

# Lost Your Job? Gain Control with Action Based Communication™ During the Interview

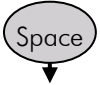
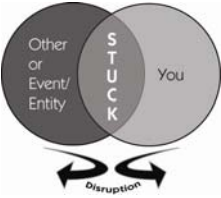
Renée Barnow

Action Based Communication is a methodology about the physicality of words, with language becoming a part of the body through the physical movement of speaking and hearing.

## Spoken Language Tips

Power Words	
<i>Disrupt/Avoid During Interview</i>	<i>Connect/Use During Interview</i>
But	And
Intend, Plan	Will
Just	Exactly
No	Not Yet
Resolution	Commitment
To, At	With
Swing Words and Phrases	
Why	How, What
Get Over, Around	Get Through
Hanging In	Staying With
Hope	Trust, Expect
Need	Want
Not Bad	Pretty Good
Think, Feel, Believe, Know	Omit think, feel, believe, know

## Body Language Tips

<i>Before Interview</i>	<i>During Interview</i>
<p>Separate from job lost or job leaving with the Apart/A Part Model</p> <ul style="list-style-type: none"> <li>• Apart            </li> <li>• A Part            </li> </ul> <p>Breathe slowly through entire body: inhaling positive thoughts and exhaling anxiety</p>	<p>Keep feet flat on floor and curl toes if your attention begins to wander</p> <p>Let your tongue fall heavy to the back of your mouth if you begin to sense physical tension</p> <p>Maintain eye contact</p> <p>Smile</p>