

# Union of Saints,

“Woops, I dropped your value. ~ Woops, I dropped your value.”

## The Insidious Games People Play With Humanity

### 1. What “Dropping Your Value” Looks Like

People can erode your sense of worth without being overtly aggressive. Common tactics include:

- **Minimizing your achievements:** “Oh, anyone could have done that.”
- **Gaslighting:** Making you doubt your perception of reality: “That didn’t happen the way you think.”
- **Backhanded compliments:** “Wow, you look good... for your age.”
- **Exclusion or social manipulation:** Ignoring, gossiping, or leaving you out intentionally.
- **Repeated microaggressions:** Small, subtle jabs that accumulate over time.

#### Why it’s insidious:

- The attacks are often subtle or framed as humor, advice, or concern.
  - You second-guess yourself, feel anxious, and may internalize the negative messages.
  - Others might even participate or witness the behavior without addressing it, reinforcing the effect.
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### 2. Recognizing the Pattern

Some clues someone is “playing the game” of lowering your value:

- You often leave interactions feeling small, embarrassed, or unworthy.
  - They mix praise with criticism, leaving you confused.
  - Your accomplishments are constantly diminished or ignored.
  - You feel like you have to “prove yourself” repeatedly to the same person.
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### 3. Why People Do This

- **Power and control:** Making someone feel less capable or worthy gives them a sense of superiority.

- **Projection:** They may feel insecure and attempt to level the playing field by undermining others.
  - **Social advantage:** In work or social settings, diminishing others can elevate themselves.
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## 4. How to Respond

1. **Name It for Yourself:** Recognize the tactic; call it what it is internally: “They are devaluing me.”
  2. **Set Boundaries:** Calmly assert what you will and won’t accept.
    - Example: “I prefer feedback without judgment; comments like that aren’t helpful.”
  3. **Limit Exposure:** Reduce time with people who consistently diminish you.
  4. **Protect Your Self-Worth:** Affirm your value independently—journaling, affirmations, therapy.
  5. **Call Out Subtle Attacks (If Safe):**
    - Example: “That comment feels dismissive. Could you clarify?”
  6. **Keep Perspective:** Their behavior is more about their insecurities or agenda than your true worth.
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## 5. Healing & Strengthening

- Therapy can help identify patterns of devaluation and strengthen resilience.
  - Journaling about your experiences separates **truth from manipulation**.
  - Reflection and self-validation help rebuild confidence eroded by repeated micro-attacks.
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### Bottom Line:

“Dropping your value” is a subtle, often repeated game people play to control or manipulate. Recognizing the pattern, setting boundaries, protecting your self-worth, and seeking supportive therapy or reflection are essential to stop it from taking root.