

# Should you ever just quit a job?

## By Rose Jonas, Ph.D.

Everyone knows you don't leave a job till you have a new one, but should you ever just quit? Most of the time that's true, but sometimes your life becomes like a garage stuffed with junk. It's too full to turn around in, much less clean it out.

When should you just quit?

1. If it's been over a year since you decided to leave your job, and you've honestly had no real time to look for another opportunity.
2. You want to move to another location, but you have no real prospects there. It can be impossible to search from a distance.
3. The stress of keeping your current job is making you ill.
4. Your behaviors at work are putting you on the road to getting fired. You know, you're just not giving your all, and they're starting to notice.
5. Your soul is so tired; the money, status and power just don't do it for you anymore.

Remember, however, that you nevernevernever walk out on the job unless you fear for your safety. Go through your company's resignation requirements.

It takes courage and responsible planning, but sometimes you just have to quit.

What if your family isn't supportive of you?

Contrary to TV sitcom plots, families often don't support your heartfelt career desires. They have important "how" questions for you: How will you take care of us? How much will we have to do without while you're pursuing a dream or leaving the intolerable? The better you can answer them, the more your family is likely to rally.

One thing that would help you is to always have a "Dream Fund," a savings account with enough money in it to cover six months' expenses. With it, you can take a career risk without creating financial worry for you and your family.

If it's parents who aren't supportive (rather than spouse and kids), keep in mind that your life is your responsibility. If you are grown and on your own, you have to live with its consequences, not they. Parental cheerleading feels wonderful, so do ask for their advice, but take your own path if their advice feels wrong for you.

What's the bright side of just walking away?

Especially if you're headed toward a dream or a goal, you'll wonder down the road why you didn't do this long ago. You've gotten rid of your "career junk" and found

you have room for new ideas and growth. You have energy, hope and more enthusiasm about making a living.

Go for it.