I have had much trouble lately at work and I have spoken to managers about it. Coworkers are rude to me and are biased and I have confronted them. There are a couple of coworkers I can gel with and I vented out to them about my troubles. I don't tell anyone what they have told me but I obviously can't guarantee that they won't share what I say. I feel really guilty. I really want to stop gossiping.

Christians work as unto the Lord (Pr 6:6-8, Col 3:23) without grumbling or disputing (Php 2:14).

When one has a grievance with another in the workplace, it is proper to share his concern with the individual involved or a supervisor if need be, not drag others into the conflict (Ga 5:19–21). Gossip is forbidden (Lev 19:16, 2 Thess 3:11, 13).

The old (Col 3:9) flesh (Ro 8:5) self should be mortified (Col 3:5). God's way is the best way (Ro 12:1, 2) which is why Christians make good employees (Pr 16:7, Ac 18:1–3).