

Power Grabbing, White Women & Girls

Why Many of Us Have Lived With It, Why We No Longer Tolerate It, and What Healthy Boundaries Look Like

Why We Are “Fatigued.”

Across many women’s lifetimes, especially those who grew up during periods of rapid cultural change, shifting social hierarchies, and economic instability, we’ve witnessed persistent power-grabbing behaviors, patterns of insecurity, entitlement, and learned dominance strategies. When these behaviors intersect with racism, they become especially harmful.

Yes ~ a white girl. Woman actually.

For many, this has shown up as control, manipulation, emotional aggression, social sabotage, and boundary violations, often framed as concern, authority, or moral superiority. These patterns have existed for generations, reinforced by social systems that rewarded dominance, silence, and conformity, especially among women expected to uphold social order while lacking genuine power of their own.

Over time, many learned to cope rather than confront:

- Stay quiet
- Avoid conflict
- **Absorb** mistreatment
- Rationalize abusive behavior
- Prioritize peace over dignity

Real talk:

- *Take it because we are white and it is therefore somehow justified.*

But survival strategies eventually give way to self-respect. *We are all survivors.*

Why Many Have Stopped Tolerating It

As women grow into their voices, identities, and emotional understanding, tolerance for manipulation, coercion, racism, and psychological aggression naturally decreases.

We grow impatient.

Boundaries emerge when:

- We recognize patterns instead of excuses
- We understand abuse does not require physical violence
- We refuse to sacrifice mental health for social comfort
- We realize self-respect is non-negotiable

Recognizing abuse and racism does not make us hateful, it makes us *aware*.

It is perfectly okay to be self-protective and to have self respect.

When someone repeatedly disrespects, dehumanizes, or undermines us, withdrawal of access becomes an act of self-care, not cruelty.

Racism is especially easy to see.

It is one thing to be emotionally guarded, it is another thing to be deliberately abusive to someone of a different race.

Most people who are “fatigued,” are not naturally abusive. They are easy to get along with, and kind-hearted, as well as gentle spirited, this is where the fatigue comes in, they know they deserve better but they often just took it.

There is a big difference between a good person, and a racist person.

What Power Grabbing Often Looks Like

- Talking over rather than with
- Moral superiority and constant correction
- Emotional intimidation masked as concern
- Subtle insults, sarcasm, or backhanded remarks
- Guilt manipulation

- Racial stereotyping or coded hostility
- Social exclusion and rumor-spreading
- Control through fear, shame, or obligation
- Any form of *weird and unusual* power grab

These behaviors seek dominance, and are rarely about true and kind connection.

Whites are not required to constantly carry the emotional weight of others who purposely seek to harm us.

Be kind. Kindred spirits know other kindred spirits.

What Healthy Boundaries Look Like

Healthy boundaries are calm, firm, and non-reactive:

- “Do not speak to me that way.”
- “That comment is inappropriate.”
- “I’m not engaging in disrespectful conversations.”
- “If this continues, I will remove myself.”
- “I am uncomfortable with this interaction.”
- “I would prefer assistance from someone else.”

Boundaries are statements of self-worth.

We are taking the emotional weight off.

What Happens When Boundaries Go Up

When power-grabbing individuals lose access to control, they often:

- Escalate emotionally
- Gaslight
- Play victim
- Attempt social retaliation

This reaction confirms the **necessity** of the boundary.

The Deeper Truth

Many of these behaviors stem from:

- Fear of losing social relevance
- Cultural conditioning
- Internalized competition
- Scarcity-based thinking
- Emotional immaturity
- Racist Triangulation “Ganging”
- **Tolerance**

Understanding this helps us release anger without excusing harm.

The Shift: From Tolerance to Self-Respect

The modern shift is toward:

- Emotional sovereignty
- Personal agency
- Mutual respect
- Psychological safety
- **Zero tolerance for abuse**

This evolution is emotional maturity.

Final Thought

Putting up boundaries is more than personal, it is a community call for safety and shared social responsibility.

It is the refusal to let anyone — regardless of race, gender, or status — control, demean, or harm us.

Of course this message is not just about racism.

The year is 2025, there are many places in the USA where Whites are not only the minority but they make up 1% of their communities now. It's time to get real about our, in exclamation,

SHARED HUMANITY.

Humanity is the foundation of peace.

No more gaslighting.

Humanity is nothing to mess with.

Cities where whites are the minority, many unlisted:

- **East Orange 2%**
- **South Fulton 1-3%**
- **Inglewood 2%**
- **East St. Louis 1-2%**
- **Gary 2%**
- **Detroit 8%**
- **Jackson 10-12%**
- **Compton 2%**
- **Cleveland 3%**
- **Prichard 2%**
- **Forest City 2%**
- **Bessemer 2%**

85-95%+ Hispanic Not White:

- **Laredo**
- **Brownsville**
- **McAllen**
- **Hialeah**
- **El Paso**
- **Tuscon**