Các giải quyết:

Interaction

+you can choose the plan is not interactive, not working and not in contact with those who have pinched you, was bullying you because many different reasons. That may be because you're worried, you scared or you feel shy, embarrassed. You said that they will never accept to work with you, or in other words, recognize your ability. All the things you are thinking are derived from ideology and spirit of "panic". And results for the worry that failure, is immersing you deeper into the abyss of self-doubt.

+The best plan to start "fighting" to the game's pinched "ghost" that old create a solid mentality then is to build an interactive strategy perfectly. Let's interact with them a lot. Participation means teamwork, participation in activities of the company and participate in skills training classes instead of fear and isolation with his other colleagues.

The interaction will be the environment and is an opportunity for you to change the attitudes of people with you. Even if can not make everyone love you but at least you'll have the "factions" that protects you from the game "overpayment" of others.

+ Plus, things to consider when you interact with peers, with the boss when that team work is the friendly attitude and work efficiency. You need to know that during the interaction, the more successful you get many chances will you reverse the situation that much more. When you are successful, other colleagues will have to "shy" in front of you and "caps" to come up with a new game if you want to turn you into their victims

-The outburst

+ Besides interacting with your colleagues you need to speak up to protect their rights. Voiced means talk, discuss and even debate to voice their personal opinion. However, the debate is not necessarily heated, be wise to avoid bringing more notoriety.

+If your boss does not recognize your efforts or the boss is one of the "ghost" old bully you, you need to meet and talk candidly with your boss. The requirement to respect your boss and the boss boss see that things do not have a good impact on your development especially psychological and spiritual work.

+If colleagues do not have to understand or deliberately do not understand the contributions that you're doing, instead of silence and "self-handling" you talk to them. Sometimes the soft can not solve problems that require toughness.

-if it continues, the

+Add one more important thing to help you get rid of the panic is preventing your steps were rebuilt wall firmly spirit as possible. All the difficulties that you are experiencing comes from the spirit and mentality of "victims". Therefore, an effective way to reverse the situation is a psychological preparation "steel", ready to fight for every situation whether good or bad, positive or negative. Only by doing so you may they escape the oppression of the game "that" old and confirmed the position of the self.