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How To Handle Mental Bullying

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Everyone remembers a bully. They would be the ones you would find terrorizing the kids in the neighborhood, and getting what they wanted free of charge. They were the ones that brought about fear that was real along with torment. Bullies still exist today, but they are much more prevalent. They're not the ones that just bring about physical harm, but they specialize in mental bullying.

This type of bullying comes about when someone tries to get what they want by making someone feel afraid or intimidated by things that one says or does. Contrary to belief, it doesn't just happen on the school playground. It can be found among adults as well. It could be found on the job, or in the midst of intimate relationships. It often comes in the form of threatening, belittling, name-calling, lying, or even humiliation.

Sometimes, these types of bullies try to make other people pay for mistakes or things that were done to them unintentionally. Sarcasm is also used when questions that are genuine in nature are asked by the innocent. The workplace is a common place where humiliating things that are done or said comes in the disguise of office pranks.

Emotional bullying may appear to plague only children, but they affect adults as well. Wounds and scars are often left that are not so easy to heal. It is not uncommon to find that those that endure such abuse often times turn and become the abuser. Tremendous results occur when it comes to an individual's mental health. It brings about low self-esteem, suicide attempts, shame, and poor job performances. Usually, depression is at the top of the list. One unfortunate result that can occur is if the victim over identifies with the bully. They take up for the abuser and make excuses for their abusive behavior.

One question that always comes up is how to deal with bullies. The answer yet remains the same. An individual has two options. They can either stand up to the bully, or completely ignore them.

Adults have more knowledge and insight when understanding the reasons behind the behavior of a bully. Children are innocent and not so wise when it comes to this topic. Just knowing that the attacks of an abuser really is not a personal attack on the victim. It all comes down to who the abuser is and what they've encountered. These individuals oftentimes abuse more than one person.

Knowing the mindset of the abuser is half the battle. When one understands that the attacker actually suffers from an illness, it becomes less personal for the victim. They have a better chance in ignoring the behavior of the bully.

When it comes to standing up to a bully, it may be scary at the first, but it usually has a positive outcome. It forces the bully to change his ways. They may not completely change, but their behavior will be altered in some way. Mental bullying often forces the bully to look at themselves and self evaluate. Those that realize that they have a problem, may want to seek out the proper help that they need.

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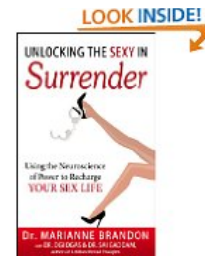
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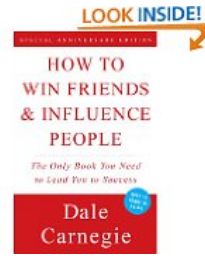


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