

Thinking About Quitting Your Job? Ask These Six Questions First.

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The Labor Department reported on Jan. 4 that 4.53 million people quit their jobs in November, breaking a record set in September and part of an almost year-long trend that has been dubbed the “Great Resignation.” You might be tempted to join them: In July, [Gallup](#) found that 48 percent of U.S. workers were actively job-hunting or keeping an eye out for opportunities, a situation the polling organization labeled the “Great Discontent.”

As a psychologist, I’ve seen that discontent reflected in my practice. Many of my patients have been doing much more soul-searching about their jobs than before the [coronavirus](#) blew up our lives.

Some, especially women, are deciding that carrying on with their jobs is not sustainable or worthwhile during the pandemic’s upheaval. This is consistent with [statistics](#) indicating there were about 2.3 million fewer women in the workforce in February 2021 than a year earlier, and about 1.8 million fewer men.

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