

How to deal with betas at work

7 upvotes | 6 July, 2018 | by Youngyoda89

Ok so at my workplace I work with some betas. Some of them are cool. Others are just stupid. I've got one salty beta who always tries to make jokes at my expense.

He is a short semi-retarded guy. An example was this- myself, him and a woman were in the break room. She asked me what size shirts I wear. I said large. (I'm average sized but I lift. I'm 5'9 - 170lbs. I wouldn't describe myself as skin and bones but I'm not a muscle tank.) This guy is 5'4 - 145-150; does NOT lift.

He made a comment saying "if young today needs a large I probably need an xl". His statement was an attempt to undercut me as a man and call me small. He tried to make a joke at my expense and the result was- no laughter or even a smile from myself or a woman.

Another time an attractive woman stepped into the office and was speaking with me. I was running asshole game and he tried to white knight her. He failed so he tried to undercut me again. Failed again.

Whenever he tries to disrespect me in front of women he always ends up making himself look stupid. There is one fellow beta out of our work group that joins in the banter with him and supports him. I'm wondering how I should handle this joke? All of the comebacks I can think of (immediately after he insults me) are always so personal and seem so mean.

I just feel if I was outside of work I would be able to handle it differently. I would be able to break him down mentally and intimidate him. If necessary I would get physically rough with him.

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Comments

salinorum • 14 points • 6 July, 2018 06:48 PM

Stop caring. Stop giving him attention. Let him do his thing. He can dig his own hole

Zanford • 10 points • 6 July, 2018 06:58 PM

Ignore him. He's already making a fool of himself.

Is he in good shape? No? Then his 'x-large' joke will clearly be seen as 'I'm fat!' not 'I'm the hulk'

Don't get into serious AMOGing in the workplace. And don't try to redpill or 'help' anyone in the workplace.

finnabustanuut • 4 points • 6 July, 2018 06:55 PM

He is already looking stupid. Just laugh or when hes making jokes about your size touch hes head like hes a small child and make fun of him for trying to be a men

Youngyoda89[S] • 0 points • 6 July, 2018 06:58 PM

Lmfao. That's hilarious.

resnine • 4 points • 6 July, 2018 07:55 PM*

You need to maintain frame and used Amused Mastery and Agree and Amplify. Also it is good the woman didn't laugh, means she doesn't respect him/find him attractive, and his frame is rock bottom, as well as yours. He's trying to knock you down as an attempt to boost himself upwards. Also never do personal/mean insults those will only make you look beta, un-clever, and show that he is getting under your skin, once you do that he wins. Don't hit below the belt. There truly is an art-form to a witty comeback, read into it. This guy might know more about insulting than you to, which shows you have some room to improve in that area.

Out of curiosity here when you were running asshole game, how did he try to white-knight her?

These types of posts I believe are better when they have lots of details because then the members can better tailor their answers to you. The more specific the post = the most specific the relies.

Youngyoda89[S] • 2 points • 7 July, 2018 03:08 PM

Ok so the man has been at the company for about ten years; give or take a few years. This woman came in the room- face was a 6.5, breast were nice, big and luscious- solid 9 and her ass was insane. Kim Kardashian ass - 11/10. Overall rating- 8. She was so sexy to me.

I had seen her for the first time that very same day. I walked past her in the hallway a few times and noticed her looking at me in my eyes but she didn't say anything. I smiled at her every time I saw her and said hi. She came back to the office to speak to the old man and I jumped into the conversation. I honestly don't remember the specifics of the conversation because this was 6 months ago.

But- she asked if I was going to the Christmas party. I said yea. She said there fun or something (she's about 30-35ish (idk exactly)) I'm a young 27 year old bull. I teasingly asked her- did you get wasted? She laughed and said yea she was dancing, etc. she told me that she wore a white dress and spilled wine on it. She said "I had this idea that I spilled some wine to pour more on to make it even, but my husband said no." I smiled big and said "you should have done it anyway" and her eyes lit up and she said "right? I know".

It wasn't really what I said it was how I said it. Anyway the next week she did attend the party and - fuck she wore a sexy ass dress! Her body was bangin! She also left her husband at home. I caught her looking at me but I was with my ltr so nothing came of it.

BUT the way he tried to white knight her was -again try to undercut what I say and say either the opposite or something that was captain-save-a-hoe-ish. In this case she literally completely ignored him and was totally invested in what I was saying.

resnine • 5 points • 7 July, 2018 03:46 PM

The way you are rating her is cringy af, I hope you know that. You are pedestalling the shit out of her, that is a terrible way to go about things. If your thoughts are anything like your writing you'll feel like shit, anxious and worried. Don't rate girls like this, it will give them so much power over you. This is why we emphasize stoicism here. A stoic would not start rattling off, breasts are a 8, ass is a 11/10! "she was so sexy to me" You see how thirsty and impulsive that sounds? Stop all that noise.

On a positive note she sounds into you, very receptive and responsive to your words. Always a good sign. Also you are right, it is all in the way you say it, the emotions behind the words is what is important.

Where is your asshole-game here? what did he say to undercut you, specifics man.

LogicalBrah 1 points 6 July, 2018 07:25 PM [recovered]

Totally ignore. Dont talk about them behind their back. They don't exist.

Youngyoda89[S] • 1 point • 6 July, 2018 07:39 PM

That's a good POV bro thx

jessne1 • 1 point • 6 July, 2018 07:42 PM

Personally I'd address this directly to him and squash it. Why have to go through this at work? You spend all day there; the least people can do is respect each other as long as you're doing the same. Insulting you in front of another co-worker is low-quality.

Aggressive_Beta • 1 point • 6 July, 2018 08:54 PM

Sounds like the little beta is rattling your frame. Work on it.

light-----dark • 1 point • 6 July, 2018 10:18 PM

It may be to your benefit if you play into it. .

It's clear that he has no game to work with, so you don't have to worry about anything.

If anything, you'll be perceived as a man (from the ladies' perspective) that can playfully navigate all seemingly awkward situations, and perhaps he'll learn to respect you.

Now you're the alpha that the ladies and men want to follow. Hell, maybe he'll even learn a thing or two from you.

[deleted] • 1 point • 6 July, 2018 11:18 PM

Whenever I see these posts I have to shake my head. If you're so concerned with their behavior where exactly do you think you sit on the totem pole?

blister333 • 1 point • 7 July, 2018 12:30 AM

Exactly. This stuff should be easy and not even worth thinking this much about

red_matrix • 1 point • 7 July, 2018 12:33 AM

Give him enough rope to hang himself.

FOODYUMONION • 1 point • 7 July, 2018 12:06 PM

Stand up for yourself, call him out say "go away nerd" "get lost scrawny" or straight up call him a beta lol

FOODYUMONION • 1 point • 7 July, 2018 12:09 PM

A fav i use in NZ is "know your limit cunt"