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Tuesday, 4 February 2014

The Effects Of Mental Bullying

By Serena Price

Bullies have been around from the beginning of time, and will never go away. Nobody will forget the individual who was bigger and meaner than the rest of the kids in school. They were the ones that parents wanted to personally get their hands on and teach a lesson. However, in today's society, mental bullying is an abuse that continues to grow day by day.

This form of abuse has one major objective. It is for the abuser to get what they want by placing fear into the minds of the innocent victims that they target. This is not just a problem that young children or teenagers fight, but it's also one that adults come up against. It can be something that someone deals with when in an intimate relationship, and it can also be found in the workplace.

Bullies try their best to make someone pay for mistakes that were unintentional. Sometimes, those that ask simple questions are often targeted through the use of sarcasm. No matter what they say, they will always experience some type of emotional trauma. Humiliating pranks and actions are many times used as common disguises for bullying. Every prank done in the workplace is not always what it appears to be.

Emotional bullying often seems very childish, but the mental effects linger on even into adulthood. They tend to leave scars and wounds that are very difficult to heal. Those that have experienced this type of mental abuse,

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often turn around and become mental abusers themselves. The effects that result on a person's mental health is tremendous. It can often bring about shame, low self-esteem, suicidal tendencies, poor job or academic performance, or even extreme shyness. Depression is often at the top of the list. Many times, the victim tends to over identify with the bully. They begin to defend the bully as well as their behavior.

How to deal with a bully is a question that never goes away. There are usually two choices. Victims can ignore their emotional attackers, or stand up to 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.

When an individual gains more knowledge of how a bully thinks, they will start to look at it more as an illness, and not necessarily a personal attack targeted towards the victim. Ignoring a bully may not be as hard anymore.

There's no doubt that standing one's ground against a bully can be terrifying. However, standing up for oneself usually will produce a positive result. It completely catches the bully off guard, and forces him to change his way. There may be a significant change, or one that is small in nature. It may even cause the attacker to want to stop **mental bullying**, and get the help that they so desperately need.

About the Author:

Our online page at www.bullcrapbusters.com talks about how to stop mental bullying. Make sure you read all the posts that are published here on <http://www.bullcrapbusters.com>.

Posted by Lenda Smill at 15:37

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