

# 5 Signs You're Being Co-opted

And How to Start Getting Uncoopted  
Today

You are not imagining it.

If you feel:

- successful but unsettled
- visible but not powerful
- included but not influential

You just might be **co-opted**.

**Co-option** is when a system rewards you just enough to keep you from changing it.

# THE FIVE SIGNS

# **1. You're Praised for Your Tone More Than Your Ideas**

If feedback is about how gently you deliver truth rather than the truth itself, you're being shaped.

**The Uncoopted shift:** Stop over-managing male comfort.

## **2. You Have Access, But Not Authority**

You're in the meeting.  
But not in the decision.

**Uncoopted shift:** Track where  
power actually sits.

### **3. You Feel Responsible for Everyone's Emotional Stability**

You're the bridge. The translator.  
The peacemaker.

**Uncoopted shift:** Stop stabilizing  
broken structures.

## **4. You Call Exhaustion “Impact”**

If your success depends on overextension, the system is extracting from you.

**Uncoopted shift:** Power that drains you isn't power.

## **5. You're Afraid to Be Called "Difficult"**

That fear is the leash.

Uncoopted shift: Difficult women  
change institutions.

If you saw yourself in even one of these, you don't need motivation. You need liberation.

My new book,  
**The Women the Patriarchy Co-opted,**  
is the deeper dive.

Because once you see co-option, you have two choices:

**Adapt harder.**  
**Or get uncoopted.**

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