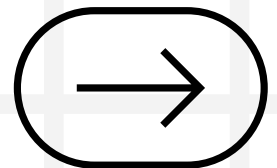


VOCABULARY OF WOMEN'S REALITY

THE WORDS THAT EXPLAIN

***WORKPLACE
FATIGUE***



MISOGYNY

DEFINITION

A hierarchy that positions men as more competent, rational, and credible and women as less authoritative.

How it shows up workplace?

- 👉 Men are assumed to be natural leaders.
- 👉 Women's ambition is called "arrogance".
- 👉 Women's success is reframed as someone else's generosity.

Why it matters:

Misogyny teaches women to doubt themselves long before they even realise it.



GASLIGHTING

DEFINITION

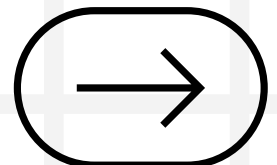
Undermining someone's perception so they doubt their reality, emotions, or memory.

How it shows up workplace?

- 👉 "You're imagining it."
- 👉 "You're overreacting."
- 👉 Denying statements you clearly heard.

Why it matters:

Gaslighting replaces clarity with confusion — until you name it.



MANSPPLAINING

DEFINITION

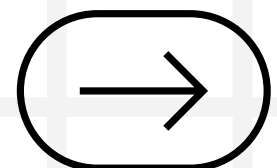
When a man explains something to a woman with unwarranted authority, assuming she knows less.

How it shows up workplace?

- 👉 A woman presents an idea; a man repeats it for validation"
- 👉 Men "clarifying" women's expertise.
- 👉 Interruptions disguised as "help".

Why it matters:

It's not about explanation — it's about entitlement and who gets to be heard.



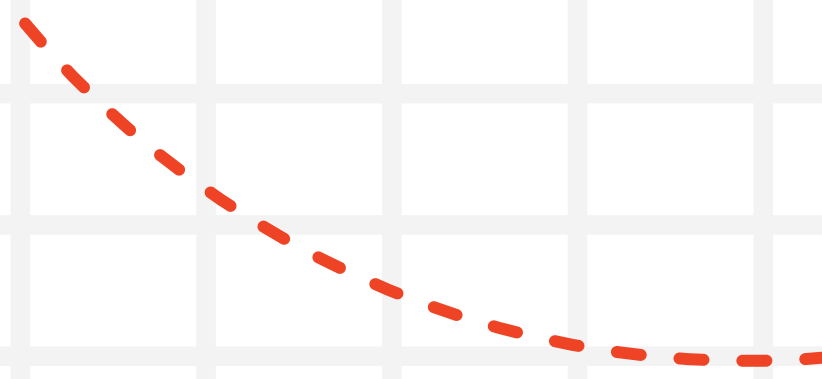
RESPECTABILITY POLITICS



DEFINITION

The pressure on women to be “polite,” “calm,” and “grateful” to deserve respect.

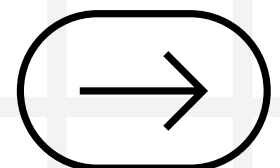
How it shows up workplace?



- 👉 Being told to soften your tone
- 👉 Anger labelled unprofessional
- 👉 Hesitation to call out bias

Why it matters:

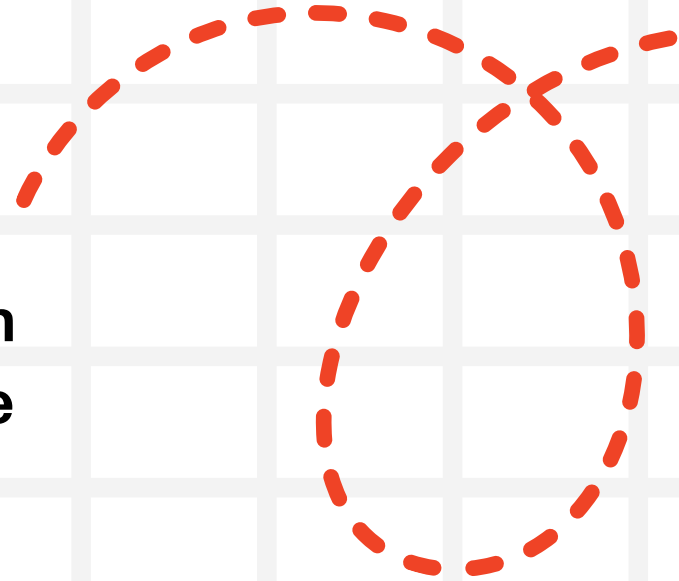
Respectability demands women shrink their truth to appear acceptable.



EMOTIONAL LABOUR

DEFINITION

The invisible effort women give to maintain harmony, manage emotions, and anticipate needs.



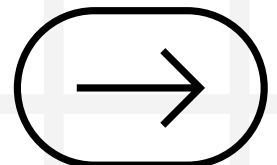
How it shows up workplace?

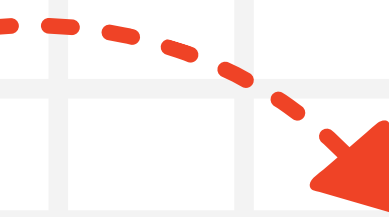
- 👉 Remembering birthdays & team moods
- 👉 Mediating tensions
- 👉 Being the “support person” always



Why it matters:

Emotional labour keeps workplaces running — but becomes exploitation when it's expected for free.





These words are not labels.

They're "KEYS." The keys that unlock clarity, self-trust, and boundaries.

When women learn the language of what they carry, they stop calling exhaustion "weakness."

Language doesn't just describe our reality, it liberates us from it.

