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Taking A Stand Against Mental Bullying

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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.

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, 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.

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.

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 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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