

Bullied and Unsupported?

How to Stay Sane at Work

How can you stay grounded, maintain your sanity, and rise above abusers in manipulative work environments when you are continuously gaslit and unsupported?

Affirm your own experiences

Understand you do not need others to validate your experiences. You know what you saw, felt, and heard. That is all the validation you need. Understand that others tend to gaslight and question things they don't understand, things they are not able or ready to acknowledge, or things that are not tangible or obvious (which workplace abuse rarely is).



Set boundaries right away, and only once

Engaging in back-and-forth confrontation or heated arguments with abusers is what they want, and is ineffective at ending the abuse. The first time you notice disrespect or negative behaviors, state your boundaries and expectations, and then follow through if the behavior does not stop. Try not to be driven by fear, which is a tool they will use to keep you compliant.

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Most people in workplaces can be and are often manipulated. One day you may have someone appear to be on your side; the next day that same person will throw you under the bus to protect their career. It's sad to think about, but you cannot trust most people, especially with your vulnerability. Have a trusted support system outside of the workplace to help you remain grounded.



Remove yourself

If someone is being abusive in a meeting or other setting, leave. Don't announce it, just leave. You may struggle with this, since you want to treat people the way you'd like to be treated. But understand that abusive types are not at a level in their development to deserve that, so treat them according to the behaviors they display, not how you'd like to treat them. Don't get used to tolerating poor behavior!