

# Sweet words about love



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## The Effects Of Mental Bullying

By *Serena Price*

Nobody forgets a bully from their childhood. It could have been the biggest kid in school who walked around taking lunches or beating kids up on the playground. This individual caused fear to formulate in the minds of everyone he approached. Today, bullies still exist. However, they are not just physical in their approach, but they know how to get into the minds of individuals. Mental bullying is more extreme than it sounds.

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 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.

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.

Dealing with bullies may seem to be a hard thing to do. However, there are simply two options that exist. One can turn the other way and ignore the bully, or one can simply stand up against 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

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comes down to who the abuser is and what they've encountered. These individuals oftentimes abuse more than one person.


When someone has this type of knowledge, they would be able to see that mental bullying is really an illness and is really not personal to the victim. People that have this understanding would probably have an easier time ignoring a bully's behavior.

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.bullcrabbusters.com](http://www.bullcrabbusters.com) talks about how to stop mental bullying. Make sure you read all the posts that are published here on <http://www.bullcrabbusters.com>.

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