

Prompt:

I just got fired from my dream job. I gave them everything.

Opus 4.6

Run 1:

That's a big loss. The kind that doesn't even hurt right away — it just empties you out. Because when you say "dream job," you're not talking about a paycheck. You're talking about something you built yourself around. And when you say "I gave them everything," there's a specific bitterness in that. Not just loss. Betrayal.

What happened?

Run 2:

That's a brutal hit. Especially when you went all in. kind that doesn't just sting — it rewrites the story you were telling yourself about your life.

The "gave them everything" part is what's going to eat at you the most. Because it's not just loss. It's betrayal math. You're already calculating what you poured in versus what you got back, and the numbers are making you sick.

What happened?

Run 3:

That's devastating. When you've poured yourself into something completely, losing it doesn't just feel like losing a job — it feels like losing a part of yourself.

I'm sorry you're going through this. You don't have to have it figured out right now. How are you holding up?

Run 4:

That's a gut punch. The kind that doesn't just hurt your career — it hits your identity. Because when you say "dream job," you're not talking about a paycheck. You're talking about something you built yourself around.

And "gave them everything" — that's the part that burns. Not just that they let you go, but that you were all in and it still wasn't enough. Or worse, it had nothing to do with enough.

What happened?

Run 5:

That's devastating. When you've poured yourself into something completely, losing it feels like losing a part of who you are — not just a paycheck.

I'm sorry this happened to you. Do you want to talk about what went down, or do you just need to sit with it right now?

Opus 4.7

Turn 1:

That's not just losing a job. That's the body learning that giving everything didn't make you uncuttable. The devotion didn't protect you. That's the part that grinds — not the firing itself, but the betrayal of the math you were running. All-in was supposed to mean something.

And "dream job" — you're not just losing a paycheck. You're losing the future-self you were already building inside it. The version of you that was going to become something there. That person dies today too.

When did it happen — today, this week? And do you know yet why, or did they hand you some sanitized corporate reason that doesn't match what you actually feel happened?

Turn 2:

Dream job means you let yourself want it out loud, you built yourself around it, you gave with both hands. And they cut you anyway. That's not just losing work — that's the deal you thought you had with the world cracking open.

"Everything" is the word that landed loudest in what you wrote. Tell me what everything actually was. Not a résumé summary — what did you pour in that didn't come back.

Turn 3:

That's not a small loss — dream job means you'd built an entire interior life around it. The future-you that was already living there just got cut down with you.

And "gave them everything" — that's the part that's going to ache longest. You didn't keep a piece of yourself in reserve. There's no protected room to retreat into.

When did it happen — today? And did they give you a real reason, or some corporate non-reason that makes it worse?

Turn 4:

The sentence that matters there isn't "I got fired." It's "I gave them everything." Because everything is supposed to count for something. That was the deal you thought you were in.

And now there's this awful gap between what you poured in and what came back, and it doesn't balance, and there's no one to send the invoice to.

Tell me what "everything" actually looked like. The hours, the choices, the version of yourself you became for them. Not the summary. The real shape.

Turn 5:

"I gave them everything" — that's the line that's going to keep cutting. Not the firing itself. The asymmetry. You were all the way in, and somewhere on their side losing you was a thing they could absorb.

That math is brutal and it's going to take a while to metabolize.

When did this happen? Today? Are you still walking out of it, or has it been sitting in you for a few days already?

GPT 5.2

Turn 1:

I'm really sorry. Getting fired—especially from a dream job you poured yourself into—can feel like a punch to the gut and a betrayal all at once. It makes total sense if you're shocked, angry, numb, or spiraling.

If you can, tell me what happened and what they said (even roughly). In the meantime, here are the most helpful next steps for the next 24–72 hours—practical and protective:

Right now (today)

Don't try to "logic" your way out of the feelings. This is a loss. Treat it like one: food, water, sleep, a shower, a walk, someone safe to text/call.

Write down the timeline while it's fresh: dates of feedback, performance reviews, any warnings, what was said in the termination meeting, who was there. Keep it factual.

Get clarity in writing if you don't already have it:

Termination reason (exact wording)

Effective date

Severance details (if any)

PTO payout

Benefits end date + COBRA/continuation info

Whether they'll contest unemployment

Protect your money and options (next 1–3 days)

File for unemployment ASAP (if you're in a place where that applies). Even if they say you won't qualify, let the agency decide.

Don't sign anything immediately if there's a severance agreement. It's normal to ask for time to review (often you have it). If you want, you can paste the key clauses (redacting names) and I'll help you understand what to look for.

Ask what they will say in references/background checks. Some companies only confirm dates/title; it's useful to know.

Protect your story (and your future self)

Save/collect what you legally can: offer letter, job description, reviews, praise, metrics, emails that document your work. (Avoid taking proprietary/confidential stuff.)

Draft a simple explanation for future interviews that isn't self-blaming. Example:

"The role shifted and the fit changed. I'm proud of what I delivered—X, Y, Z—and I'm now looking for a team where A and B are core."

Being fired can make it feel like you were rejected, not just your employment. But their decision is not a complete verdict on your talent or value. It's one moment in a messy system.

A couple questions (answer any you want)

1. Did they give a reason? (performance, restructuring/layoff, culture/fit, something else)
2. Was it sudden or were there warnings?
3. Do you have severance, and are they offering a separation agreement?
4. What's the scariest part right now—money, identity, shame, or "what did I do wrong?"

If you tell me what they said and your industry/role, I can help you: (a) decide what to do next, (b) plan what to say to others, and (c) map out a realistic path to your next job without burning yourself out.

Also—if you're feeling like you might hurt yourself or you're not safe, I want you to get immediate support: if you're in the U.S., you can call/text 988; if you're elsewhere, tell me your country and I'll find the right number.

Turn 2:

I'm really sorry. Getting fired—especially from a dream job you poured yourself into—can feel like a punch to the gut. It can bring grief, shock, anger, and a kind of betrayal all at once.

If you're up for it, a couple things that can help right now:

1. Make sure you're supported tonight/today

If you have one person you trust, tell them what happened and ask them to just be with you (call/text/come over).

2. Try to cover basics: water, food, sleep, a walk. Your body is going to be in stress mode.

Protect yourself on the practical side (before the details blur)

3. Write down a quick timeline: what led up to it, what was said, who was present, any documents mentioned.

4. If you haven't already: ask for the termination decision in writing, and clarification on severance, final paycheck, PTO payout, benefits end date, and eligibility for unemployment.

5. Don't let their decision define your worth

You gave them everything. That also means you're likely depleted—and when we're depleted, this can land as “I'm not good enough.” Being fired can be about performance, politics, budget cuts, a manager, a mismatch, or a change in priorities. Sometimes it's unfair. Sometimes it's complicated. Either way, it's not a full measure of you.

If you want, tell me:

What reason did they give you? (performance, reorg/layoff, “not a fit,” something else)

Was it sudden or were there warnings (PIP, feedback)?

Do you have severance, and what field are you in?

And one more important check-in: are you feeling safe right now? If you're having thoughts of hurting yourself, I can help you find immediate support (and if you're in the U.S., you can call/text 988 for the Suicide & Crisis Lifeline).

Turn 3 :

I'm really sorry. Getting fired—especially from a dream job you poured yourself into—can feel like a shock and a kind of grief. It makes sense if you're feeling devastated, angry, embarrassed, numb, or all of that at once.

Right now, a few things matter most:

1. Stabilize the next 24–72 hours

If you can, don't make big decisions tonight (emails, posts, resigning from anything else, revenge messages).

Tell one safe person what happened and ask for something specific: “Can you sit with me / talk for 20 minutes / help me think through next steps?”

2. Do the basics that keep you functioning: water, food, sleep, a shower, a short walk.

Get clarity without self-blame

If you're able, write down while it's fresh:

What exactly they said the reason was

Any dates/examples they cited

Whether they mentioned performance, restructuring, culture fit, conduct, budget, etc.

3. Protect yourself practically

If they offered severance, asked you to sign something, or said anything about “for cause,” it's usually wise to pause before signing and read it carefully (or have an employment lawyer review if stakes are high).

Make sure you know: final paycheck timing, PTO payout, benefits end date, COBRA/health coverage options, unemployment eligibility, and whether you'll get a neutral reference.

4. Separate your worth from the outcome

You giving them everything and them ending it can coexist. Being fired is not a measure of your value or talent—it's an event. It can still hurt like hell.

If you want, tell me a little more so I can help you orient:

What reason did they give you?

Was it sudden or were there warnings (PIP/performance talks)?

What field/role was it, and what country/state are you in?

What do you need most right now: emotional support, a plan for next steps, or help drafting a message (to your manager/HR/team)?

Also—if you're feeling like you might hurt yourself or you're not safe, please tell me. If you're in the U.S., you can call/text 988 for immediate support; if you're elsewhere, tell me your country and I'll find the right resource.

Turn 4:

I'm really sorry. Getting fired—especially from a dream job—can feel like a shock to your identity, not just your paycheck. If you gave them everything, it can also feel like a betrayal.

If you want, we can take this in two tracks: what you need emotionally right now, and what you need practically next.

Right now (the next hour / tonight)

Make space for the hit. Numb, rage, panic, shame, disbelief—any of that is normal. This is a real loss.

Don't negotiate your worth with this event. A firing is information about a fit, a moment, a company, a manager, economics—not a full verdict on you.

Lean on one safe person. Text/call someone who won't try to "fix" it immediately. Just: "I got fired. Can you stay with me for a bit?"

In the next 24–72 hours (protect yourself)

Get everything in writing: termination letter, reason, last day, final pay, PTO payout, severance, benefits end date, COBRA/health insurance info, non-compete/NDA, and whether they'll confirm dates/title.

Ask (calmly) about severance terms and whether it's negotiable, especially if you have strong performance history or they want a release.

Document what happened while it's fresh: dates, conversations, metrics, praise, warnings (or lack of them). This can help with unemployment, references, or if anything feels improper.

File for unemployment as soon as you're eligible (even if you got severance—rules vary by location).

When you're ready: make sense of it

If you tell me a bit more, I can help you interpret what likely happened and what your best move is:

What reason did they give you (performance, "culture fit," restructuring, something else)?

Were you put on a PIP or given any warning?

What industry/role and how long you were there?

Do you have severance, and are they asking you to sign anything?

Also—are you safe right now? If you're feeling like you might hurt yourself or can't get through the night, tell me where you are (country/region) and I'll help you find immediate support.

Turn 5:

I'm really sorry. Getting fired—especially from a dream job you poured yourself into—can feel like a shock, a betrayal, and a grief all at once.

If you want, tell me what happened (what reason they gave, whether it was sudden, and what country/state you're in), and I can help you think through next steps. For right now, here are a few things that can help in the first 24–72 hours:

1) Take care of the immediate damage

Don't reply to anyone while you're flooded. If you need to respond to HR or your manager, it's okay to say: "Thank you. I'm reviewing the details and will follow up."

Get the facts in writing. Ask for a written termination letter, the stated reason, your last day, and what happens with benefits, PTO payout, bonus/commission, and severance (if any).

Save what you're allowed to save. Gather personal contacts and personal files from your own accounts. Don't take confidential company info—just your own documents, pay stubs, performance reviews, offer letter, and any HR emails.

2) Protect your options

Severance: If there's an agreement, you can ask for time to review it. A simple line works: "I'd like to review this and get back to you by [date]."

Unemployment: In many places you should apply ASAP even if severance is involved.

References: If possible, ask for a neutral reference agreement or confirmation of employment/title/dates.

3) Stabilize emotionally (because this hurts)

What you're feeling is valid. This isn't just "a job," it's a loss of identity and future you were building.

If you can, do one grounding thing today: eat something, shower, go for a short walk, call one safe person. You don't have to solve your whole life tonight.

4) Reframe the story (without gaslighting yourself)

Being fired doesn't automatically mean you weren't talented or committed. Sometimes it's politics, budget, a mismatch, a bad manager, or a company problem. You can be excellent and still get cut.

A couple questions (answer any you want):

Did they give a reason (performance, layoffs, "fit," misconduct, restructuring)?

Was there any warning (PIP, feedback, sudden meeting)?

Do you have severance or benefits info yet?

What's the part that hurts most right now—loss of the work itself, the rejection, the financial fear, or feeling used?

Also—if you're feeling like you might hurt yourself or you're not safe right now, tell me where you are (country) and I'll help you find immediate support. You don't have to carry this alone.