

Bullied for being a FDS-er. How do you react to this ?

June 16, 2021 | 142 upvotes | by [HotTrouble0](#)

So I have a female at work that used to be pretty close to me. She was the one that bought me into the company. We're a sub-team of 3, us and a man. Exactly because we're close friends I tend to confide to her. Recently, I've made a lover that is (*or so it seems to be*) a HVM. This man takes care of me, makes me breakfast for work, buys me expensive jewelry, we go to mall, in a word he spoils me. And she sees new rings or things and I do not lie, I tell her that it's from my boyfriend.

Few days ago, the male co-worker (that is also astrology) told me some things about my relationship, like the thing that I need to learn to believe that I deserve all the good things that come from the relationship and I said that "Yeah, he really helps me believing this by treating me like a princess" (God forbid to say queen, I think she would have exploded) to which she stepped into the conversation and said with a pretty high voice that she for example doesn't like to be to be maintained by a man and she thinks is a wrong thing to do. To which I responded that I'm not maintained, considering that I DO work, just like her and I think it's nothing wrong for the man to show you in different ways that he loves you. After all, I didn't ask him for anything. All the things came naturally from him. That was one thing. I let it pass. I tough even if we don't have the same principles, we can still be friends.

Now I don't remember how it's started but she was singing with my other co-worker "Daddy cool" (subtly looking at me). I was too focused on what I was doing, to give her attention, but this sticks with me. Of course I was annoyed. Or course she was asking me the next day if I'm annoyed at her. Of course...I didn't tell her. I just told her it's nothing. But I cannot still befriend her considering this.

How do you respond to this? I'm sure she will continue with the "subtleties".

Edit: Girls, help. I feel she is almost crying because I've become cold to her.

Edit 2: Thank you, to all the girls here. ☐ I am so amazed by the support and the wisdom found. Thank you a lot.

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Comments



SuitablePerformance3[M] [score hidden] 16 June, 2021 05:18 PM stickied comment

OP, there's some good and bad advice being given here. I would suggest you handle this with professionalism. There is no more friendship to be had from this woman, she's made her feelings on you clear. This is a pickmeisha and a lwv. Ignore her, her feelings are not your responsibility or you baggage to take on. You are only ever responsible for your own life.

Don't engage with her besides work but don't ignore her either. If she brings it up tell her you believe it would be better if you keep the relationship strictly professional. And get all of this in writing, including her bullying. If she continues to act unprofessional then you need to have a record of events to show she is the problem and not you. Good luck.

lskfjd743 • 247 points • 16 June, 2021 11:31 AM

Cease discussing anything with her at work that does not have to do with your job duties, but maintain a polite professionally friendly facade. This is why FDSers should share little about their personal life and dating philosophy with those with whom their relationship is primarily career oriented.

File-Own • 41 points • 16 June, 2021 03:14 PM*

This, except I would also be cool back.

I really sympathise btw OP. I worked in retail through university part-time, and was subtly bullied for being the only POC at my workplace. Gossip and jealousy is not fun and you said/did nothing wrong it's just her insecurities.

Honestly I would just keep on being cold if it was me. Or at least cool and professional girl. That song she sung was WELL out of order.

ArugulaIsAwesome • 15 points • 16 June, 2021 04:39 PM

Gross. I'm sorry that happened to you.

How embarrassing for them to be acting like middle schoolers at that age.

Pathetic.

File-Own • 16 points • 16 June, 2021 04:48 PM

Thank you sis.

Yes, the worst bullying by far was from the full-time workers there, who were middle-aged and resented me from the get go. Sadly racism in the UK is still a thing.

GalsofWisconsin • 19 points • 16 June, 2021 05:32 PM*

It does tend to come from middle aged/ older women a lot and yes; they do often act like middle schoolers with jealous gossip and petty passive microaggressions. That has been my overwhelming experience in the workplace too, factually speaking.

I went through middle and highschool with zero bullying or problems. It took my being a grown ass woman working with women in their 60s to see behavior that juvenile and lamely immature. I'd actually never experienced it dealing with 13 year olds- they were better than that

File-Own • 15 points • 16 June, 2021 06:17 PM

I think part of it was definitely jealousy. I had older women commenting that the dowdy retail trousers I was wearing were too tight (they were a size too large!), looking me up and down and talking like I wasn't there, making my everyday tasks difficult, etc.

I agree, I had barely any issues in actual university thankfully. I was also very popular at school. When it came to the customers, too, younger female customers around my age were usually the nicest. But the middle-aged and older ones were either nice or would literally pick me apart. It's sad that some women feel the need to do that to each other.

GalsofWisconsin • 10 points • 16 June, 2021 07:42 PM*

Yes, definitely. I experienced microaggressions over things I wore too, with the same talking about it like I wasn't there. None of the clothes in question was noteworthy or inappropriate in any way. It was just an excuse for them to sublimate their negative feelings in thinly veiled aggressions and that was the first sneaky sign of animus. What lame insecure people. Their punishment is to have to be exactly who they are. What trouble and self inflicted pain they must experience every day.

Can you imagine being so constantly affected by other people. Pushed hither and thither by that ones popularity, this ones looks, that ones new bracelet. The jealous are a torment to themselves. How can you even live. The reality is, they're so busy watching and trying to trip others up- that they don't. They completely fail to.

ArugulaIsAwesome • 9 points • 16 June, 2021 04:55 PM

I'm in Canada and we all like to pretend racism isn't here but when you ask any POC you hear differently.

File-Own • 3 points • 16 June, 2021 06:12 PM

What sort of racism does one encounter there?

I always thought Canada (esp the bigger cities) was really multicultural, but I've heard on the grapevine about some white Canadian guys being casually racist sadly. And that misogyny can also be bad.

ArugulaIsAwesome • 5 points • 16 June, 2021 08:21 PM

Oh there's definitely misogyny here, especially in rural areas where there's a lot of trade workers. (Electricians, truckers, rig pigs, etc.)

I think the racism in Canada is more subtle. As they say it's racism with a smile. Usually a lot of micro aggressions, ignorance/avoiding the depths of our racial problems, and subtle undertones.

I'd say there's definitely more racism towards the Native Americans than there is towards African-Americans. A lot of the aboriginal here are still dealing with generational trauma from residential schools.

There are Boomers who don't even believe that residential schools were violent or traumatizing for the kids. They still believe the PR story that the schools were "helping" the locals to become healthier and more "civilized" and they completely ignore the abuse and corruption that occurred.

[deleted] • 2 points • 17 June, 2021 01:00 PM

And every residential school has a whole graveyard of dead indigenous children throughout Canada and America, but everyone is pretending the 215 bodies found in Kamloops is brand new knowledge... When all they had to do was ask the elders who went there and had to dig those graves.

moonlightpuddle • 2 points • 16 June, 2021 10:54 PM

Just an important fact to add, there is blatant Islamophobia here. Muslims are regarded like the plague, people show open dislike towards them. I wear a hijab, and the recent events in the news don't make me feel safe here at all. My youngest sis is studying to be a vet and she says she faces blatant Islamophobia, even from other POC's, which, to me is especially disgusting, because aren't we all POC'S within a system of oppression? Muslims are the new Jews, everyone loves to hate us and our community. I don't know if you've kept up with news but there has been a string of Islamophobic hate crimes, and the media is brushing over it because the murderer was a white male. Our community, the Muslim Community will never forget how even in Canada there is among the worst treatment for us. I find other POC'S participate in spreading hate with the whites, it's really disturbing. My family and I don't go out all together anymore, only to drive-thrus or places where it's really busy already, because otherwise there is a very real fear for our lives.

Davina33 • 7 points • 16 June, 2021 08:25 PM

Yes it really is sis. I'm also British and a woman of colour. I worked for a popular women's clothing store about 13 years ago which has since gone bust. It was an all women store and I was also bullied. It got so bad they even changed the rota one day when I was at work so I then ended up coming to work on the wrong day. It cost me a lot in bus tickets and I get sent home. I was the only woman of colour, young and attractive and they didn't like it. They would try to say my straight hair was a wig and all sorts because apparently only Europeans can have straight hair. They would not allow me to wear any make up even though they were caked in it etc. Racism is alive and kicking here, it might be more covert than other countries but I will never say the U.K. is innocent.

sstena • 25 points • 16 June, 2021 01:49 PM

This.

BananaSlugGhost • 116 points • 16 June, 2021 12:33 PM

From now on, when someone compliments your jewelry, just say thanks. Don't talk about your dating life at work.

Little-bit_ • 88 points • 16 June, 2021 11:17 AM

I mean look, jealousy amongst us is rife because our good options are SO FEW and far between that often some amongst us let it get the better of them. I know how frustrating and angering it must be and agree you can't have negative people like this in your life.

[deleted] • 79 points • 16 June, 2021 12:58 PM

People you work with are not your friends.

It's crappy, but it is what it is.

ucompost • 57 points • 16 June, 2021 01:23 PM*

In my experience people like this are just mad you're happy. I cannot tell you how many times I got comments about my fiancé for his HV behavior and how he's such a real gem etc etc but as soon as I say "I know" i have gotten comments of being high maintenance etc etc.

Keep your sunshine. Sucks for her. I mean you're happy right? So just let it roll off your shoulders and think "man she must be reconciling somethings on her end" and let it be that. It's her problem not yours and also not your business to know what she thinks about you.

But don't stop smiling and being honest about your relationship when people ask.

Instead lean into it more and flex that gratitude in your relationship that you're happy in. Smile into that sunshine!!

Edit: real friends don't get crabby at their friends happiness. Real friends want you to be happy Regardless of their own PERSONAL opinions and values of how a relationship should work. Otherwise they're crabs in a bucket.

pinkcityscape • 42 points • 16 June, 2021 01:09 PM

I really think people shouldn't talk about their personal life at work. It's not worth it and always gets used against you. Also she sounds jealous, I would keep your distance from now on if possible since work politics makes this hard sometimes...

Theboredshrimp • 23 points • 16 June, 2021 03:21 PM

I believe we shouldn't make friends at work

starlight_sequence • 36 points • 16 June, 2021 02:45 PM

A lot of women get bitter, jealous, defensive, etc. if they pick up that you're completely spoiled by your man because they haven't learned to believe that they deserve those things too.

I've found it's best to move in silence.

Hikari3747 • 11 points • 16 June, 2021 05:00 PM

Agree

Also how many hvm exist? I too, would be happy jealous for my friend if she found a HVM.

I would be supportive, but sad that I haven't found one yet. Who doesn't want a partner who treat you right?

Peak_Tree • 32 points • 16 June, 2021 03:25 PM

I...wouldn't talk about anything FDS related at work tbh.

PasDeTout • 26 points • 16 June, 2021 03:53 PM

She basically called you a sugar baby. That's enough to report her to HR.

Thesseli • 20 points • 16 June, 2021 02:28 PM

Sounds like she's jealous of what you have.

BlueFennecGoesCampin • 13 points • 16 June, 2021 04:58 PM

I will second everyone else's comments on this. I wanted to respond to your edit mainly. Let her sit with her discomfort and meditate on what she did wrong. This isn't on you to fix her. keep on living your best life. She can come around, or not, that's not your responsibility.

hensbanex • 63 points • 16 June, 2021 11:06 AM

why does her opinion bother you? you know you're right. she's just jealous, clearly.

GalsofWisconsin • 29 points • 16 June, 2021 03:06 PM

It's best not to let it bother you, yes. But it is natural to be bothered by someone engaging in microaggressions toward you. Let's not stigmatize that. It *is* still essentially an aggression regardless of motive.

The song lyrics she referenced are clear and rude. Super inappropriate, rude behavior for the work place.

hensbanex • 10 points • 16 June, 2021 03:53 PM

I don't know the song at all so I didn't think that was as pointed as it was. that's not a microaggression, that's straight up interpersonally aggressive. I don't think I stigmatized being upset, it was very much just about valuing her opinion of op - this woman's opinion is clearly warped by her own insecurity and jealousy. I wanted to communicate that op should not internalize those feelings from her about her personal choices but I didn't do that as well as I wanted to - thank you for the comment

asianinindia • 64 points • 16 June, 2021 11:16 AM

I would say "I'm sorry your insecurities about feeling worthless are triggered by my relationship but that's something that you should work on by yourself."

Actually don't listen to me. I make enemies very easily. Listen to others.

A tip though. Don't talk about relationships at work. Keep the words separate. Find your friends elsewhere.

File-Own • 15 points • 16 June, 2021 03:11 PM

I would be so tempted to say this ngl sis! Haha!

[deleted] 16 June, 2021 11:06 AM

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GalsofWisconsin • 29 points • 16 June, 2021 12:01 PM*

"Stop flaunting how well you're being treated at work. Doing this in front of coworkers isn't very kind"

Wtf. If someone asks where you got something and you tell them that can hardly be considered "flaunting" or "unkind". That's absurd and very victim blamey

"Rubbing it in her face constantly likely stoked some jealousy. "

The woman literally asked where she got it. Answering truthfully can hardly be considered "rubbing it" in anyone's face. What a stupid fucking comment.

"Everyone is human, and she can't escape her work place. It probably feels especially bad to her because she got you in there"

Neither can OP. So what? She's an adult. She has a responsibility to manage her feelings, more so than OP has a responsibility to hide where these items are coming from *when asked*. Why ask someone where they got something and then become upset over the answer you fucking dug for and sought out. That's so lame and insecure

“It probably feels especially bad to her because she got you in there”

So what if she feels bad. Why tf are you focused on her feelings, as if they deserve coddling and concern or to be centered. It's no one's responsibility to dumb down or dim to keep her fucking sensitive ass comfortable. What she is, is an adult in a professional environment and she has a responsibility to manage her petty little emotions in a way that's professional.

Tired of seeing lame messy older women given a pass or treated like people need to make allowance for and tiptoe around them when they're behaving poorly or acting like fucking two year olds. No, I wouldn't tell her anything but OP is far less the problem then this womens low self esteem and jealousy are. She needs to grow up.

shinyjewels • 23 points • 16 June, 2021 12:06 PM

Yeah idk why OP needs to police herself. She literally didn't do anything wrong. Is she not supposed to wear her jewelry to placate other people? Like that's absurd. Also the comment above is dripping with victim blaming and cattiness

GalsofWisconsin • 16 points • 16 June, 2021 12:17 PM*

Yes, I'm totally disgusted by it. It's so Southern catty under the guise of concern. I think the only reason it's being upvoted is because people agree with the idea to share less, NOT because anyone actually believes OP was flaunting or showing off. Those things slid in under the wire because she attached them to and slipped them in with seemingly legitimate advice.

Although the condescending suggestion that “well you need to stop showing off and be a little less, ok honey?” really is quite rude and obnoxious

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GalsofWisconsin • 12 points • 16 June, 2021 12:13 PM*

I don't disagree with the advice to say less. But the language is obviously blaming of OP, using terms like “flaunting” and “rubbing it in”, which she never did. While at the same time coddling, catering to and centering the problematic women's feelings, putting them on a pedestal and urging us to consider them, which is totally undeserved and the wrong way to view it. This woman needs to be accountable for her behavior in a professional environment. Why is the commenter chiding OP for “showing off” instead of this woman for being a fucking insecure lame ass, who can't control her emotions enough to behave professionally in a corporate environment

Compromising on what jewelry to wear? Fuck out of here. That's some country pick me conditioning. “I can't wear anything nice because that will make Karen uNcOmfoRtaBLe and iNsEcUrE”

All you're teaching her is to cater to someone else's feelings over her own. That is the height of pick me

[deleted] 16 June, 2021 12:22 PM

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GalsofWisconsin • 7 points • 16 June, 2021 12:30 PM*

I'm not confusing you with anyone. The comment is right there.

You literally said/ direct quote: *“That does unfortunately mean compromising on what*

jewellery you're going to wear”

You said she needs to compromise on what jewelry she wears. That's clown shit to me. She must scrunch and dumb down and and not wear what she owns and would like to, to make this insecure sack of shit feel comfortable and less less than- less jealous? Lol. Get out of here.

“uNLesS yOuRe tHe bOsS u hAvE tO cOmProMisE”

No, actually she doesn't *have* to do shit. She doesn't have a responsibility to do shit. She may *choose* to. But she doesn't *have* to.

pickmieshaexorcist • 0 points • 16 June, 2021 12:25 PM

It didn't say anywhere that she was an “older woman”.

I agree with you but work can be tricky, her friend is senior on the team, so if she wants to keep her job and enjoy her time there she needs to behave with finesse.

I'd also advise not to share so much at work. Not because she's supposed to feel bad or manage her friend's feelings, but for her own benefit. Until it blows over, backing off and toning it down will probably help. It's not victim blaming; it's pragmatic.

GalsOfWisconsin • 4 points • 16 June, 2021 12:27 PM*

It says senior. She doesn't *need* to do anything. She may *choose* to, but she damn sure doesn't *need* to/ have the responsibility to.

The comment has phrases that say the OP was “flaunting” and “rubbing it in”. So yes, that is victim blaming. The implication is that this wouldn't have happened if *she* hadn't been so “showy”. Which is ridiculous and presumptuous to assume.

HotTrouble0[S] • 10 points • 16 June, 2021 11:22 AM

Thank you. I indeed keep on doing so from now on. It was a lesson to me. I also believe it was somehow a misinterpreting, as she might believe I was bragging or something. I really don't brag about things, I just thought she would be genuinely happy for me. But I will keep low key from now on and try to act more professional. It was indeed my mistake also.

throhawey123 • 12 points • 16 June, 2021 12:17 PM

It doesn't sound to me you were flaunting anything, so please don't feel guilty. Some people are crabs in a bucket, she'd probably also be mad at you if you got a promotion or a cute puppy.

I'd just limit my interactions with her to polite work stuff and not share anything personal anymore

Zeniite • 10 points • 16 June, 2021 11:19 AM

I second this. I also wouldn't honestly answer where I got something if she or other people ask you at work. I used to date someone who would spoil me and take me on expensive vacations. Most of my friends didn't know the extent of the spoiling, nor did they ask. It was always people who were jealous who would ask and pry. Those are the ones to downplay it with.

melonmagellan • 10 points • 16 June, 2021 04:02 PM*

All you've mentioned in this post is that this man spends money on you. Great, he's not broke, but LVMS also can have money. Elon Musk is a NVM.

Still none of her business and it is in poor taste for her to mention it.

[deleted] 16 June, 2021 01:32 PM

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Theboredshrimp • 9 points • 16 June, 2021 03:28 PM

Sounds like a lot of work, trying to appeal to an insecure friend is impossible, no matter the amount of compliments, it'll backfire on you. Op can't take her words about her bf back, and everytime she'll bring new jewelry or will be in a good mood or will smile at her phone the friend will notice and will get passive aggressive, and then op will compliment her to appease her, over time op will take a hit to her self worth. yes ostracism is painful, but we gotta do what we gotta do to protect ourselves. hopefully the friend will learn her lesson, but that's her problem in the end. I do agree that in this case op should reinstate boundaries with that person, but I personally think she should hold back on compliments and the *eventual* fawning, people can still have a good superficial relationship at work

HotTrouble0[S] • 8 points • 16 June, 2021 01:35 PM

Studies have been done that show the social harm of ostracization-- being cold-- is as painful as physical violence. You've made your point, now take the work relationship in a new and better direction.

Wow. I didn't know that. Thank you for telling me. ☐ I will try to change myself for the better. Can I have a link also?

Inspection-Critical • 4 points • 16 June, 2021 06:27 PM

It's not your job to be nice to people, especially after they've been rude and stomped all over your boundaries. That's setting yourself up to be a doormat.

[deleted] 16 June, 2021 11:20 AM

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GalsofWisconsin • 35 points • 16 June, 2021 12:06 PM*

"You could have a pep talk sometime about self-esteem and dating and talk about how you had to learn and overcome some things too and how it paid off."

Nope. She doesn't have a responsibility to bare a wound or vulnerability to lower herself to a level that is relatable and comfortable for this insecure woman. This woman needs to learn to manage her own emotions.

"Talk about how you had to learn to overcome some things" ☐ Maybe she fucking didn't. That's such a female response of having to or being expected to cut yourself down or show a wound to ease another females jealous insecurity and show "yep. i have problems too, honey. i'm relatable/ not a threat"

Out of the question to my mind. No one has an obligation to fucking do that. Stop giving advice on how she can manage herself down to make this person comfortable. This woman is a grown adult in a professional environment who can't manage her emotions. *She* needs to come up to meet the bar and stop being a fucking lame ass. OP does not need to lower herself to make herself relatable to or comfortable for this lame person.

[deleted] • 8 points • 16 June, 2021 01:00 PM

Nailed it

myoklife • 2 points • 16 June, 2021 02:29 PM*

I agree with some of this but I was coming at it from an angle of women supporting women. Not trying to say OP should lower herself but if OP, like most of us needed to learn how to get to where she's at (let's

be real - people who knew this stuff already probably aren't on this sub?), there's no harm in sharing how she did it.

It's just unnecessary to be so cruel and hostile honestly. It's just adding to what sounds like a very petty workplace

Also im gonna be real here. OP's title and post are not equivalent. It doesn't sound like OP is being "bullied" because she stated some FDS principles. It sounds more like she talks about how wonderful her boyfriend is and how much he does for her, even using the term "princess" to describe herself and yeah this is all acceptable in my book but if someone at your workplace was acting like that (in absence of actually discussing fds principles, which from this post it seems) would you really consider that person a HVW whose bar you want to meet or might you just find them an annoying coworker? This all just sounds like pettiness to me.

GalsowWisconsin • 10 points • 16 June, 2021 02:44 PM*

The woman is engaging in microaggressions toward her. We don't have a responsibility to teach people even as they as harming or being rude to us- not even other women.

Singing a song (the lyrics of which are super rude. Look it up) that is passive aggressively aimed at her and suggestive of her being a sugar baby *is* an aggression

Why don't you take that same energy and use it toward holding the woman responsible for her poor behavior and poorly managed negative emotions?

"It's just unnecessary to be so cruel and hostile honestly. It's just adding to what sounds like a very petty workplace"

Where did I say that she needs to be "cruel or hostile"? No where. In fact, I didn't even say that she should respond in anyway to this person. She does however have the perfect right to continue being herself without shrinking to accommodate this woman's insecurities.

You're thinking about it in a way that elevates the aggressor while seeking to downplay and subtly minimize the harm to the victim. Which makes you part of the problem.

She doesn't have an obligation to try and support or "teach" a woman who is actively trying to harm her or be a purposely rude to her.

myoklife • -3 points • 16 June, 2021 02:48 PM

Honestly I just don't think we are interpreting the situation the same way. If you read my comment I gave the advice you take issue with in a conditional. I never said she has an obligation to do anything and in fact I said my opinion is she should leave her alone.

She doesn't need to be hostile and neither do you. We can disagree.

GalsowWisconsin • 6 points • 16 June, 2021 02:50 PM*

Where did I say she needs to be hostile? I keep encouraging you to direct quote where I said that and you can't, because it's not there/ never happened. So you need to stop bringing that up repeatedly as if it's factual.

And no that's not me being hostile to you. That's just a statement of facts.

[deleted] 16 June, 2021 02:52 PM

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GalsowWisconsin • 8 points • 16 June, 2021 02:55 PM*

No, sweetie. I never said anything that could be misconstrued as encouraging her to be hostile. I simply said she should continue to be herself without shrinking. What I did and didn't say *is* a matter of record and fact, *not* opinion. The transcript of exactly what I said is right above us. You've yet to direct quote where I stated that she should be hostile and that's because it never happened.

But you're right. You go about your day and be blessed.

AutoModerator[M] • 1 point • 16 June, 2021 10:53 AM

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[2] - Please read the FDS Handbook and Wiki before commenting. **Repeated comments demonstrating lack of basic sub knowledge will result in a temporary or permanent ban.**

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I am a bot, and this action was performed automatically. Please contact the moderators of this subreddit if you have any questions or concerns.

azula8 • 1 point • 17 June, 2021 08:13 AM

Had the exact same thing happen. When I started dating my seemingly HV ex my work bff started mocking me and try to embarrass me at work.

I took a step back and then I realized that while I was telling her about this date and that date, she would tell me about how this guy hooked up with her and didn't text her after, this guy hooked up with her but is pursuing a different girl ect ect.

A lot of it is unhappiness. Even if its clear that you want them to be happy too. Theyll start picking on the things that theyre ahead of you in. Mentioning how their car is newer and that is better ect ect. Bcs what you have as an advantage over them? They cant have. They cant turn back time to undo the wrong degree they took. They cant unfck the pigs they fcked. They cant have a good family relationship you have.

Most cant think advanced enough to even realize what theyre doing. Its not some sophisticated calculation that theyll make you miserable. Sht, theyll just say the way you blink your eye is annoying and hence they feel x,y,z about you.

radsera99 • 1 point • 17 June, 2021 05:50 PM

Lol this is what happens when you're a feminist and u share your beliefs with people. You never know what weird reaction you're going to get. Gotta vet men and women.