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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.

Bullying of this nature is often used in order for a person to get what they want through intimidation or fear. But, don't just think that this pertains to kids on the school play ground only. Adults can experience bullying too. They can experience it in the home, on the job, or through relationships. It often takes on the form of a lie, humiliation, belittling, or sarcasm.

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.

Bullying seems very juvenile in nature, but its negative impact can linger on for the rest of a person's life. It leaves wounds that become quite difficult to heal over time. Mental abusers often turn around and inflict the behaviors of their abusers on others. The way it affects a person's mental health is quite devastating. It can destroy an individual by lowering their self esteem, causing thoughts of suicide, and causing that individual to want to be isolated from others. Depressions is sure to follow. A result that is really disheartening is when the victim begins to identify with the abuser and excuse 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.

It requires great insight to understand why bullies do what they do. Adults have more of a perception behind their actions, more so than a child who is plagued by fear would. They are also able to understand that the abuse has almost nothing to do with the victim; but it's all about the abuser. Emotional bullies don't just bully one person, but they bully many.

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.

Standing up to a bully is no easy task, but most of the time the outcome will be positive. They bully is forced to change the way that they act. It may not be a 360 degree change, but there will be some type of alteration. It often causes the attacker to take a good look in the mirror and do a self-evaluation. The negative affects of mental bullying may even warrant the abuser to get the help that they need.

About the Author:

Our online page at www.bullcrabusters.com talks about how to stop mental bullying.

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