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If you're reading this, there's a good chance something happened at work that left you shaken in a way you can't quite explain. Maybe you were excluded. Maybe you were targeted. Maybe someone in power turned on you. Maybe the people you trusted stayed silent.

Workplace Bullying isn't "just a bad experience."

You are now left wondering, Why?

The pain feels so deep, so personal, so hard to shake. Let me tell you something clearly:

**What happened to you was wrong
— and your pain makes sense.**

It's a Rupture. A Betrayal.

A tearing away of your sense of belonging. And belonging is not a luxury. **It's a human need.**

That's Why it Feels like a Wound — because it is

When someone cuts you out, turns on you, or weaponizes your vulnerability, it

hits the same part of your brain that registers physical pain.

You're the Target.

You were targeted because of your strengths, not your weaknesses. If you've been bullied, you probably share traits with many women who become targets:

You're competent

You're ethical

You're intuitive

You're committed to doing the right thing

You see problems clearly

You don't play politics

You speak up when something is wrong

These Qualities Shine in Healthy Workplaces.

But in dysfunctional workplace cultures, they make you a threat. You didn't get bullied because you were weak. You got bullied because you

were strong in a place that punished strength.

Your world flipped upside down — and that's why you're still reeling. One day you were doing your job. The next, you were navigating a landscape that made no sense.

Then Suddenly...

Your excellence became a problem
Your honesty became "unprofessional"
Your conversations became ammunition
Your attempts to seek help were twisted against you
You were blamed for the harm done to you
Your reports were ignored

This is not normal conflict. **This is psychological abuse.**

When the People who Should Protect You

the— Managers, HR, Leaders — deny, dismiss, or reverse the truth, it creates a deep internal rupture.

There's a NAME for that...

DARVO-Deny, Attack, Reverse Victim and Offender.

You Start Questioning

If you felt like you were losing your grip on reality, it's because the environment was designed to make you doubt yourself. Your sense of self was shaken — and that's not your fault.

When you're bullied, something inside you breaks open.

"Did I imagine it?"
"Was I too sensitive?"
"Why didn't anyone help me?"
"How could they do this?"
"Who can I trust now?"

This is what happens when your core beliefs about the world — and about yourself — are shattered.

It's called Moral Injury.

It's what happens when someone in power betrays what is right, and you're left carrying the consequences. You didn't lose your confidence. It was taken from you. You didn't lose your trust. It was broken. You didn't lose your sense of safety. It was violated.

When you reached out for help and were ignored, dismissed, or punished, that wasn't "just how workplaces are."

The deepest wound comes from the institution that failed you

The bullying was the first injury. The organization's response was the second — and often the more devastating one.

That is Institutional Betrayal.

You were supposed to be protected. Instead, you were abandoned. And that abandonment leaves a mark. You're grieving something you can't name — and that's why it feels so heavy.

Workplace bullying creates a kind of grief that has no funeral, no apology, no closure.

You lost:

Your identity

Your sense of belonging

Your trust in people

Your belief in fairness

Your professional home

Your stability

Your confidence

Your safety

But no one brings flowers for this kind of loss.

This is called ambiguous loss — a grief with no clear ending, no acknowledgement, and no justice. And you're left to carry it alone.

Here's the Truth You Deserve to Hear

You're not overreacting. You're not imagining it. You're not weak. You're not "too sensitive." You're not the problem.

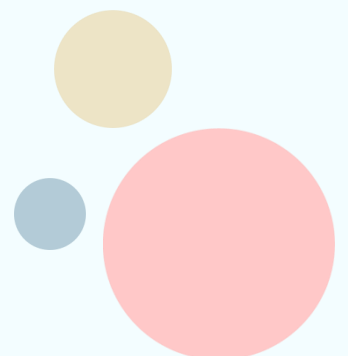
You were harmed. You were betrayed. You were left without support. And your pain makes perfect, human sense.

You're not broken — you're wounded. And wounds can heal.

You're not lost — you're grieving. And grief can soften. You're not alone — even if it felt like you were. And you don't have to walk the rest of this path by yourself.

Conclusion

Your bullies may have trained your nervous system to expect punishment for existing, speaking or being human. But they don't get to dictate your future. They don't get to hover over your social media or your website like vultures. They don't get to own your voice anymore. You're doing everything right. Keep going—you've got this.



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