

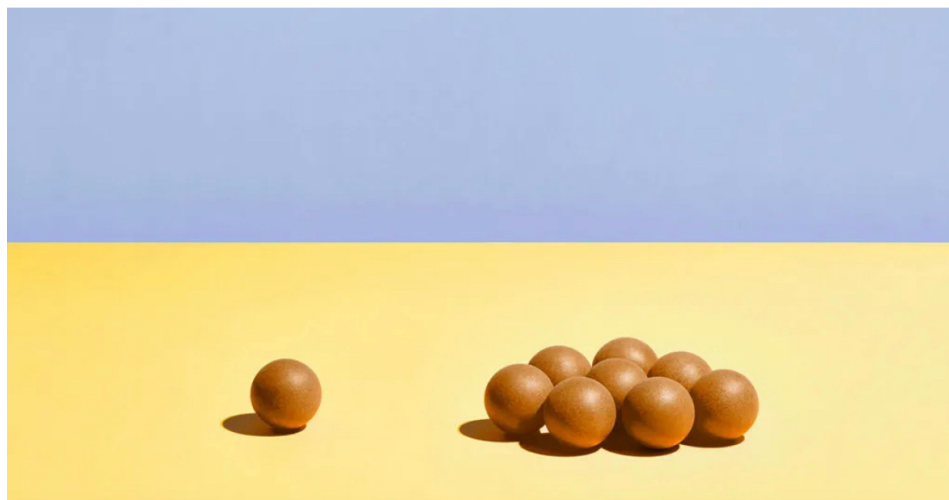


Ostracized from Group? It May be Bullying by Social Exclusion

Medically reviewed by [Danielle Wade, LCSW](#) — By [Chantelle Pattemore](#) — Updated on October 27, 2022

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Being left out by friends isn't something that only occurs during childhood. Here's what could be going on.



Removing the competition

The first is when exclusion is used by someone “as a way of protecting their own place in a social group,” reveals [Leah Roberts](#), a counselor and master of social work based in Florida.

For instance, maybe the excluder views themselves as ‘the funny one,’ but another friend makes everyone laugh just as much.

She continues: “When we perceive a threat to our sense of belonging, we want to recover our position in the social group. [This] unfortunately too often results in senseless rejection of someone else.”

Interestingly, [2011 research](#) found that, compared to men, women were more likely to engage in exclusionary behaviors when they felt their [social position was under threat](#).

Pure dislike

The second, explained [Dr. Brianna Gaynor](#),