



Nasty Girls Rarely Grow Up

Understanding conflict between women

Female-to-female bullying is something all women face at some point in their lives, whether at school, at home, or at work.

Studies on female-to-female workplace bullying suggest it could be the experience of 95% of women. If you include social settings, you find that all women have had an experience of female bullying at some stage in their lives. Remembering that even bullies get bullied. As a woman, why does it hurt so bad when another female treats you badly? That's because there is an assumption that women support other women, and women expect it. When another woman comes after us, it damages our souls, and we are left asking, "Why me?" There is a simple answer to this question; there is something you have that they want. It might be your job or your man, or simply that you are more beautiful and more intelligent, and that you make them look bad. Whatever the reason, the harm feels just as painful.

"It happens when you least expect it: the sudden, painful sting that hurts deeply, because you thought you were in a safe place, with other women and immune from harm"

Mean Girls Grown Up, Dr Cheryl Dellasega

What can I do?

There is no simple answer to this question. It depends on the circumstances. Yet it is always important to remember that.

"you can control how you respond, but not what they do"

If possible, the best option is to distance yourself from the person ... slowly. They will react too quickly, and you could make your situation worse. Avoid sharing information directly or indirectly (on social media) with the person, as any personal information can be used as ammunition against you.

- At work, going through the formal processes to deal with bad behaviour is essential. You have the right to feel safe at work.
- In social settings, reduce your time around the person; in your absence, they will grow bored with you when you are not around to react to their needs.
- In families, it's essential to be respectful but honest about how they are making you feel, while remembering they may not have the ability to self-reflect.
- Sometimes the only solution is forgiveness, acceptance and distance from the toxic female.

"There is a special place in hell, for women who do not help other women"

Madeleine Albright

Things to Consider

Female-to-female bullying can cause:

- Depression
- Isolation
- Self-doubt
- Reactive behaviour which mimics the toxic female
- Loss of social connections
- Reduced trust in women

What makes you vulnerable to toxic women:

- Past trauma history
- Over-sharing
- A caring, empathetic personality
- Having something she wants, including your man, your job or your popularity



Are needing assistance with a toxic female issue?

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