

FOR THE RECENTLY-CLAIM-JUMPED.

THEY TOOK CREDIT. YOU KEEP THE WORK.

Your reputation is built over time; one theft doesn't erase your authorship

THE STOIC PRINCIPLE

The credit theft is a one-time loss. The rumination is a recurring tax. The work itself, your record, your skill, your relationships, all of it, that is not transferable in a single meeting.

THE STOIC SUPPORT

"Tranquility comes when you stop caring about what other say and just do the right things. Do not be distracted by their darkness. Run straight for the finish line, unswerving."

MARCUS AURELIUS | MEDITATIONS

STOIC STEPS FOR RADICAL RESILIENCE

Five moves for the slow win after a fast loss.

01 DECIDE IF IT'S A PATTERN OR A ONE-OFF

One-off: probably not worth a war. Pattern: worth a strategy. Treat them differently. Most one-offs are barely remembered by anyone but you.

02 DOCUMENT QUIETLY

Email summaries to yourself, project artifacts, the slack thread where you proposed it first. Do not accuse. Just keep receipts. Receipts win the slow game.

03 TALK TO ONE PERSON YOU TRUST

Not five. One. The right boss, mentor, or peer. Frame it as 'I want to make sure my contribution is visible.' Not as a complaint about them.

04 KEEP DOING THE WORK THAT ONLY YOU CAN DO

The thief depends on continuing to need your work. Make yourself the source they cannot replace. Long-term, that wins.

05 DON'T LET THE RESENTMENT EAT THE NEXT IDEA

The next big idea is the one that resets the scoreboard. If you withhold it because of the last one, the thief got two for the price of one.

THE REFRAME

Tranquility comes from running your own race, not from policing theirs. Don't be distracted by their darkness.