

Coping with everyday put-downs

Type of put-down	Example	Possible assertive reply
Stereotyping you	‘That’s typical of the way all you software people think.’	
Insinuating	‘I expect you’ve got <i>plenty</i> of spare time in your department.’	
Making decisions on your behalf	‘What I’d do, if I were you, is spend less time on the detail of your job.’	
Questioning your judgement, values, or beliefs	‘Are you really sure he’ll be able to do the job?’ ----- ‘You don’t really believe that, do you?’	-----
Patronizing	‘Well don’t worry yourself about all that. I’ll take care of it.’	
Nagging	‘How much longer are you going to spend on that report?’	
Inferring you are lying	‘Oh come on, you know that’s not how it happened.’	
Making generalizations about your personality	‘I think you’re far too nice to succeed.’	
Using emotive words to describe your actions	‘That was a crazy decision.’ ----- ‘It was irresponsible of you not to let me know.’	-----