+Michael   **Search**   **Images**   **Maps**   **Play**   **YouTube**   **News**   **Gmail**   **Drive**   **Calendar**   **More** ▾

Michael Laham   Share   👤

Webmaster Tools

🌐 www.bullcrapbusters.com ▾   **Help** ▾   ⚙ ▾

Site Dashboard

Site Messages

▸ Search Appearance

▸ Search Traffic

▸ Google Index

▾ **Crawl**

   Crawl Errors

   Crawl Stats

   Fetch as Google

   Blocked URLs

   Sitemaps

   URL Parameters

Security Issues

Other Resources

▸ Labs

Fetch as Google   ↩

This is how Googlebot fetched the page.

URL: http://www.bullcrapbusters.com/Emotional-Bullying.html

Date: Thursday, January 23, 2014 at 10:58:14 AM PST

Googlebot Type: Web

Download Time (in milliseconds): 153

> 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: Thu, 23 Jan 2014 18:58:14 GMT
Content-Length: 104392
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="What do
 you do when the bully picks on you and makes you cry unt
il you hope to die. We are the Bullcrapbusters. We offer
emotional abuse help.">
                <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(functi
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>Emotional Abuse Help | The BullCra
p Busters</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 = "Emotional-Bullying.html".toL
owerCase();


  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="/~sit
e/Elements/HCUser_Forms_Submit/FormValidation.js">
                    </script>
        </head>
        <body onload="" id="element1" onunload="" scroll=
"auto">
                    <noscript>
                            <img height="40" width="373" bord
er="0" alt="" src="/~media/elements/shared/javascript_dis
abled.gif">
                    </noscript>
                    <div class="lpxcenterpageouter"><div clas
s="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-shado
w: none;"><img height="923" width="909" style="display: b
lock; border-radius: 0px;" title="" alt="" src="/files/Ma
sterImages/body_shadow.png" /></div></div><!-- </hs:maste
r23> --><!-- <hs:master4> --><div id="master4" style="pos
ition: absolute; top: 39px; width: 985px; height: 899px;
z-index: 1;"><table cellspacing="0" border="0" cellpaddin
g="0"><tr><td height="899" bgcolor="#000000" width="985">
<img height="899" width="985" title="" alt="" style="disp
lay: block;" src="/~site/siteapps/shapes.action?CMD=GetRe
ctangleGif&r=0&g=0&b=0"></td></tr></table></div><!-- </hs
:master4> --><!-- <hs:master18> --><div id="master18" sty
le="position: absolute; top: 79px; left: 21px; width: 945
px; height: 44px; z-index: 2;"><div style="font-size: 1px
; line-height: 1px;" align="center"><font face="'Times Ne
w Roman', Times, serif" color="#d0e3ff" class="size26 Tim
esRoman26">THE BULLCRAP BUSTERS <br></font></div></div><!
-- </hs:master18> --><!-- <hs:master19> --><div id="maste
r19" style="position: absolute; top: 130px; left: 24px; w
idth: 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="s
ize24 TimesRoman24">We</font><font face="'Times New Roman
', Times, serif" color="#d0e3ff" class="size24 TimesRoman
24"> </font><font face="'Times New Roman', Times, serif"
color="#D36100" class="size24 TimesRoman24">Take</font><f
ont face="'Times New Roman', Times, serif" color="#d0e3ff
" class="size24 TimesRoman24"> </font><font face="'Times
New Roman', Times, serif" color="#E8B900" class="size24 T
imesRoman24">The</font><font face="'Times New Roman', Tim
es, serif" color="#e8b900" class="size24 TimesRoman24"> <
/font><font face="'Times New Roman', Times, serif" color=
"#3F9C2D" class="size24 TimesRoman24">Bullying</font><fon
t face="'Times New Roman', Times, serif" color="#3f9c2d"
class="size24 TimesRoman24"> </font><font face="'Times Ne
w Roman', Times, serif" color="#406AB0" class="size24 Tim
esRoman24">By</font><font face="'Times New Roman', Times,
```

```
serif" color="#d0e3ff" class="size24 TimesRoman24"> </fo
nt><font face="'Times New Roman', Times, serif" color="#6
c4687" class="size24 TimesRoman24">The</font><font face="
'Times New Roman', Times, serif" color="#d0e3ff" class="s
ize24 TimesRoman24"> Horns<br></font></div></div><!-- </h
s:master19> --><!-- <hs:master17> --><div id="master17" s
tyle="position: absolute; top: 180px; left: 758px; width:
 207px; height: 518px; z-index: 4;"><div align="left"><SC
RIPT type="text/javascript">var nav_element_id="master17"
;</SCRIPT><div id="nav_version" style="display:none;">1</
div><SCRIPT TYPE="text/javascript" SRC="/~navs/QuickSiteM
ain.js"></SCRIPT><TABLE ID="ntb" CELLSPACING="0" CELLPADD
ING="0" BORDER="0" ><TR id="vNavTR_Link_QuickSiteMain1"><
TD ALIGN="left" VALIGN="MIDDLE" NOWRAP="NOWRAP" id="Quick
SiteMain_Link1" style="cursor: pointer;cursor: hand;color
:#FFFFFF;font-size: 1px; line-height: 1px;" onmouseover="
doMouseChange(nav_QuickSiteMain,this,'1',true);" onmouseo
ut="doMouseChange(nav_QuickSiteMain,this,'1',false);"><A
HREF="/index.html" TARGET="_self" STYLE="text-decoration:
none;" NAME="Home"><IMG style="display: block;" SRC="/tp.
gif" WIDTH="1" HEIGHT="5.0" BORDER="0"><FONT ID="QuickSit
eMain_f1" FACE="'Times New Roman', Times, serif" CLASS="s
ize18 TimesRoman18" STYLE="color:#FFFFFF">Home</FONT><IMG
 style="display: block;" SRC="/tp.gif" WIDTH="1" HEIGHT="
5.0" BORDER="0"></A></TD></TR><TR id="vNavTR_Link_QuickSi
teMain2"><TD ALIGN="left" VALIGN="MIDDLE" NOWRAP="NOWRAP"
 id="QuickSiteMain_Link2" style="cursor: pointer;cursor:
hand;color:#FFFFFF;font-size: 1px; line-height: 1px;" onm
ouseover="doMouseChange(nav_QuickSiteMain,this,'2',true);
" onmouseout="doMouseChange(nav_QuickSiteMain,this,'2',fa
lse);"><A HREF="/Introduction.html" TARGET="_self" STYLE=
"text-decoration:none;" NAME="Introduction"><IMG style="d
isplay: block;" SRC="/tp.gif" WIDTH="1" HEIGHT="5.0" BORD
ER="0"><FONT ID="QuickSiteMain_f2" FACE="'Times New Roman
', Times, serif" CLASS="size18 TimesRoman18" STYLE="color
:#FFFFFF">Introduction</FONT><IMG style="display: block;"
 SRC="/tp.gif" WIDTH="1" HEIGHT="5.0" BORDER="0"></A></TD
></TR><TR id="vNavTR_Link_QuickSiteMain3"><TD ALIGN="left
" VALIGN="MIDDLE" NOWRAP="NOWRAP" id="QuickSiteMain_Link3
" style="cursor: pointer;cursor: hand;color:#FFFFFF;font-
size: 1px; line-height: 1px;" onmouseover="doMouseChange(
nav_QuickSiteMain,this,'3',true);" onmouseout="doMouseCha
nge(nav_QuickSiteMain,this,'3',false);"><A HREF="/Masks--
-Faces.html" TARGET="_self" STYLE="text-decoration:none;"
 NAME="Masks & Faces"><IMG style="display: block;" SRC="/
tp.gif" WIDTH="1" HEIGHT="5.0" BORDER="0"><FONT ID="Quick
SiteMain_f3" FACE="'Times New Roman', Times, serif" CLASS
="size18 TimesRoman18" STYLE="color:#FFFFFF">Masks &
amp; Faces</FONT><IMG style="display: block;" SRC="/
tp.gif" WIDTH="1" HEIGHT="5.0" BORDER="0"></A></TD></TR><
TR id="vNavTR_Link_QuickSiteMain4"><TD ALIGN="left" VALIG
N="MIDDLE" NOWRAP="NOWRAP" id="QuickSiteMain_Link4" style
="cursor: pointer;cursor: hand;color:#FFFFFF;font-size: 1
px; line-height: 1px;" onmouseover="doMouseChange(nav_Qui
ckSiteMain,this,'4',true);" onmouseout="doMouseChange(nav
_QuickSiteMain,this,'4',false);"><A HREF="/Society-s-Bull
y.html" TARGET="_self" STYLE="text-decoration:none;" NAME
="Society's Bully"><IMG style="display: block;" SRC="/tp.
```

```
gif" WIDTH="1" HEIGHT="5.0" BORDER="0"><FONT ID="QuickSit
eMain_f4" FACE="'Times New Roman', Times, serif" CLASS="s
ize18 TimesRoman18" STYLE="color:#FFFFFF">Society's 
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_QuickSiteMain5"><TD ALIGN="left" VALIGN="MIDDLE"
 NOWRAP="NOWRAP" id="QuickSiteMain_Link5" style="cursor:
pointer;cursor: hand;color:#FFFFFF;font-size: 1px; line-h
eight: 1px;" onmouseover="doMouseChange(nav_QuickSiteMain
,this,'5',true);" onmouseout="doMouseChange(nav_QuickSite
Main,this,'5',false);"><A HREF="/Playground-Bully.html" T
ARGET="_self" STYLE="text-decoration:none;" NAME="Playgro
und Bully"><IMG style="display: block;" SRC="/tp.gif" WID
TH="1" HEIGHT="5.0" BORDER="0"><FONT ID="QuickSiteMain_f5
" FACE="'Times New Roman', Times, serif" CLASS="size18 Ti
mesRoman18" STYLE="color:#FFFFFF">Playground Bully</
FONT><IMG style="display: block;" SRC="/tp.gif" WIDTH="1"
 HEIGHT="5.0" BORDER="0"></A></TD></TR><TR id="vNavTR_Lin
k_QuickSiteMain6"><TD ALIGN="left" VALIGN="MIDDLE" NOWRAP
="NOWRAP" id="QuickSiteMain_Link6" style="cursor: pointer
;cursor: hand;color:#FFFFFF;font-size: 1px; line-height:
1px;" onmouseover="doMouseChange(nav_QuickSiteMain,this,'
6',true);" onmouseout="doMouseChange(nav_QuickSiteMain,th
is,'6',false);"><A HREF="/Enforcer-Bully.html" TARGET="_s
elf" STYLE="text-decoration:none;" NAME="Enforcer Bully">
<IMG style="display: block;" SRC="/tp.gif" WIDTH="1" HEIG
HT="5.0" BORDER="0"><FONT ID="QuickSiteMain_f6" FACE="'Ti
mes New Roman', Times, serif" CLASS="size18 TimesRoman18"
 STYLE="color:#FFFFFF">Enforcer Bully</FONT><IMG sty
le="display: block;" SRC="/tp.gif" WIDTH="1" HEIGHT="5.0"
 BORDER="0"></A></TD></TR><TR id="vNavTR_Link_QuickSiteMa
in7"><TD ALIGN="left" VALIGN="MIDDLE" NOWRAP="NOWRAP" id=
"QuickSiteMain_Link7" style="cursor: pointer;cursor: hand
;color:#FFFFFF;font-size: 1px; line-height: 1px;" onmouse
over="doMouseChange(nav_QuickSiteMain,this,'7',true);" on
mouseout="doMouseChange(nav_QuickSiteMain,this,'7',false)
;"><A HREF="/Clergy-Bully.html" TARGET="_self" STYLE="tex
t-decoration:none;" NAME="Clergy Bully"><IMG style="displ
ay: block;" SRC="/tp.gif" WIDTH="1" HEIGHT="5.0" BORDER="
0"><FONT ID="QuickSiteMain_f7" FACE="'Times New Roman', T
imes, serif" CLASS="size18 TimesRoman18" STYLE="color:#FF
FFFF">Clergy Bully</FONT><IMG style="display: block;
" SRC="/tp.gif" WIDTH="1" HEIGHT="5.0" BORDER="0"></A></T
D></TR><TR id="vNavTR_Link_QuickSiteMain8"><TD ALIGN="lef
t" VALIGN="MIDDLE" NOWRAP="NOWRAP" id="QuickSiteMain_Link
8" style="cursor: pointer;cursor: hand;color:#FFFFFF;font
-size: 1px; line-height: 1px;" onmouseover="doMouseChange
(nav_QuickSiteMain,this,'8',true);" onmouseout="doMouseCh
ange(nav_QuickSiteMain,this,'8',false);"><A HREF="/Corpor
ate-Elite-Bully.html" TARGET="_self" STYLE="text-decorati
on:none;" NAME="Corporate Elite Bully"><IMG style="displa
y: block;" SRC="/tp.gif" WIDTH="1" HEIGHT="5.0" BORDER="0
"><FONT ID="QuickSiteMain_f8" FACE="'Times New Roman', Ti
mes, serif" CLASS="size18 TimesRoman18" STYLE="color:#FFF
FFF">Corporate Elite Bully</FONT><IMG style="di
splay: block;" SRC="/tp.gif" WIDTH="1" HEIGHT="5.0" BORDE
R="0"></A></TD></TR><TR id="vNavTR_Link_QuickSiteMain9"><
TD ALIGN="left" VALIGN="MIDDLE" NOWRAP="NOWRAP" id="Quick
```

SiteMain_Link9" style="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="size18 TimesRoman18" STYLE="color:#FFFFFF">Elite Bully</FONT><IMG style="display: block;" SRC="/tp.gif" WIDTH="1" HEIGHT="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,this,'10',false);"><A HREF="/How-to-Fight-Back.html" TARGET="_self" STYLE="text-decoration:none;" NAME="How to Fight 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="size18 TimesRoman18" STYLE="color:#FFFFFF">How to Fight Back</FONT><IMG style="display: block;" SRC="/tp.gif" WIDTH="1" HEIGHT="5.0" BORDER="0"></A></TD></TR><TR id="vNavTR_Link_QuickSiteMain11"><TD ALIGN="left" VALIGN="MIDDLE" NOWRAP="NOWRAP" id="QuickSiteMain_Link11" style="cursor: pointer;cursor: hand;color:#FFFFFF;font-size: 1px; line-height: 1px;" onmouseover="doMouseChange(nav_QuickSiteMain,this,'11',true);" onmouseout="doMouseChange(nav_QuickSiteMain,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="QuickSiteMain_f11" FACE="'Times New Roman', Times, serif" CLASS="size18 TimesRoman18" STYLE="color:#FFFFFF">Physical 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="MIDDLE" NOWRAP="NOWRAP" id="QuickSiteMain_Link12" style="cursor: pointer;cursor: hand;color:#FFFFFF;font-size: 1px; line-height: 1px;" onmouseover="doMouseChange(nav_QuickSiteMain,this,'12',true);" onmouseout="doMouseChange(nav_QuickSiteMain,this,'12',false);"><A HREF="/Emotional-Bullying.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="QuickSiteMain_f12" FACE="'Times New Roman', Times, serif" CLASS="size18 TimesRoman18" STYLE="color:#FFFFFF">Emotional 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: 1px; line-height: 1px;" onmouseover="doMouseChange(nav_QuickSiteMain,this,'13',true);" onmouseout="doMouseChange(nav_QuickSiteMain,this,'13',false);"><A HREF="/Mental-Bullying.html" TARGET="_self" STYLE="text-decoration:none;" NAME="Mental Bullying"><IMG style="display

```
: block;" SRC="/tp.gif" WIDTH="1" HEIGHT="5.0" BORDER="0"
><FONT ID="QuickSiteMain_f13" FACE="'Times New Roman', Ti
mes, serif" CLASS="size18 TimesRoman18" STYLE="color:#FFF
FFF">Mental Bullying</FONT><IMG style="display: bloc
k;" SRC="/tp.gif" WIDTH="1" HEIGHT="5.0" BORDER="0"></A><
/TD></TR><TR id="vNavTR_Link_QuickSiteMain14"><TD ALIGN="
left" VALIGN="MIDDLE" NOWRAP="NOWRAP" id="QuickSiteMain_L
ink14" style="cursor: pointer;cursor: hand;color:#FFFFFF;
font-size: 1px; line-height: 1px;" onmouseover="doMouseCh
ange(nav_QuickSiteMain,this,'14',true);" onmouseout="doMo
useChange(nav_QuickSiteMain,this,'14',false);"><A HREF="/
Conclusion.html" TARGET="_self" STYLE="text-decoration:no
ne;" NAME="Conclusion"><IMG style="display: block;" SRC="
/tp.gif" WIDTH="1" HEIGHT="5.0" BORDER="0"><FONT ID="Quic
kSiteMain_f14" FACE="'Times New Roman', Times, serif" CLA
SS="size18 TimesRoman18" STYLE="color:#FFFFFF">Conclusion
</FONT><IMG style="display: block;" SRC="/tp.gif" WIDTH="
1" HEIGHT="5.0" BORDER="0"></A></TD></TR></TABLE><BR/><sc
ript type="text/javascript">
        if(typeof(addMouseAndStyleSupportQuickSiteMain) =
= 'undefined' && typeof(nav_element_id) != 'undefined'){
                var elementDefnDiv = document.getElementB
yId(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™ <a target="
_blank" href="http://www.homestead.com/">Design a Website
 and <a target="_blank" href="http://listings.homeste
ad.com">List Your Business</div><!-- </hs:foot
er> --><!-- </hs:bodyinclude> --><!-- <hs:element51> --><
div id="element51" style="position: absolute; top: 209px;
 left: 44px; width: 703px; height: 87966px; z-index: 1000
;"><div style="height: 87966px; padding: 0px; border-widt
h: 0px; border-color: #000000; border-style: solid; backg
round-color: #D36100;"><div style="font-size: 1px; line-h
eight: 1px;" align="center"><font face="'Times New Roman'
, Times, serif" color="#ffffff" class="size18 TimesRoman1
8">
</div><div style="font-size: 1px; li
ne-height: 1px;" align="center"><font face="'Times New Ro
man', Times, serif" color="#ffffff" class="size18 TimesRo
man18">
</div><div style="font-size: 1px
; line-height: 1px;" align="center"><font face="'Times Ne
w Roman', Times, serif" color="#ffffff" class="size18 Tim
esRoman18">
</div><div style="font-size:
 1px; line-height: 1px;" align="center"><font face="'Time
s New Roman', Times, serif" color="#ffffff" class="size18
 TimesRoman18">
</div><div style="font-s
ize: 1px; line-height: 1px;" align="center"><font face="'
Times New Roman', Times, serif" color="#ffffff" class="si
ze18 TimesRoman18">
</div><div style="fo
nt-size: 1px; line-height: 1px;" align="center"><font fac
e="'Times New Roman', Times, serif" color="#ffffff" class
="size18 TimesRoman18">
</div><div style
="font-size: 1px; line-height: 1px;" align="center"><font
 face="'Times New Roman', Times, serif" color="#ffffff" c
lass="size18 TimesRoman18">
</div><div s
tyle="font-size: 1px; line-height: 1px;" align="center"><
font face="'Times New Roman', Times, serif" color="#fffff
f" class="size18 TimesRoman18">
</div><d
iv style="font-size: 1px; line-height: 1px;" align="cente
r"><font face="'Times New Roman', Times, serif" color="#f
fffff" class="size18 TimesRoman18">
</di
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  While you are learning from the past how to conduct you
rself in the future by becoming victim no more now, keep
in mind NOT to beat yourself up over it. Perhaps the most
 devastating myth that the Bully Culture has conjured up
is that, "The victim is to blame for being a victim of bu
llying." This Bully Culture myth, more than any other, im
mobilizes the victim from fighting back against the bully
 since it claims that because of where, when, what, who,
or why, the victim is at fault for being bullied by a bul
ly. You probably already know what I am going to say to t
hat, BULLCRAP, accompanied by toilet flushing and swirlin
g, and hopefully the toilet bowl will not get sick from s
ucking. The victim is NEVER EVER the cause of bullying. T
here are two reasons why. The first is that all humans ha
ve what I call the "Free Choice Factor". It means that th
e only person who controls your thoughts, your feelings,
and your behaviors is YOU. No one can force you to think,
 feel, or act in anyway, even if that person is holding a
 gun to your head, other than you, for the simple reason
that only YOU are in possession of YOUR faculties. Hence,
 a victim is a victim of bullying for no other reason tha
n because the bully CHOOSES to be a bully. The second is
that, all humans have what I call "The Divine Right of Se
lf Preservation". It means that you have the right to DEF
END — protect yourself — and, no one has the right to OFF
END — attack you, for the simple reason that God, no one
else, brought you into being. The self includes the physi
cal, emotional, mental aspects of one's being. Physical b
eatings, verbal insults, destructive ploys, and warped be
lief systems all come under the category of harming or hu

rting others for NO reason. Thusly, a bully is a bully for no other reason than because he is too much the coward to make the DECISION to defend himself against the bully who bullied him. So instead he offends innocent people
</div><div style="font-size: 1px; line-height: 1px;">
</div><div style="font-size: 1px; line-height: 1px;">THE EMOTIONAL HEALING PROCESS
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</div><div style="font-size: 1px; line-height: 1px;"> When I decided that "enough was enough" I embarked upon my own "victim no more" emotional abuse help journey by believing that I was only going to have to tell off the one bully who happened to be victimizing me in that moment and then I was done. Little did I know how wrong I was! After I told off that one bully, something inside of me broke, which released an emotional turbulent flood of images of one unwelcomed bully after another and another and another and so on and so forth, emerging from my memory banks like floating drift wood off of a sunken ship. So, it was not until many years later, and countless confrontations with bully(s) that I realized that in order to overcome bullying, the victim has to undergo an EMOTIONAL HEALING PROCESS. Notice the word PROCESS. An emotional healing process is very similar to how the physical body repairs itself. It occurs in STAGES. For example, if you were to observe how your mouth repairs itself after a tooth has been extracted from it, you will notice the following various stages the gum tissue undergoes in order to return itself back to normal. The hole that is left in the gum where the tooth was removed does not close up instantaneously. Instead, Stage #1 — the hole bleeds profusely. Stage #2 — the blood, clots. Stage #3 —little specks of white tissue — white blood cells — enter the congealed blood in the gum — red blood cells. State #4 — the blood clot hardens. Stage #5 new gum tissue grows from the base to the crown. Stage #6, the gum tissue fuses to itself.
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</div><div style="font-size: 1px; line-height: 1px;"><font face="'Times New Roman', Times, serif" color="#ffffff" class="size18 TimesRoman18"> This stage-by-stage physiological process of reparation is similar to the psychological healing process that the victim undergoes in order to overcome bullying. Suppose you contracted a flu virus. Stage #1 — the body becomes aware that bacteria (foreign matter) have invaded your body. Such can be compared to the victim REFUSING TO BE IN DENIAL that he is a victim of bullying and thereby realizing that the bully has infiltrated his psyche. I refer to stage one as the PHASE OF ACCEPTANCE of the emotional healing process. Stage #2 — the body attempts to get rid of the virus by producing a

fever. This is equivalent to the volatile feelings that the victim starts to sensate as a result of MAKING KNOWN TO HIMSELF the negative emotions that he has pent up within him that the bully gave the victim. I refer to stage two as the PHASE OF EXPRESSION of the emotional healing process. In stage #3 one's flu riddled organism vomits for instance from its stomach organ the partially digested food that was contaminated with flu toxin. It does this repeatedly until it has cleansed the digestive tract of all poisonous substance. The flu's invasion of the body is akin to how the Bully Culture has infiltrated our society by way of the bully forcing his psychopathic sociopath sickness onto the victim until...the victim can no longer stomach it. The victim having been victimized by so many-a-bully REGURGITATES the destructive emotions that the bully gave him back onto the bully over and over and over again until the victim purges all of the bully's toxicity from out of his emotional being. I refer to stage three as the PHASE OF RELEASE of the emotional healing process. The nausea sensation that the body has, just before it upchucks, correlates to the anxiety the victim feels, just before the victim confronts the bully. The sensation of relief that the body has after it has thrown up corresponds to the cathartic feeling that victim has after he has dealt with the bully. The physical cleansing process and the emotional purging process are both stage-by-stage processes of elimination that the human organism has to undergo in order to preserve sound physical health and psychological wellbeing.
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</div><div style="font-size: 1px; line-height: 1px;">THE JAMMER FEELINGS
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</div><div style="font-size: 1px; line-height: 1px;"> The Bully Culture promises us that if we pass our negative feelings onto those beings and things that have nothing to do with them we will experience emotional healing. But undesirable feelings never ever get resolved until they are returned to their source of origin. If the bully does not return his undesirable feelings to the one who made them — namely the bully who bullied him — the bully will become addicted to bullying. Since the bully takes his undesirable feelings out on innocent others, because they have nothing to do with his negative emotions, the bully will only experience a temporary sense of relief. His bad feelings will have taken a leave of absence so to speak, but only to return to the bully with a vengeance. Thusly, in order to keep his undesirable feelings at bay, the bully has to keep on taking them out indefinitely upon those who did not inflict them upon the bully. If the victim does not return his undesirable feelings to the one who made them — namely the bully who bullied him — the victim will inherit what I call The "JAM

MER FEELINGS". The Jammer Feelings by way of bully intimi dation and/or bully manipulation make certain that the vi ctim keeps the victim's undesirable feelings to himself b y coercing the victim to deny that the victim's real feel ings exist.
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</f ont></div><div style="font-size: 1px; line-height: 1px;"> The Jammer Feelings are the butt-hole double standards that the Bully Culture im poses upon us to prevent the victim from ever farting out his protests against the bully who is always permitted t o take a crap all over innocent people. Just as our tight butt Bully Culture conditions us to hold in our natural functions such as the passing of wind, the Jammer Feeling s make certain that we hold in our otherwise natural emot ional outbursts. The Bully Culture regards flatulent fart s and instinctual emotions as disgusting gestures. Howeve r, if we do not release the pent up gas from within our i ntestinal tract we will risk serious injury to our intern al organs. Flatulence is the means by which our body safe ly lets go of pressure that has built up within our body. Yes farts stink but so does manure. Yet fertilizer grows beautiful flowers doesn't it? The same holds true for ou r emotional wellbeing. We must diffuse our instinctual em otional emissions through facial expressions, body gestur es and vocalizations no matter how unpleasant they may be whenever and wherever emotional toxicity is present with in our environment in order to sustain our emotional well being.
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</div><div style="font-size: 1px; line-height: 1px;"><fo nt face="'Times New Roman', Times, serif" color="#ffffff" class="size18 TimesRoman18"> Unlike one's genuine feeli ngs, which will go away if one accepts them, expresses th em, and releases them back to their maker, the Jammer Fee lings only go away if one overrides them with one's real emotions. This is because the Jammer Feelings are artific ial emotions. They are imposters much like a software vir us is to a hardwired computer program. They invade our mi nd by jamming up its divine signals with the Bully Cultur e's sick mental programming. The Jammer Feelings are what I call UNEARNED SHAME, UNEARNED FEAR, and UNEARNED GUILT . If one gets a genuine emotion that emerges to warn one that something is wrong, and that one therefore ought to do something about it, the Jammer Feelings emerge to bloc k one's real feelings from gaining ACCEPTANCE, EXPRESSION , AND RELEASE. For instance, let's say that you are feeli ng upset because the Jerkoholic cashier clerk is laughing at you since you accidentally put the wrong date on the check that you are writing to pay for your food at the gr ocery store. You know! The check that pays the store to g ive the Jerkoholic cashier clerk a job. The Jammer Feelin gs will invalidate your indignation with what I call "une arned shame" by telling you things like, "Oh, get over it "; or the Jammer Feelings will stifle your justified ange

r with what I call "unearned fear" by saying, "Don't say or do anything or that mean clerk will get you into some sort of undeserved trouble"; or the Jammer Feelings will discount your warranted rage with what I call "unearned guilt" by insisting that, "You are making a big deal out of nothing".
</div><div style="font-size: 1px; line-height: 1px;">
</div><div style="font-size: 1px; line-height: 1px;"> The Jammer Feelings will attempt to sabotage your effort to stand up to the bully in a meaningful way. Never ever try to reason with the Jammer Feelings. They are as unreasonable as the bully who reinforces them, and as irrational as the Bully Culture that perpetuates them. Don't give them any more attention other than the split second that you notice that they happen to be there. Otherwise they will stop you from liberating yourself from the victim role by strengthening your belief in the Bully Culture myth that "The victim is to blame for being a victim of bullying". The victim is going to have to be determined, doggedly persistent, and relentlessly persevering in order to defeat the Jammer Feelings. If the victim does not pay attention to them while the victim is in the throes of battle against the bully, the Jammer Feelings will gradually dissipate. After they go away, they will never ever return since the victim is no longer dignifying their parasitic existence because the victim is vigilantly returning them to their source — the bully who brought them into being. In other words, in order to overcome the Jammer Feelings, feel the unearned shame, the unearned fear, and the unearned guilt but confront the bully anyway!!! With each bully encounter that the victim bravely undertakes, by feeling the Jammer Feelings, but fighting back against the bully anyway; the overwhelming, all consuming, uncomfortable sensations that the victim's unearned shame, unearned fear, and unearned guilt, make the victim feel, eventually become manageable, barely noticeable, annoying sensations, and then finally, disappear, altogether.
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</div><div style="font-size: 1px; line-height: 1px;">THE VICTIM LEGACY
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</div><div style="font-size: 1px; line-height: 1px;"> "The victim is to blame for being a victim of bullying" myth is so pervasive within the Bully Culture that it has brought into existence the Jammer Feelings. The Jammer Feelings make us prisoners of what I call "The Victim Legacy". The VICTIM LEGACY keeps us in a perpetual state of feeling unearned shame — helpless, unearned fear — hopeless, as well as unearned guilt — worthless about ourselves. The victim legacy is the Bull

y Culture's underlying message that, "Because the victim had a helpless past, the victim has a hopeless present, and therefore the victim will have a worthless future".
</div><div style="font-size: 1px; line-height: 1px;">
</div><div style="font-size: 1px; line-height: 1px;">Unearned Shame
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</div><div style="font-size: 1px; line-height: 1px;"> Unearned shame makes the victim feel UNMOTIVATED to fight back against bullying. Unearned shame makes the victim feel too discouraged to escape the victim role. Unearned shame resonates as the undeserved feeling of FUTILITY that pervades the victim's psyche by making the victim wonder, "Why me?" Initially, when I embarked upon my "victim no more" journey, after I gave the bully back his own medicine, I began to feel a sense of self-empowerment. However, as I continued to confront the bully my path took an unexpected turn. It became a rocky road of self-doubt and confusion. For I started to wonder, "Why does the bully pick on ME?" The answer I got back from myself was, "Because you are a helpless wimp!" Then, I realized that I had answered myself in that way because I had been brainwashed by the Bully Culture to believe in the Bully Culture's myth that, "The victim is to blame for being a victim of bullying." After that, I became cognizant that it was the Bully Culture's fault, not mine, as to why the bully picks on me. For thanks to the Bully Culture's exoneration and toleration of the bully mentality, the human race is now in the throes of a worldwide bully epidemic. So the answer to the question of, "Why does the bully pick on me?" became "Because many people today are aspiring bullies. Therefore the odds of anyone, not just me, being bullied by a bully are extremely high".
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</div><div style="font-size: 1px; line-height: 1px;"> Unearned shame is the result of family upbringing. It has to do with the ways in which some parents raise their child. If the child is regarded as the "black sheep" of the family he will become the victim for his caretakers will always blame him for everything that goes wrong in his life, whether or not he is at fault. Hence, his siblings will follow suit and treat him in the same way as his so-called guardians do. Or at least one sibling will. It is the sibling that is considered the "golden fleece" of the family unit, and so he will become the bully of the household. The sun rises and sets upon his head for his caregivers never blame him for anything that goes wrong in his life, whether or not he is the cause of it. To make matters worse, such dysfunctional parenting will pit the bl

ack sheep child against the golden fleece child by compar
ing one to the other, but only if and when it is advantag
eous to the favorite son or daughter, and disadvantageous
 to the un-favored son or daughter. And so, the victim-bu
lly conflict is born under the guise of sibling rivalry.
To add insult to injury, after the victim survives childh
ood, the Bully Culture will keep the victim legacy alive
and well, by for instance, having the bully therapist mis
treat the victim patient by insisting that, due to the mi
streatment the victim has received from his family, a dys
functional people pattern has been established that cause
s the victim to attract negative people into his world. T
husly, here we have, once again, the Bully Culture reiter
ating, via the bully therapist's psycho lingo babble, the
 myth that, "the victim is to blame for being a bully tar
get."
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t face="'Times New Roman', Times, serif" color="#ffffff"
class="size18 TimesRoman18"> Unearned shame usually mean
s that the victim will acquire a timid disposition due to
 the learned behavior patterns that the Bully Culture has
 branded the victim with, which is the "one size fits all
" mentality that "The victim is to blame for being a vict
im of bullying". So, for example, the bully therapist wil
l evaluate the victim patient, who happens to be shy and
withdrawn as a socially maladjusted person. Then, the bul
ly therapist will label the victim patient as being "chro
nically depressed" or having a "social anxiety" disorder.
 But what is really happening, is that the victim is simp
ly doing what is natural, being honest with himself about
 his own feelings, and therefore avoiding the toxic envir
onment that he finds himself in. You wouldn't eat or drin
k or touch poison if you knew it was poison, now would yo
u? So too with the victim! Whenever and wherever the vict
im is in contact with bully(s), which thanks to the Bully
 Culture, is more often than not, the victim gets perpetu
ally anxious and/or chronically unhappy. But instead of s
ociety recognizing that the victim's coping mechanism is
a healthy adaptation to the Bully Culture's sick way of s
ocializing, the Bully Culture dictates that the victim as
 being anti-social and therefore mentally ill, and gives
the victim a pill for his so called psychological afflict
ion. Taking medication for the victim is like swallowing
ex-lax for diarrhea. All prescription drugs do for the vi
ctim is numb out the victim's already severely desensitiz
ed feelings, which have been thoroughly compromised so th
at the victim can survive the never ending emotional torm
ent, and/or physical torture that the bully(s) of the Bul
ly Culture inflict upon his person. Moreover, the longer
the victim's body of emotions — primarily, his anger (rag
e), his fear (terror), his sadness (sorrow) and his pain
(loss) — remain dormant, the harder it becomes for the vi
ctim to open up his mouth, let alone, talk back to a bull
y.
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iv><div style="font-size: 1px; line-height: 1px;">Breaking the Ice
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</div><div style="font-size: 1px; line-height: 1px;"> Unearned shame corresponds to stage one, breaking the ice, the phase of acceptance of the emotional healing process. The Bully Culture persuades the victim to feel unearned shame so that the victim will ignore his feelings so that THE VICTIM WILL NOT ACKNOWLEDGE THAT HE IS A VICTIM OF BULLYING.
</div><div style="font-size: 1px; line-height: 1px;">
</div><div style="font-size: 1px; line-height: 1px;"> One of the ways that the Bully Culture manipulates the victim into feeling unearned shame and thereby emotionally impotent is by making the victim believe that the only feeling that the victim ought to have is the "pursuit of happiness". But ironically, the victim who decides to only feel joy is unable to feel happiness. This is due to the simple reason that by denying himself the divine right to feel his negative emotions such as anger, which warn the victim that something is wrong, the victim denies himself the divine right to feel his positive emotions such as joy, which tell him that all is right with the world. Emotions are like a body of water. Both are thoroughly integrated. All water droplets contain the same elements. If one were to split a drop of water it will become another drop of water. If one were to put the two droplets of water together they will fuse back into one drop of water. So too, with emotions! They cannot be divided into positive and negative feelings for they all contain both types of feelings within them. This is why when people are really happy they cry as if they are very sad. The victim who decides to be emotionally dishonest about what he actually feels will behave as if he is happy in order to avoid being victimized by bullying. Result, the victim will be emotionally inactive to such an extent that he will no longer be aware that he is not aware that he does not feel anything.
</div><div style="font-size: 1px; line-height: 1px;">
</div><div style="font-size: 1px; line-height: 1px;"> One of the ways in which the Bully Culture intimidates the victim into feeling unearned shame and therefore emotionally immobilized is by forcing the victim to endure unbelievably traumatic life changing events. The victim's only recourse to be able to survive such pain is to make it surreal to him self by completely shutting down his emotions. The cost of doing so is very high. The victim has to detach him self from him self in order to disconnect from his unbearable pain. Being chronically

emotionally shut down subjects the victim to enter such undesirable psychological states of being as "depersonali zation" — being emotionally detached from the self, and/o r "de-realization" — being physically detached from the s elf. The duration and intensity of remaining in these sel f-fragmented states of unreality depends upon how much tr auma the victim has to undergo. Such altered psychologica l states as depersonalization and de-realization are the way in which the human organism protects itself. Neverthe less, nature intended them to be temporary not permanent coping mechanisms. It is a panic button so to speak to be pressed only during immensely stressful situations. If t he Bully Culture makes the victim chronically undergo tra umatic circumstances of one sort or another, nature's pan ic button will be left on too long or used too often robb ing the victim of his divine right to experience life as a sentient being. The victim who decides to be emotionall y dishonest about what he feels will deprive himself of h is other feelings in order to cope with being victimized by bullying. Result, the victim will be emotionally stifl ed to such an extent that he no longer knows who he is.
</div><div style="font-size: 1px; line-height: 1px;">
</div>< div style="font-size: 1px; line-height: 1px;"> The only way that the victim can e ject himself out of his emotional armor is to FEEL THE UN EARNED SHAME BUT CONFRONT THE BULLY, ANYWAY. This will in itiate stage one, breaking the ice, the PHASE OF ACCEPTAN CE of the emotional healing process. Having been trapped within an emotional coma for so long it will take some ti me for the victim to emotionally process that he is a vic tim of bullying. The span of time and effort that it will take the victim to break the ice of his own immobilized emotional tomb will be determined by how severely the vic tim has been traumatized by bullying. Although breaking t he ice may appear to be a colossal roadblock towards vict im liberation, it is a humungous opportunity for the vict im to free himself from the victim role for it allows the victim to tear down the wall that keeps the victim from being united with him self and thereby there for him self .
</div><div style="font-size: 1px; line-heig ht: 1px;">
</di v><div style="font-size: 1px; line-height: 1px;">The Beginner's Luck Phase of Over coming Bullying
</div><div style="font-size: 1p x; line-height: 1px;">
</div><div style="font-size: 1px; line-height: 1p x;"> When you start to l earn a new sport or play a new game there are a lot of un canny moments in which you are in the groove. You are so great that you can beat the pros. It is effortless and fu n. You hardly have to think about what you are doing. You

are simply in sync with the universe. This phenomenon is known as Beginners' Luck. Beginners' Luck happens to the victim at the beginning of his journey toward overcoming bullying. During the Beginners' Luck phase of giving the bully back the bully's own medicine, the victim's emotions remain rather frozen and so, although he is speaking words to the bully, the victim's facial expressions and body language are virtually non-existent. However, the victim's frozen blocks of emotion begin to break up after the victim confronts the bully, which puts the victim into a state of catharsis.
</div><div style="font-size: 1px; line-height: 1px;">
</div><div style="font-size: 1px; line-height: 1px;"> The victim's state of mental cognition – the mental processing time it takes the victim to realize that the bully has insulted the victim and knowing what to say or do back to the bully — is virtually non-existent as well. But every bully that the victim confronts from the victim's past makes the victim better and faster in the future at giving the bully back the bully's own medicine. It also makes the victim instantaneously aware of another unresolved past bullying issue that has to be dealt with and another and another and so on and so forth. This sets off a chain reaction that culminates into the victim emotionally purging himself of all past bullying encounters. By repeatedly making the choice to confront the bully(s) from the victim's past, the victim shatters his Jammer Feeling of unearned shame in the present that dictate to the victim's psyche that the victim is too helpless to fight back against bullying.
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</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 DEEP IN ME</i>
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</div><div style="font-size: 1px; line-height: 1px;" align="center"><font face="'Times New Roman', Times, serif" color="#ffffff" class="siz

e18 TimesRoman18"><i>In the gloomy darkness that filled m
y nights</i>
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line-height: 1px;" align="center"><font face="'Times New
Roman', Times, serif" color="#ffffff" class="size18 Times
Roman18"><i>I awaited the sun to arise from dawn's lights
.</i>
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ight: 1px;" align="center"><font face="'Times New Roman',
 Times, serif" color="#ffffff" class="size18 TimesRoman18
"><i>When, suddenly I felt apart from the rest.</i>
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font></div><div style="font-size: 1px; line-height: 1px;"
 align="center"><font face="'Times New Roman', Times, ser
if" color="#ffffff" class="size18 TimesRoman18"><i>A cryp
tic pain had pierced my chest.</i>
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tyle="font-size: 1px; line-height: 1px;" align="center"><
font face="'Times New Roman', Times, serif" color="#fffff
f" class="size18 TimesRoman18"><i>It seared my spirit; it
 scorched my soul.</i>
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ize: 1px; line-height: 1px;" align="center"><font face="'
Times New Roman', Times, serif" color="#ffffff" class="si
ze18 TimesRoman18"><i>It left my being a burning hole.</i
>
</div><div style="font-size: 1px; line-height
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es, serif" color="#ffffff" class="size18 TimesRoman18"><i
>I trembled in terror. I shook in vain</i>
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v><div style="font-size: 1px; line-height: 1px;" align="c
enter"><font face="'Times New Roman', Times, serif" color
="#ffffff" class="size18 TimesRoman18"><i>at the force by
 which it came.</i>
</div><div style="font-size
: 1px; line-height: 1px;" align="center"><font face="'Tim
es New Roman', Times, serif" color="#ffffff" class="size1
8 TimesRoman18"><i>For the deep in me that I now grasped<
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New Roman', Times, serif" color="#ffffff" class="size18 T
imesRoman18">Unearned Fear
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f" color="#ffffff" class="size18 TimesRoman18"> Unearned fear makes the victim feel AFRAID to fight back against bullying. Unearned fear makes the victim feel too immobil ized to free himself from the victim role. Unearned fear reverberates as the unwarranted feeling of DESPAIR that s ettles within the victim's psyche by instilling within th e victim the attitude of, "Why try?" While traveling alon g the road of "victim no more", I discovered that after I gave the bully back his own medicine I felt a sense of r elief. But after a while, my path petered out into a dirt road full of potholes of difficulty. For although, I con fronted the bully, more and more often, I found myself ha ving trouble knowing what to say or what to do to stop my self from being a victim of bullying. So, I started to wo nder, "Why am I taking so long to put the bully in his pl ace?" The answer I got back from myself was, "Because you are hopeless moron!" I had answered myself in that way b ecause I had been conditioned by the Bully Culture to bel ieve in the Bully Culture myth that, "The victim is to bl ame for being a victim of bullying." After that, I became cognizant that it was the Bully Culture's fault, not min e, as to why I was such a slow processor. For thanks to t he Bully Culture, the moment I opened up my mouth and utt ered one word of protest against being bullied, the entir e world sided with the bully by ganging up on me. So the answer to the question of, "Why try?" became "Because no one taught me that I had to defend myself, and no one tau ght me how to fight back, and no one supported me for sta nding up for myself, either." No wonder why I was sluggis h! I had zero practice, having been given no coaching. Pl us, instead of having a fan club to cheer me on, I had th e bully's minions to turn me off.
</div><div style="font-size: 1px; line-height: 1px;">
</div><div style="font-size: 1px; line-height: 1px;"> Unearned fear is the result of family upbringing. It has to do with the way in which some parents raise their chi ld. If the child is regarded as the "black sheep" of the family he will become the victim for his caretakers will always punish him for everything that goes wrong in his l ife, whether or not he is at fault. Hence, his siblings f ollow suit and treat him in the same way as his so-called guardians do. Or at least one sibling will. It is the si bling that is considered the "golden fleece" of the famil y unit, and so he will become the bully of the household. The moon rises and sets upon his head and so his caregiv ers never punish him for anything that goes wrong in his life, whether or not he is the cause of it. In addition, to make matters worse, such dysfunctional parenting will pit the "black sheep" child against the "golden fleece" c hild, by making the "black sheep" child the scapegoat for the "golden fleece" child. And so, the victim-bully conf lict is born under the guise of sibling rivalry. To add i nsult to injury, after the victim survives childhood, the Bully Culture will keep the victim legacy alive and well , by for instance, having the business bully a) get the m

anager to side with the trouble making bully worker again
st the unsuspecting victim patron, or b) call security to
 have the victim shopper thrown out of the establishment
for daring to defend himself against the offensive employ
ee or c) have the police arrest the consumer for daring t
o exercise his consumer rights. Thusly, here we have, onc
e again, the Bully Culture reiterating, by way of the cor
porate elite bully, the myth that, "The victim is to blam
e for being the customer who is always wrong."

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sRoman18"> Unearned fear usually means that the victim w
ill most probably have a clueless disposition with regard
 to how to deal with the bully due to the learned behavio
r pattern that the Bully Culture has beaten into the vict
im, which is the "one size fits all" mentality that "The
victim is to blame for being a victim of bullying." So, t
he victim, who has dedicated himself to liberating himsel
f from the victim role finds him self getting frustrated
with his slow progress. The victim does not grasp that th
e reason why he seems to be such a moron when it comes to
 the art of kicking bully butt is because the victim also
 believes in the Bully Culture myth that, "The victim is
to blame for being a victim of bullying." Thusly, the vic
tim spends his entire life span trying to figure out why
he keeps getting beat up by the bully instead of trying t
o figure out how to fight back against the bullying. More
over, the victim does not get how to bash the bully's but
t since the victim's significant others also believe in t
he myth that, "The victim is to blame for being a victim
of bullying." Thusly, they give their victim child no gui
dance as to how to protect himself, nor do they nurture t
heir victim child to defend him self. To the contrary! Th
e victim child is ignored, punished and/or ganged up upon
 by his own family for attempting to exercise his inalien
able divine right to preserve the self. Meanwhile, the bu
lly child has been bred to be a bully by his significant
others. They either put up with the bully's behavior, let
 the bully get away with his bullying, or reward him for
being a bully. Hence, the bully child gets plenty of oppo
rtunity to use people as his own personal punching bag. W
ith such odds against the victim child, by the time he re
aches adulthood he has no courage left to fight back. Fur
thermore, the victim does not comprehend, understand, or
know that the reason why he appears to be a dolt in train
ing when it comes to defeating the bully is due to the fa
ct that the rest of the world also believe in the Bully C
ulture myth that, "The victim is to blame for being a vic
tim of bullying." Thusly, the so called indifferent by st
anders side with the bully against the victim whenever an
d wherever the victim fights back. Meanwhile, at the same
 token, the so called apathetic on lookers look the other
 way whenever and wherever the bully beats up the victim.
 Finally, the elite bully reinforces the Bully Culture my
th that, "The victim is to blame for being victim of bu

llying." by arguing that fighting back against the bully will only result in the victim getting more hurt. This is a half truth/half lie. Although the victim who fights back against the bully may risk getting hurt, if the victim does not defend himself against the bully he will get hurt anyway for doing nothing. However, if the victim fights back against the bully the victim will preserve the most important thing that he has, his DIGNITY and his FREEDOM.
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</div><div style="font-size: 1px; line-height: 1px;">Thawing Out
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</div><div style="font-size: 1px; line-height: 1px;">   Unearned fear corresponds to stage two, thawing out, the PHASE OF EXPRESSION of the emotional healing process. The Bully Culture convinces the victim to feel unearned fear so that while the victim is brave enough to accept that he has feelings — realize that he is a victim of bullying — THE VICTIM WILL FEEL TOO COWARDLY TO CONFRONT THE BULLY.
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</div><div style="font-size: 1px; line-height: 1px;"><font face="'Times New Roman', Times, serif" color="#ffffff" class="size18 TimesRoman18"> The moment the victim decides to confront the bully the victim's emotions introduce themselves to the victim. As a result of having been pent up for so long, the victim's emotions will greet the victim with overwhelming intensity causing the victim to run away from them. In psychological terms this is known as affective phobia. It means being afraid of one's own feelings. It is like having a close friend that you have not interacted with for years, who suddenly pay you a surprise visit. You are both so overcome by each other's presence, after such a long absence from one other, that your visit becomes overly excited. The victim's emotions will spew forth like lava coursing down the side of an erupting volcano. Thusly, anger having been confined within the victim for so long will be released from its captivity as rage. Fear having been submerged within the victim for so long will emerge from its depths as terror. Sadness having been buried within the victim for so long will come forth from its grave as sorrow. And pain having been silenced within the victim for so long will cry itself out as agony. But happiness, too, will get magnified as a state of catharsis. Unlike accepting that one has emotions, which entails becoming aware of them in the unearned shame phase of emotional healing, expressing one's emotions in the unearned fear phase of emotional healing requires that one be still and let the self sensate them. Such means that they will come and go of their own accord, unless and until they have been returned to their source of origin — th

e bully who brought them into being. But how can the victim return them to their maker — the bully, when every time he tries to do so his feelings well up inside of him like a giant Tsunami tidal wave? Here you are wadding in the ocean of emotion when a wall of water many stories high, foaming at the crest, and swelling like a rip tide at the trough, comes rolling towards you. I used to have dreams during my sleep at night about such waves. My dreams showed me what to do. You don't swim away from such a wave otherwise it will crash on top of you and crush you. You swim towards it so that you can dive underneath and through it.
</div><div style="font-size: 1px; line-height: 1px;">
</div><div style="font-size: 1px; line-height: 1px;"> In other words, do not think any thoughts while the biblical flood of kaleidoscope emotions overtakes you. For thoughts will take you away from you feeling your feelings. Instead use your mind to concentrate on the sensations that your feelings are generating within your body. All of the bodily sensations that you undergo are the result of your emotions giving expression through your organism, which, until now, you had diverted. So, focus on what your body is doing and where is it doing it as a result of your intensified emotions. Are you feeling cold all over? Has your face become feverishly hot? Is your mouth quivering? Is your throat swelled up like a dry lump of desert dune? Are your lungs feeling so constricted that you can hardly breathe? Are you breaking out in uncontrollable sweating? Is every particle of your being trembling? Is every nerve tingling? Is your heart pounding like a jackhammer in your chest? Does your stomach have the urge to barf or is it undulating like a run away elevator. Does your colon have the urge to make a diarrhea bowel movement or does it feel constipated? Have your knees dissolved into mush? Does your body feel like it is shrinking down to the size of an insect? Are there any other intensifying uncomfortable sensations that you are experiencing? These sensations may come and go for minutes, hours, days, even weeks, BEFORE you confront the bully.
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</div><div style="font-size: 1px; line-height: 1px;"><font face="'Times New Roman', Times, serif" color="#ffffff" class="size18 TimesRoman18"> Though expressing your emotions may make you feel like you are going to be deathly ill, it is just a passing discomfort. You will not die from permitting your emotions to be released from your body. It just means that you are no longer physiologically petrified like a piece of wood. Instead you are beginning to thaw out like the free flowing liquid of animated being. I remember when I initially embarked upon my quest to confront the bully. I kept having repeating dreams at night while I was asleep that the bully was hurting my feelings. Although I desired to tell the bully off, I was in so much emotional pain that my throat became too clogged

up for me to speak. As I persevered in talking back to the bully my night dreams changed. They went from my being mute to my being able to whisper, to my being able to speak audibly, to my being able to talk out loud. Meanwhile, the painful lump inside of my throat diminished until it was no longer there. What my dreams were telling me was that my throat was the place where I harbored my emotions. Because I had entrapped my feelings inside of my self they had become stuck in my throat. I refused to give up on expressing my feelings and so I eventually prevailed in dislodging them from there. By letting myself experience my own emotions I was getting in touch with how they felt. "Hello feelings my name is BB". My feelings answered back. "Hello BB. I am Miss So Angry that I have caused your throat to constrict so much so that you cannot even speak. Hello BB I am Miss So Sad that I have caused your throat to swell up so much so that you cannot even cry. Hello BB I am Miss So Afraid that I have caused your throat to be so suffocated that you can hardly breathe. Feeling my feelings made me realize that they are not my enemies as the Bully Culture programmed me to believe that they were. They are my best friends. They never lie to me. They always know what is best for me. They are my God given guardian angels. So I have come to trust them...one hundred percent.
</div><div style="font-size: 1px; line-height: 1px;">
</div><div style="font-size: 1px; line-height: 1px;"> The only way that the victim can rid himself of his affective phobia is to FEEL THE UNEARNED FEAR BUT CONFRONT THE BULLY, ANYWAY. This will initiate stage two, the PHASE OF EXPRESSION of the emotional healing process. During the thawing out stage the victim's emotions begin to manifest themselves as non-verbal language — facial expressions and body gestures — as well as verbal speech — words. The difference between success and failure with regard to the unearned fear victim confronting the bully is based upon one thing that the victim must do. The victim has to let his unearned fear be felt BEFORE and AFTER his confrontation with the bully. Otherwise, both the victim's genuine feelings and his unearned fear will be too overwhelming for the victim to be able to give the bully back the bully's own medicine. DURING the victim's confrontation with the bully, the victim is to concentrate on nothing else but what he is saying and doing to the bully. If the victim does these things the job will get done.
</div><div style="font-size: 1px; line-height: 1px;">
</div><div style="font-size: 1px; line-height: 1px;"> By making the decision to vent his feelings at the bully, the victim begins to express his emotions. Depending upon how severely the victim has been traumatized by bullying will determine how much time and effort it will take the victim's emotions to thaw out. With each passing day that the vict

im permits himself to express his emotions towards the bully, the victim will process at a faster and faster and faster rate the ways in which the bully victimizes the victim. This will assist the victim in becoming better prepared to confront the bully. Although emotionally thawing out by being willing to express one's own uncomfortable feelings may appear to be a monumental task towards victim liberation, it is actually a huge opportunity for the victim to free himself from the victim role by making the victim cognizant of all the things the bully has done, does, and will do to the victim so that the victim can develop the necessary skills to defeat bullying.
</div><div style="font-size: 1px; line-height: 1px;">
</div><div style="font-size: 1px; line-height: 1px;">The Learning Curve Phase of Overcoming Bullying
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</div><div style="font-size: 1px; line-height: 1px;"> The victim is now going to be dealing with the bully(s) that the victim encounters in the victim's immediate present. At this juncture the victim starts to make mistakes. When the victim encountered the bully(s) from the victim's past the victim already knew what had transpired. So, the victim had time to figure out what to say and do to the bully after the bullying even had already transpired. When the victim encounters the bully(s) of the victim's present, the bullying event is still in progress so the victim does not know until it is happening in the moment what is going to occur. Thusly, the victim's mental cognition — the mental processing time it takes the victim to realize that the bully is insulting the victim and knowing what to say or do back to the bully — has to be spontaneous. But, since the victim has not had any practice in dealing with instantaneous bullying events, the victim's mental cognition is going to be sluggish.
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</div><div style="font-size: 1px; line-height: 1px;"> The Bully Culture attempts to prevent the victim from discarding his unearned fear by making the victim feel that if he does not execute a flawless performance then he does not deserve to breathe another breath. So thanks to the Bully Culture the victim is not only afraid to confront the bully, the victim also has performance anxiety about doing so. Don't let your quest to be liberated from the victim role give you a compulsive-obsessive personality disorder. Try not to berate yourself for making mistakes or for not knowing how to handle yourself in every bullying circumstance. I know it is hard not to since, because we have been conditioned by the Bully Culture to believe in the myth that, "The victim is

to blame for being a victim of bullying", we tend to blame ourselves for anything and everything that goes wrong in our lives, even if we are not the cause of the effect. So, we overcompensate by becoming perfectionists. When you do error keep in mind the affirmation that, "FAILURE IS ONLY DELAYED SUCCESS."
</div><div style="font-size: 1px; line-height: 1px;">
</div><div style="font-size: 1px; line-height: 1px;"> Going about the task of giving the bully back his own medicine has nothing whatsoever to do with having to be perfect to make it happen. For the goal of confronting the bully is not to be flawless. The goal of confronting the bully is to NOT let the bully INTIMIDATE or MANIPULATE you into being a victim of bullying. Also keep in mind that the GOAL of your campaign to become "victim no more" is not about being responsible for things that are outside of your control — changing the bully's behavior as that is up to the bully to decide to do or not do. Rather, the GOAL of your campaign to become "victim no more" is about being accountable for things that are within your control — changing the victim's behavior so that you, the victim, can liberate yourself from the victim role that the Bully Culture has brainwashed you to be in.
</div><div style="font-size: 1px; line-height: 1px;">
</div><div style="font-size: 1px; line-height: 1px;"> The Bully Culture has trained the victim to live according to the word "perfect" in order to make the victim responsible for things that are outside of the victim's control. At the same token, the Bully Culture has trained the bully to use the word "perfect" in order to let the bully escape accountability for things that are within the bully's control. Hence, whenever, wherever, and however the bully is caught doing a wrongful deed the bully will use the word "perfect" to make excuses for his wrongdoing by saying things like, "I am not perfect". The real issue here is that the bully "does not even try" to clean up his own mess. Mistakes are unavoidable as they are part of the learning process. The one who never makes a mistake is the one who never ever accomplishes or achieves anything. The material in the Bull Crap Busters Website is tried and true because it was conceived out of trial and error. So don't get upset when you make a mistake. Instead use such opportunities to come up with new ways or reinforce your execution of old ways on how to deal with the bullying.
</div><div style="font-size: 1px; line-height: 1px;">
</div><div style="font-size: 1px; line-height: 1px;"> Overcoming bullying, like anything else, takes work so expect frustration. But, thanks to the Bully Culture, the victim is going to have plenty of b

ully(s) to practice confronting the bully. Correcting mistakes is what speeds up slow mental cognition. In other words it is called learning. What makes the learning curve phase difficult is that the victim has to learn what things to say and/or do to the bully in any given bullying event. But, if the victim will observe from the mistakes that the victim made in the past, what works and what does not work in the present, then the victim will know what to say and/or do to the bully in the future. The victim will grow immensely during the learning curve phase for the victim's comfort zone in dealing with bullying will become more expansive. It will be an experimental phase in which the victim discovers new ways of confronting the bully.
</div><div style="font-size: 1px; line-height: 1px;">
</div><div style="font-size: 1px; line-height: 1px;"> The following will teach the victim how to observe the victim's set backs so that the victim can learn from the victim's failures how to be a success at improving at being a "Bully Buster":
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</div><div style="font-size: 1px; line-height: 1px;"> I recommend that the victim make and keep a list of all of the bullying events in which the victim might have done a more thorough job at telling the bully off. This list can be a diary or a journal describing the victim's and the bully's dialogue. The victim will then ask himself what he did not say and/or do that was applicable to the past bullying event. After that, the victim will document what things the victim can say and/or do in future bullying events. Bully(s) for the most part are not very innovative people. Most bully(s) use the same repertoire of manipulation and intimidation victimization tactics over and over and over again. Therefore, many-a-bully is going to bully the victim by saying and/or doing the same darn thing that many-a-bully has already said or done to the victim. This means that, once the victim figures out what specific things to say and/or do in a particular bullying event, the victim's work is done. For the victim is going to be able to repetitively say and/or do the same things to the bully over and over and over again. This will give the victim the necessary practice to speed up his mental cognition,
</div><div style="font-size: 1px; line-height: 1px;">
</div><div style="font-size: 1px; line-height: 1px;"> I also recommend that the victim make and keep a list of all of the bullying events in which the victim was victorious in thoroughly telling the bully off. This list can be a diary or a journal describing the victim's and the bully's dialogue. The victim is to refer to it from time to time to

see how much progress the victim is making at confronting the bully.
</div><div style="font-size: 1px; line-height: 1px;">
</div><div style="font-size: 1px; line-height: 1px;"> The more the victim totally tells off the bully the more complete the victim's emotional healing process is going to be. The victim's mental cognition will be slow, medium, or fast depending upon how much practice the victim gets at confronting the bully. So practice, practice, and practice some more! A slow rate of cognition means that it is going to take the victim months to weeks to mentally process a bullying event. A medium rate of cognition means that it is going to take the victim weeks to days to mentally process a bullying event. A fast rate of cognition means that it is going to take the victim days to hours to mentally process a bullying event. The fastest rate of cognition is when the victim mentally processes a bullying event within minutes to seconds. Thusly, the victim is going to miss opportunities to strike back at the bully in the moment. Hence, to remedy this, the victim can go back and confront the bully, as many times as is necessary, to say and/or do all that is necessary to the bully.
</div><div style="font-size: 1px; line-height: 1px;">
</div><div style="font-size: 1px; line-height: 1px;"> If the victim misses an opportunity to confront the bully, and is unable to do so for whatever reason, the victim will be compensated for it by giving the next bully that the victim has to deal with a double dose of the verbal can of whoop butt. One dose will be for the bully that is not getting away with being a bully, and the other dose will be for the bully who got away with being a bully.
</div><div style="font-size: 1px; line-height: 1px;">
</div><div style="font-size: 1px; line-height: 1px;"> While the victim confronts the bully, the victim may notice that he OVERREACTS to the bullying situation. Even though this may be disconcerting to the victim, the bully, and the bystander, who are present. Most people are not aware that overreacting is part of the natural emotional healing process that the victim who confronts the bully has to undergo. Overreaction is the human organism's way of overcompensating for all of the bullying instances in which it under reacted by not reacting at all to bully victimizations. The victim cannot help this. This is all part of the emotional healing process. As Sir Isaac Newton once said, "For every action there is an equal and opposite reaction." It is a simple rule of Physics. This is nature's way of re-aligning what is out of alignment. Anyway, don't feel too bad for the bully who gets the double dose since he has gotten away plenty with

hurting innocent people so it won't throw off the scales of justice any. If the victim continues to deal with bull ying on a consistent basis, then, eventually, the victim' s psyche will regain its equilibrium in accordance with t he golden mean of the natural order of things by returnin g to its "once upon a time" naturally balanced self. Afte r that, the victim will stop abnormally reacting altogeth er and start normally responding to bullying.
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</div><div style= "font-size: 1px; line-height: 1px;"> Thanks to the Bully Culture, for the most pa rt, no one will give the victim any support to stand up t o bullying. By focusing on both your failures and your su ccesses you, the victim, will become your own best suppor t person. The most important thing to remember is "Do not ever give up!" By refusing to give up, you give the worl d no choice, but to give you your freedom to be "victim n o more!" I was a victim for half a century. Yet, I was ab le to break out of the victim role. So, you can too! By r epeatedly making the choice to confront the bully(s) from the victim's present, the victim shatters his Jammer Fee ling of unearned fear that dictate to the victim's psyche that the victim is too hopeless to fight back against bu llying.
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</div><div style="font-size: 1px; line-heig ht: 1px;" align="center"> <i>I WISH I COULD CRY</i>
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yle="font-size: 1px; line-height: 1px;" align="center"><f
ont face="'Times New Roman', Times, serif" color="#ffffff
" class="size18 TimesRoman18"><i>I wish I could cry with
gentle rage,</i>
</div><div style="font-size: 1
px; line-height: 1px;" align="center"><font face="'Times
New Roman', Times, serif" color="#ffffff" class="size18 T
imesRoman18"><i>flowing freely, easily, un-caged,</i>
</div><div style="font-size: 1px; line-height: 1px
;" align="center"><font face="'Times New Roman', Times, s
erif" color="#ffffff" class="size18 TimesRoman18"><i>hold
ing onto not a thing,</i>
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t-size: 1px; line-height: 1px;" align="center"><font face
="'Times New Roman', Times, serif" color="#ffffff" class=
"size18 TimesRoman18"><i>letting myself go, surrendering.
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ght: 1px;" align="center"><font face="'Times New Roman',
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</div><div style="font-size: 1px; line
-height: 1px;" align="center"><font face="'Times New Roma
n', Times, serif" color="#ffffff" class="size18 TimesRoma
n18"><i>Without wondering why</i>
</div><div st
yle="font-size: 1px; line-height: 1px;" align="center"><f
ont face="'Times New Roman', Times, serif" color="#ffffff
" class="size18 TimesRoman18"><i>I'd allow myself to.</i>

</div><div style="font-size: 1px; line-height:

1px;" align="center"><i>I wish I could cry</i>
</div><div style="font-size: 1px; line-height: 1px;" align="center"><i>for what crying could do.</i>
</div><div style="font-size: 1px; line-height: 1px;" align="center"><i></i>
</div><div style="font-size: 1px;" align="center"><i>By Elana Laham © 2013</i>
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</div><div style="font-size: 1px; line-height: 1px;">
</div><div style="font-size: 1px; line-height: 1px;">Unearned Guilt
</div><div style="font-size: 1px; line-height: 1px;">
</div><div style="font-size: 1px; line-height: 1px;"> Unearned guilt makes the victim feel DEGRADED about fighting back against bullying. Unearned guilt makes the victim feel humbled about the prospect of liberating himself from the victim role. Unearned guilt is the unjustified feeling of humiliation that borrows into the victim's psyche and thereby infuses within the victim the worry of, "Why am I not enough?" As I continued to press onward with my "victim no more" campaign by diligently giving the bully back his own medicine I felt a sense of freedom. But soon enough my path altered its course for I began to wonder, "Why is what I say and what I do to the bully not enough?" The answer I got back from myself was, "Because you are useless trash!" It took me sometime to realize that I had answered myself in that way because I had been programmed by the Bully Culture to believe in the Bully Culture myth that, "The victim is to blame for being a victim of bullying". After that, I realized that it was the Bully Culture's fault, not mine, as to why I felt that what I did and said to the bully was not enough. For thanks to the Bully Culture, I was given NO constructive inner programming to work with. No one gave my mind any wisdom, understanding, or knowledge — OPPORTUNITY — my heart any love or guidance — SUPPORT — or my being any social or financial status — ATTENTION — to overcome bullying. So was it any wonder then why I was not satisfied with my own performance in fighting back against the bully? My glass was neither half empty nor half full since no one put any water into it at all. The Bully Culture had made an empty vessel out of me by having

its members fill me up with nothing but lies, and lies, and more lies about who and what I really am and how the world actually works. Thusly, my answer to my own question of "why am I not enough?" became because "I am a work in progress".
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</div><div style="font-size: 1px; line-height: 1px;"><font face="'Times New Roman', Times, serif" color="#ffffff" class="size18 TimesRoman18"> Unearned guilt is the result of family upbringing. It has to do with the ways in which some parents raise their child. If the child is considered the "black sheep" of the family he becomes the victim for no matter what he does or does not do his caretakers are never satisfied with his performance. Hence, his siblings follow suit and treat him in the same way as his so-called guardians do. Or at least one sibling will. It is the sibling that is considered the "golden fleece" of the family unit, and so he becomes the bully. The entire solar system rises and sets upon his head for no matter what he does or does not do his caregivers are always satisfied with his performance. In addition, to make matters worse, such dysfunctional parenting will pit the "black sheep" child against the "golden fleece" child by spoiling the "golden fleece" child while depriving the "black sheep" child. And so, the victim-bully conflict is born under the guise of sibling rivalry. To add insult to injury, after the victim survives childhood, the Bully Culture will keep the victim legacy alive and well, by for instance having the clergy bully wrongfully preach to the victim that a good person is the one who rises above it all by not let anything or anyone upset him. Therefore, if the bully is bullying the victim, it is bec