

FACTSHEET

Nasty Girls Rarely Grow Up

Understanding female to female conflict



Female to female bullying is something that all women experience at some point in their life 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 all women have had an experience of female bullying at some stage in their life. Remembering even bullies get bullied. As a women 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 females expect it. When another woman comes after us it damages our soul and we are left asking, "why me?". There is actually a simple answer to this question; there is something you have that they want. It might be your job or your man or it could be simply that you are more beautiful and more intelligent and 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 depend 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. Too quickly they will react 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 important. As 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, its important 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?

Contact us at:

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