

# Union of Saints

## Humor Based Attacks, Guide

### 1. What It Is

Humor-based attacks often fall into these categories:

- **Sarcasm / Mocking:** They disguise criticism as a joke. Example: “Oh sure, like you’d ever get that right!”
- **Teasing / Ridicule:** They highlight perceived flaws in a humorous way to embarrass you.
- **Deflecting / Passive Aggression:** The humor masks anger or resentment.
- **Social Manipulation:** Sometimes the goal is to make others laugh *at* you, undermining your confidence or social standing.

#### Why it hurts:

- Humor can make the attack feel subtle or socially “acceptable,” leaving you second-guessing yourself.
  - It can trigger feelings of shame, defensiveness, or anger.
  - Others might laugh along, which can amplify embarrassment.
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### 2. How to Respond

#### A. Assess the Intent

- **Playful vs. Malicious:** Is this a close friend gently teasing, or someone trying to undermine you?
- **Frequency:** Occasional jokes among friends may not require confrontation; repeated or targeted attacks do.

#### B. Response Strategies

##### 1. Stay Calm and Neutral

- Don’t immediately retaliate with anger or sarcasm. Pause and breathe.
- Example: Nod, keep your tone even, “Hmm, interesting perspective.”

##### 2. Set Boundaries Directly

- Calmly state how it affects you.

- Example: “I know you’re joking, but that comment actually bothers me.”

### 3. Use Humor to Deflect *(if appropriate)*

- Respond lightly without self-deprecation: “Wow, I didn’t know I was auditioning for a roast!”
- This can diffuse tension while maintaining your dignity.

### 4. Ignore or Redirect

- Some jokes aren’t worth a response—redirecting the conversation removes the power from their humor.
- Example: “Anyway, did you finish that report?”

### 5. Ask for Clarification

- Sometimes a question exposes the intent: “Are you joking, or are you serious?”
- This forces the other person to acknowledge their words.

### 6. Reflect Later if Needed

- Journaling or talking with a trusted friend can help process residual feelings.
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## 3. Internal Mindset

- Humor attacks are often more about the other person than you.
  - Maintaining self-confidence reduces the emotional impact.
  - Decide whether to address it immediately, subtly, or let it go—it’s about preserving your energy.
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### Quick Rule of Thumb

1. **Is it intentional harm?** → Address it directly.
2. **Is it playful teasing?** → Accept lightly or respond with humor.
3. **Does it happen repeatedly?** → Set clear boundaries or limit exposure.

# Humor Attack Response Guide

## Step 1: Assess the Situation

Before responding, quickly determine:

- **Intent:** Is it playful teasing or a malicious jab?
  - **Audience:** Are others present? Does it affect social dynamics?
  - **Frequency:** Is this a one-time comment or repeated behavior?
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## Step 2: Decide Your Approach

Use one of these strategies depending on the context and your comfort level:

### A. Stay Calm and Neutral

- Keep your tone even, don't react emotionally.
- **Example:**
  - Them: "Wow, that's the most obvious mistake ever!"
  - You: "I see. Thanks for pointing it out."
- **Why it works:** You show confidence and don't give them fuel for further ridicule.

### B. Set Boundaries Directly

- Calmly state that the joke bothers you.
- **Example:**
  - "I know you're joking, but that comment actually bothers me."
  - "I don't find that funny; please don't make jokes at my expense."
- **Why it works:** You assert yourself without aggression.

### C. Use Humor to Deflect

- Respond lightly or cleverly without self-deprecation.
- **Example:**
  - "Wow, I didn't realize I was the star of the comedy show today!"
  - "I'll have to step up my game to keep up with your jokes."
- **Why it works:** Diffuses tension and keeps the upper hand socially.

### D. Ignore or Redirect

- Choose not to engage and shift the topic.
- **Example:**
  - "Anyway, how was your weekend?"
  - "Let's focus on the task at hand."

- **Why it works:** Removes attention and reduces the power of the joke.

### E. Ask for Clarification

- Forces the other person to acknowledge their words.
  - **Example:**
    - “Are you joking, or are you serious?”
    - “What did you mean by that?”
  - **Why it works:** Exposes intent and discourages passive-aggressive humor.
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### Step 3: Internal Mindset

- Humor attacks often reveal the other person’s issues, not your worth.
  - Keep confidence in yourself—your value isn’t determined by someone else’s joke.
  - Decide whether it’s worth addressing immediately or letting it go to preserve energy.
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### Step 4: Follow-Up (Optional)

- If repeated, have a private conversation about boundaries.
  - Document your feelings in a journal or talk to a trusted friend to process residual emotions.
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### Quick Reference Table

Attack Type	Example	Response Strategy	Example Response
Sarcasm / Mocking	“Nice move, genius.”	Calm / Neutral	“Got it. Thanks for your input.”
Teasing / Ridicule	“Wow, that’s so typical of you.”	Humor / Deflect	“I’ll take that as my signature style!”
Passive-Aggression	“Guess someone’s really busy today…”	Clarify	“Are you joking, or do you mean that seriously?”
Repeated Harm	Any recurring jokes	Boundary Setting	“I’ve noticed this keeps happening. Please stop joking about it.”