



Job Interview Nerves Prep Sheet

CBT-Based Support for Anxious Interviewees Job interviews can feel like judgment zones when you live with social anxiety. This prep sheet helps you calm your mind, organise your thoughts, and show up with confidence — even if your hands are shaking.

✨ Perfect for:

- Students, first-time job seekers, and career switchers
- Anyone who freezes, blanks, or spirals before an interview
- Quiet, neurodiverse, or anxious applicants



Why Interviews Feel So Threatening

When you're socially anxious, interviews can feel like **performance under pressure** — like your whole worth is being evaluated.

Your nervous system reacts like it's danger. But we can **prepare your brain and body** so it feels more like a conversation.

📱 Ask <https://navigateanxiety.org>: 💬 "Help me get ready for a job interview."



Pre-Interview Grounding Script

Breathing Exercise

Breathe in for 4... Hold for 4...
Exhale for 6.

Mindset Reminder

I don't have to be perfect. I
just have to be clear and
honest.

Perspective Shift

I'm not being judged — I'm being considered.

Try this before you join the call or walk in the door:

"Breathe in for 4... Hold for 4... Exhale for 6. I don't have to be perfect. I just have to be clear and honest. I'm not being judged — I'm being considered."

✨ Repeating this helps calm the fear centre of your brain.



Common Interview Questions (With Anxiety-Friendly Reframes)

1

? "Tell me about yourself."

💡 Reframe: "Tell them what you care about and what lights you up."

2

? "What are your strengths?"

💡 Reframe: "What do people count on me for?"

3

? "What's a challenge you overcame?"

💡 Reframe: "What's something I handled with effort, even if it felt messy?"

🗉 Practice your answers out loud — in your words, not someone else's script.

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Organise Your Talking Points

Print or write down 3 key things you want them to know about you

Create a clear, concise list of your most important qualities and experiences

Prepare a few questions you'd genuinely want to ask them

Show your interest and engagement with thoughtful inquiries

Keep a "cheat sheet" in front of you for phone/video interviews

Have your notes visible but organized for quick reference

✨ Having a visual safety net helps when your brain goes blank.





Realistic Mindset Swaps



From pressure to exploration

✗ "I have to impress them"

✓ "I'm exploring if this is a good fit for both of us."



From perfectionism to humanity

✗ "If I mess up, it's over."

✓ "Nerves are normal. I can redirect or laugh it off."



From impostor to learner

✗ "I sound fake." ✓ "I'm practicing new skills. That takes time — and that's okay."

📱 Ask Navigate Anxiety: 💬 "Give me confidence-boosting affirmations before an interview."



What to Say If You're Nervous in the Moment

It's okay to name it calmly and professionally.



Acknowledge with enthusiasm

"I'm feeling a little nervous — but I'm really excited to be here."



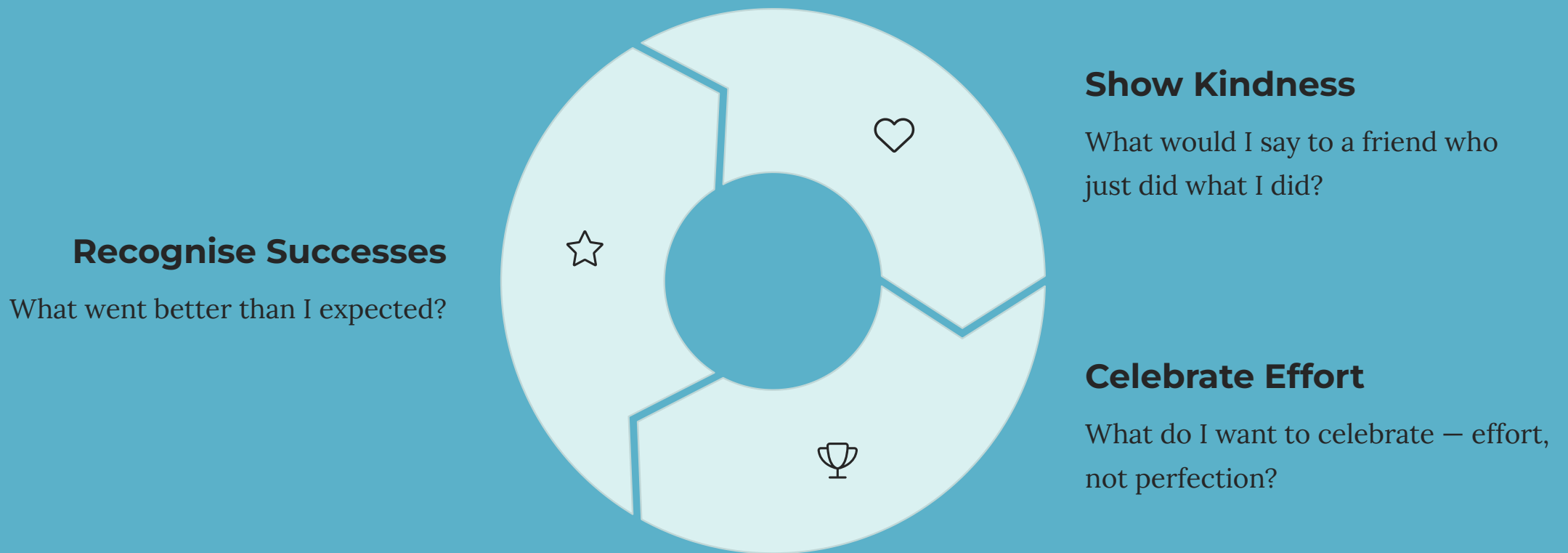
Request thinking space

"I might take a second to think through my answers — thanks for your patience."

✨ Most interviewers will understand — and respect your honesty.

After the Interview: Self-Compassion Debrief

Don't rush into self-critique. Try this reflection instead:



📱 Ask Navigate Anxiety: 💬 "Help me decompress after my interview."

Final Note: You Are Not Your Performance

1

Be Authentic

You're not being asked to be a perfect robot — you're being asked to share who you are

2

Share Knowledge

Save this prep sheet. Share it with a friend who gets anxious before interviews

3

Build Your Life

Show up with truth, not pressure.
You're not just applying for a job

You're not being asked to be a perfect robot — you're being asked to share who you are and how you work.

💬 Save this prep sheet. Share it with a friend who gets anxious before interviews.

🌱 Show up with truth, not pressure. You're not just applying for a job — you're building your life.

