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## How To Handle Mental Bullying

By Serena Price

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.

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 often try to make other people pay for things that they've done wrong and unintentional mistakes. Abusers use methods such as sarcasm when making someone feel small when they ask questions that are genuine. Office pranks are often a disguise for bullying that goes on in the workplace. Incidents that happen on the job aren't always innocent or coincidental.

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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.

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.

One must understand the mindset of their emotional attacker. Individuals that have been around for a while have more understanding than a typical child would. Understanding that the abuse is not really personally connected to the victim is the first step. It all revolves around the person causing the abuse. They tend not to just bully one person, but many.


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.

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.bullcrapbusters.com](http://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>.

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