

# Break Up

# With <sup>x</sup>Bad

**BUMBLE'S  
ADVICE**  
for happier,  
healthier  
connections

By Petra Guglielmetti

**Q** My mentor put me up for a job interview, and it was a train wreck—I was totally unprepared. What do I say to her? Or do I just whistle past the graveyard?

**A** Say something, but do it job-interview style—you know, by framing a weakness with a strength: “I’m disappointed with how it went, because I just wasn’t my usual on-the-ball self.” Less is more! She may or may not find out all the gory details.

**Q** I caught a few coworkers shit-talking about me via text. Should I confront them?

**A** It’s always shocking to discover that not everyone thinks you’re amazing all the time, but put this in perspective. Coworkers are like siblings, stuck in close quarters for too many waking hours, under pressure to not only cooperate but collaborate. Shit talk is a coping mechanism. Surely at some point you’ve shit-texted, subway-ranted or bathroom-whispered about an officemate. And there’s a good chance you didn’t deeply believe all the things you said—you were just getting some feels out. You can brush this incident off in the name of keeping the peace on the cubical farm. Save the confrontation for when you finally catch the clown who’s been stealing your yogurts from the office fridge.

**Q** I kick ass at work and know I’m destined for greatness, but there’s one issue: Conferences and industry parties fill me with dread. Can an introvert ever be good at networking?

**A** You don’t need to be an introvert to hate sticking on a name tag in some casino-adjacent expo center and sipping watery coffee while a rando with bagel seeds stuck in his teeth makes small talk about the changing landscape of your industry. Thank god it’s not 20 years ago, when making it rain with business cards was the main way of getting

your name out there. These days, you can use your powers of introversion to forge meaningful professional connections from the bagel-seed-free comfort of your couch. Send a thoughtful message to follow up after you come across someone interesting or to introduce yourself to someone you admire. When you encounter colleagues who

don’t suck, Slack them to suggest a one-on-one meetup. When a people-laden event is unavoidable (trade shows, “team building”), come armed with a few easy conversation starters (e.g., “What’s your big project at the moment?”), then stand out for being a great listener—all the spotlight-seeking extroverts will love you for it.

# Q

**BOO!  
A GHOST!**

Can I walk out of work today and never come back, seeing as I loathe my toxic boss and already have a new gig lined up? I’ve fantasized about this moment forever! (And I know people who’ve done it.)

# A

Right, we hear job-ghosting is a hot new trend! Unfortunately not only is it a douche move, but former bosses have a funny way of resurfacing when and where you least expect. If yours is toxic now, imagine what she’ll be like after you’ve blown up this bridge in such spectacular fashion.



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