

WHY IS EVERYBODY ALWAYS PICKING ON ME?

A Workbook
For Bullies & Victims
Ages 8-14



Based on the Peace Education Books
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Workbook Evaluation Form



We hope that this Workbook has provided you with new insights and ways to work with all the bullies and victims in your life. We've done our best to make this Workbook as useful as possible for you and your purposes.

Just as you learn from us, we also learn from you. That's why we'd appreciate your taking a few minutes to fill out this Evaluation Form and return it to the address listed below. If there isn't enough space to say everything you'd like to say, please feel free to add sheets of paper; or, you can e-mail us (see below).

- 1. This workbook gave me new insights into bullies and victims that I never had before. One or more of them are:**

- 2. The part(s) of this Workbook that helped me the most are:**

-
-
- 3. The subjects I had the most difficulty understanding are:**
- 4. The parts of this Workbook I tend to use the most, because I need them, are:**
- 5. The next time you put together a Workbook, I'd like to see more:**
- 6. The subjects I need to work on more include:**

- 7. In my part of the world, our greatest bullies are those who:**

- 8. The people I would pass this Workbook on to include:**

- 9. I see other places to use this Workbook besides at home and at school. These are:**

- 10. The way I believe I can best teach the difference between judgment and observation is:**

Rank Evaluation Form



Here are 30 questions you can use to evaluate what your students have learned from this Workbook. Rather than ask multiple choice questions, or ask students to memorize information, we pose questions that encourage them to think intelligently, on their own.

1. What is a bully, and how is a bully different from a victim?
2. Name five different kinds of bullies you've seen, and then describe the kind of bully you may have been at least once in your life.
3. What does bullying produce, and how can it lead us to believe that there's something wrong with us?
4. How does bullying affect us on the inside? How does bullying affect you us the outside?
5. What are some conscious roles you play in your life now? What are some conscious roles you might play later when you're older?
6. What unconscious roles have you played that you weren't aware of until you learned about bullying?
7. What do we mean when we say that a bully is a victim in disguise?
8. Do you think we need to fight to survive? Why?
9. Name three ways you could stop bullying from happening in your community.
10. What's the difference between reacting out of fear, and acting out of power? Which provides us with the greatest control?
11. What do physical skills give us? What do mental skills give us?
12. What's the highest goal of the martial arts?
13. Name five ways to walk away with confidence and how you might use one of them in your own life.

14. How do you think it might help to “stand in someone else’s shoes”?
15. Which was your favorite roleplay, and what did it teach you?
16. Why do you think stopping a fight takes more strength than bullying?
17. What are the advantages of talking things over with someone when you feel angry or upset? What is the most difficult thing for you about talking with someone?
18. What do we mean when we say: “You are what you remember.”?
19. When you have a thought that’s followed by a feeling, what’s the feeling a sign of?
20. What are the advantages and disadvantages of comparison? Do they work best with technical qualities or psychological ones?
21. How does observing our own behavior — without judging it — help us become aware of our thoughts and feelings?
22. What does it mean to have *direct contact* with our behavior?
23. Name three ways you can develop the power of your brain.
24. Does life hold on to what hurt you yesterday or today — or do you? Does life judge you — or do you?
25. Name your favorite way to express your thoughts and feelings that does not create conflict!
26. What’s one example of world-class bullying? Where have you witnessed it?
27. How is respect the act that conquers fear? What happens when we respect people who are different from us?
28. What are your five favorite ways to relieve bully stress!
29. What’s one way you can make practicing good manners something you *want* to do, rather than something you *must* do?
30. If you were about to be hired as a Peace Maker, starting tomorrow, what activity would you choose first?

Bully Session #1:

What Is A Bully?



Has anyone ever bullied you?

☐ Yes! ☐ No! ☐ I don't recall.

How did the bully seem? Was there a look on his or her face that you noticed? Was it happy? Angry? Sad? How did the bully's eyes look? Mouth? Nose? Cheeks? Face?

Draw the bully here: 

- 1. Take a close look at the face you drew. Is it the face of someone who's happy?**



2. Do you think a bully is someone who is...



Angry?



Sad?



Lonely?



Hurt?

All of the above?

(Finish this sentence any way you like!)

I think a bully is someone who is

3. Would you say that a bully is someone who may have a problem?

I think a bully is:



☐ Someone with a small problem.

☐ Someone with a big problem.

☐ Someone with lots of problems.

4. What kind of problem(s) do you think this bully has?



Have YOU ever been a bully?

☐ **Yes!**

☐ **No!**



- 1. Have you ever had a problem — one that made you angry?**

(Write whatever you wish to finish this sentence:)

The problem that really made me angry was ...

- 2. When you were angry, did you yell at anyone? (Even a little?)**

Yes. I yelled at ...



3. If you yelled at someone, weren't you a bully, too?

- ☐ Oops! I guess I was.
- ☐ Didn't think I was.
- ☐ I really was!

4. There are two main kinds of bullies — the extrovert bully and the introvert bully.

Extrovert Bullies are aggressive, active, outgoing and expressive. They want to be in control. They're rebels — rough and tough, mean on the surface. But inside they feel inferior, insecure and unsure of themselves. They reject rules and like to rebel to achieve a feeling of superiority and security.

Draw an Extrovert Bully here! 

Introvert Bullies don't want to be recognized. They hide as much as possible. They don't rebel; they conform to society. But they also want to be in control, which they get by smooth- talking, saying the "right" thing. They will lie, cheat, do anything to get what they want. They make us think they mean well.

Draw an Introvert Bully here! ➡

5. **Have you ever been an extrovert bully? How? What did you do?**
6. **Have you ever been an introvert bully? How? In what way?**
7. **There are many types of bullies. Can you tell if the following are introvert or extrovert bullies? Check the box you think is best!**

Introvert

Extrovert



The Super Jock Bully

“I am Number One — yeah, ME!”

☐☐

The Preppy Bully

“Sorry you’re not invited to my club party.
You should find another club to join.”

☐☐



The Movie Star Bully

“Mirror, mirror, on the wall,
Who’s the fairest of them all?”



The Brain Bully

“I’m smart. I know better than you!”



The Rocker Bully

“Trash it! Do your own thing!
Who cares how it affects anyone else!”





The Patriotic Bully

“Your country. Love it or leave it!”



The Religious Bully

“There is only one belief — mine!”



The Prejudiced Bully

“Your people are inferior to my people!”



**Whether an introvert or extrovert,
bullies come in all shapes, sizes,
colors and nationalities.**

What kind of bully are YOU?

Introvert

Extrovert

When I'm angry, I'm an

☐☐

Of the bullies described above,
the one that comes closest to me is:
(**Check the box below:**)

I'm going to draw
how I look!



- ☐ Super Jock Bully
- ☐ Preppy Bully
- ☐ Movie Star Bully
- ☐ Brain Bully
- ☐ Rocker Jock Bully
- ☐ Patriotic Jock Bully
- ☐ Religious Bully
- ☐ Prejudiced Jock Bully
- ☐ Other:

**A bully is someone who's hurt and angry.
Most people who are hurt and angry have problems.
We all have problems.**

**We've all been bullied at one time or another.
And we've all been bullies, too.**

Bully Session #2:

How Does Bullying Affect Us?



How does bullying affect us?
For starters, it creates conflict!

How? Now we know that a bully is someone who is hurt and gets angry — someone who has problems. This creates conflict. We also know that we're probably all bullies at one time or another, right? And whenever we get into that bully mindset, we create conflict – not only inside us, but outside us with other people.



It's a pretty safe guess that bullying is not particularly healthy for anyone — either the person being bullied, or the person doing the bullying. So that's why it's important to look at how bullying affects us.

If bullying is something that affects everyone badly, maybe we need to understand *why* we do it in the first place.



1. What happens inside you when someone bullies you? (Check the boxes that are most appropriate for you.)

- ☐ I get a queasy feeling inside.
- ☐ I get scared.
- ☐ I get angry and want to bully back.
- ☐ I want to run home and be with my family.
- ☐ I want to run away from everyone — forever.

- ☐ What happens to me is this (write anything you wish):

2. What happens a year after someone has bullied you? Five years?

- ☐ I still get queasy inside when I think about what happened.
- ☐ Sometimes I still get scared when I think about it.
- ☐ When I think about it, I wish it had never happened.
- ☐ Anyone who looks like the bully reminds me of what happened.

- ☐ What happens to me is this (write anything you wish):



**Danger #1:
When we're bullied,
the fear we feel can stay with us for a long, long time.
For some people, all their lives.**

That's why no one should ever push the bully danger button.

3. How did the experience of being bullied make you see yourself? (Check any boxes that apply to you.)

- ☐ Being bullied made me feel that I was weak.
- ☐ Being bullied made me feel that I was not important.
- ☐ When I was bullied, I began to believe I was inadequate.
- ☐ Since I was bullied, I've been feeling depressed.
- ☐ After I was bullied so often, I started to spend more time alone.

- ☐ What happened to me is this (write anything you wish):



Danger #2:
Bullying can make us believe
there's something wrong with us.

- 4. When you believe that there's something wrong with you when you're a kid, do you think that feeling tends to change when you grow up?**
(Check any boxes that are right for you.)

- ☐ When I grow up, I'll have a lot more power.
- ☐ When I'm an adult, I'll be able to take control of a situation.
- ☐ When I'm a grown-up, a bully can still bully me.
- ☐ When I'm an adult, I'll still have to deal with lots of bullies.



- ☐ The way I can describe some adult bullies I've seen is that they seem:

- ☐ The bullies I've seen on television or in the movies appear to be:

- ☐ The way that adults bully is the same as (or different from) the way kids bully in that they:

5. I think kid bullies grow up to become adult bullies, because:



They're still hurt and angry.



They're still kids.



They haven't found a way to resolve their anger.



They're unhappy.



They have the need to hurt people.



They don't understand why they are being bullies.



Danger #3:
Kid bullies grow up to be adult bullies.
So, if we can prevent kids from becoming bullies,
there won't be any adult bullies!

Do not push the bully button!

6. So, the way bullying affects us is (*check the answers true for you*):

ON THE INSIDE:

- ☐ I get scared or angry.
- ☐ I sometimes feel a sense of revenge.
- ☐ I sometimes learn to dislike people.
- ☐ I hold on to memories of a bully.
- ☐ Memories of being bullied make me feel weak, depressed.

ON THE OUTSIDE:

- ☐ I spend more time alone.
- ☐ I sometimes distrust people and don't make friends.
- ☐ Angry and afraid, I don't get along well with other people.
- ☐ I start fights.
- ☐ I create conflict between myself and other people.
- ☐ Kid bullies sometimes stay bullies and become adult bullies.



Danger #4:
Bullies create conflict,
and conflict causes war.

Bully Session #3:

The Roles We Play



Some roles we play are conscious roles.

1. What are some roles you play in your life? (Check the boxes that fit you:)

- ☐ I'm a son or daughter.
- ☐ I'm a sister or brother.
- ☐ I'm a student.
- ☐ I'm a friend.
- ☐ I'm also (write whatever you like:)...

2. What are some roles you might play once you're older?

- ☐ I might be a wife, and mother; or husband, and father.
- ☐ I might be an uncle, aunt or grandparent.
- ☐ I might be a teacher, doctor, lawyer, writer, musician or architect.
- ☐ I might be a football, soccer, basketball or baseball player.
- ☐ I could be a truck driver, fire fighter, or flight attendant.
- ☐ I could be (write whatever you like:)...

These are roles we take on — to be a family member, to earn a living —because they're meaningful to us, or because we enjoy or have a talent for them. They're called **conscious roles**. Can you guess why?



- ☐ We take on these roles because we want to.
- ☐ They are roles we are aware of and consciously understand.
- ☐ They represent what we want to do, be or become.
- ☐ I'm a son! I'm a daughter! I'm a kid! I'm a team member.
I'm a cousin! I'm a grandchild! I'm a friend!



Some roles we play are unconscious roles.

3. Other roles we sometimes take on are called unconscious roles. Can you guess why?

- ☐ They're roles we do not purposely choose.
- ☐ We are NOT aware that we've taken them on.
- ☐ These roles may come from a need to protect ourselves, because we're afraid of something.

The Fear I Feel Is ...

When I'm afraid of taking tests
I play the role of...

When I'm afraid of sports and that
"I'm not good enough," I become...

When I'm scared of standing up
for what I believe, I become...

When I'm afraid of speaking in
front of the class, I turn into...

The Unconscious Role I Play Is...



"Someone who's stupid."



"Someone who's clumsy."



"Someone who's weak."



"Someone who's shy."

The Fear I Feel Is ...

When I'm scared of taking responsibility for my actions, I become...

The Unconscious Role I Play Is...



"Poor me!"

When I'm frightened that someone will take advantage of me, I become...



"The bully"

When I'm scared of not getting perfect grades, I play the role of...



**"Mr. Perfection"
"Ms. Flawless"**

When I'm afraid of people who are "different" from me, I become...



**"Ms. Snooty"
"Mr. Nose in the Air"**

When I'm afraid of not getting enough attention in my life, I become...

Any or all of the above.

See if you can match up the sentence with the person who probably said it.
The answers are at the bottom of page 21, but don't look until you've matched them all!



- | | |
|--|--------------------------|
| 1. "If I take that exam today, I'm sure I'll fail. I'm dumb." | a) Someone who's shy. |
| 2. "I'm not strong, so you better not pick me for the team." | b) Someone who's stupid. |
| 3. "I'm not very good at reading poetry out loud. I whisper mostly." | c) Someone who's weak. |
| 4. "If you and Mom really cared about me having to go to this terrible school, you'd get me a car." | d) Someone clumsy. |
| 5. "You'd better not send me to the store for juice and eggs, because I'll fall and break everything." | e) Someone helpless. |
| 6. "Give me your money! If you don't, I'll punch your lights out!" | f) The "poor me" kid. |
| 7. "If the teacher calls on me again, whisper the answer to me. I can't understand that stuff." | g) The "perfect" kid. |
| 8. "I'm not going to the party unless I can wear the right clothes, the right shoes and drive your car." | h) The bully. |

Have you played any of these roles? Which ones? (Write about it here!)

You already know:

A bully acts superior and likes to have control over others.



**A victim plays the role of an inferior person
and sometimes a servant to the “superior” person.**

Can you think of why a victim would act inferior?

**Would you be surprised to discover
it’s the same reason the bully acts superior?**

FEAR!

**Both bullies and victims are afraid.
But they act out their fears in different ways!**



The answers from page 20 are: 1(b), 2(c), 3(a), 4(f), 5(d), 6(h) 7(e), 8(g).

See how many different ways you can describe the face, body, language and behavior of both the Bully and the Victim. See how they compare!

Bully Characteristics

Face:

Body:

How the bully speaks:

How the bully acts:

Victim Characteristics

Face:

Body:

How the victim speaks:

How the victim acts:

Influences In The World Today



1. Why would a person want to bully me?

- ☐ The bully has angry thoughts.
- ☐ The bully has hurt feelings.
- ☐ The bully has bad feelings about self-image.

The bully (write whatever you think:)

2. Why would I want to bully someone?

- ☐ I have angry thoughts.
- ☐ I have hurt feelings.
- ☐ I'm having trouble with my self-image.

I (write whatever you think:)

**We all get bully feelings from time to time.
We know that a bully is not a “bad” person.
Also, it helps to understand the influences in the world today
that could lead us to become bullies.**

3. The times I feel like bullying are when someone I know:
(Check any box that rings a bell of truth for you.)



- ☐ Offers harsh physical and verbal punishment.
- ☐ Allows me to get away with aggressive behavior.
- ☐ Doesn't talk with me or spend much time with me.
- ☐ Doesn't praise or encourage me.
- ☐ Encourages me to take violent actions.
- ☐ Ridicules me and laughs at me.
- ☐ Encourages me to participate in unhealthy activities.
- ☐ Is never there for me, but wants me to be there for him or her.
- ☐ Sometimes has beliefs that make me angry.
- ☐ Doesn't allow me room to be who I am.
- ☐ Has rules and regulations that don't seem to fit me.

4. **The way I feel about the media (TV, movies, radio, news) is, they:**
(Check the boxes that precede statements that are true for you):



- ☐ Provide a lot of violent examples for kids like us.
- ☐ Show guns, knives and murdered people on a daily basis.
- ☐ Demonstrate people being cruel to each other.
- ☐ Even cartoons are violent.



- ☐ Television and movies show us “heroes” and “heroines” who are aggressive bullies. Sometimes, they’re rewarded for their bully-like behavior.
- ☐ We see a lot of violence, but sex is portrayed as worse.
- ☐ I’ve seen so much violence, I’ve become numb to it.
- ☐ I believe the world is a threatening, hostile place, and sometimes I’m afraid to live in it.

5. What I've noticed about community leaders is that:



- ☐ Business can create a very competitive environment.
- ☐ Some competition is healthy; some creates violent behavior.
- ☐ Some politicians work to create positive changes; some enjoy being powerful.
- ☐ Political parties are often in opposition, creating conflict.



**What have you noticed about YOUR community leaders?
Write whatever you think!**

A Few Questions



1. **Do you think it's possible that we human creatures try to dominate and control others because we believe that's the way to survive?**

☐ Yes!
☐ No!
☐ I'm not sure!

2. **Do you think we need to fight to survive?**

☐ Yes!
☐ No!
☐ I hope not!



3. **Do you think we were taught that we have to fight to survive?**

☐ Yes!
☐ No!
☐ It's possible.

4. **Do you think we've been passing down this belief, generation after generation, for hundreds of years?**

☐ Wow!
☐ What a thought!
☐ Maybe!

So what have you learned from this Bully Session?
Write anything you wish!



Bully Session #4:

How Can We Stop Bullying?



Finding New Ways To Win

If you had to come up with three ways to STOP bullying from ever happening again, what would you recommend? *(Check the boxes that interest you most.)*

- ☐ I'd take a personal interest in stopping it.
- ☐ I'd get online and just tell the world to stop.
- ☐ I'd put public service announcements on television.
- ☐ I'd do my best to understand why people bully.
- ☐ I'd suggest to my school that we have classes to help us understand and copy with conflict and bullying.
- ☐ I might try to develop intelligent skills to deal with bullies.

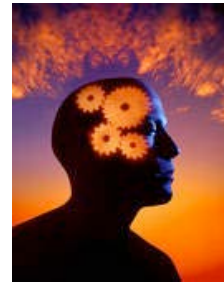
What I would like to do most is:



If you truly want to put an end to bullying:

- 1. The first thing you need is a genuine INTEREST in stopping it. This interest must come from you. No one can put it inside you.**

The way I will take a real interest in stopping bullying is:



- 2. The second step is developing an AWARENESS of how bullies act and a desire to understand why they act that way.**

What will help me develop an awareness of how bullies act and why they act the way they do is:

The people I fight with include:

- | | |
|--|--|
| <input type="checkbox"/> My brother(s) and/or sister(s). | <input type="checkbox"/> My parents. |
| <input type="checkbox"/> My classmates. | <input type="checkbox"/> My teachers. |
| <input type="checkbox"/> Other friends. | <input type="checkbox"/> Other adults. |

Mostly, I fight with:



3. The third way is to DEVELOP NONVIOLENT ways to deal with bullies. Talking things out could be one of them.

In order to not fight, it's important to look at reasons why we do fight. Here are some reasons young people fight. *Check the boxes that fit you.*

- ☐ Someone makes fun of me or embarrasses me.
- ☐ Someone wants something I have.
- ☐ I want something someone else has.
- ☐ I feel empty or hurt and want to hurt someone back.
- ☐ Someone wants to control me, or make me do something I don't want to do.
- ☐ I have a need to control people, or make them do something I want them to do.
- ☐ I am jealous of someone.
- ☐ Someone is jealous of me.
- ☐ Someone wants to be "better" than I.
- ☐ I want to be "better" than someone I know.
- ☐ I hang out with the "wrong" crowd.
- ☐ Someone wants to prove how tough he/she is.

The reason I fight is (write whatever you wish):

**Once you understand WHY another person
wants to fight with you,
or WHY you want to fight with a person,
you can THINK about fighting ...
BEFORE you actually fight!**



Write a song in your head called



“I Don’t Have To Fight!”



Imagine you are walking home from school.
A bully appears and says, “Give me all your money, or I’ll punch you!” In that moment, you either want to run away or fight. You can lose your money, or refuse and get beaten up. But there’s another way!



You UNDERSTAND why this Bully is threatening you. The Bully needs money. The Bully needs to control you. But do YOU want to fight? No! Do you want the Bully to control you? No! Do you want to give the Bully your money? No!

**Instead of running away out of FEAR, instead of FIGHTING the Bully,
you can PREVENT a fight from happening,
and still NOT GIVE IN to the Bully!**

**You don’t have to REACT out of FEAR!
You can ACT out of POWER — and PREVENT a fight!**

**Talk about control! This is the best control of all!
You can actually STOP a fight from ever starting!**

**Want to know how to do it?
READ ON!
The story that follows will show you!**



The School of “No Sword”

There is a story of a famous swordsman, from the school of “no sword” (which means to defeat an enemy without a sword or weapon of any kind). His name was Bokuden, and he lived many years ago in Japan.

Bokuden was crossing a lake in a rowboat with a group of people. In the boat with them was a tough looking and arrogant Samurai (a type of warrior/soldier) who boasted about how good he was with a sword.

“I am the greatest swordsman,” claimed this strong warrior. “Nobody can beat me.” The passengers eagerly listened to this braggart’s endless stories about winning many fights. But Bokuden took no notice and was dozing as if nothing were going on around him. This made the Samurai very angry. He came up to Bokuden and shook him saying, “Hey, aren’t you listening? Come on! You also carry a pair of swords. Why aren’t you joining in on the conversation?”

Bokuden responded quietly, “My way is different from yours. It consists not in defeating others, but in not being defeated.” This just made the warrior angrier.

“What is your school then?” asked the warrior.

“Mine is known as the school of ‘no sword’,” Bokuden responded calmly.



“Why then do you carry a sword?” cried the Samurai.

“To protect myself from wild animals, not to hurt people.”

The braggart became frustrated, and he shouted, “Do you really mean that you can fight with no sword? Can you fight me with no sword?”

“Why not?” answered Bokuden calmly. The warrior called out to the boatman to row to the nearest island. Bokuden suggested that it would be better to go to the island farthest away, because the nearer island had people who might be attracted to the fight and might get hurt. The Samurai agreed. The boat headed for the island farther away.

As soon as they came near enough, the Samurai jumped off the boat and drew his sword ready for combat.

Bokuden slowly took off his swords and handed them to the boatman. He was about to leave the boat to follow the Samurai onto the island when Bokuden suddenly took the long oar from the boatman and, pushing it against the land, gave a hard backstroke to the boat. The boat moved away from the island and out to sea, leaving the enraged Samurai standing on the shore in combat position.

When the boat was safely away from the island so the warrior couldn't follow, Bokuden said, smiling, “This is my school of ‘no sword’.”

This is how to deal with a bully!

Our way is not to defeat others, but to NOT BE defeated.

Rather than focus on WINNING, we learn how to NOT LOSE.



It's like having an umbrella ready in case it rains.

(The above story is beautifully illustrated, along with other colorful illustrations, in the Atrium Society companion book, Why Is Everybody Always Picking On Me?)

How Victims Become Victors

1. One way I believe I CANNOT LOSE, using Bokuden's way in the school of no sword, is to (write what you wish):



2. Another way to NOT LOSE and achieve the confidence to NOT fight is to learn a Martial Art.

The following are ALL true:

- ☐ Martial Arts for Peace is different from what you see in the movies.
- ☐ Martial Arts for Peace skills are meant to PROTECT, not hurt you.
- ☐ These skills give you the ability to defend yourself, if necessary.
- ☐ Martial art skills remove fear by giving you confidence.
- ☐ When a bully picks on you, you “center” yourself.
- ☐ Rather than “tense up,” you prepare to protect yourself.



3. With Martial Arts for Peace, you use your mind instead of your fists!

- ☐ Martial Arts for Peace should be learned from a qualified teacher.
- ☐ BOTH physical skills and mental skills are necessary.
- ☐ Intelligent Martial Arts cannot be learned from a book.

**It's essential to be taught
both physical and mental skills of self-defense.**

**Physical skills give you the confidence
to handle a fight, if necessary.**

**Mental skills offer you ways
to resolve a fight before the fighting ever begins.**

**The highest goal
of the Martial Arts**



**is to a fight
before it starts.**

Bully Session #5:

How Can We Stop Bullying?



Using Your Head

Here are 12 ways to peacefully avoid fighting that have worked well for other kids. Keep in mind: Practice makes perfect! The way to do them well is to do them often.



1. **Make friends.** Be friendly and kind to the bully. Most bullies feel hurt or angry. Being friendly may help them feel better. If you treat them with respect, they may offer you respect, too. But be careful! Not used to being treated with kindness, they may not respond well at first.

I could make friends by:



2.

Use humor. Be funny. Tell a joke. But be careful!

You don't want the bully to think you're making fun of him or her. Make sure the bully knows that the joke or story is not meant to be at her or his expense.

I would use humor by:



3.

Use cleverness. Use your creative imagination to resolve the conflict. Remember Bokuden of the school of “no sword”? He used cleverness.

Some clever ideas include:

- ☐ Pretend to be sick.
- ☐ Pretend you have poison oak or poison ivy (which is catchy!).
- ☐ Speak in a foreign language (that you make up).
- ☐ Tell the bully you just had an operation.
- ☐ Say your parents are about to pick you up.
- ☐ Tell the bully your relative is a member of the police.

Other clever ideas I might use include:



4. **Walk away.** You may feel you have a right to stand up for yourself and fight back when you've been bullied, but **STOP** and **THINK** for a moment. Does fighting back solve anything?

- ☐ Isn't it true that fighting back just continues to hurt people?
- ☐ Don't you become just like the bully when you resort to violence?
- ☐ If you walk away, no one's been hurt — not you or the bully.
- ☐ It takes a lot of strength to turn your back and walk away.
- ☐ In order to walk away, I would have to take a deep breath and think.



5. **Agree with the bully.** Many fights begin when a person feels insulted. If someone calls you a name, instead of reacting with anger or fighting, just **STOP**. **WATCH** what happens inside you when you **STOP**.

- ☐ I feel hurt and humiliated.
- ☐ I feel angry and hot.
- ☐ I want to slap or punch the one who insulted me.
- ☐ I want to run away and hide.
- ☐ I can feel my blood pumping fast.



6. **Refuse to fight.** A fight takes at least two people. You may feel angry or afraid. You may want to run away or cry. You may think you have to get beaten up because your friends are watching, and they'll think you're a coward if you run away. Which of the following apply to you? (Check the boxes that you think best reflect your thoughts:)

- ☐ When someone challenges me to a fight, I get scared.
- ☐ Instead of fighting, I can turn my back and walk away.
- ☐ It takes great strength to just turn and walk away.
- ☐ If I believe that fighting is not a good thing, I can walk away and feel good, because I've prevented a fight from happening.

**Turning your back, walking away
and refusing to fight take great strength.
But they're better than fighting.**

If you refuse to fight, the fight will not happen.





7. **Stand up to the bully.** Standing up to a bully sometimes surprises bullies. They expect you to be afraid, and when you're not, they sometimes back down. You tell a bully, with words, with your body, and how you present yourself, that you do not want to be bullied.

- ☐ The words I can use to stand up to a bully are:

- ☐ The body language I can use to stand up to a bully consists of:

- ☐ The way I present myself to a bully would be to:



8. **Scream or yell.** The human voice is very powerful. You can scream, “NO! I WON’T LET YOU HURT ME!” OR “HELP!” or “FIRE!” any of these screams will cause people to come to see what’s happening.

Some of the yells or screams I can use include:



9. **Ignore the bully.** When you ignore the bully, you act as if he or she is not there. This can work well with some bullies, and not so well with others. You have to try it to find out.

Ignoring is an alternative you may want to use in combination with walking away or cleverness — just in case it doesn’t work by itself.



10. **Use authority.** There are two ways you can use authority to demonstrate your power:

- ☐ Show the bully you're not afraid, and won't allow him/her to hurt you. This is using your own power, your own authority.
- ☐ Call on someone else to help you who is more powerful than the bully.
- ☐ Powerful doesn't always mean having physical strength. It can also mean someone who is older and *in* power, such as a parent, teacher or member of the police force.
- ☐ The way I believe I'd prefer to use authority is:
- ☐ If I needed help, I'd call on:

**Both kids and adults need to stop bullies.
No one has the right to bully anyone!**





11. **Reason with the bully.** Some kids and adults have a gift for gab. They know the words to use to tell other people what they want and don't want. For the rest of us, learning to reason takes practice. It's important to know how to reason — to think out what to say and do, so you don't hurt others, and they don't hurt you.

☐ The words I would use with a bully might be:

☐ The way I would reason with a bully is:



12. **Take a martial arts stance.** Hopefully you will have tried everything you can to stop a fight before you take a martial arts stance. This alternative is used LAST, because it means using your physical body in a way that shows the bully:

- ☐ You're strong.
- ☐ You know how to protect yourself.
- ☐ You are prepared to defend yourself.

**Taking this stance doesn't mean you're going to fight.
It means that you're ready to, if necessary —
or if there seems to be no other alternative.**

**Remember:
The highest goal of the martial artist**



is to

STOP a fight.

Bully Session #6:

Practice Makes Perfect!



Gaining Confidence

You already know that the reason you want to be able to defend yourself is to have the confidence to NOT fight, right?

- 1. Where do you think confidence comes from?**
 - ☐ From wishful thinking!
 - ☐ From practicing intelligent alternatives to fighting, like playing an instrument or participating in a sport.
 - ☐ The way to do alternatives well is to do them often.



**Every situation is different.
An intelligent alternative that works in one situation
may not work in another.**



Confidence comes from practicing your alternatives...



and from understanding the bully.

2. If you've bullied someone, it's important to experience what it feels like to be a kid being picked on. Can you guess why? (Check any box that represents how you see things.)

- ☐ When I "stand in another person's shoes," I get a feel for what the situation feels like to that person.
- ☐ This is how I'll learn to understand another person's point of view. I know that's important.
- ☐ When I know what the kid being picked on feels like, I may be less likely to pick on that kid. I guess that's good.



3. If you're a kid being picked on, it's important to "get into the shoes" of a bully. Can you guess why?

- ☐ For the same reasons. To understand the other person.
- ☐ To get a feel for why the kid is being such a bully.
- ☐ To find out whether this bully is afraid of something.
- ☐ If I get a feel for why a bully is scared or angry, I might be able to help the bully, instead of running away or fighting.
- ☐ Getting into the bully's shoes, I can see how the world looks from where he or she is standing.



4. Have you ever roleplayed?

- ☐ Yes!
- ☐ No!!
- ☐ Acted on a stage!



In a way, it's like being in a play. You get to play the part of a victim, AND the part of a bully, so you experience what it's like to stand in the shoes of BOTH people. You can perform these roleplays with friends, parents or teachers.

On the next page, you will see a roleplay situation between TWO characters, **Peanut** and **Hook**.

The best way to practice this roleplay is to find someone who'll play the other part with you. It doesn't matter which part you play first, because you will need to take another turn and play the other part. When you get the opportunity to play both parts, you get to see the situation from BOTH sides. This gives you important insight and information.

When you find a partner, decide which part each of you will play first. Then, read the dialogue out loud. The words in parentheses () are directions for you to follow, so you don't have to read those aloud.

Are you ready?

(See the Atrium Society companion book, Why Is Everybody Always Picking On Me? for more Bully/Victim roleplays.)

ROLEPLAY #1:
CAN I STOP BEING BULLIED
WHEN I ONLY KNOW PHYSICAL SELF-DEFENSE SKILLS?



PEANUT

Uh-oh. Here comes Hook again. That big bully doesn't know I've been studying Martial Arts for Peace. If I get any trouble, he's in for a surprise.

HOOK

Well, well. If it isn't my little buddy, Peanut. *(Walks up to Peanut and puts a heavy-handed arm on Peanut's shoulder.)* Seems to me we made a deal last time we met and you haven't come through.

PEANUT

Leave me alone, Hook! I didn't make any deal with you!

HOOK

You were about to give me your money, when we got interrupted. Now hand over that money, punk.

PEANUT

You better watch out, Hook! I've never told you this, but I'm learning martial arts, and you could get hurt.

HOOK

(Grabs Peanut's shirt.) Ha! You gonna hurt me, squirt? You and who else?

PEANUT

(Breaks free and does a kick that throws Hook off balance.)

HOOK

Why you little punk! *(Comes at Peanut with his fist clenched, pretending to smash him.)*

ROLEPLAY #2:
IF PHYSICAL SKILLS ONLY MAKE THE BULLY ANGRIER,
WHAT SKILLS CAN I USE TO STOP BEING BULLIED?



PEANUT

Uh-oh. Here comes Hook, again. Maybe I made a mistake by revealing that I know martial arts moves. I should use them if I get bullied again!

HOOK

Well, well, well. It's my little buddy, Peanut. *This twerp is small enough for me to pick on, and he scares easily. Much different from my brother, who beats up on me. I'll just beat up on Peanut and show this kid that I can be tough too!* (To Peanut:) I appreciate the money you gave me last week. Problem is, I need more.

PEANUT

(Calmly:) Listen, Hook! We had a deal, and I completed my part of the bargain. *This bully could eat me alive. If I don't act tough, I'll just get beaten up and my money will be taken. I better get out of here, fast.*

HOOK

You talk awfully big for a squeaky little person, you know? *The kid's acting tough, but I can smell fear. The martial arts stuff is baloney. Reminds me of my brother — always bluffing and puffing and pretending to be something more than what he is.*

PEANUT

Do I try a kick or a punch? Hook is getting serious. I'm going to have to do something, or run away. If I run, the bully will run after me and that will fuel even more fire. How do I get out of this?

HOOK

(Grabs Peanut's shirt.) You better pay up, or you are mincemeat!

Another good job!

Let's look at this roleplay situation. Once again, think about how YOU felt during the roleplay. Finish the following statements, and answer the questions:

- ☐ The second roleplay gave me a deeper understanding and clearer picture of why Hook bullies people. I think Hook bullies Peanut because:

- ☐ What went through Peanut's mind while thinking about what to do to stop Hook? And do you think it helped?

- ☐ What could Peanut have done to stop Hook's bullying?

- ☐ The kind of skills Peanut needs to stop being bullied are:

- ☐ The way I would deal with that situation is:

On the next page, you'll see a third roleplay situation between **THREE** characters.

These characters are:



Rusty



Topper



Mr. Wood

Find two people who'll play the other parts with you. Once again, it doesn't matter which part you play, because eventually you will need to play the other part, too. When you get the opportunity to take several turns and play **ALL** the parts, you get to see the situation from **ALL** sides.

When you find two partners, decide which part each of you will play first. Then, read the dialogue out loud. You'll notice, in this roleplay, that there are more words in *italics*. These are private thoughts. You read them out loud, but not directly to the other person, because they represent what each character is thinking inside.

There are also words in parentheses (). These are directions for each character reading the lines. **Are you ready?**

ROLEPLAY #3:
CAN I STOP BEING BULLIED WHEN I HAVE BOTH
PHYSICAL AND MENTAL SKILLS?

TOPPER

There goes Rusty, wearing the shirt I gave away, and looking really good in it, too. Rusty likes the same soccer player I do. Makes me angry! (To Rusty:) Give me back that shirt, or I'll rip it off you!

RUSTY

(Looks at Topper and speaks calmly:) What? You gave it to me! This is scary. What did my Martial Arts for Peace teacher say about getting out of this type of situation without fighting? I need to use my creative imagination. I take a deep breath and FEEL the scared feelings. (Takes a breath.)

TOPPER

(Reaches out and grabs Rusty.) I did not! You stole it! It doesn't look very good on you, besides. Give it back!

RUSTY

(Still speaks calmly:) Be careful! I've got poison oak! You could get it from me!

TOPPER

(Quickly lets go of Rusty.) I still want that shirt! You better not be wearing it to the soccer game! How close are you sitting to the team?

RUSTY

(You see your teacher coming.) Mr. Wood! Mr. Wood! We need some help here! Topper wants to take my shirt!

MR. WOOD

You need another shirt, pal? (Reaches into his own pocket.) I'll be glad to loan you some money to buy one. (Hands Topper some money.) I can also help you find ways to earn money, if you're interested.

TOPPER

Never mind. I don't need it. I just wanted...

RUSTY

You want to wear it to the game, don't you. I'll go home and change and bring it to your house, okay? You can have it, okay? I don't need it.

End of roleplay! Another terrific job!

Let's look at this last roleplay and examine how each person acted. Fill in the blanks with how you respond to this situation.

■ The kind of physical skills I saw in this situation were:

■ The kind of mental skills I saw in this situation were:

■ I think that Rusty:

- ☐ cleverly fooled Topper.
- ☐ really wanted to help Topper.
- ☐ actually had poison oak.
- ☐ was wise to call for help.

What I also think about Rusty is (write!):

■ I think that when Rusty called Mr. Wood for help, he acted:

- ☐ Intelligently.
- ☐ Cowardly.
- ☐ In the highest interests of Martial Arts for Peace.
- ☐ Quickly to stop a fight before it had a chance to start.

What I also think about Rusty calling for help is (write!):

- Could you see the wheels turning in Rusty's mind as Topper insisted on having the shirt back?

- ☐ Yes!
- ☐ No!
- ☐ I was too scared!



What do you think Rusty was thinking?



What do you think Topper was thinking?

**The power of mental skills
often surpasses the power of physical skills.
When you know how to use mental skills, and practice them,
you too can stop fights — before they ever get started!**

The next roleplay is between **Totem** and **Reggie**. Watch for which skills are used by these characters!

ROLEPLAY #4: HEY, BRAIN!



TOTEM

(Thinks and says out loud:) *This kid always gets the teacher's attention — knows all the answers. Schoolwork is hard for me; I don't like it when the teacher calls on me and I don't know the answers.; I guess I must be dumb. I must be no good.*
(Sees Reggie:) Hey, Brain! Give me your homework!

REGGIE

(Looks at Totem calmly, thinks:) *Oh, no. How do I get rid of this bully?* (Then says to Totem:) I'd like to help you, but I already turned it in this morning.

TOTEM

You always get good grades, so you're gonna do my homework from now on, or else you're in big trouble.

REGGIE

I can't do your homework for you, Totem. It's not honest, for one thing. And you don't learn anything. But I've got a better idea.

TOTEM

Okay, Brain. What's your brilliant idea?

REGGIE

I'll help you with your homework, if you do something for me. We'll make a deal.

TOTEM

Like what?

REGGIE

Let's meet after school today. Maybe we can help each other. I hear you're pretty amazing at soccer. I'm lousy at it. Maybe you can teach me something.

- ☐ The kind of physical skills I saw in this situation were:
- ☐ The kind of mental skills I saw in this situation were:
- ☐ If I were Reggie (the victim in this roleplay), and the bully demanded my homework, I would:
- ☐ If I were Reggie, I'd get the focus away from bullying by:
- ☐ If I were Totelm (the bully) and Reggie told me he thought I was a great basketball player, the way I'd act toward Reggie is:



**Create your own roleplay scenes!
Make them fit YOUR situation!**

**Your MIND is a source of great power,
but you need to exercise it the way athletes exercise their bodies.**

**If your mind is going to be ready to use when necessary,
it has to be in good shape.**

Bully Session #7:

How To Be A Winner All The Time



You don't have to lose any more!

Have you ever felt (check the boxes that you've felt):

- | | | |
|---|--|--------------------------------------|
| <input type="checkbox"/> Anxious? | <input type="checkbox"/> Hopeless? | <input type="checkbox"/> Ridiculed? |
| <input type="checkbox"/> Scared? | <input type="checkbox"/> Humiliated? | <input type="checkbox"/> Pressured? |
| <input type="checkbox"/> Rejected: | <input type="checkbox"/> Ashamed? | <input type="checkbox"/> Helpless? |
| <input type="checkbox"/> Worthless? | <input type="checkbox"/> Out of control? | <input type="checkbox"/> Harassed? |
| <input type="checkbox"/> Unfairly punished? | <input type="checkbox"/> Greedy? | <input type="checkbox"/> Frustrated? |
| <input type="checkbox"/> Enraged? | <input type="checkbox"/> Violent? | <input type="checkbox"/> Hurt? |
| <input type="checkbox"/> Angry? | <input type="checkbox"/> Insecure | <input type="checkbox"/> Unloved? |
| <input type="checkbox"/> Powerless? | <input type="checkbox"/> Vengeful? | <input type="checkbox"/> Lonely? |
- ☐ Afraid of not making it? ☐ That everybody is picking on you?
- ☐ Afraid of not living up to the expectations of others?
- ☐ Yes! Some of these! ☐ None of these! ☐ Ouch! All of these!

If you've had these feelings, then — guess what!
You've felt like a victim *and* you've felt like a bully!

The desperate feelings listed above are shared by both bullies and victims. What happens forms a vicious cycle. Here's how it looks:

THE BULLY CYCLE



“That bully is after me again!”

**The bully picks on someone,
because that bully has been picked on and has felt like a victim.**

**If the bully didn't feel like a victim in the first place,
he or she might never pick on someone.**



**“Since that bully tried to push me in my locker, I've been
really mad! I'm so ticked off, I'm going to punch someone!”**

**That person the bully now picks on becomes another victim, and the
vicious cycle starts over again.**

A Lose-Lose Situation

When we try to force another person to do what *we* want, we are bullying. The outcome is usually what we call a “win-lose” situation. Someone wins and someone loses.

We may be strong enough to bully someone into doing what we want but, in the end, we’re not getting what we really want. So, it’s important to ask:

What do I really want?

When I find myself bullying another person, I think that what I really want is:

The times I recall bullying someone, what I probably needed most was:

- | | |
|--|---|
| <input type="checkbox"/> To let off steam. | <input type="checkbox"/> To get the anger off my chest. |
| <input type="checkbox"/> Caring and attention. | <input type="checkbox"/> To yell at someone I don’t know. |
| <input type="checkbox"/> Rest and relaxation. | <input type="checkbox"/> To win something. |

Even though we think of it as a win-lose situation, in which someone wins and someone loses, what really happens is:

- ☐ The victim loses self-esteem.
- ☐ The bully loses self-respect.
- ☐ It’s a lose-lose situation.
- ☐ Nobody wins. Everyone loses!

None of us is perfect. It’s okay to feel that we’d *like* to hurt someone, but it’s not okay to actually do it. Sometimes someone does get hurt.

**All we can do is learn from that mistake and,
the next time, be more aware —
and hopefully powerful enough to**



it before it starts.

ROLEPLAY #5: FOR ALL BULLIES



Here's a roleplay for one person.

You can do this one on your own, in front of a mirror. Imagine that you are a bully and that someone bumps into you, which makes you angry.

BULLY

(Thought #1:) *I know that kid hurt me on purpose!* (Get ready to punch the other person, but before you do, tell yourself:) **STOP! THINK!**



BULLY

(Thought #2:) *Okay, the kid apologized, said it was an accident. Look at the face on the kid! Afraid of me. I guess I can relax.*

BULLY

(Calmer:) Okay. I accept your apology. Accidents happen. Just be more careful next time.

End of roleplay!

Now go back and pretend that you are the Victim in this roleplay and you are listening to the Bully say these things to you.

Questions to Ask Yourself:

- ☐ How did the bully feel about getting hurt?
- ☐ Where there any memories that popped into your mind of when you were once hurt? If so, what were they?
- ☐ Did the Bully's apology sound sincere?
- ☐



- ☐ What did the fear on the Victim's face tell you?
- ☐ As the Victim, how did it feel to accept the Bully's apology?
- ☐ In that moment of STOP! THINK! what sorts of thoughts went through your mind?

Talking Things Over

**When you feel angry, talk to someone!
Tell someone how you feel.
It's okay to feel!**



**If your brain is filled with vengeful thoughts,
share them with a friend.
Sometimes just talking can help relieve the pain you're feeling.**

There are people around who care and want to help you. You are not bad or wrong. Millions of people who grow up in terrible situations and become bullies learn how to grow out of it. They understand that the way *out* is a new way *in* to their own minds!



**Although you may think and feel like bullying someone,
you don't have to.
Stopping a fight takes more strength than bullying!**

If you had to select needs that are important to change your behavior from Bully-Loser to Thinker-Winner, which would you choose?



- ☐ An interest in wanting to change.
- ☐ Energy that inspires a feeling of wanting to act.
- ☐ Commitment to whatever change is necessary.
- ☐ Awareness of what's happening.
- ☐ Skills that provide the ability to change
- ☐ Alternatives for acting differently.
- ☐ All of the above.

If you guessed all of the above, you're right!



1. Do you have all the above qualifications?
2. If you're a bully, or someone who's been bullied, can you change and do whatever is necessary to help yourself?
 - ☐ Yes, I can!
 - ☐ I'd rather not!
 - ☐ I need help!

Which of the following do you think can help you:

- ☐ Talk with my parents about what I feel.
- ☐ Request more family time when everyone's together.
- ☐ Talk about ways to get what I want without hurting people.



- ☐ Practice these ways.
- ☐ Praise myself for doing things I feel proud of.
- ☐ Instead of teasing my friends and family, help them.



- ☐ Communicate in ways that make me feel good.
- ☐ Read books and magazines that make me think, laugh or cry.
- ☐ Play video games that make me feel creative and peaceful.



- ☐ Be selective in the television programs and movies I watch.
- ☐ Find friends who support my positive side.
- ☐ Create activities that include, and make, friends.



- ☐ Learn to speak in ways that promote cooperation.
- ☐ Realize that fighting is not a healthy way to get what I want.
- ☐ Get help, if I need it, from a qualified professional.



**If you broke your leg,
you'd go to a doctor for help, wouldn't you?**

**It's the same thing.
No matter how strong we are, sometimes we need help.**

Bully Session #8:

Awareness Is Everything



It's generally accepted in the world today that competing, winning, dominating, acting in violent ways and achieving power are “good” things — heroic ideals.

What do YOU think?

(Write whatever you wish.) I think:

Many people also believe that “success” means having the biggest house, the most luxurious car.

What do YOU think success is?

(Write whatever you wish.) I think success is:



In order to achieve “success,” people sometimes compete with others in conflicting ways, say one thing and do another, and forget to respect one another.



Do you think they’ve been conditioned to think this way, or are we born with those thoughts?

I think (write whatever you wish:)

(See more about competitive thinking in the Atrium Society companion book, Why Is Everybody Always Picking On Me?)

Learning About Thinking

There are two kinds of thinking we do:



Subject Matter

In school, we learn “subject matter” information such as math, history, geography. Our brain remembers that $10 \times 8 = 80$, and that Martin Luther King was a spiritual leader who lost his life because of an assassin’s bullet.



Thoughts and Feelings

Our brain also remembers “thought and feeling” information, such as painful and pleasurable events. Our brain recalls, for example, when we’re punished for doing something we’ve been told is “wrong,” or being told by an adult that we’ve been “bad” or “naughty.”

As we go through life, our brain stores all these memories. If we’ve had a lot of painful memories, we are likely to develop unhappy attitudes. If we’ve had many pleasurable memories, we tend to develop happy attitudes. Our attitudes become part of who we are.

We Are What We Remember

1. Think of some thoughts that make you feel happy, and write...



“I feel happy about...

2. Think of some thoughts that make you feel sad, and write...



“I feel sad about...

3. Think some thoughts that feel good, like eating ice cream or laughing about something funny.



“I feel good about...



4. Think some thoughts that make you feel bad (such as forgetting to do your homework).

“I feel bad about...

**Thinking has an effect on our behavior.
We think a thought, and then we feel something.**

Example #1:



“I think I am a bad person.” “Therefore, I feel like a bad person.”

Example #2:



“I think he’s a bully.” “Therefore, I’m afraid.”

**Sometimes our minds play tricks on us.
We think, “I feel hurt, so I must deserve to be hurt.”
Or, “I *feel* bad, so I must *be* bad.”**



“I’m having a “think/feel” moment!”

Our Brain + Our Conditioning = Think/Feel

When we think a thought, that thought is followed by a feeling. This is called a “think/feel.”



If we’re remembering a think/feel that happened in the past, we call it a “thought/felt.”



“Soccer is fun!”

A feeling that follows a thought is a sign of conditioning. If I think: “Soccer is fun!” I’ve been conditioned to feel that way — either by experience I’ve had with soccer, or by information I’ve been given by others.



“Soccer is terrible!”

If I think: “Soccer is terrible!” I’ve been conditioned to feel that way for the same reasons.

Can you think of anything in the past that happened to you that causes you to have sad thoughts about yourself today? (Check a box and fill in the blank.)

- ☐ If there’s been anything sad, then I suppose it could be this thought/felt:

- ☐ It’s hard to talk about. Basically, it’s about a think/feel that happened,

- ☐ What pops into my mind is:

Becoming Aware of Comparisons



This apple is larger... than this apple.



These shopping bags are heavier... than these.

When we compare technical qualities, comparison is helpful — sometimes even life-saving.

1. Thinking is a very good tool for comparison. When we know that one apple is larger than another, we know that the larger one will give us more to eat. When we know one bag is heavier than another, we'll need more strength to lift it.
2. Comparison, as a technical tool, can help us survive. Sending the strongest swimmer to shore from a stranded ship could save the lives of everyone on board.

3. Using our thinking as a mechanism to compare ourselves with other people, however, can be harmful.

For example:

- ❑ Jan swims better than Dale; Jan's a better person.
- ❑ Pat is good-looking, so Pat is more important than I am.
- ❑ Because Sam is rich and I'm not, I'm a nobody.



**When we compare psychological qualities,
comparison can be destructive.
Can you see why?**

**It's because when we liken or contrast ourselves with other people, we create
conflict — conflict that begins in our mind.**



4. Have you had thoughts in which you compare yourself with someone you know? **What were those thoughts?** (Write anything!)



Did you see yourself as:

Stronger?
Better?

Weaker?
Dumber?

Richer?
Poorer?

Smarter!
Worse?

5. How did it make you feel to have these thoughts?

I felt...

Learning How to Change Our Thinking



1. Do you believe it's possible to change your thinking? Why?
2. Does thinking, itself, ever cause you to be in conflict? In what way?
3. If thinking cannot change your behavior, what do you think can?
4. What do you think could stop you from thinking the way you do?



Some Powerful Information!

No matter how much we think in the course of a day, we humans use only a small part of our brain!



“How can I use more of my brain?”

When we observe our behavior directly, without making any comparison, we instantly alter our behavior!



“I see what I’ve been doing!”

Observing our own behavior, without judging it, helps us be aware of our behavior!

**For example:
I can watch myself — without judging myself — as:**



I scream at my mother in anger.



I refuse to clean my room.



I am kind to a neighbor.

**Observing without judging has an effect on your actions.
Try it!**

Here are some things you can try:

- ▼ **I see (without judging) that I act stupid in class to get attention from some of my classmates.**



- ▼ **I observe (without trying to change) that I am lonely in my new hometown.**

- ▼ **I see (without judging) that I act “catty” around a fellow classmate who inspires feelings of envy in me.**



- ▼ **I notice (without trying to change my behavior) that I act like a bully toward kids who are younger and smaller.**

- ▼ **I have seen myself (without judging myself) get bossy when I don’t get what I want.**

When we do not try to change what we are thinking, but just observe it, we take away the power of the thought!

**When thinking has no power,
we're free to come into direct contact with our behavior.**

5. This *direct contact* with our behavior is what makes us aware of the consequences of our actions.
 - ❑ If I'm in *direct contact* with what's happening when I scream at my mother, I am more likely to notice that I am *hurting* my mother.
 - ❑ If I'm in direct contact with what's happening when I act "catty" toward a fellow classmate, I'm more likely to notice that I'm getting the exact opposite response from the one I want, which is to be *respected*.
6. As long as we judge ourselves, we will always be worried about who's better and who's worse — and this causes conflict.
7. Some people say we can never be good if we don't judge ourselves as bad. But goodness isn't something that happens because we judge ourselves as bad. Judgment can't improve behavior, because judgment itself is destructive.



**Goodness happens when we see — and understand —
behavior that's destructive.
And we don't judge it.**

8. Since we use only a small part of our brain, and are capable of a larger understanding, let's try something new. Let's try to tap into that larger understanding by looking at our behavior — directly — without comparison.



9. Take a moment to be quiet and listen to everything around you. Listen to your breathing. Silently ask yourself:
- ☐ Does it help me feel at peace with the world when I sit quietly and listen to my breathing?
 - ☐ Are listening and observing fun? In what way?
 - ☐ What can I learn from everyone and everything around me? Is that the reason life is so fascinating — because there's so much to learn?
 - ☐ Rather than get angry, upset, jealous, filled with envy — can observing, without judging, change my reactions?



10. It's easier to talk with a person we're not judging, because we're just listening, just talking — not trying to make the person feel guilty.
- ☐ Does feeling guilty help change our actions? Or, does it make us not want to look at our actions at all? (Write what you think!)

 - ☐ Do you think making a person feel guilty will change the person? (Write!)



- ☐ Do you believe that listening, learning and understanding a person, without judgment, is a serious, but warm and friendly action that shows a person you care? (Say anything you wish!)

- ☐ If we punish someone who's acted in a hurtful way, aren't we creating more conflict and more violence? (Write!)



Developing the Power of Your Brain

1. If PAST painful experiences dwell in your mind, they can affect the way you relate to people TODAY. Did you know that?
 - ☐ No!
 - ☐ I suspected it!
 - ☐ Wow!
2. Did you know that you have the power to do something about that?
 - ☐ No!
 - ☐ I was hoping!
 - ☐ Wow again!

When you find yourself judging yourself, here's what you can do:

RECOGNIZE that you are judging yourself.



ALLOW the thoughts to be there. Don't judge them "right" or "wrong." Just let them be there — and look at them!

TALK about your thoughts with someone you trust. Pick someone, even if you're scared.

- ☐ "Uh-oh! I'm judging myself again!"
- ☐ "Wow! Those are ugly little bummer thoughts!"
- ☐ "Oops! There goes another one!"
- ☐ "Wish me luck."



LOOK at your feelings. Notice that they have to do with the past and don't have to interfere with who you are now.

LET the negative thoughts and feelings come up and then go. Say "Hello! Goodbye!" No need to hold on to them.

- ❑ “Those feelings are from long ago. Don’t need them anymore. I want to feel good today!”



- ❑ These thoughts and feelings don’t have to affect me. They’re just the conditioned past, stuck in my brain.



FOCUS on things in your life that are good, instead of on past hurts. Start with one good thought. Then, let others into your mind. “I’m a good kid. I have certain talents. Can I name them?”



SUBSTITUTE truthful thoughts about yourself and your talents. Everyone has something to offer. What’s *your* special something?

Some Exercises For You

**Life doesn't judge you.
You do!**



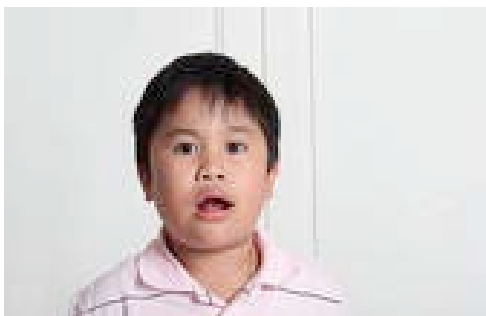
“Really? I do?”

**Life doesn't hold on to what hurt you yesterday.
You do!**



“I didn't realize that!”

**Life is new and fresh every moment.
Don't let thoughts from the past get you down!**



“Okay. I'll work on that.”

You can be responsible for who you are, starting right now!

When you feel you need to practice your ability to remember this, here are some exercises you can do. Write whatever you think!

- ▼ One way I can begin to understand judgmental thinking is:
- ▼ I have several real gifts. My favorites include:
- ▼ I know it's important to observe without judging. The way I will do this is:



- ▼ To help me live in this period of time called "now," rather than dwell in the past, I need to:
- ▼ The world is fresh and new. The way I know this is:

Things to Say to Myself



I have a lot to contribute. One way I can contribute today is:



I can make intelligent decisions. One decision I'll make today is:

I am responsible for my own behavior. Whatever I do today, I know that I carry responsibility for my actions. One thing I know I'll do today is:

I am interested in cooperating. There have been times in the past when I have not cooperated. Today, I will cooperate by:



I can decide to *not* fight. I have fought in the past — physically and mentally. Today I will not fight. My desire for revenge is painful. Instead, I will:

I can find healthy ways to get what I need without bullying. Today what I need is:

The way I'll get what I need is:

I can find ways to express my emotions that do not create conflict. One way I can think of is:

I can keep a calendar or diary of the ways I've observed life around me without judging it. That way I can share them with friends and family.



**Awareness is everything.
See the unseeable!**

STOP! THINK!

Bully Session #9:

How Bullying Affects the World



The Difference Between Heaven and Hell

A young armed arrogant warrior came to see an old wise man. He said, “Oh, wise man, tell me the secret of life. What is the difference between Heaven and Hell?”

The wise man thought for a moment and said, “You are a stupid young fool. How can an idiot like you even begin to understand this? You are far too ignorant.”

Upon hearing these words, the young warrior became enraged. “I could kill you for what you said!”

When he started to draw his sword to kill the wise man, the wise man, pointing to the drawn sword, said, “*That* is Hell!”

Hearing the wise man’s words, the warrior put his sword back in its sheath. Seeing the sword put away and the warrior more relaxed, the wise man said, “*That* is Heaven.”

World Class Bullying

The kind of bullying that happens on the school playground is very much the same kind of bullying that causes international wars. Can you guess why? (*Check the boxes you believe apply.*)

- ☐ People get hurt.
- ☐ Both use physical force.
- ☐ Both are based on lack of understanding.
- ☐ People act out of past hurts and don't STOP! THINK! about the results of their conditioned actions.



If you checked all the boxes above, you were right. Behind physical aggression is mental aggression. Mental aggression can surface as verbal bullying.

That's when it's called **propaganda**.

“Buy this house! You don't have to pay anything!”

“Buy this car! Pay nothing down with your good credit!”

“Today only! 40% off! Sale ends at 5pm!”

People use propaganda to win people over to their way of thinking, usually by telling lies or exaggerating.

Do you ever lie or exaggerate?

- ☐ Yes!
- ☐ No!
- ☐ Hardly ever!



Propaganda has been used for centuries to “brainwash” or condition people into believing all sorts of things.

Which of the following do you think might be called propaganda:

- ☐ “Action” films.
- ☐ Television commercials.
- ☐ Flyers for products that you get in the mail.
- ☐ Advertisements that appear in your e-mail mailbox.



- ☐ Politicians who rally for your vote at election time.
- ☐ Some rock music lyrics.
- ☐ Amplified voices telling you about the store’s “specials.”



- ☐ Billboards on our streets and highways.
- ☐ People telling us we can bring about peace through war.
- ☐ All of the above.

If you guessed all of the above, you guessed well!
What other ones can you think of?

By using lights, pictures, sound, music and images, advertisers everywhere try to persuade you to buy the products they advertise.



**Did you know that the average young person watches
30,000 to 40,000 commercials a year, on TV alone?
That's a lot of propaganda!**

Politicians use the media (TV, radio, newspapers, cartoons, videos, film, magazines) to bully you into believing that their way is "the right way."

Every nation uses propaganda to get you to believe that “the other side” is bad, evil, the enemy. Can you think of a country you believe is our “enemy”?



- ☐ I don't think any country is our enemy, because
- ☐ I think the country of _____ is an enemy, because
- ☐ I believe our country carves these images into our minds, because
- ☐ I think that people use propaganda, because it's a way to *push* us into:
- ☐ I remember a situation in which I felt pushed into taking sides and aligning myself with a particular belief. That situation happened when...

**When we separate ourselves from other people,
we create conditions for conflict and war.**



Respect: The Act That Conquers Fear

We must understand how and why people, groups, and organizations become divided — why there are competitive gangs, political parties, religions and nations.

We don't all have to look alike or speak the same language, or practice the same customs! Differences can be beautiful, once we realize they don't have to be threatening and we can respect them for what they are.

But certain beliefs and propaganda can create differences that do lead to division, conflict and destruction. People who use propaganda are just as much bullies as the ones on the school playground. After you read each of the following situations, in the right-hand column write whether you think the approach is an observation or a judgment.



A Situation



“George speaks a different language than I do. I can’t communicate with him and probably never will.”

Approach: Observation or Judgment?

☐ Observation ☐ Judgment



“Francine doesn’t speak much of our language, but I get the feeling that we have a lot to say to one another. We keep working on it.”

☐ Observation ☐ Judgment



“We cannot get along with the neighbors to the south of us. We’d better just build a fence and never speak with them.”

☐ Observation ☐ Judgment

A Situation



“Our new neighbors just put up a fence so that we can’t see into their yard anymore. I understand their need for privacy. Hope we didn’t make too much noise.”

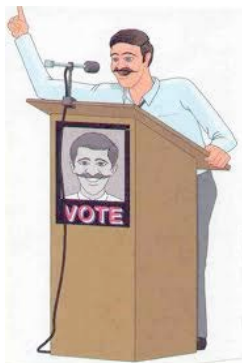
Approach: Observation or Judgment?

☐ Observation ☐ Judgment



“Serena wears clothing different from what we wear. Some of the kids make fun of her, but I think it looks great.”

☐ Observation ☐ Judgment



“Never mind what I stand for! Let me tell you what I know about my *trustworthy* opponent.”

☐ Observation ☐ Judgment

A Situation



“The way to keep the peace is to arm ourselves for war.”



“You’re crazy if you don’t buy the car I want to sell you. It’s the best deal in town, and you’re a fool if you walk away from it.”



“I’m a telephone sales representative. Let me add your name to our list, even though you’re not interested.”

Approach: Observation or Judgment?

☐ Observation ☐ Judgment

☐ Observation ☐ Judgment

☐ Observation ☐ Judgment

A Situation

Approach: Observation or Judgment?



“I believe that war is not healthy
for animals and other living creatures.”

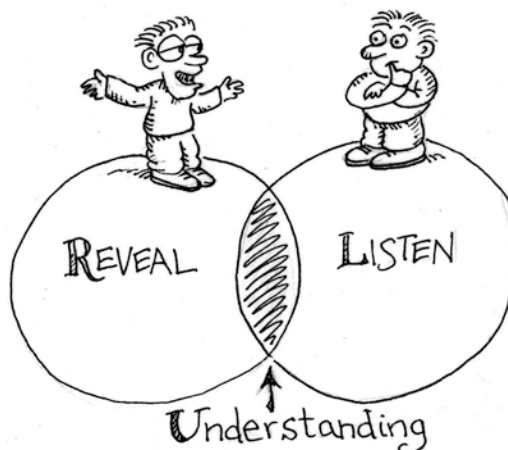
☐ Observation ☐ Judgment



“Anyone who doesn’t go to church is a sinner.”

☐ Observation ☐ Judgment

**When we respect people who are different from us,
and understand what their differences are,
we no longer have a need to be afraid of them.**



When understanding brings intelligence, our fear disappears.



“Hey, hot shot, I hear you’ve been taking Martial Arts classes...”

Peaceful Martial Arts At Work

Jordan was in his woodshop class at school, working on his project. In came Fred, the school bully, who started to tease him in a rather annoying way.

“Hey, hot shot, I hear you’ve been taking Martial Arts classes. What for? Are ya’ Bruce Lee, or something?” Fred started to throw small punches at Jordan. “Come on, Kung Fu fool, show me your stuff. Put up your fists! I want to see your Martial Arts! Come on! Come on! Come on! Show me! Show me! Now! Come on!”

Jordan continued to quietly and carefully sand his project as he smiled calmly and said, “I’m doing it now.”

- ▼ Do you think that Jordan was upset by Fred’s words? How can you tell?

- ▼ What words that Fred used do you think could be upsetting to someone like Jordan?

- ▼ When Jordan said, “I’m doing it now,” what did he mean?

Becoming A Peacemaker

Whether you see yourself as a bully or a victim, you may feel that you have a reputation to uphold and in the eyes of the world — that you can't back down when caught in a conflict situation.

But your perspective makes all the difference. Your perspective is either heaven, or hell!



If you see yourself as a **Tough Guy** then perhaps you're right, you cannot back down. That's hell!



If you see your self-image is **Poor Me** and you're afraid to appear a coward, then you, too, cannot back down. That's hell, too!



If your image of yourself is that of **Peacemaker** your decision to “back down” or “back off” is a powerful move. And it’s right in line with your self-image:

- ▼ **A peacemaker does not fight!**
- ▼ **A peacemaker stops a fight before it starts!**
- ▼ **A peacemaker makes peace!**
- ▼ **And that is heaven!**



*(There are many activities and exercises in the Atrium Society companion book, **Why Is Everybody Always Picking On Me?** that can be used at home as well as in the classroom.)*

**When you decide to be a peacemaker,
you show yourself and others that you have
the power and self-control to solve conflict intelligently —
without fighting.**

This takes far greater strength than fighting!



To be a peacemaker, you must:

- ▼ **Understand what creates conflict.**
- ▼ **Develop skills to resolve conflict intelligently.**
- ▼ **Visualize yourself being a peacemaker.**
- ▼ **Conquer your fears by respecting others!**



Peacemaker Primeval!

Imagine that you are in a deep jungle. The time is two million B.C. Suddenly an animal-like monster caveman comes crashing out of the jungle and confronts another. They grunt, beat their chests and make threatening looks and gestures, as if they want to fight.

You say to them, “You are the first humans. You are greater than wild beasts. You can think and reason!” (What else do you say? Write anything you wish!)



Peacemaker As Star

Imagine you're on a school playground. You are a famous athlete and two kids who really admire you are getting into a fight.

"Wow!" says one of the kids, whose fists drop as all the kids around look in awe at you coming toward them.

When you are among them, you say, "Look. There must be a better way to get along..." (What else would you say? Write it here!)



Playground Peacemaker

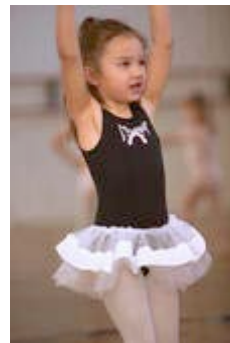
See yourself on your playground. Do you recall an incident that happened there where a peacemaker was needed? What was that situation? How could you be a peacemaker in this situation? (Write it here!)

Relieve Your Bully Stress!



There are many ways to deal with the stress that comes when you've been bullied — or when you've been the bully. *(Check the boxes of the following activities that you'd like to use to relieve your bully stress.)*

- ▼ Take a long walk or run.
- ▼ Play with a pet.
- ▼ Swim.
- ▼ Dance.
- ▼ Practice Martial Arts (with a proper instructor).



- ▼ Do gymnastics.
- ▼ Lift weights.
- ▼ Sing or play a musical instrument.
- ▼ Write down your feelings.
- ▼ Talk with a friend.

What other things can you think of that might relieve bully stress?

The Stress Relief of Manners

Your family and teachers have probably talked with you about the importance of good manners. You've perhaps come to believe that practicing good manners is something you *should* do.

How much stress would disappear if you were to think of practicing good manners as something you *want* to do?



“Thank you for visiting today.”

We use only a small part of our brain, remember? Here's one way to use more of it! Having good manners is being kind to and caring for others. Don't we all want to be treated kindly and in a caring way? And doesn't it promote world peace to treat other people with kindness and respect? Doesn't thinking these thoughts make you feel more peaceful already?



“I am pleased to meet you.”



Some examples of bad manners are:

- ▼ Pushing or shoving to get in front of a line.
- ▼ Interrupting someone while he or she is talking.
- ▼ Dumping your clothing on the floor.
- ▼ Calling someone a name for being different.



Some examples of good manners are:

- ▼ Letting someone in line without pushing or shoving.
- ▼ Greeting people you meet with respect.
- ▼ Holding a door open for someone.
- ▼ Waiting to speak until someone else is finished talking.



We've all acted with both bad manners and good manners. What are some ways you've exhibited them?

Some ways I've exhibited bad manners include:

Some ways I've exhibited good manners include:

Good manners are the foundation of the practice of Martial Arts — that is, Martial Arts for Peace — just as a good foundation is essential for the building of a strong house.

Manners make it possible for people to have intelligent and happy relationships. Just like alternatives to fighting, manners must be practiced. Eventually, they will come naturally, from the heart.

How will you practice today?

**Congratulations on completing the exercises in this workbook.
We hope that you are able to see yourself as a peacemaker
and that you've learned new techniques and ways
to be in this world that make your life more peaceful.**



The questions that follow are exercises to help you think over and discuss what you've learned. In the meantime, always remember:

The Highest Goal

**The highest goal is to stop a fight BEFORE it starts.
With practice, you can do it well!**



Bully Session #10: Stop! Think! Questions!



1. Do you believe that “might is right”?

- ☐ Yes!
- ☐ No
- ☐ Why?

2. If so, where did you learn this?



3. **What influence do the media have on you? Have you been bullied by TV, newspapers, radio, social media?**

4. **Do you have heroes? Who are they?**



5. **Are they really heroes, or could they be villains in disguise?**



6. **Do you believe in harsh punishment for children who disobey? Why do you think so?**



7. **Do you think young people bully because they've been hurt? Why do you think so?**



8. **Do you believe bullies act the way they do for the fun of it?**
9. **Do you think it's okay to be tough and push people around?**
10. **Do you feel the pressure to conform? If so, in what way?**
11. **Do you feel the pressure to compete? If so, how?**

12. Do you feel pressure to be an “A” students? To be a super athlete? To get into the best college?

13. Do you think trying to be “perfect” is harmful? Do you think it may be a form of bullying one’s self?



14. What types of bullies do you know best?

15. What are the effects you’ve seen of bullying individually?

16. What are the effects of global bullying that you've seen?



17. Do you think a victim's ways can cause bullying? How?

18. Are only boys and men bullies?



19. What are differences you've seen between male and female bullies?

20. What makes you want to fight?

- ☐ **For the fun of it?**
- ☐ **When you're called names?**
- ☐ **To save face?**
- ☐ **Standing up for yourself or someone else?**
- ☐ **A special cause? Which one? Why?**
- ☐ **Your country?**

- ☐ **What makes me want to fight is:**

21. Do you think bullying can create “the enemy”? How?



**22. Do you believe that bullying leads to war?
How?**

23. Can violence bring about peace?



- 24. Do you see yourself as a peacemaker?
Why or why not?**

- 25. What do you think you can do personally to create more peace?**

- ☐ **At home?**
- ☐ **At school?**
- ☐ **In your community?**
- ☐ **In the world?**

26. Do you care about changing the only person in the world you actually CAN change — YOU?

- ☐ Yes.
- ☐ Maybe.
- ☐ I will!

27. Are you willing to get help if you need it?

- ☐ Possibly.
- ☐ Okay.

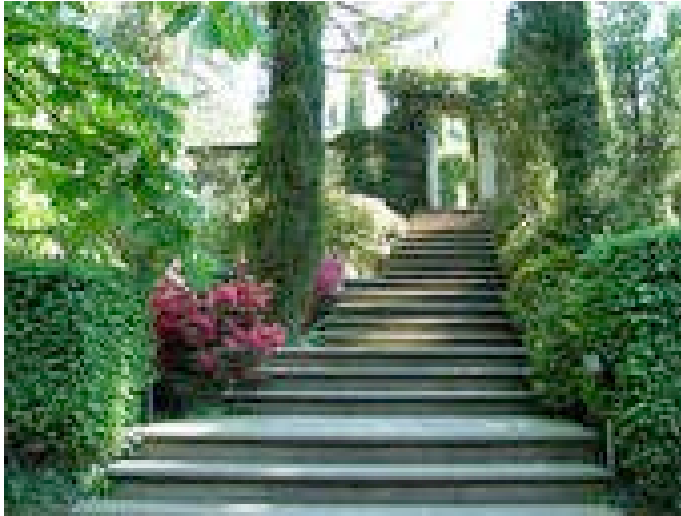


28. Isn't it all really up to you?

- ☐ It's scary.
- ☐ Probably.
- ☐ You got me!
- ☐ I can do it!

29. Do you feel a sense of empowerment knowing that all of this is really up to you?

- ☐ It scares me.
- ☐ I like it.
- ☐ Whew! Lots to do!
- ☐ I can do it!



30. What will be your first step?

**Always remember the highest goal . . .
which is to STOP a fight BEFORE it starts!**



“I don’t have to fight!”

**MAY THE SOURCE OF YOUR REAL POWER
BE WITH YOU!**

YOU HAVE OUR WORLD IN YOUR HANDS.

