

## **An Incident of Humiliation**

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Notes about an incident of humiliation

When this assignment was first presented to me I had a hard time deciding if I wanted to reveal my incident of humiliation and even if what I felt during this incident was in fact humiliation. After reading the definitions on humiliation I realized that in fact that was what I was feeling as this incident was played out. During my high school years I worked as a sales person at a local sneaker store where the teenage male employees far outnumbered the female employees. The atmosphere of this shoe store was very laid back we all got along with each other and joked around a lot. By this I mean at night when the store was closed while we were cleaning we would play games or tricks on each other, chase each other with brooms it was a very childish atmosphere but we all had fun.

My experience of humiliation is my experience of sexual harassment at this place. One night after we had finished cleaning my assistant manager, another sales associate and I were sitting on the deck waiting for the managers to count out the draws. The other employees were around the deck area but they were all playing around. As I was sitting there, my assistant manager said to me "I like your boobs they are nice and round and perky." I was in shock, I felt disgusted, and ashamed of myself for looking the way I did. I ran away to my girlfriend with my face down – I could not look at anyone. In the articles humiliation is putting/ pushing/ holding someone down. That's exactly how I felt. In a matter of ten minutes the gossip was going around the entire store about what happened and I had people coming up to me saying I cant handle jokes. Humiliation is putting someone down and keeping them down by nullifying their experience. I didn't even wait to sign out that night I went home right away. I couldn't bare to show my face to anyone. I felt like I had done something wrong. The next day I went into work and told the manager what had happened expecting something to be done about the situation. He told me that I should calm down and understand that he was just joking when he said that. He said I should understand that he acts that way sometimes and I should learn how to accept his jokes.

Like some of the readings say humiliation could turn into inward or outward rage. After these responses I was definitely outraged however due to the lack of cooperation with my managers I turned this rage inward. I was depressed about the situation thinking it was my entire fault. I had to continue working there and no one would talk to me again – they didn't want me to tell on them too. Nothing was ever done about the situation nothing written up and no apology. I learned to keep my head down and do my work in silence. While I was reading one of the articles it stated that humiliation was done to maintain hierarchal order and show underlings "their" place. I related this to my situation the lack of respect and acknowledgement of my situation definitely showed me the hierarchal order among men and women in this work place. I felt as though my saying something was out of place and the lack of attention my case received showed me that men will stick together to keep women down or in "their" place as passive, docile

submissive women. My rage turned to depression in that maybe I was out of line for the way I reacted.