
























DE'FEAT – Capitalizing on your setbacks

<p>E </p> <p>Family, work, or training problems</p>	<p>E </p> <p>Social obstacles or pressures</p>
<p>E </p> <p>Lack of social support, disapproval</p>	<p>E </p> <p>Conflicts, bad atmosphere</p>
<p>E </p> <p>Bad company</p>	<p>E </p> <p>Harassment, mobbing, bullying</p>
<p>E </p> <p>High or unfair competition</p>	<p>E </p> <p>Financial difficulties, lack of resources</p>
<p>E </p> <p>Lack of necessary equipment</p>	<p>E </p> <p>Worn, broken, or defective equipment</p>

<p>E </p> <p>Precarious housing or lack of housing</p>	<p>E </p> <p>Limited transport access, long journeys</p>
<p>E </p> <p>Poor work/study conditions</p>	<p>E </p> <p>Presence of distractions</p>
<p>E </p> <p>Constraints, rigidities, or administrative burdens</p>	<p>E </p> <p>Unfavorable cultural, economic, or political context</p>
<p>E </p> <p>Lack of perspective, lack of future</p>	<p>E </p> <p>Problems related to nationality, residence permit</p>
<p>E </p> <p>Bad influence of the media or social networks</p>	<p>E </p> <p>Presence of discrimination, injustice</p>







DE'FEAT

<p>E </p> <p>Requirements that are too high, unclear, or rigid</p>	<p>E </p> <p>Unfavorable geographical location</p>
<p>E </p> <p>Bad weather conditions</p>	<p>E </p> <p>Natural disasters, epidemics</p>
<p>E </p> <p>Pollution, climate change</p>	<p>E </p> <p>Lack of contact with nature or green spaces</p>
<p>E </p> <p>Lack of luck, chance, bad karma</p>	<p>I </p> <p>Bad timing, bad moment</p>
<p>I </p> <p>Poor diet, deficiencies (iron, vitamins, etc.)</p>	<p>I </p> <p>Lack of sleep, fatigue</p>


DE'FEAT

 Lack of physical activity	 Medication, consumption of alcohol or drugs
 Physical pain, chronic, accidents	 Health issues, illness, disability
 Disadvantageous appearance	 Lack of motivation, discouragement, loss of meaning
 Lack of interest, stimulation, ambition	 Lack of self-confidence, doubts
 Lack of autonomy, power, or control	 Perception of insecurity, anxiety

DE'FEAT

 Lack of humility	 Lack of courage or assertiveness
 Difficulty learning from mistakes/failures	 Lack of creativity or humor
 Lack of flexibility	 Lack of perseverance
Other(s) : <hr/>	Other(s) : <hr/>
NOT AT ALL	A LITTLE

DE'FEAT

<p style="text-align: center;">COMPLETELY</p>	<p style="text-align: center;">CONTROLLABLE</p>		
<p style="text-align: center;">UNCONTROLLABLE</p>	<p style="text-align: center;">Instructions</p> <p>1) Sort the cards based first on how external then internal factors played a role in the failure (not at all, a little, completely);</p> <p>2) Sort internal and external factors according to whether the person considers them to be under their control (controllable) or not (uncontrollable);</p> <p>3) Think about what could be done differently next time.</p>		
<p style="text-align: center;">FACTEURS</p> <p style="text-align: center;">E = External I = Internal</p> <table border="0" style="width: 100%;"><tr><td style="width: 50%; vertical-align: top;"><p>✳ Social</p><p>🔨 Material</p><p>🏛 Institutional</p><p>🌿 Natural</p></td><td style="width: 50%; vertical-align: top;"><p>🫀 Biological</p><p>❤ Motivational</p><p>👍 Skills-related</p><p>🧠 Personal</p></td></tr></table>	<p>✳ Social</p> <p>🔨 Material</p> <p>🏛 Institutional</p> <p>🌿 Natural</p>	<p>🫀 Biological</p> <p>❤ Motivational</p> <p>👍 Skills-related</p> <p>🧠 Personal</p>	<p style="text-align: center;">DE'FEAT – Cards</p> <p style="text-align: center;">- Capitalizing on your setbacks -</p> <p style="text-align: center;">(© S. Rochat, 2021)</p> <p style="text-align: center;"></p> <p style="text-align: center;">see Chapter 9.5</p> <p style="text-align: center;">of the book “Mapping career counseling interventions”</p> <p style="text-align: center;">for additional details</p>
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