

Union of Saint, Form of Social Aggression — Microaggression, *Passive-Aggressive Dismissal*

It's not as overt as verbal abuse, but it *is* a way of communicating contempt or superiority without words. The ignoring, the lifted nose, the refusal to return a simple smile — all signal “*you're beneath me*” or “*you don't matter.*” That's a subtle **status move** — a nonverbal jab meant to put the other person down.

What this is called

- **Microaggression:** A subtle, often indirect insult or dismissal.
- **Passive-aggressive behavior:** Expressing hostility or contempt through avoidance, indifference, or subtle gestures.
- **Social snub / silent treatment (micro form):** Withholding acknowledgement to assert power.
- **Nonverbal contempt:** Body language (like nose up, lack of eye contact, coldness) that conveys superiority.

Why it hurts

Kind, open people thrive on reciprocal energy. When someone rejects even the smallest gesture of kindness (like a smile or acknowledgment), it creates a **social sting** — the brain registers it much like physical pain. Over time, repeated dismissals can feel like rejection conditioning.

How kind people can handle it

1. **Don't take it in.** Their reaction reflects *them*, not you. A refusal to meet kindness with kindness is about their inner state, not your worth.
2. **Detach quickly.** Smile anyway, hold the door, and then let it roll off. Don't chase acknowledgment.
3. **Reframe it.** Instead of “they disrespected me,” try: “They're carrying something heavy, and it spilled out here.”
4. **Use micro-boundaries.** You don't need to overextend kindness if it's not reciprocated. Example: hold the door politely, but without overinvesting in their response.
5. **Protect your energy.** If repeated (like in a workplace or family), you can choose neutrality instead of offering warmth every time. That's not being unkind — it's conserving your kindness for those who value it.
6. **Anchor yourself.** After a cold interaction, consciously redirect: a deep breath, a self-affirmation, or even a quick mental note — “*I remain kind, even if others can't see it.*”

✨ The key for kind-hearted people: **Don't let their lack of grace steal your natural joy.** Kindness is your strength — just learn where to share it fully, and where to give only the minimum courtesy.

Quick Internal Mantras

- “Their face doesn't define my light.”
- “I stay kind, I stay free.”
- “Not mine to carry.”
- “I give courtesy, not my energy.”
- “My smile is a gift, not a transaction.”

Neutral Inner Reframes

- “*That was about them, not me.*”
- “*They must be weighed down — I won't take it personally.*”
- “*I don't need their acknowledgment to be whole.*”

Energy Reset (takes 5 seconds)

1. Breathe in through your nose, shoulders soft.
2. Think: “*I return to myself.*”
3. Breathe out through your mouth, release the interaction.

These small inner tools act like a **psychological shield** — they stop someone else's dismissiveness from sticking to you.

Outer responses you can use when the same person keeps showing this kind of dismissive, microaggressive behavior. They range from *polite neutrality* to *firm boundary-setting*, depending on the relationship and setting:

1. Polite Neutrality (light deflection)

These work when you don't want to engage deeply:

- A warm but short: “*Morning.*” (then move on — you've acknowledged without waiting for reciprocity).
 - A simple nod, no smile. (Protects your energy without rudeness).
 - “*Have a good one.*” (keeps the interaction professional, nothing more).
-

2. Gentle Call-Outs (naming the vibe)

If the pattern repeats and you want to highlight it lightly:

- *“Tough morning?”* (frames their behavior as about them, not you).
 - *“Guess I’ll smile enough for both of us.”* (playful but pointed).
 - *“I’ll take that as a quiet hello.”* (draws attention without aggression).
-

3. Firm Boundary-Setting

When it’s consistent and undermining:

- *“I’ve noticed you don’t respond when I greet you. I’d appreciate some acknowledgment.”*
 - *“Basic courtesy goes a long way. Can we try that?”*
 - If it’s at work: *“A positive atmosphere helps all of us. I’d like to see more mutual respect.”*
-

4. Energy Protection (for yourself)

Sometimes, the best outer response is simply **not engaging**:

- If they ignore your greeting again → you skip greeting them next time.
 - Hold the door without over-smiling, keep body language neutral.
 - Reserve your warmth for people who reciprocate.
-

👉 The key: **You don’t have to keep offering kindness where it’s being rejected.**
Courtesy is enough — save your warmth for those who value it.

Step 1 – Neutral Professionalism (first few times)

- *“Good morning.”* (Keep tone neutral, don’t over-give. If they ignore, move on without waiting).
 - If it keeps happening: stop greeting them, but stay courteous if spoken to. This protects your energy while keeping professionalism.
-

Step 2 – Light Direct Acknowledgment (if you want to signal awareness)

- *“Hey, I’ve noticed you don’t usually respond when I greet you. Is everything okay?”*
- *“I’ll assume you’re busy when you don’t respond — just know I mean no harm when I say hello.”*

(This frames their behavior as about *them*, not you, while showing you see the pattern).

Step 3 – Firm Boundary (if it escalates or affects teamwork)

- *“I’d appreciate acknowledgment when I greet you. Courtesy helps the team run smoother.”*
 - *“We don’t have to be close, but a basic level of respect makes collaboration easier.”*
-

Step 4 – Document if Necessary


If it’s part of a bigger pattern of hostility (ignoring, cutting you out, undermining), start documenting incidents. That way, if you need HR or a supervisor later, you have concrete examples.

Tip for good, kind people at work:

- Lead with courtesy, not over-smiling.
- Protect your warmth — not everyone deserves the “real sunshine.”
- Keep interactions short, polite, and professional if someone shows repeated coldness.

Step 1 – Polite but Neutral (first few times)

- Offer a basic greeting: *“Hi.”* (without a big smile or extra warmth).
- If they ignore or dismiss, don’t chase — move on, stay calm.

 This keeps you kind, but it doesn’t drain you.

Step 2 – Gentle Call-Out (naming the vibe lightly)

If the pattern repeats:

- *“Hey, I smiled at you — didn’t catch one back. Everything okay?”*
 - *“You seem a little distant. Did I do something?”*
 - *“Guess I’ll carry the cheer today.”* (light, but signals you notice).
-

Step 3 – Direct Boundary (if it continues)

- *“When I greet you and you ignore me, it feels dismissive. I’d appreciate some acknowledgment.”*
- *“I don’t expect a big interaction, but a hello goes a long way.”*
- *“Respect matters to me. If you don’t want to engage, please just say so directly.”*

Step 4 – Protect Your Energy

If they *still* keep up the coldness:

- Stop overextending kindness. Offer only polite basics, nothing more.
- Focus your warmth on those who value it.
- If it's a family gathering: sit with those who reciprocate, not the ones who drain.
- If it's a friend group: consider whether this relationship feeds you or just takes.



Guiding thought for kind-hearted people:

Being warm and generous doesn't mean *everybody* gets unlimited access to that warmth. You can be **courteous without being open**. Your light is still yours to share — selectively.