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Michael Laham

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Fetch as Google



This is how Googlebot fetched the page.

URL: http://elaham.homestead.com/Introduction.html

Date: Friday, January 24, 2014 at 11:26:11 AM PST

Googlebot Type: Web

Download Time (in milliseconds): 128

The page content that is displayed here may have been truncated. Please check the Help Center article about [Fetch as Google](#) for details about fetch limits.

```
HTTP/1.1 200 OK
Content-Type: text/html
Server: Microsoft-IIS/7.5
Date: Fri, 24 Jan 2014 19:26:11 GMT
Content-Length: 32944
Vary: Accept-Encoding
Content-Encoding: gzip
Connection: Keep-Alive
```

```
<!DOCTYPE html>
<html>
  <head>
    <!-- <hs:metatags> -->
    <meta http-equiv="Content-Type" content="
text/html; charset=UTF-8">
    <meta name="description" content="We have
made a website for people who are searching for the REAL
TRUTH about BULLYING.">
    <meta name="generator" content="Homestead
SiteBuilder">
    <!-- </hs:metatags> --><!-- <hs:headinclu
de> -->
    <link rel="stylesheet" href="/~master/mas
ter_css.css">
    <style type="text/css">
#footer
{
    font-family:Georgia;
    font-size:11px;
    color:#d0e3ff;
    padding: 20px 0 10px;
}
}
```

```

        #footer a
        {
            color:#d0e3ff;
            text-decoration: underline;
        }
    </style>
    <script src="/~site/javascript/jquery-1.4
.2.min.js" type="text/javascript">
    </script>
    <script type="text/javascript">
        <!--

var masterBottom = 938;
if (typeof jQuery != 'undefined') {
$(document).ready(function(){
    try{var footerTop = 0;var curPageBottom
= 0;
        if (typeof nPageBottom == 'undefined'
){
            $('div[id^="element"]').each(funci
on(i){
                var top = $(this).css('top');
                var height = $(this).css('height'
);
                top = parseInt(top.substring(0,to
p.length - 2));
                height = parseInt(height.substrin
g(0,height.length - 2));
                if ((top + height) > curPageBotto
m){curPageBottom = top + height;}
            });
        }else{curPageBottom = nPageBottom;}
        footerTop = masterBottom > curPageBot
tom ? masterBottom : curPageBottom;
        $('#footer').css('top', footerTop + '
px');
    }catch (e){$('#footer').hide();}
    });
}

                                                                    //-->

</script>

<STYLE type="text/css">
    <!--

navBackgroundQuickSiteMain { background-image:url('/~medi
a/elements/LayoutClipart/undefined'); background-position
: undefined; background-repeat:no-repeat }

navBackgroundSelectedQuickSiteMain { background-image:url
('/~media/elements/LayoutClipart/undefined'); background-
position: undefined; background-repeat:no-repeat }
-->

</STYLE>
<script type="text/javascript" src="/~sit
e/Elements/HCUser_Forms_Submit/FormValidation.js">

```

```

        </script>
        <!-- </hs:headinclude> -->

        <!-- <hs:title> -->
        <title>Introduction | The BullCrap Buster
s</title>
        <!-- </hs:title> -->
        <script type="text/javascript">
            <!--
                function
reDo() {
                t
                op.location.reload();
                }
                if (navig
ator.appName == 'Netscape' && parseInt(navigator.appVersi
on) < 5) {
                t
                op.onresize = reDo;
                }
                dom=docum
ent.getElementById
                //-->
            </script>
            <script type="text/javascript">
                <!--

                var strRelativePagePath = "Introduction.html".toLowerCa
se();

                var strRelativePathToRoot = "";

                //-->
            </script>
            <link rel="stylesheet" href="/~media/elem
ents/Text/font_styles_ns4.css" type="text/css">
            <style type="text/css">
                @import url(/~media/elements/Text
/font_styles.css);
                div.lpxcenterpageouter { text-ali
gn: center; position: absolute; top: 0px; left: 0px; widt
h: 100% }
            </style>
            <script type="text/javascript">
                <!--
                v
ar unique_id = new Array();
                var form_name = new Array();
                var required = new Array();
                var req_message = new Array();

```

```

//-->

</script>

<script type="text/javascript" src="/~site/Elements/HCUser_Forms_Submit/FormValidation.js">
</script>
</head>
<body onload="" id="element1" onunload="" scroll="
"auto">
<noscript>

</noscript>
<div class="lpxcenterpageouter"><div class="lpxcenterpageinner"><!-- <hs:bodyinclude> --><!-- <hs:master23> --><div id="master23" style="position: absolute; left: 34px; width: 909px; height: 923px; z-index: 0;"><div style="overflow: hidden; height: 923px; width: 909px; border: 0px solid #52A8EC; border-radius: 0px; box-shadow: none;"></div></div><!-- </hs:master23> --><!-- <hs:master4> --><div id="master4" style="position: absolute; top: 39px; width: 985px; height: 899px; z-index: 1;"><table cellpadding="0" border="0" cellspacing="0"><tr><td height="899" bgcolor="#000000" width="985"></td></tr></table></div><!-- </hs:master4> --><!-- <hs:master18> --><div id="master18" style="position: absolute; top: 79px; left: 21px; width: 945px; height: 44px; z-index: 2;"><div style="font-size: 1px; line-height: 1px;" align="center"><font face="'Times New Roman', Times, serif" color="#FFFFFF" class="size26 TimesRoman26">THE BULLCRAP BUSTERS <br></font></div></div><!-- </hs:master18> --><!-- <hs:master19> --><div id="master19" style="position: absolute; top: 130px; left: 24px; width: 946px; height: 39px; z-index: 3;"><div style="font-size: 1px; line-height: 1px;" align="center"><font face="'Times New Roman', Times, serif" color="#B91806" class="size24 TimesRoman24">We</font><font face="'Times New Roman', Times, serif" color="#d0e3ff" class="size24 TimesRoman24"></font><font face="'Times New Roman', Times, serif" color="#D36100" class="size24 TimesRoman24">Take</font><font face="'Times New Roman', Times, serif" color="#d0e3ff" class="size24 TimesRoman24"></font><font face="'Times New Roman', Times, serif" color="#E8B900" class="size24 TimesRoman24">The</font><font face="'Times New Roman', Times, serif" color="#e8b900" class="size24 TimesRoman24"></font><font face="'Times New Roman', Times, serif" color="#3F9C2D" class="size24 TimesRoman24">Bullying</font><font face="'Times New Roman', Times, serif" color="#3f9c2d" class="size24 TimesRoman24"></font><font face="'Times New Roman', Times, serif" color="#406AB0" class="size24 TimesRoman24">By</font><font face="'Times New Roman', Times, serif" color="#d0e3ff" class="size24 TimesRoman24"></fo

```



```

><IMG style="display: block;" SRC="/tp.gif" WIDTH="1" HEI
GHT="5.0" BORDER="0"><FONT ID="QuickSiteMain_f4" FACE="'T
imes New Roman', Times, serif" CLASS="size18 TimesRoman18
" STYLE="color:#FFFFFF">Society's&nbsp;Bully</FONT><IMG s
tyle="display: block;" SRC="/tp.gif" WIDTH="1" HEIGHT="5.
0" BORDER="0"></A></TD></TR><TR id="vNavTR_Link_QuickSite
Main5"><TD ALIGN="left" VALIGN="MIDDLE" NOWRAP="NOWRAP" id="Quic
kSiteMain_Link5" style="cursor: pointer;cursor: hand;colo
r:#FFFFFF;font-size: 1px; line-height: 1px;" onmous
eover="doMouseChange(nav_QuickSiteMain,this,'5',true);"
onmouseout="doMouseChange(nav_QuickSiteMain,this,'5',fals
e);"><A HREF="/Playground-Bully.html" TARGET="_self" STYL
E="text-decoration:none;" NAME="Playground Bully"><IMG st
yle="display: block;" SRC="/tp.gif" WIDTH="1" HEIGHT="5.0
" BORDER="0"><FONT ID="QuickSiteMain_f5" FACE="'Times New
Roman', Times, serif" CLASS="size18 TimesRoman18" STYLE="
color:#FFFFFF">Playground&nbsp;Bully</FONT><IMG style="d
isplay: block;" SRC="/tp.gif" WIDTH="1" HEIGHT="5.0" BORD
ER="0"></A></TD></TR><TR id="vNavTR_Link_QuickSiteMain6">
<TD ALIGN="left" VALIGN="MIDDLE" NOWRAP="NOWRAP" id="Quic
kSiteMain_Link6" style="cursor: pointer;cursor: hand;colo
r:#FFFFFF;font-size: 1px; line-height: 1px;" onmouseover=
"doMouseChange(nav_QuickSiteMain,this,'6',true);" onmous
eout="doMouseChange(nav_QuickSiteMain,this,'6',false);"><A
HREF="/Enforcer-Bully.html" TARGET="_self" STYLE="text-d
ecoration:none;" NAME="Enforcer Bully"><IMG style="displa
y: block;" SRC="/tp.gif" WIDTH="1" HEIGHT="5.0" BORDER="0
"><FONT ID="QuickSiteMain_f6" FACE="'Times New Roman', Ti
mes, serif" CLASS="size18 TimesRoman18" STYLE="color:#FFF
FFF">Enforcer&nbsp;Bully</FONT><IMG style="display: block
;" SRC="/tp.gif" WIDTH="1" HEIGHT="5.0" BORDER="0"></A></
TD></TR><TR id="vNavTR_Link_QuickSiteMain7"><TD ALIGN="le
ft" VALIGN="MIDDLE" NOWRAP="NOWRAP" id="QuickSiteMain_Lin
k7" style="cursor: pointer;cursor: hand;color:#FFFFFF;fon
t-size: 1px; line-height: 1px;" onmouseover="doMouseChang
e(nav_QuickSiteMain,this,'7',true);" onmouseout="doMouseC
hange(nav_QuickSiteMain,this,'7',false);"><A HREF="/Clerg
y-Bully.html" TARGET="_self" STYLE="text-decoration:none;
" NAME="Clergy Bully"><IMG style="display: block;" SRC="/
tp.gif" WIDTH="1" HEIGHT="5.0" BORDER="0"><FONT ID="Quick
SiteMain_f7" FACE="'Times New Roman', Times, serif" CLASS
="size18 TimesRoman18" STYLE="color:#FFFFFF">Clergy&nbsp;
Bully</FONT><IMG style="display: block;" SRC="/tp.gif" WI
DTH="1" HEIGHT="5.0" BORDER="0"></A></TD></TR><TR id="vNa
vTR_Link_QuickSiteMain8"><TD ALIGN="left" VALIGN="MIDDLE"
NOWRAP="NOWRAP" id="QuickSiteMain_Link8" style="cursor:
pointer;cursor: hand;color:#FFFFFF;font-size: 1px; line-h
eight: 1px;" onmouseover="doMouseChange(nav_QuickSiteMain
,this,'8',true);" onmouseout="doMouseChange(nav_QuickSite
Main,this,'8',false);"><A HREF="/Corporate-Elite-Bully.ht
ml" TARGET="_self" STYLE="text-decoration:none;" NAME="Co
rporate Elite Bully"><IMG style="display: block;" SRC="/t
p.gif" WIDTH="1" HEIGHT="5.0" BORDER="0"><FONT ID="QuickS
iteMain_f8" FACE="'Times New Roman', Times, serif" CLASS=
"size18 TimesRoman18" STYLE="color:#FFFFFF">Corporate&nbs
p;Elite&nbsp;Bully</FONT><IMG style="display: block;" SRC
="/tp.gif" WIDTH="1" HEIGHT="5.0" BORDER="0"></A></TD></T
R><TR id="vNavTR_Link_QuickSiteMain9"><TD ALIGN="left" VA

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LIGN="MIDDLE" NOWRAP="NOWRAP" id="QuickSiteMain_Link9" st
yle="cursor: pointer;cursor: hand;color:#FFFFFF;font-size
: 1px; line-height: 1px;" onmouseover="doMouseChange(nav_
QuickSiteMain,this,'9',true);" onmouseout="doMouseChange(
nav_QuickSiteMain,this,'9',false);"><A HREF="/Elite-Bully
.html" TARGET="_self" STYLE="text-decoration:none;" NAME=
"Elite Bully"><IMG style="display: block;" SRC="/tp.gif"
WIDTH="1" HEIGHT="5.0" BORDER="0"><FONT ID="QuickSiteMain
_f9" FACE="'Times New Roman', Times, serif" CLASS="sizel8
TimesRoman18" STYLE="color:#FFFFFF">Elite&nbsp;Bully</FO
NT><IMG style="display: block;" SRC="/tp.gif" WIDTH="1" H
EIGHT="5.0" BORDER="0"></A></TD></TR><TR id="vNavTR_Link_
QuickSiteMain10"><TD ALIGN="left" VALIGN="MIDDLE" NOWRAP=
"NOWRAP" id="QuickSiteMain_Link10" style="cursor: pointer
;cursor: hand;color:#FFFFFF;font-size: 1px; line-height:
1px;" onmouseover="doMouseChange(nav_QuickSiteMain,this,
'10',true);" onmouseout="doMouseChange(nav_QuickSiteMain,t
his,'10',false);"><A HREF="/How-to-Fight-Back.html" TARGE
T="_self" STYLE="text-decoration:none;" NAME="How to Figh
t Back"><IMG style="display: block;" SRC="/tp.gif" WIDTH=
"1" HEIGHT="5.0" BORDER="0"><FONT ID="QuickSiteMain_f10"
FACE="'Times New Roman', Times, serif" CLASS="sizel8 Time
sRoman18" STYLE="color:#FFFFFF">How&nbsp;to&nbsp;Fight&nb
sp;Back</FONT><IMG style="display: block;" SRC="/tp.gif"
WIDTH="1" HEIGHT="5.0" BORDER="0"></A></TD></TR><TR id="v
NavTR_Link_QuickSiteMain11"><TD ALIGN="left" VALIGN="MIDD
LE" NOWRAP="NOWRAP" id="QuickSiteMain_Link11" style="curs
or: pointer;cursor: hand;color:#FFFFFF;font-size: 1px; li
ne-height: 1px;" onmouseover="doMouseChange(nav_QuickSite
Main,this,'11',true);" onmouseout="doMouseChange(nav_Quic
kSiteMain,this,'11',false);"><A HREF="/Physical-Bullying.
html" TARGET="_self" STYLE="text-decoration:none;" NAME="
Physical Bullying"><IMG style="display: block;" SRC="/tp.
gif" WIDTH="1" HEIGHT="5.0" BORDER="0"><FONT ID="QuickSit
eMain_f11" FACE="'Times New Roman', Times, serif" CLASS="
sizel8 TimesRoman18" STYLE="color:#FFFFFF">Physical&nbsp;
Bullying</FONT><IMG style="display: block;" SRC="/tp.gif"
WIDTH="1" HEIGHT="5.0" BORDER="0"></A></TD></TR><TR id="
vNavTR_Link_QuickSiteMain12"><TD ALIGN="left" VALIGN="MID
DLE" NOWRAP="NOWRAP" id="QuickSiteMain_Link12" style="cur
sor: pointer;cursor: hand;color:#FFFFFF;font-size: 1px; l
ine-height: 1px;" onmouseover="doMouseChange(nav_QuickSit
eMain,this,'12',true);" onmouseout="doMouseChange(nav_Qui
ckSiteMain,this,'12',false);"><A HREF="/Emotional-Bullyin
g.html" TARGET="_self" STYLE="text-decoration:none;" NAME
="Emotional Bullying"><IMG style="display: block;" SRC="/
tp.gif" WIDTH="1" HEIGHT="5.0" BORDER="0"><FONT ID="Quick
SiteMain_f12" FACE="'Times New Roman', Times, serif" CLAS
S="sizel8 TimesRoman18" STYLE="color:#FFFFFF">Emotional&
nbsp;Bullying</FONT><IMG style="display: block;" SRC="/tp.
gif" WIDTH="1" HEIGHT="5.0" BORDER="0"></A></TD></TR><TR
id="vNavTR_Link_QuickSiteMain13"><TD ALIGN="left" VALIGN=
"MIDDLE" NOWRAP="NOWRAP" id="QuickSiteMain_Link13" style=
"cursor: pointer;cursor: hand;color:#FFFFFF;font-size: 1p
x; line-height: 1px;" onmouseover="doMouseChange(nav_Quic
kSiteMain,this,'13',true);" onmouseout="doMouseChange(nav
_QuickSiteMain,this,'13',false);"><A HREF="/Mental-Bullyi
ng.html" TARGET="_self" STYLE="text-decoration:none;" NAM
```

```

E="Mental Bullying"><IMG style="display: block;" SRC="/tp
.gif" WIDTH="1" HEIGHT="5.0" BORDER="0"><FONT ID="QuickSi
teMain_f13" FACE="'Times New Roman', Times, serif" CLASS=
"size18 TimesRoman18" STYLE="color:#FFFFFF">Mental&nbsp;B
ullying</FONT><IMG style="display: block;" SRC="/tp.gif"
WIDTH="1" HEIGHT="5.0" BORDER="0"></A></TD></TR><TR id="v
NavTR_Link_QuickSiteMain14"><TD ALIGN="left" VALIGN="MIDD
LE" NOWRAP="NOWRAP" id="QuickSiteMain_Link14" style="curs
or: pointer;cursor: hand;color:#FFFFFF;font-size: 1px; li
ne-height: 1px;" onmouseover="doMouseChange(nav_QuickSite
Main,this,'14',true);" onmouseout="doMouseChange(nav_Quic
kSiteMain,this,'14',false);"><A HREF="/Conclusion.html" T
ARGET="_self" STYLE="text-decoration:none;" NAME="Conclus
ion"><IMG style="display: block;" SRC="/tp.gif" WIDTH="1"
HEIGHT="5.0" BORDER="0"><FONT ID="QuickSiteMain_f14" FAC
E="'Times New Roman', Times, serif" CLASS="size18 TimesRo
man18" STYLE="color:#FFFFFF">Conclusion</FONT><IMG style=
"display: block;" SRC="/tp.gif" WIDTH="1" HEIGHT="5.0" BO
RDER="0"></A></TD></TR></TABLE><BR/><script type="text/ja
vascript">
    if(typeof(addMouseAndStyleSupportQuickSiteMain) =
= 'undefined' && typeof(nav_element_id) != 'undefined'){
        var elementDefnDiv = document.getElementBy
Id(nav_element_id);
        var tbWasIdentified = 'false';
        for(var i=0;i<elementDefnDiv.childNodes.l
ength;i++){
            if(elementDefnDiv.childNodes[i].t
agName == 'DIV') {
                var childDiv = elementDef
nDiv.childNodes[i];
                for(var j=0;j<childDiv.ch
ildNodes.length;j++){
                    if(childDiv.child
Nodes[j].tagName == 'TABLE' && childDiv.childNodes[j].id
== 'ntb'){
                        childDiv.
childNodes[j].style.display='none';
                        tbWasIden
tified = 'true';
                    }
                }
                if(tbWasIdentifie
d == 'true'){
                    break;
                }
            }
        }
        if(tbWasIdentified == 'true'){
            break;
        }
    }
    } else {
        addMouseAndStyleSupportQuickSiteMain(nav_
QuickSiteMain);
    }
</script></div></div><!-- </hs:master17> --><!-- <hs:foot
er> --><div id="footer" style="position:absolute; top: 15
00px; left: 0px; width: 980px; text-align: center;"><span

```



```

>Website Designed<script src="/~globals/footer.js" type="
text/javascript"></script> at Homestead&#153; <a target="
_blank" href="http://www.homestead.com/">Design a Website
</a> and <a target="_blank" href="http://listings.homeste
ad.com">List Your Business</a></span></div><!-- </hs:foot
er> --><!-- </hs:bodyinclude> --><!-- <hs:element51> --><
div id="element51" style="position: absolute; top: 209px;
left: 44px; width: 703px; height: 25947px; z-index: 1000
;"><div style="height: 25947px; padding: 0px; border-widt
h: 0px; border-color: #000000; border-style: solid; backg
round-color: #FFFFFF;"><div style="font-size: 1px; line-h
eight: 1px;" align="center"><font face="'Times New Roman'
, Times, serif" color="#000000" class="size18 TimesRoman1
8"><b></b><br></font></div><div style="font-size: 1px; li
ne-height: 1px;" align="center"><font face="'Times New Ro
man', Times, serif" color="#000000" class="size18 TimesRo
man18"><b></b><br></font></div><div style="font-size: 1px
; line-height: 1px;" align="center"><font face="'Times Ne
w Roman', Times, serif" color="#000000" class="size18 Tim
esRoman18"><b></b><br></font></div><div style="font-size:
1px; line-height: 1px;" align="center"><font face="'Time
s New Roman', Times, serif" color="#000000" class="size18
TimesRoman18"><b></b><br></font></div><div style="font-s
ize: 1px; line-height: 1px;" align="center"><font face="'
Times New Roman', Times, serif" color="#000000" class="si
ze18 TimesRoman18"><b></b><br></font></div><div style="fo
nt-size: 1px; line-height: 1px;" align="center"><font fac
e="'Times New Roman', Times, serif" color="#000000" class
="size18 TimesRoman18"><b>INTRODUCTION</b><br></font></di
v><div style="font-size: 1px; line-height: 1px;" align="c
enter"><font face="'Times New Roman', Times, serif" color
="#000000" class="size18 TimesRoman18">By Elana Laham © 2
013 Elana Laham<br></font></div><div style="font-size: 1p
x; line-height: 1px;" align="center"><font face="'Times N
ew Roman', Times, serif" color="#000000" class="size18 Ti
mesRoman18"><br></font></div><div style="font-size: 1px;
line-height: 1px;"><font face="'Times New Roman', Times,
serif" color="#000000" class="size18 TimesRoman18"> W
elcome to the BullCrap Buster's Website. We have done wha
t anybody could have done, somebody should have done, but
nobody would have done. We have made a website for peopl
e who are searching for the REAL TRUTH about BULLYING. Ev
erything that has been written in this website has been d
erived at from our own lifetime of ongoing personal life
experiences of being victimized by bullying. We offer our
knowledge to you freely and with good will. You have not
hing to lose except for all of the lies that well meaning
and not so well meaning people have told you about bully
ing. So come on in and let the truth set you free!!! We a
re the BullCrap Busters. We are here to serve HUMANITY. W
e take the BULLYING by the horns. <br></font></div><div
style="font-size: 1px; line-height: 1px;"><font face="'Ti
mes New Roman', Times, serif" color="#000000" class="size
18 TimesRoman18"><br></font></div><div style="font-size:
1px; line-height: 1px;"><font face="'Times New Roman', Ti
mes, serif" color="#000000" class="size18 TimesRoman18">
WARNING: THE MATERIAL ON THIS WEBSITE MAY BE TOO TRUTHFU
L FOR SOME READERS TO READ. SO PLEASE READ IT AT YOUR OWN

```

DISCRETION.
; line-height: 1px; ">
</div><div style="font-size: 1px; line-height: 1px; " align="center"><i>***</i>
</div><div style="font-size: 1px; line-height: 1px; " align="center"><i></i>
</div><div style="font-size: 1px; line-height: 1px; " align="center"><i>THE BULLCRAP BUSTERS</i>
</div><div style="font-size: 1px; line-height: 1px; " align="center"><i></i>
</div><div style="font-size: 1px; line-height: 1px; " align="center"><i>(Inspired by the song entitled</i>
</div><div style="font-size: 1px; line-height: 1px; " align="center"><i>"Ghostbusters" by Ray Parker Junior)</i>
</div><div style="font-size: 1px; line-height: 1px; " align="center"><i></i>
</div><div style="font-size: 1px; line-height: 1px; " align="center"><i>Who you gonna call if you</i>
</div><div style="font-size: 1px; line-height: 1px; " align="center"><i>are being beaten down</i>
</div><div style="font-size: 1px; line-height: 1px; " align="center"><i>by so called "society"</i>
</div><div style="font-size: 1px; line-height: 1px; " align="center"><i>who is pushing you around?</i>
</div><div style="font-size: 1px; line-height: 1px; " align="center"><i></i>
</div><div style="font-size: 1px; line-height: 1px; " align="center"><i>They tell you, "Seek the experts</i>
</div><div style="font-size: 1px; line-height: 1px; " align="center"><i>to help you get better.</i>
</div><div style="font-size: 1px; line-height: 1px; " align="center"><i>But all they tell you is "Bull Crap"</i>
</div><div style="font-size: 1px; line-height: 1px; " align="center"><i>straight to the letter.</i>
</div><div style="font-size: 1

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px; line-height: 1px;"><font face="'Times New Roman', Times, serif" color="#000000" class="size18 TimesRoman18"><br></font></div><div style="font-size: 1px; line-height: 1px;" align="center"><font face="'Times New Roman', Times, serif" color="#000000" class="size18 TimesRoman18"><i>Who you gonna call if you</i><br></font></div><div style="font-size: 1px; line-height: 1px;" align="center"><font face="'Times New Roman', Times, serif" color="#000000" class="size18 TimesRoman18"><i>feel like dying or going insane</i><br></font></div><div style="font-size: 1px; line-height: 1px;" align="center"><font face="'Times New Roman', Times, serif" color="#000000" class="size18 TimesRoman18"><i>because so called "society"</i><br></font></div><div style="font-size: 1px; line-height: 1px;" align="center"><font face="'Times New Roman', Times, serif" color="#000000" class="size18 TimesRoman18"><i>claims you are to blame?</i><br></font></div><div style="font-size: 1px; line-height: 1px;" align="center"><font face="'Times New Roman', Times, serif" color="#000000" class="size18 TimesRoman18"><i></i><br></font></div><div style="font-size: 1px; line-height: 1px;" align="center"><font face="'Times New Roman', Times, serif" color="#000000" class="size18 TimesRoman18"><i>It's how you dress or wear your hair they say.</i><br></font></div><div style="font-size: 1px; line-height: 1px;" align="center"><font face="'Times New Roman', Times, serif" color="#000000" class="size18 TimesRoman18"><i>Or you are a nerd, a freak, a lesbian, or gay.</i><br></font></div><div style="font-size: 1px; line-height: 1px;" align="center"><font face="'Times New Roman', Times, serif" color="#000000" class="size18 TimesRoman18"><i>Or you are poor, ugly, handicapped, or different in some way.</i><br></font></div><div style="font-size: 1px; line-height: 1px;" align="center"><font face="'Times New Roman', Times, serif" color="#000000" class="size18 TimesRoman18"><i>Or they don't even give you a reason for why</i><br></font></div><div style="font-size: 1px; line-height: 1px;" align="center"><font face="'Times New Roman', Times, serif" color="#000000" class="size18 TimesRoman18"><i>they are bullying you that day.</i><br></font></div><div style="font-size: 1px; line-height: 1px;" align="center"><font face="'Times New Roman', Times, serif" color="#000000" class="size18 TimesRoman18"><i></i><br></font></div><div style="font-size: 1px; line-height: 1px;" align="center"><font face="'Times New Roman', Times, serif" color="#000000" class="size18 TimesRoman18"><i>Who you gonna call if they</i><br></font></div><div style="font-size: 1px; line-height: 1px;" align="center"><font face="'Times New Roman', Times, serif" color="#000000" class="size18 TimesRoman18"><i>insist you forgive what is unforgivable?</i><br></font></div><div style="font-size: 1px; line-height: 1px;" align="center"><font face="'Times New Roman', Times, serif" color="#000000" class="size18 TimesRoman18"><i></i><br></font></div><div style="font-size: 1px; line-height: 1px;" align="center"><font face="'Times New Roman', Times, serif" color="#000000" class="size18 TimesRoman18"><i>No one in the world is on the</i><br></font></div><div style="font-size: 1px; line-height: 1px;" align="center"><font face="'Times New Roman', Times, serif" color="#000000" class="size18 TimesRoman18"><i></i><br></font></div>
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don't let it bother you level.

That kind of advice

is for the saints who are dead,

or for the two faced, forked tongued,

"Bull Crap" devil.

Whatever their excuse

to justify the bully's gladness

to beat up on the victim

to relieve the bully of his madness,

society must stop sanctioning

the bullying behavior

by treating the victim like a "villain"

and the bully like the "savior".

Who you gonna call if people

who don't suffer your fate

e-height: 1px;" align="center"><i>are well meaning but</i>
</div><div style="font-size: 1px; line-height: 1px;" align="center"><i>simply can't relate?</i>
</div><div style="font-size: 1px; line-height: 1px;" align="center"><i>At best they will tell you</i>
</div><div style="font-size: 1px; line-height: 1px;" align="center"><i>to rise above it all.</i>
</div><div style="font-size: 1px; line-height: 1px;" align="center"><i>At worst they will blame you</i>
</div><div style="font-size: 1px; line-height: 1px;" align="center"><i>for why you take a fall.</i>
</div><div style="font-size: 1px; line-height: 1px;" align="center"><i>Unless one travels the victim's path,</i>
</div><div style="font-size: 1px; line-height: 1px;" align="center"><i>one cannot judge a victim's aftermath.</i>
</div><div style="font-size: 1px; line-height: 1px;" align="center"><i></i>
</div><div style="font-size: 1px; line-height: 1px;" align="center"><i>We won't demean you</i>
</div><div style="font-size: 1px; line-height: 1px;" align="center"><i>with, "Turn the other cheek."</i>
</div><div style="font-size: 1px; line-height: 1px;" align="center"><i>That's for the bully's target</i>
</div><div style="font-size: 1px; line-height: 1px;" align="center"><i>who acts meek and weak.</i>
</div><div style="font-size: 1px; line-height: 1px;" align="center"><i>For the only way</i>
</div><div style="font-size: 1px; line-height: 1px;" align="center"><i>the bully can get his self esteem</i>
</div><div style="font-size: 1px; line-height: 1px;" align="center"><i>is by being a coward

who</i>
</div><div style="font-size: 1px; line-height: 1px;" align="center"><i>acts cruel and mean.</i>
</div><div style="font-size: 1px; line-height: 1px;" align="center"><i></i>
</div><div style="font-size: 1px; line-height: 1px;" align="center"><i>Who you gonna call</i>
</div><div style="font-size: 1px; line-height: 1px;" align="center"><i>to abolish White segregation?</i>
</div><div style="font-size: 1px; line-height: 1px;" align="center"><i>Dr. Martin Luther King Jr. who spoke out</i>
</div><div style="font-size: 1px; line-height: 1px;" align="center"><i>for the Blacks of America's divided nation.</i>
</div><div style="font-size: 1px; line-height: 1px;" align="center"><i></i>
</div><div style="font-size: 1px; line-height: 1px;" align="center"><i>Who you gonna call</i>
</div><div style="font-size: 1px; line-height: 1px;" align="center"><i>to grant women their inspired hope?</i>
</div><div style="font-size: 1px; line-height: 1px;" align="center"><i>Feminists who united together to</i>
</div><div style="font-size: 1px; line-height: 1px;" align="center"><i>win the right to vote.</i>
</div><div style="font-size: 1px; line-height: 1px;" align="center"><i></i>
</div><div style="font-size: 1px; line-height: 1px;" align="center"><i>Who you gonna call</i>
</div><div style="font-size: 1px; line-height: 1px;" align="center"><i>to declare that Gays and Lesbians exist?</i>
</div><div style="font-size: 1px; line-height: 1px;" align="center"><i>The Bi-Sexual Movement</i>
</div><div style="font-size: 1px; line-height: 1px;" align="center"><i>that protested against</i>
</div><div style="font-size: 1px; line-height: 1px;" align="center"><i></i>
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class="size18 TimesRoman18"><i>the Gender Biased List.</i><br></font></div><div style="font-size: 1px; line-height: 1px;" align="center"><font face="Times New Roman', Times, serif" color="#000000" class="size18 TimesRoman18"><i></i><br></font></div><div style="font-size: 1px; line-height: 1px;" align="center"><font face="Times New Roman', Times, serif" color="#000000" class="size18 TimesRoman18"><i>Who you gonna call,</i><br></font></div><div style="font-size: 1px; line-height: 1px;" align="center"><font face="Times New Roman', Times, serif" color="#000000" class="size18 TimesRoman18"><i>now that it's up to</i><br></font></div><div style="font-size: 1px; line-height: 1px;" align="center"><font face="Times New Roman', Times, serif" color="#000000" class="size18 TimesRoman18"><i>victims like YOU</i><br></font></div><div style="font-size: 1px; line-height: 1px;" align="center"><font face="Times New Roman', Times, serif" color="#000000" class="size18 TimesRoman18"><i>to let the bully know</i><br></font></div><div style="font-size: 1px; line-height: 1px;" align="center"><font face="Times New Roman', Times, serif" color="#000000" class="size18 TimesRoman18"><i>that with the bullying</i><br></font></div><div style="font-size: 1px; line-height: 1px;" align="center"><font face="Times New Roman', Times, serif" color="#000000" class="size18 TimesRoman18"><i>you are through?</i><br></font></div><div style="font-size: 1px; line-height: 1px;" align="center"><font face="Times New Roman', Times, serif" color="#000000" class="size18 TimesRoman18"><i></i><br></font></div><div style="font-size: 1px; line-height: 1px;" align="center"><font face="Times New Roman', Times, serif" color="#000000" class="size18 TimesRoman18"><i>You have nothing to lose.</i><br></font></div><div style="font-size: 1px; line-height: 1px;" align="center"><font face="Times New Roman', Times, serif" color="#000000" class="size18 TimesRoman18"><i>You have everything to gain.</i><br></font></div><div style="font-size: 1px; line-height: 1px;" align="center"><font face="Times New Roman', Times, serif" color="#000000" class="size18 TimesRoman18"><i>For we know what it is like</i><br></font></div><div style="font-size: 1px; line-height: 1px;" align="center"><font face="Times New Roman', Times, serif" color="#000000" class="size18 TimesRoman18"><i>to be in your pain.</i><br></font></div><div style="font-size: 1px; line-height: 1px;" align="center"><font face="Times New Roman', Times, serif" color="#000000" class="size18 TimesRoman18"><i>We will tell you the truth.</i><br></font></div><div style="font-size: 1px; line-height: 1px;" align="center"><font face="Times New Roman', Times, serif" color="#000000" class="size18 TimesRoman18"><i>We will cut to the chase.</i><br></font></div><div style="font-size: 1px; line-height: 1px;" align="center"><font face="Times New Roman', Times, serif" color="#000000" class="size18 TimesRoman18"><i>No more "Bull Crap"</i><br></font></div><div style="font-size: 1px; line-height: 1px;" align="center"><font face="Times New Roman', Times, serif" color="#000000" class="size18 TimesRoman18"><i>for the Human Race.</i><br></font></div><div style="font-size: 1px; line-height: 1px;" align="center"><font face="Times New Roman', Times, serif" color="#000000" class
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"size18 TimesRoman18"><i></i><br></font></div><div style="font-size: 1px; line-height: 1px;" align="center"><font face="'Times New Roman', Times, serif" color="#000000" class="size18 TimesRoman18"><i>So who are you going to call?</i><br></font></div><div style="font-size: 1px; line-height: 1px;" align="center"><font face="'Times New Roman', Times, serif" color="#000000" class="size18 TimesRoman18"><i>The Bull Crap Busters!</i><br></font></div><div style="font-size: 1px; line-height: 1px;" align="center"><font face="'Times New Roman', Times, serif" color="#000000" class="size18 TimesRoman18"><i>So who are you going to call?</i><br></font></div><div style="font-size: 1px; line-height: 1px;" align="center"><font face="'Times New Roman', Times, serif" color="#000000" class="size18 TimesRoman18"><i>The Bull Crap Busters!</i><br></font></div><div style="font-size: 1px; line-height: 1px;" align="center"><font face="'Times New Roman', Times, serif" color="#000000" class="size18 TimesRoman18"><i>So who are you going to call?</i><br></font></div><div style="font-size: 1px; line-height: 1px;" align="center"><font face="'Times New Roman', Times, serif" color="#000000" class="size18 TimesRoman18"><i>The Bull Crap Busters!</i><br></font></div><div style="font-size: 1px; line-height: 1px;" align="center"><font face="'Times New Roman', Times, serif" color="#000000" class="size18 TimesRoman18"><i></i><br></font></div><div style="font-size: 1px; line-height: 1px;" align="center"><font face="'Times New Roman', Times, serif" color="#000000" class="size18 TimesRoman18"><i>WE AIN'T AFRAID OF NO BULLY!!!</i><br></font></div><div style="font-size: 1px; line-height: 1px;" align="center"><font face="'Times New Roman', Times, serif" color="#000000" class="size18 TimesRoman18"><i></i><br></font></div><div style="font-size: 1px; line-height: 1px;" align="center"><font face="'Times New Roman', Times, serif" color="#000000" class="size18 TimesRoman18"><i>By Elana Laham © 2013</i><br></font></div><div style="font-size: 1px; line-height: 1px;" align="center"><font face="'Times New Roman', Times, serif" color="#000000" class="size18 TimesRoman18"><i></i><br></font></div><div style="font-size: 1px; line-height: 1px;" align="center"><font face="'Times New Roman', Times, serif" color="#000000" class="size18 TimesRoman18"><i>***</i><br></font></div><div style="font-size: 1px; line-height: 1px;"><font face="'Times New Roman', Times, serif" color="#000000" class="size18 TimesRoman18"><br></font></div><div style="font-size: 1px; line-height: 1px;" align="center"><font face="'Times New Roman', Times, serif" color="#000000" class="size18 TimesRoman18">ANGER – WHAT IT CAN T EACH US<br></font></div><div style="font-size: 1px; line-height: 1px;" align="center"><font face="'Times New Roman', Times, serif" color="#000000" class="size18 TimesRoman18">By Elana Laham © 2013 Elana Laham<br></font></div><div style="font-size: 1px; line-height: 1px;"><font face="'Times New Roman', Times, serif" color="#000000" class="size18 TimesRoman18"><br></font></div><div style="font-size: 1px; line-height: 1px;"><font face="'Times New Roman', Times, serif" color="#000000" class="size18 TimesRoman18">> IN ORDER TO DEFEAT YOUR NEMESIS YOU HAVE TO KNOW WHO YOUR ADVERSARY IS. SO LET&#39;S GET EDUCATED!!!<br></font
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</div><div style="font-size: 1px; line-height: 1px;">
</div><div style="font-size: 1px; line-height: 1px;"> To heal a sickness you have to cure its cause, not merely treat its symptoms. So too with BULLYING. Bullying is a social disease that has become a plague to society as well as a worldwide epidemic against human civilization.
</div><div style="font-size: 1px; line-height: 1px;">
</div><div style="font-size: 1px; line-height: 1px;"> What lies at the root of the social disease of bullying? We are taught that ANGER is why bullying has become so prevalent today. Anger is an unpleasant emotion and so it is regarded as bad, ugly, negative, even evil. Hence, one must avoid emoting anger at all costs. Although anger is unpleasant so is performing other nasty but necessary bodily functions such as urination and defecation. But they happen in order to eliminate poisonous substances from our physiological system. We generate emotions like anger in order to purge our organism of psychological toxicity. Thus, telling a human being not to get angry is like telling him or her not to take a crap. Fine, don't visit the toilet. But soon enough you will be running to the bathroom to relieve yourself of constipation/diarrhea for foolishly refusing to make nature's calls. Just like we have to go to the bathroom to avoid becoming physically sick, we have to express our anger to avoid becoming mentally ill.
</div><div style="font-size: 1px; line-height: 1px;">
</div><div style="font-size: 1px; line-height: 1px;"> Anger warns us that our organism is in some type of danger. It does this in a twofold fashion. One, it protects WHAT we are. Anger protects our BODY IMAGE from physical harm. This is done when our brain activates what is known as the fight or flight response. The fight or flight impulse addresses life threatening situations. The fight or flight response produces hormones that cope with stress by increasing heart rate, blood pressure, cardiac output, and carbohydrate metabolism in order to give us additional physical strength and additional physical speed to either confront or escape an impending peril. Two, anger protects WHO we are. It shields our SELF IMAGE from psychological hurt. It does this by alerting our mind to emotional and/or mental distress. Distress is caused by life damaging circumstances such as verbal insults hurled at our ego or destructive mental thought processes that are introduced into our belief system. Although both physical and psychological threats originate from something or someone being external to us, if we do not release our anger upon that which is causing it, we will internalize the physical harm and/or emotional hurt as physical wounds and/o

r emotional scars that never ever heal.
</div><div style="font-size: 1px; line-height: 1px;">
</div><div style="font-size: 1px; line-height: 1px;"> However anger can only assist us in maintaining our physical sound health and sustaining our psychological well being if we choose to release JUSTIFIED anger. Justified anger is our God given natural spontaneous right to defend our selves against those who jeopardize our body image and/or our self-image. Our present day society dishonors justified anger by stifling it. Justified anger is blamed for why there is senseless violence in the world. People have adopted an attitude that it does not matter who starts a fight as long as one gets away with it. But it does matter who finishes the fight if one gets caught fighting. In other words, it is not okay to defend oneself for any reason – express justified anger. But it is okay for one to offend others for no reason – express UNJUSTIFIED anger. Unjustified anger is a dysfunctional perversion of justified anger that one learns to do. Unjustified anger is the type of anger that the BULLY manifests.
</div><div style="font-size: 1px; line-height: 1px;">
</div><div style="font-size: 1px; line-height: 1px;"> Unjustified anger undergoes the following malicious vicious cyclonic cycle:
</div><div style="font-size: 1px; line-height: 1px;">
</div><div style="font-size: 1px; line-height: 1px;"> A bully victimizes an innocent individual. This causes the innocent victim to feel justifiably angry. If the victim cannot challenge the bully for whatever reason, he can still let his indignant anger go by having the courage to accept that there are some things in life that he has no control over. But more often than not, the victim is unwilling to confront the bully who brought the victim's justified anger into being since he is too much of a coward to. Instead the victim pretends that nothing bothers him by hiding behind a veneer of false bravado. What happens next is that the victim's denial that he is righteously angry causes his justified anger to build up into resentment until it uncontrollable erupts as rage. In order to relieve himself of it, the victim vents it all over an innocent individual. In that moment that the victim has chosen to express his righteous anger in a wrongful manner, the victim turns into a bully.
</div><div style="font-size: 1px; line-height: 1px;">
</div><div style="font-size: 1px; line-height: 1px;"> And to no avail! For the victim turned bully's anger rema

ins unresolved. Thus, it can only temporarily diffuse itself. And so it resurfaces again and again and again as an unending perpetuated state of obsessive-compulsive rage that repeatedly spews all over any unlucky undeserving innocent individual who just happens to be in the wrong place at the wrong time – in the victim turned bully's path.

Hence, the cyclone of wrath continues indefinitely for as long as the victim turned bully's anger remains unaddressed. For no matter how often the victim turned bully takes his anger out on innocent others, it remains not vindicated, unless or until the victim turned bully returns it to its source – the one who created it – another bully.

Then and only then will the victim turned bully's anger go away of its own accord, naturally.

The unjustifiable anger that the bully displays ought to immediately be put to a halt for it is an abomination

– unnatural – as it threatens to make victims out of us all by making innocent people into potential targets for uncalled for hatred. However this is not what happens. This is because our society has been overrun by what I call

the "Bully Culture". The Bully Culture creates social disorder since on the one hand it preaches that its members

behave in a "civilized" fashion while on the other hand it condones bullying behavior. So, as long as the bully gets away with being a bully by not appearing to be a bully,

the bullying will go on. Hence, as long as we live in a Bully Culture, justified anger will be socially condemned yet at the same token unjustified anger will not only be tolerated it will be exonerated as well.

Being that the bully is a mega wimp not only does he refuse to confront the source of his righteous anger

– another bully, but he also re-rationalizes that his wrongful anger has the right to exist by releasing it in a covert versus overt manner. He will do this by disguising

his unwarranted hostility as sarcasm – a so called joke also known as making fun of others; a so called compliment also known as putting others down; a so called constructive criticism also known as making a fool out of others;

a so called safe public announcement also known as slandering and libeling others, etc, etc, etc. The bully coward will also pummel the daylights out of an innocent who

is smaller and weaker than he; or gang up many perpetrators on one lone victim when no one, who might care, is looking or when one, who could care less, is watching. Finally,

the bully coward will elicit a myriad of everlasting excuses as to why it is "OK" to lash his anger out on some innocent so that the innocent one will be blamed for being victimized by bullying. The bully will do any of the

above, so that the bully does not get into trouble for being ANGRY.

The trouble with the bully's perverted way of discharging his anger is that it creates a "lose-lose" situation for us ALL. Such misuse of anger is contagious. It makes the entire populace chronically angry. It endangers humanity for it splinters every member of society into three highly dysfunctional socialization patterns – the bully, the victim, and the bystander – which in their own unique way reinforce BULLYING the rebby supporting the existence of the Bully Culture.

There are two types of bully who reinforce BULLYING. There is the bully who suffers and the bully who does not suffer. The bully who suffers I refer to as the "classic" bully. The classic bully belongs to the category of impressionable individuals who generally range from childhood through adolescence. The classic bully chooses to be a bully in order to GAIN social acceptance. Nonetheless, the classic bully feels remorse for victimizing innocent others because he is highly influenced by his own innate knowledge of knowing the difference between right and wrong. Hence, the outcome of his own bullying actions as well as the bullying actions of others, evoke shame, fear, and/or guilt from his own conscience. Since the classic bully craves social approval he is redeemable if significant others are willing to demonstrate functional social behaviors for him. Thusly, it is hopeful that with proper intervention the classic bully will reform.

The bully who does NOT suffer I refer to as the "jaded" bully. The jaded bully occupies the age bracket of the young adult through the elderly. The jaded bully chooses to be a bully in order to MAINTAIN his social status. The jaded bully's bullying rituals have become chronically adulterated and so his conscience has become subverted. Hence he feels no remorse for victimizing innocent others. Beware, for any apology that a jaded bully offers his victim(s) will be insincere since it is solely motivated by the jaded bully's regret that he got caught bullying, and his desire to keep getting away with bullying. In general, the older the bully is the less likely he is to redeem himself of his bullying behaviors. Nonetheless, without proper intervention the jaded bully is at risk for becoming some sort of criminal – menace to society.

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</div><div style="font-size: 1px; line-height: 1px;"> I do believe that the bully can reform. The following real life scenario illustrates WHY:
</div><div style="font-size: 1px; line-height: 1px;">
</div><div style="font-size: 1px; line-height: 1px;"> When I was a senior in High School, we had a visitor to our Psychology Class. He was what was called a Gestalt therapist. He came to show us how Gestalt therapy worked. The Counselor asked for a volunteer to assist him in demonstrating to us a Gestalt therapy session. Only one student raised his hand and he happened to be the biggest bully in the entire school. His volunteering was in jest though for he made fun of the whole thing. But by the end of the hour, the bully's false bravado had succumbed to the bully's uncontrollable sobbing. For what had happened, was that the therapist had gotten to the root of the bully's bullying behavior, which was that the bully acted like a bully because he hated his father who bullied him.
</div><div style="font-size: 1px; line-height: 1px;">
</div><div style="font-size: 1px; line-height: 1px;"> A new branch of psychology must emerge that will instruct the bully on how to REFORM. In order for the bully to reform the bully must a) acknowledge that he is a bully and b) realize that bullying is an addiction and c) seek counseling that will educate the bully on how to express healthy anger in spite of the unhealthy way in which the Bully Culture demands that people manifest anger. In addition, aside from successful academic graduation of such a counseling program, it is essential that the aspiring counselor undergo an evaluation process to determine whether or not he/she is a bully him/her self. A bully therapist cannot assist a bully patient in overcoming the bully role, unless or until he/she is a reformed bully. He/she will be incapable of detecting bullying behavior in another bully if he/she has not dealt with the characteristics of bullying that reside within his/her self.
</div><div style="font-size: 1px; line-height: 1px;">
</div><div style="font-size: 1px; line-height: 1px;"> There are three kinds of victim who reinforce BULLYING. There is the victim turned bully, the suicidal victim, and the homicidal victim. The victim turned bully, is the victim who is too afraid to confront the bully who brought about the victim's justified anger, and too scared of being punished by the Bully Culture to return his justified anger back to its source of origin. So his righteous ang

er morphs into the wrongful expression of being constantly taken out on innocent others.
</div><div style="font-size: 1px; line-height: 1px;">
</div><div style="font-size: 1px; line-height: 1px;"> Victims who are suicide statistics won't express their justified anger to the bully(s) who brought it into being either. But unlike the victim turn bully, the suicidal victim believes that, "The victim is to blame" for being victimized by bullying, which the Bully Culture perpetuates. And so the victim copes with the devastating unconscionable LIE that he is accountable for the bully's actions by turning into a self-loathing individual. At this juncture, the victim's righteous anger mutates into a lethal wrongful ENRAGED manifestation of release. Having an internal locus of control, which means that the victim gets his self-esteem from within himself, the victim will gradually INTERNALIZE the suffering that the bully inflicts upon him by BEATING HIMSELF UP. Hence, his unresolved anger will IMplode into a disparaging madness that compels the victim to MURDER HIMSELF.
</div><div style="font-size: 1px; line-height: 1px;">
</div><div style="font-size: 1px; line-height: 1px;"> Victims who are homicide statistics won't express their justified anger to the bully(s) who brought it into being either. But unlike the suicidal victim, the homicidal victim does not believe in the Bully Culture myth that, "The victim is to blame" for being victimized by bullying. And so the victim copes with the devastating unconscionable LIE that he is accountable for the bully's actions by turning into an individual who loathes others. At this juncture, the victim's justified anger mutates into a lethal wrongful O UTRAGED manifestation of release. Having an external locus of control, which means that the victim gets his self-esteem from others, the victim will eventually EXTERNALIZE the suffering that the bully inflicts upon him by BEATING UP OTHERS. Hence, his unresolved anger will EXPLODE into a vehement violent rage that drives the victim to MURDER OTHERS.
</div><div style="font-size: 1px; line-height: 1px;">
</div><div style="font-size: 1px; line-height: 1px;"> A new branch of psychology must emerge that will instruct the victim on how to be LIBERATED from the victim role. In order for the victim to overcome victimization the victim must a) acknowledge what the bully did to the victim and b) realize that bullying is NOT the victim's fault and c) seek counseling that will educate the victim on how to express healthy anger in spite of the unhealthy way in which society demands that people manifest anger. In addition, aside from successful academic graduation of such a counseling program, it

is essential that the aspiring counselor undergo an evaluation process to determine whether or not he/she is a victim him/her self. A victim therapist cannot assist a victim patient in overcoming the victim role, unless or until he/she is a liberated victim. He will be incapable of detecting victim behavior in another victim if he/she has not dealt with the characteristics of victimization that reside within his/her self.
</div><div style="font-size: 1px; line-height: 1px;">
</div><div style="font-size: 1px; line-height: 1px;"> There are two sorts of bystanders who reinforce BULLYING. Being forced to endure such uncalled for violence in a so-called "civilized" world, the bystander too gets angry. But since the Bully Culture has taught the bystander that it is NOT "OKAY" for the victim to express his justified anger, yet it is "OKAY" for the bully to express his unjustified anger, the bystander, who is either a bully, and/or victim, him self, is NOT willing to confront the bully with his own justified anger.
</div><div style="font-size: 1px; line-height: 1px;">
</div><div style="font-size: 1px; line-height: 1px;"> Instead, if the bystander is the victim sort, he will stand by but "look away" from the unfolding travesty of bullying that is being imposed upon him. His anger has become unjustified by morphing into IGNORANCE from the root word "to ignore" the bullying. By DOING NOTHING this sort of bystander TOLERATES BULLYING.
</div><div style="font-size: 1px; line-height: 1px;">
</div><div style="font-size: 1px; line-height: 1px;"> If the bystander is the bully sort, he will "look on" the unfolding travesty of bullying that is being imposed upon him. His anger has become unjustified by morphing into INDIFFERENCE, which means he does not care about the victim. Following the bully's lead the onlooker bystander will deliver punches to the victim's gut and slam insults below the victim's belt. And if the victim tries to defend himself, the onlooker bystander will launch counterattacks against the victim with gusto. By JOINING in with the bullying this sort of bystander EXONERATES BULLYING.
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</div><div style="font-size: 1px; line-height: 1px;"> The bystander behaves this way because he believes that by ignoring the victim's suffering and/or being indifferent towards the victim's suffering he is EXEMPT from being bullied by the bully. But he is mistaken! Since the bystander has made the decision to escalate bull

ying, by either doing nothing to thwart the bully or by joining in to aid the bully in bullying, the bystander jeopardizes his own IMMUNITY of avoiding becoming a victim of bullying. For although the ignorant and/or indifferent bystander ranks slightly lower than the bully due to less social clout and/or financial leverage, he only ranks slightly higher in social status than the victim at being a slightly better conformed ass (conformist) of the Bully Culture.

Ironically, the bystander, by taking the stance that, “As long as the bully is not bothering me, I don’t care about the victim” seals his fate of becoming a victim of bullying. For the very fact that the bystander lives on planet earth involves him in the bully-victim conflict. And this is why – Our home planet is a ROUND globe that only has a diameter of about 8,000 miles, and so what goes around comes back around and rather swiftly. That means that if the bystander insists on being a part of the bully problem instead of being part of the bully solution today, then the bystander will be forced to deal with the bully who is victimizing the bystander’s children, tomorrow. For with the bully epidemic reaching worldwide proportions the time is sooner than later when the bully’s ever increasing population’s demand will exceed the supply of victims currently available. Then guess whom the bully will cite as his next bully target? The ones who are left – the bystanders, that’s who!

Although the bystander will claim, “I’ll never let a bully, bully me!” if that were so, there woulda, shoulda, coulda be NO bully epidemic! The only difference between the bully, the victim, and the bystander is that the bully HIDES his feelings about being victimized by bullying, the victim is HONEST about his feelings about being victimized by bullying, and the bystander goes into DENIAL that he has any feelings about being victimized by bullying. Being that the bully is such a mega wimp, if only a small percentage of the entire human population of bystanders – woulda, shoulda, coulda stand up to the bully, the bullying will STOP!!!

A new branch of psychology must emerge that will instruct the bystander on how to BE PART OF THE SOLUTION INSTEAD OF PART OF THE PROBLEM of bullying. In order for the bystander to cope with bullying the bystander must a) acknowledge his ignorance and/or indifference towards the victi

m's plight and b) realize that bullying makes victims out of ALL of US and c) seek counseling that will educate the bystander on how to express healthy anger in spite of the unhealthy way in which society demands that people manifest anger. In addition, aside from successful academic graduation of such a counseling program, it is essential that the aspiring counselor undergo an evaluation process to determine whether or not he/she is a bystander him/herself. A bystander therapist cannot assist a bystander patient in overcoming the bystander role, unless or until he/she becomes a self-actualized individual. He/she will be incapable of detecting bystander behavior in another bystander if he/she has not dealt with the characteristics of being the bystander that reside within his/her self.

The BullCrap Busters Website was created to help liberate the victim from the victim role, aid in bully reform, and assist the bystander in making a better choice in order to STOP BULLYING.

Anger is a force to be reckoned with. Hence, it has to have an outlet. It cannot be repressed, suppressed, or oppressed. If it is pressed it will change into whichever form it can find release in no matter the consequences. By punishing the victim personality by forbidding the expression of justified anger; and by rewarding the bully personality by permitting the expression of unjustified anger, ANGER has morphed into a maelstrom of senseless violence and hatred also known as bullying. Bullying is choking the life force out of humanity by splintering the members of society into three self annihilating social roles – the bully – the one who is addicted to bullying; the victim – the one who is at risk for becoming a suicide or homicide statistic in order to escape bullying; and the bystander – the one who tolerates even exonerates bullying and thereby becomes a mediocre underachiever.

With the death toll of our children rising on a daily basis as a result of bullying, one ought to conclude that society will eradicate the bully epidemic from within society's midst for the sake of our children who are the continuance of the human race. But alas! This is not so. If bullying is NOT RECTIFIED it will demolish human civilization.

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</div><div style="font-size: 1px; line-height: 1px;">
</div><div style="font-size: 1px; line-height: 1px;" align="center">THE LICK BUTT KICK BUTT SYNDROME
</div><div style="font-size: 1px; line-height: 1px;" align="center">By Elana Laham © 2013 Elana Laham
</div><div style="font-size: 1px; line-height: 1px;">
</div><div style="font-size: 1px; line-height: 1px;"> So the “zillion dollar” question is, “Why do we let BULLYING continue? Why is the victim just expected to “take it”, the bully just expected to “give it”, and the bystander just expected to either “watch” if he has the stomach for it, or “look the other way” if she is faint of heart?
</div><div style="font-size: 1px; line-height: 1px;">
</div><div style="font-size: 1px; line-height: 1px;"> The bully gets away with being a bully by executing what I call the “Lick Butt-Kick Butt Syndrome”. There are three components to the lick butt-kick butt syndrome. The first has to do with the bully acting like a KICK BUTT. Because society also known as the Bully Culture condemns justified anger, NO ONE – not another bully, bystander, or victim – will protest the bully’s uncalled for hostility. Having free rein, the unprovoked bully physically harms and psychologically hurts others the instant the bully gets unjustifiably angry, which is always, since the bully refuses to deal with his justified anger. And even though the Bully Culture condones unjustified anger, unjustified anger may only be expressed if it is manifested in a covert versus overt manner.
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</div><div style="font-size: 1px; line-height: 1px;"> The second component of the lick butt kick butt syndrome has to do with the BULLY’S TARGET. Because the bully is addicted to anger, the bully is desperately seeking someone, anyone, to exploit as a human punching bag in order to relieve himself of his pent up misguided rage. Hence, we have the bully’s target – an innocent individual who has nothing whatsoever to do with the bully’s contempt. Many have claimed to know WHO gets to be the lucky winner of the prestigious prize as the bully’s target. There are those who swear that it has to do with gender orientation and so it is the female populatio

n with the gay and lesbian community following a close second who get bullied the most. Others assert that it has to do with brains over brawns and so it is the nerds and freaks who get the blue ribbon. Still others insist that it has to do with social class and so it is the disenfranchised group of the ugly, the poor and the handicapped who win the victor's cup. But, all of these "woulda, shoulda, coulda" be experts" on bullying are mistaken!

The main criterion for being a bully's target is how CONVENIENT it is. THE BULLY IS AN ADDICT WHO IS ADDICTED TO ANGER. He is a Desperado, searching for relief from the discomfort that his own unresolved anger is inflicting upon him. Thusly, the bully is looking for a scapegoat A.S.A.P. - as soon as possible. Hence, as far as people targets go, the bully will victimize those individuals who happen to be in the bully's vicinity. Also being that the bully is a mega wimp, who is too petrified to return his own unresolved anger back to its source of origin, the bully is also looking for a scapegoat who is either unable or unwilling to fight back. I have heard about bullies who kill animals just "for the sport of it" and I have seen bullies who attack inanimate objects such as doors by slamming the crap out of them. Hence, as far as people targets go, the bully will victimize those individuals who can't or won't defend themselves.

Society also known as the Bully Culture also determines the bully's choice of a target. It dictates that in order to be a bully the bully must not get caught bullying others. Thusly, the aspiring bully is not permitted to blatantly advertise his/her bullying behavior(s). For if the bully is no longer considered a "good" guy but instead gets labeled a "bad" gal the bully's reputation as a "civilized" member of humanity will be tarnished and society will have no choice but to punish the bully in order to keep social order. This by the way is the reason why the bully victimizes those who can't or won't fight back. Such victims have less social clout and/or financial leverage than the bully, or no social status at all, and so no one cares what happens to them, which allows the bully to go on bullying.

This by the way is also the reason why the bully will punish those who do fight back. Their protests and resistance against bullying will expose the bully for who he really is - a bully, thereby threatening the bully's so called sterling reputation as a "civilized" person. Such sabotages t

he bully's opportunity to go on bullying.
</div><div style="font-size: 1px; line-height: 1px;">
</div><div style="font-size: 1px; line-height: 1px;"> Since, the bully's own PAIN and the bully's own befallen SOCIAL STATURE are what STOP the bully from bullying; in order to go on being a bully, the bully must BLAME an innocent victim for being the bully target.
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</div><div style="font-size: 1px; line-height: 1px;"> One of the ways in which the bully gets away with blaming the bully target for being a victim of bullying is by convincing others to BELIEVE that the victim is DIFFERENT in some way and therefore has NO SOCIAL STATUS. To better understand how this social dynamic works let us observe the animal kingdom. The following is an example of what I mean: If a Gazelle happens to be born an Albino (all white in color) since it does not have the regular markings of its species it will be shunned by the rest of the herd. But there is a sound reason for this. At one time it was highly advantageous for a Gazelle to be an Albino. That was when it lived in cold climates that were covered in snow most of the year round. Hence, the Gazelle's all white color camouflaged it thereby making it difficult for predators to find it. However, over time the Gazelle migrated to warmer climates, and so it adapted the kind of markings that it currently has in order to blend into its habitat thereby making it difficult to be hunted down by a predator. Since the Albino Gazelle can no longer blend into its surroundings it has become easy prey for any predator. Thusly, the Albino Gazelle is now a liability to the overall survival of the herd. Hence, the rest of the Gazelles reject the Albino Gazelle by rendering it an outcast in order to protect the herd by preventing the Albino Gazelle from mating with other Gazelles and passing along its now disadvantageous gene.
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</div><div style="font-size: 1px; line-height: 1px;"> Unlike animals, when people decide to have a "herd" mentality, and behave as "one of the pack" their judgment falls below that of the animal kingdom. We become as blind, deaf, and dumb beasts. I am not sure why this is so but I suspect it is because, since the human being can be smarter than an animal, he can also be dumber than an animal. What this means is that for NO reason at all, we will choose to discriminate against those individuals who are a little bit different than mainstream society. The bully knows this and so he sets out to influence the group to regard the one as, somehow different than the rest, in order to dehumanize him/her thereby relegating th

e victim to subhuman social status. And so even though the one's being different is NO THREAT to any member of the Homespun species, the bully now has an EXCUSE to pick that person apart without anyone trying to stop the bully.

But there is a price to pay for all owing the bully to make a CONVENIENT bully target out of people based upon DIFFERENCES that do NOT cause injury to others. By letting the bully decide what the criterion is for being "different", the status quo gets defined and redefined by the bully's subjective fickle whim and therefore becomes forever changing. Hence, the social standards for "fitting in" become progressively inflexible. And so what is considered "normal" - socially acceptable today is regarded as "abnormal" - socially unacceptable tomorrow, which is precisely why bullying has escalated into a bully epidemic in our current society. As a for instance, my family was too poor to have any of my physical flaws corrected and so sometimes I was a victim of bullying. Because I wore glasses, had crooked teeth, broke out in acne, and was additionally blessed with two deformed feet, occasionally, some of my male peers whistled at me and called me a "dog", or "four eyes" or "bucked teeth", or told me I wore "clodhopper" shoes. And that was that. Nonetheless, although the level of affluence has risen within the all American family, giving parents the monetary means by which to financially alleviate the physical anomalies that their children possess, today's youth are relentlessly bullied just for having any one of the physical defects that I had.

This means that the "odd person out" by this 21st Century has become Joe Quobanybody and/or Jane Doe anyone. Tag, you are it! And so it has become the norm for instance within modern day American society that the patron who stands up for his consumer rights, and the worker who stands up for his union rights is regarded as different and so gets bullied by the business bully; and the tax paying law abiding citizen who stands up for his civil rights is regarded as different and so gets bullied by the police officer bully; and the patient who stands up for his medical rights is regarded as different and so gets bullied by the doctor bully; and the tenant who stands up for his housing rights is regarded as different and so gets bullied by the landlord bully; and the list goes on and on and on...ad infinitum. This is the case, even though our American ancestors sacrificed so much so that we woulda, shoulda, coulda, have inalienable rights.

Our future prediction based upon our past track record is that the BULLY TARGET will just keep expanding until we ALL become VICTIMS of bullying. That being the most likely outcome, why then do we let BULLYING continue?

This brings us to the third component of the lick butt kick butt syndrome. It explains why a code of silence befalls an entire group of onlookers instead of transforming them into Good Samaritans who blow the whistle on the bully. It explains why so many people are unwilling to befriend the victim but willing to be part of the bully's circle. It explains why the bully is allowed to torment an innocent victim to the point of no return yet NO one does a THING to STOP the bullying. It explains why the bully eventually amasses so much power within the Bully Culture that he/she drives out from every sector of society the "good" people by replacing them with the "bad" people thereby causing civilization, which was once upon a time established upon a moral and ethical foundation, to collapse to its own demise due to the rot of its own corruption. It involves the bully being a certified LICK BUTT.

Although the bully is nothing more and nothing less than an anti-social psycho-path he gets glorified as the trendsetter of society because he has the gift of the Roman god of Janis also known as "the two faced" hypocrite. In the bat of an eye lash the bully will switch from being a KICK BUTT intimidator, to those who have inferior social stature below him/her, to a LICK BUTT manipulator, to those who hold superior social status above him/her. Such makes it difficult to expose the bully for what he really is – a bully. For his brown nosing to the ones in power ensures his/her immunity. Through his/her seductive charm of syrupy sweetness of "I will do anything for you" put on attitude, the bully allies himself with the one(s) in charge. So even if the victim or the bystander were to complain about the bully's bullying behavior, the one(s) in charge would find it UNBELIEVABLE that the bully is capable of "such things". This is why the victim does not stand up to the bully and why the bystander takes sides with the bully. The one(s) in power may or may not be bully(s) themselves. But the bully knows that if he can get and stay in good graces with those who possess the most social influence and economic affluence, than he, the bully, will eventually be running the show.

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</div><div style="font-size: 1px; line-height: 1px;"> Sadly to say, the lick butt part of the bully syndrome fuels the bully's desire to kick the victim's butt in even more. For in order to get in and remain on the bosses' good side the bully will even grovel if necessary. The humiliation the bully makes himself endure when he passes onto the victim. In conclusion, while the bully butt kicks whom he perceives to be his inferiors at the same token he butt licks whom he perceives to be his superiors. And this my friends is how the bully starts out as a wannabe elitist bully on the bottom of society's totem pole and ends up as an elitist bully facilitator of the BULLY CULTURE.
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</div><div style="font-size: 1px; line-height: 1px;"> Now if it just so happens that no one person is in power, the bully will move in to fill the position by redirecting his/her LICK BUTT behaviors towards the bystander in order to rally supporters to his cause. The bully will do this by ganging up upon some innocent victim by using gossip to gain social clout and/or financial leverage. This way, the bully can triangulate otherwise neutral others to join in with him to beat up on the lone innocent victim, either with their silent compliance or their active participation. Hence, the lick butt strategy of the Gossip Monger bully will be utilized to unify a cohesive group of bystanders against one vulnerable individual whom they did not even witness doing anything amiss and whom they may not even know, so that the bully can relegate himself as the leader of the pack. But the bully is no wolf. In wolverine society it is mandatory that there be an alpha wolf (leader of the wolf pack) and an omega wolf (follower of the wolf pack). But the omega wolf just like the alpha wolf plays an important role in ensuring the overall survival of the wolf pack. For the omega wolf acts like the designated target for the other wolves to aggressively attack so that for instance they can perfect their hunting skills. However the human bully's designation of a bully target has no beneficial purpose to either the bully or the bully's group. For neither does it cure the bully of his anger affliction nor does it prevent the bully's followers from escaping the bully's meaningless violence.
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</div><div style="font-size: 1px; line-height: 1px;"> So exactly how does the Gossip Monger bully recruit the bystander to wage war against an innocent victim? He does so by convincing the listener (the bystander) of the libel and/or slander that it is really the speaker (the bully) of the libel and/or slander not the bully target (the victim) who is the victim of the libel and/or slander.

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</div><div style="font-size: 1px; line-height: 1px; "> The following are some of the ways in which the bully enlists the bystander to do the bully's dirty work:
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</div><div style="font-size: 1px; line-height: 1px; "> The bully wrote the rule book on gossip mongering. Hence, the bully knows that "The best defense is a good offense". So Rule #1: the bully must attack an unsuspecting innocent individual. Rule #2: the bully has to be the first one to strike out with the tongue lashing so that the bully will be the only one to be believed. Rule #3: in order for the bully to compose his/her lies into a believable story, he has to say things that are plausible to appeal to the bystander's rational logic. Rule #4: in order to get the bystander's attention the bully has to generate highly exaggerated so called secrets and/or fictional "awe" and "oo" oral and/or written derogatory reports about the bully target to appeal to the bystander's irrational imagination. Rule #5: in order to get the bystander to go along with the gossip the bully must have more social status than the victim. For instance, an enforcer bully can get most people to incriminate a law abiding citizen without ever having to produce any evidence that the innocent one is guilty since, after all a police officer woulda, shoulda, coulda never lie, right? Rule #6: after the bully gets a substantial amount of followers he can rely upon his power in numbers to further his victory over his bully target. After all, if everybody says the victim is a wicked person it must be true, right?
</div><div style="font-size: 1px; line-height: 1px; ">
</div><div style="font-size: 1px; line-height: 1px; "> You might be wondering why woulda, shoulda, coulda, anyone or anybody listen to what a bully has to say?! Well, it is too bad for humanity that there are so many people in this world that, whether they are on the end of the lying tongue of the speaker, or the deceived ear of the listener, they all tend to have one thing in common - they are all LOSERS. They mind other peoples' business because they don't have any business of their own worth minding. Admiral Hyman Rickover once said, "Great minds discuss ideas. Average minds discuss events. Small minds discuss people". The common denominator of the participants of trash talk is that they have rendered their own existence unbearably boringly null and void, and so they prefer to damage someone else's reputation rather than cultivate an admirable reputation of their own. And as far as the bully's goes, his damaging lies are a diversion geared towards ruining an inno

cent victim's reputation by labeling the victim a LOSER so that the bully can fabricate a sterling reputation about him self that he is a WINNER. But did you know that the bully's motto is, "Fake it until you make it"? Adolph Hitler was such a bully. Drove of people believed in him because he fabricated a reputation about himself that he was a leader. But did you know that everything Adolph Hitler attempted to do in his life was a failure? In the end, even his attempt at world domination was such a complete and utter failure that he killed himself.

The bully's LICK BUTT-KICK BUTT SYNDROME is his ticket to get into the highest positions of power within society. It all begins with the playground bully influencing youth to turn into a violent mob that pulverizes the daylights out of one innocent child; continues on with society's bully breeding the dysfunctional family unit living in crime invested neighborhoods; continues on with the enforcer bully engaging in police misconduct and brutality; continues on with the clergy bully manifesting false religions of worship; continues on with the business bully transforming humanitarian social institutions into corrupt business practices and finally we have the elite bully who establishes pseudo democratic governments until it's outsourcing and globalization campaigns topple the entire social structure of any and every given country, dynasty, empire, etc, ad nauseam. And it does not end there. Continuing his rampage upon humanity, after the bully "spoils the nest and moves on west" by ravaging mother earth, he plans to blast off to planet girth since NO ONE is willing to stop the LICK BUTT