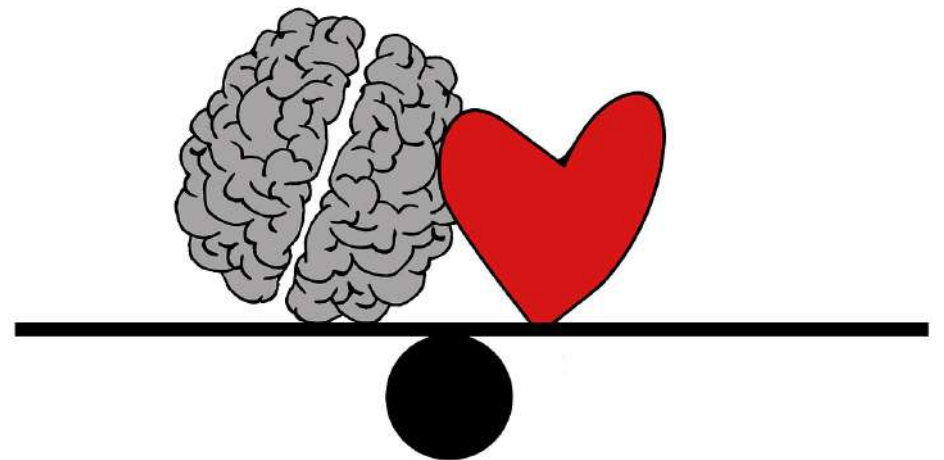
I lack information on the aspects to take into account when choosing a career.



I lack information on how to combine information when choosing a career.



I don't see why I would explore several career options before making a decision.



I don't know whether I should prioritize the reason or my emotions when choosing a career.

4.4. Giving Information about How to Combine Information	4.3. Giving Information about Career Choice Components
<ul style="list-style-type: none">• Matching process	<ul style="list-style-type: none">• Ikigai diagram• Concrete aspects
4.6. Clarifying the Role of Reason and Emotions	4.5. Introducing Exploration and Engagement Processes
<ul style="list-style-type: none">• Rehabilitating emotions• Experiencing positive emotions	<ul style="list-style-type: none">• Marcia's model



I find it hard to see the big picture of the career decision-making process.



I lack information about my interests (what I like).



I lack information about my personality (who I am).



I lack information about my skills (what I am good at).

<p>5.1. Clarifying Vocational Interests</p>	<p>4.7. Synthesizing with a Metaphor</p>
<ul style="list-style-type: none">• RIASEC model• Activities and occupations' card sorts• Investigating hobbies	<ul style="list-style-type: none">• Chocolate box metaphor• Shoe store metaphor
<p>5.3. Identifying Skills</p>	<p>5.2. Exploring Personality</p>
<ul style="list-style-type: none">• Skills analysis	<ul style="list-style-type: none">• Adjective cards• Investigating the functioning



I lack information about my values (what is important to me).



I lack information about my strengths.



I lack information about the meaning of my life, my work, or my studies.



I can hardly find a common thread in my career path.

<p>5.5. Identifying Strengths</p>	<p>5.4. Identifying Values</p>
<ul style="list-style-type: none">• VIA Strengths Inventory• Strengths cards• Daily use	<ul style="list-style-type: none">• Schwarz's model• Open questions
<p>5.7. Eliciting Life Story</p>	<p>5.6. Exploring Meaning</p>
<ul style="list-style-type: none">• Lifeline• Life story interview• Counterfactual thinking• Narrative frames	<ul style="list-style-type: none">• Sense of belonging• Existential goals• Experiences of transcendence• Sense of coherence



I don't know if I have gathered enough information on the options to make a decision.



I would like to have answers to my questions about careers or training paths.



I don't know where to find information on occupations and training paths.

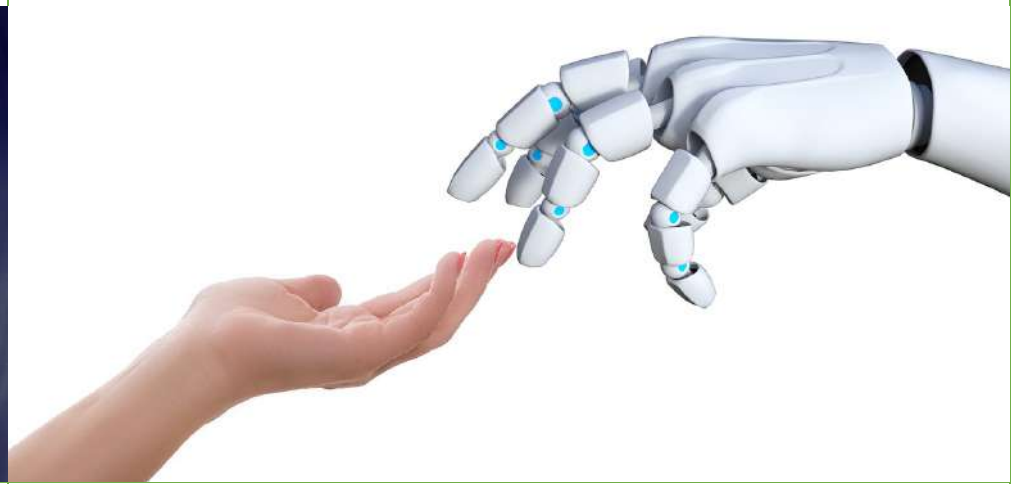


I don't know how good is the quality of the information I have gathered about occupations and training paths.

<p style="text-align: center;">6.2. Giving Information</p>	<p style="text-align: center;">6.1. Identifying Information Gaps and Unrealistic Views</p>
<ul style="list-style-type: none"> • Elicit-provide-elicited technique 	<ul style="list-style-type: none"> • Degree of information × consciousness matrix • Additional information • Pelican syndrome • Realism × consciousness matrix
<p style="text-align: center;">6.4. Fostering Critical and Objective Assessment of Information</p>	<p style="text-align: center;">6.3. Specifying Sources of Information</p>
<ul style="list-style-type: none"> • Assessing quality and relevance • Investigation metaphor 	<ul style="list-style-type: none"> • Adapting sources to the process' stages • Information on the Internet • Internships



I lack information on the existing occupations and their characteristics.



I wonder what the occupations will look like in the future.



I lack information on training paths.



I am hesitating between several career options: everything interests me!

<p>6.6. Exploring Occupations of the Future</p>	<p>6.5. Exploring Existing Careers and Their Characteristics</p>
<ul style="list-style-type: none"> • Sparking the imagination • Consulting the forecast • Effectual logic 	<ul style="list-style-type: none"> • RIASEC model • Occupations' characteristic • Imagination versus reality
<p>7.1. Downplaying Simultaneous Attraction for Multiple Options</p>	<p>6.7. Introducing Educational Systems</p>
<ul style="list-style-type: none"> • Hummingbird's syndrome • Highlighting the fact • Notion of preference 	<ul style="list-style-type: none"> • Introducing of drawing the official schema • Schema of the country of origin • Criteria to consider



The careers and/or training paths I like are inaccessible.



I would like to pursue a career in my leisure activities.

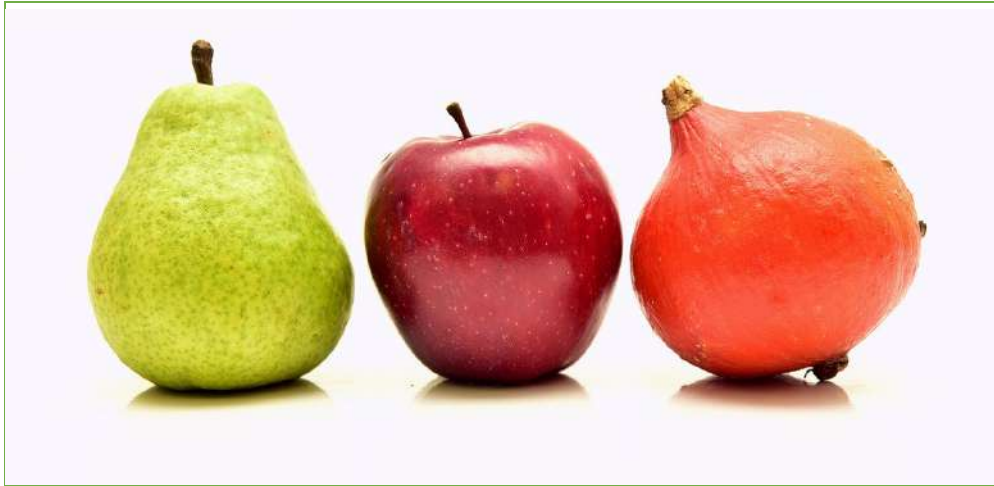


I am still unsure about making a career change.



I know I should think about a back-up plan, but that bothers me.

<p>7.3. Fostering Compromise with Regards to Leisure</p>	<p>7.2. Fostering Compromise Between Dreams and Reality</p>
<ul style="list-style-type: none"> • Reconciliation scenarios • Facilitating compromise • Boosting motivation 	<ul style="list-style-type: none"> • Guiding the discovery of constraints • Guiding the search for alternatives
<p>7.5. Exploring Ambivalence Regarding the Development of a Back-Up Plan</p>	<p>7.4. Exploring Ambivalence Regarding Career Change</p>
<ul style="list-style-type: none"> • Exploring reasons for not doing it • Amplifying importance and confidence • Developing a hypothetical scenario 	<ul style="list-style-type: none"> • Decisional balance • Identifying skills, strengths, and values • Job crafting • Looking for alternatives



I am hesitating between several options, all of which have their advantages and disadvantages.



I have trouble weighing all the options available to me.



I feel like my career opportunities are infinite.



I am influenced by the career choices of my family members.

7.7. Exploring the Options / Sides of Ambivalence	7.6. Exploring Ambivalence Between Several Options
<ul style="list-style-type: none">• Thinking hats	<ul style="list-style-type: none">• Decisional balance• Four corners of the room• Drawing lots
8.2. Identifying Family Influences	8.1. Revealing Sources of Influences
<ul style="list-style-type: none">• Parents' occupations• Career genogram	<ul style="list-style-type: none">• Identifying current influences• Identifying past and future influences



I feel like my career options are limited by the expectations of my family.



I would like to reach a balance between the different spheres of my life.



I feel like my career prospects are limited by constraints which are beyond my reach.



I haven't or can't master the social codes of my current or desired work context.

<p>8.4. Reconciling the Spheres of Life</p>	<p>8.3. Eliciting Family Expectations</p>
<ul style="list-style-type: none">• Life roles and subjective identity forms• Inventory of the use of time• Ideal arrangement of activities	<ul style="list-style-type: none">• Perceived family expectations• Family therapy interview techniques
<p>8.6. Addressing Cultural Differences</p>	<p>8.5. Addressing Structural Constraints</p>
<ul style="list-style-type: none">• Hofstede's model• Cultural sensitivity	<ul style="list-style-type: none">• Work volition• Reminding the possibility of choice• Freedom and responsibility



I have trouble getting my decisions heard and/or respected.



I expect my career choice to bring me more well-being and happiness.



I am tired of the ups and downs of my career.



I am going through a very stressful and/or unsettling period of transition.

<p>9.1. Pursuing « Happiness »</p>	<p>8.7. Teaching Assertiveness</p>
<ul style="list-style-type: none">• Appraising well-being	<ul style="list-style-type: none">• D.E.S.C. method
<p>9.3. Overcoming Transitions</p>	<p>9.2. Acknowledging the Cycle of Change</p>
<ul style="list-style-type: none">• Transitions' perception• Post-traumatic growth• Protective factors• 4S model	<ul style="list-style-type: none">• Seasons' metaphor



I find it difficult to plan: I constantly encounter unforeseen events.



I am afraid of failure; and/or I find it hard to recover from it.



I tend to run away from problems: I need effective strategies to deal with them.



I find it hard to see my career path as something exciting.

<p style="text-align: center;">9.5. Handling Failure</p>	<p style="text-align: center;">9.4. Planning for the Unexpected</p>
<ul style="list-style-type: none">• Downplaying failure• Valuing failure• Analyzing failure	<ul style="list-style-type: none">• Motivational approach• SMART+IES objectives• Luck readiness
<p style="text-align: center;">9.7. Adopting a Spirit of Adventure</p>	<p style="text-align: center;">9.6. Solving Problems</p>
<ul style="list-style-type: none">• Game metaphor	<ul style="list-style-type: none">• Avoidance• Cognitive reframing• Problem solving• Emotional intelligence• Developing an action plan

NOT AT ALL

A LITTLE

A LOT

Career Difficulties Inventory – Card Sort
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Codes on the back refer to the book chapters which suggest possible appropriate interventions.

