



Ashly



- Avoidance: People physically moving away or avoiding eye contact.
- "Invisible" Treatment: Being treated as if you are not present.

Types of Ostracism

Ostracism can be categorized by its context and intensity:

- Workplace Ostracism: Specifically, being ignored or excluded by colleagues or superiors, which reduces morale and increases turnover.
- Social/Relational Ostracism: Being shunned by friends, family, or social groups.
- Cyberostracism: Being ignored in online environments, such as not receiving replies in group chats or emails.
- Physical vs. Verbal: Ranging from total silence (no verbal communication) to "cold-shouldering" (ignoring presence).

Purpose and Impact of Ostracism

While historically used in ancient Athens to banish political threats for 10 years without formal trial, modern ostracism often acts as a social control mechanism.

- Purpose: To punish, control, or align members with group norms.
- Psychological Effects: It triggers the



Message

