

**TOOL  
#2**

## SURVIVING JOB INTERVIEWS

### CELEBRATING PRIVILEGES

The following exercise can be done many times, with all the different types of rank you have. It's not the kind of thing you do just once and then it's completed. Owning your own ranks is a lifelong process.

1. Pick an area where you have high rank; that perhaps you are not so comfortable with yet.
2. Think about why it is an area of high rank, and the privileges you get from this rank. How does it make your life easier than others without that rank? What opportunities does it give you that others might not have? What pain do these privileges spare you from? How does it make life more relaxing or meaningful?
3. Be careful not to get stuck feeling guilty for your privileges. It's a common response, but it's not helpful. Just try for the moment to only feel good about your privileges.
4. Now take a moment to close your eyes and bring your awareness into your body. What happens in your body when you really let yourself feel the benefits of these privileges? Let the joy of your good fortune fill your body and notice what it feels like to have such privileges. What happens to your posture, your inner atmosphere, maybe there is a particular place you feel it, maybe you see something or someone, or a song might pop into your head.
5. When you're ready, open your eyes and make a note about what you experienced.
6. How you are using this rank already? At home, work, socially, at the shops?
7. How can owning this rank give you more confidence?
8. How can this rank help you in job interviews? It may comfort you when you are feeling low in rank in other areas relative to the interview or interviewers.

Step 4 can help to create what is called a body anchor. Remember back to the feeling in your body and where it was located. If you practice recalling this feeling and the connected rank and privileges, when you are in a difficult situation you can just recall the body feeling/posture and it will help you quickly access the comforting feelings.