

CV Gaps?

Why transparency beats perfection – and how to address gaps the right way.

Eight years of experience, strong projects, and measurable achievements. But between 2022 and 2023: **nothing**. No entry. No explanation. Just a gap. The employer pauses, reads again – and thinks: **What happened there?** That is where you lost the interview.

TWO TYPES OF GAPS

1. Chronological Gaps

Six months between two roles – with no explanation.

The employer thinks: Burnout? Dismissed? A lengthy unsuccessful job search?

2. Content Gaps

A position listed with a title and dates – and nothing else.

The employer thinks: Was the role a mistake? Were there issues? Why is this being concealed?

Both types achieve the same thing: they interrupt the reading flow and invite speculation. And speculation about CVs is almost always negative.

WHAT ACTUALLY HAPPENS

Hiring managers and HR scan your CV for anomalies. A gap without explanation is an unanswered question – and unanswered questions cost time.

→ **Your CV is set aside. The next candidate is reviewed.**

"But I Don't Want to Talk About It"

That is understandable. But silence makes it worse. An honest, concise explanation will always outperform silence. **Always.**

HOW TO ADDRESS GAPS CORRECTLY

WEAK

2021 – 2025: Senior Cyber Security Analyst
2019 – 2022: Cyber Security Analyst

STRONG

May 2021 – Apr 2025: Senior Cyber Security Analyst
Jan 2019 – Jun 2022: Cyber Security Analyst

Jul 2022 – Feb 2023:
Career transition following project completion. Focus on OSCP certification.

With months included, everything is traceable. No hidden gaps. No speculation.

REVIEW YOUR CV

- 1 Are there chronological gaps without any explanation?
- 2 Have I omitted roles and inadvertently created a gap?
- 3 Are there positions listed with only a title and no context?

No CV is flawless. Careers are rarely linear. But a CV that is **coherent** is **credible**. And credibility brings you closer to the interview. Fill the gaps: **briefly, honestly, and transparently.**