

Cheat sheet for work.

You spend more waking hours with coworkers than with almost anyone else. Most of the test is how you treat the people who can't do anything for you.

Not every hardship is a test, and nothing here is graded.



Give the credit away, and take the blame you earned.

In meetings, say whose idea it was, and let the quiet person finish. Own your misses in the same room. Or: "That one was mine. Here's the fix."

SAY "That was Dana's idea."



Make the new person's first week easier.

Show them where the coffee is, who to ask, and which unwritten rules matter. Invite them to lunch.

SAY "Ask me anything. I remember how this felt."



Learn the name of the person nobody notices.

The cleaner, the security guard, the intern, the delivery driver. Use their name, look up, and say good morning. Same voice you use with the boss.



Pay on time and treat small money as real.

Tip fairly, pay the freelancer when you said you would, and don't shave an hour off a shift. If you set pay or schedules, give notice early. If the deal only works because the other side has no choice, rethink it.



Raise unfairness kindly, and protect the person.

Ask a question instead of making an accusation, and don't name anyone who could be punished for it. If someone is being seriously mistreated, use your HR or union channel, and stay safe yourself.

SAY "Can we look at how we decide who gets these shifts?"

**Don't join the gossip about someone who isn't there.**

You don't have to lecture. Change the subject, say something fair about them, or just don't add a line. Or: "Anyway, did you finish the report?"

SAY "I've only seen her be good to the new hires."

**Cover a shift or share a load.**

Offer before you are asked. Take the dull task, or help someone who is buried. Don't keep score.

SAY "I've got twenty minutes. What can I take off your plate?"

IF YOU ONLY DO ONE THING THIS WEEK

Learn one name, give one credit away, and decline one piece of gossip.

Look after yourself first. If speaking up could cost you your job or safety, choose the quieter acts, like a private word of support. If you are being harassed or threatened, document it and go to HR, a union, or an outside agency. Not every hard day at work is a test, and nothing here is graded.

This is practical, not religious. I think what you show with your choices is what counts. Share it freely.



thisisdisclosure.com

A free message about how we treat each other. Nothing to buy, nothing to join. One person's hypothesis, not advice. Woodcut images were made with AI tools; the words are Keith Adler's. Share freely.