



APPLIED TECHNIQUES  
TRAINING

# THE EMOTIONS BEHIND BULLYING BEHAVIOUR.

Thank you for subscribing to Applied Techniques Training's Newsletter.

I hope you enjoy the Introduction and Section One of, “The Emotions Behind Bullying Behaviour” written by Sue Suchocki and published by Disruptive Publications – Australia 2019.

This self-help book, written for adults, is about how to understand and stop the emotional impact of bullying within the workplace, family, school, in the community and online cyberbullying.

The book explains how bullying behaviours hurt everyone, the bully; the bullied and the bystander as it:

Explores the actions and reactions of the bully, the target and the bystander using Emotional Freedom Techniques – Tapping!

Investigates the underlying insecurities of the bully and ways to increase awareness and self-regulation to fulfil their own needs.

Helps the reader to understand their emotions and to find solutions to allow for changes at home, school and in the workplace, or with online cyberbullying without blaming the person using the bullying behaviour, being bullied or the bystander.

By reading this book, you will become an “upstander” against bullying behaviours.

“Emotional Freedom Techniques is the stimulation of pressure points on the face and upper body using gentle tapping which results in a calming effect on the amygdala, the stress centre of the brain and the hippocampus, the memory centre of the brain to lessen the fight or flight response within a person”. Dr Peta Stapleton PhD.

**TAP into your resilience to find your happiness.  
LET GO of negativity and past hurts using  
EMOTIONAL FREEDOM TECHNIQUES – TAPPING!**

For more information on EFT Tapping! visit [www.appliedtechniques.net](http://www.appliedtechniques.net)

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# THE EMOTIONS BEHIND BULLYING BEHAVIOUR

*YOUR SIMPLE GUIDE TO  
EMOTIONAL FREEDOM TECHNIQUES -  
TAPPING! + BONUS ONLINE TAPPING.*

**Tap Out Negativity and  
Tap Into Your Happiness**

**SUE SUCHOCKI  
APPLIED TECHNIQUES TRAINING**



## WHAT IS BULLYING BEHAVIOUR?

“Sticks and stones will break my bones, but names will never hurt me”. *The Christian Recorder, 1862.*

Do you know this saying well? Did you say it as a form of defence or was it recited to you by a parent, family member or teacher? Were you just told to “suck it up”, “don’t let it worry you”, “big boys/girls don’t cry”? Were you advised to “turn the other cheek” or “stand up for yourself and fight back”?

Today, we know unwanted, repetitive actions and words as bullying, and whether the form is physical, emotional or social, bullying does hurt.

The clinical term to describe a person who uses bullying behaviour is the PERPETRATOR. The clinical term to describe a person who is being bullied is known as the TARGET. You may be more familiar with the words BULLYING or BULLYING BEHAVIOUR; and BULLIED or BEING BULLIED.

It doesn’t matter if it is a person who is being bullied by a classmate or friend; a partner, parent or other family members; or an employee who is being bullied by a manager, supervisor or colleague – there are many people impacted by bullying behaviour.

**You have a right to feel safe and be treated fairly and respectfully.  
Bullying is a serious problem with serious mental, physical and social impacts.**

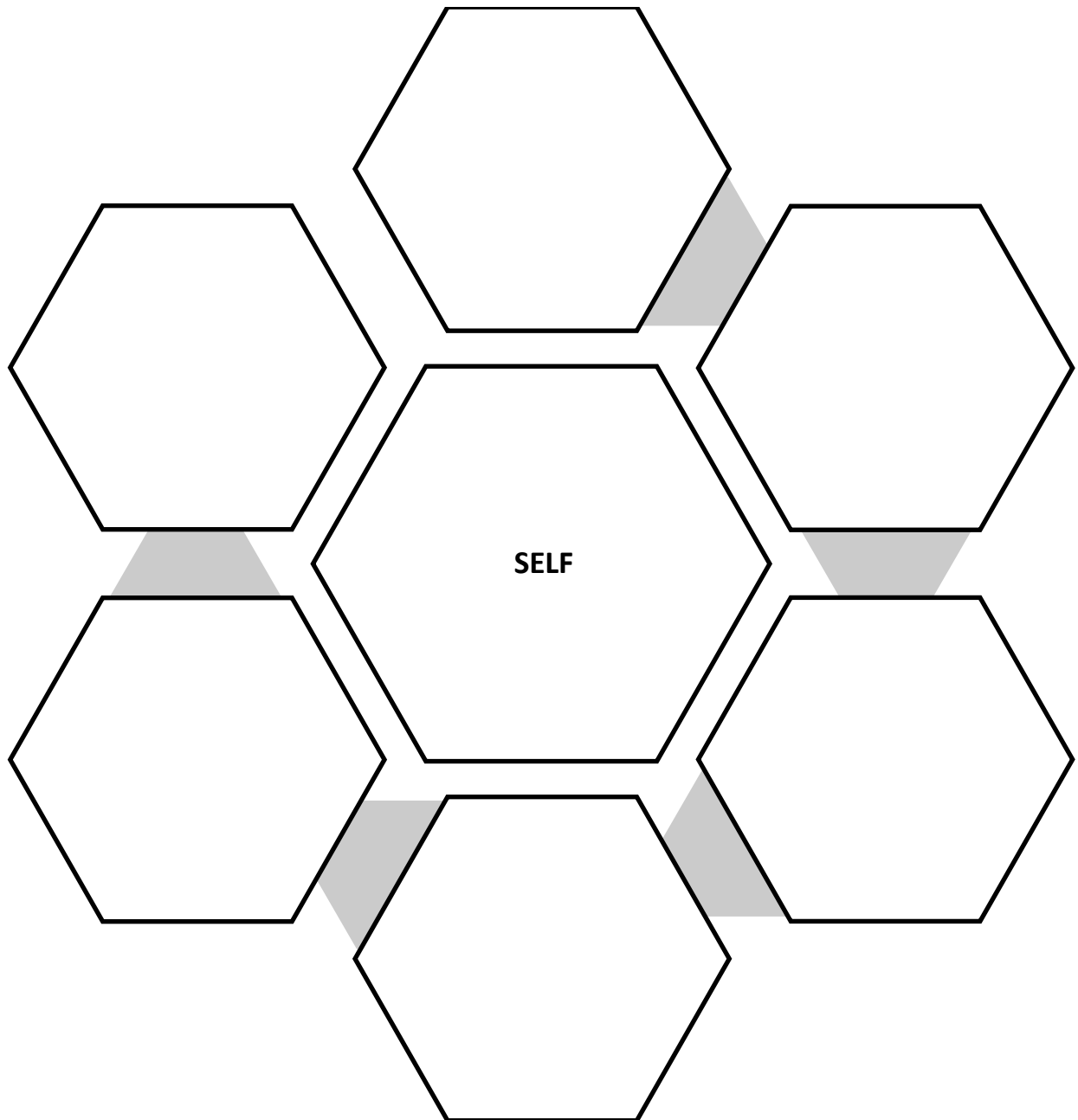
Let’s have a look at the number of personal, social and workplace relationships that are affected by bullying:



When you see this star ★ in this book, it will indicate to you that there is an activity for you to complete.

Think of a time when you felt bullied, or you perhaps thought that you had bullied another person.

★ Using your name, their name and the names of those around you who were affected, complete the following chart.



**PERPETRATOR – The person who carries out harmful acts.**

**TARGET – The person who is being harmed by those acts.**

**BYSTANDER – The person who is witness to these acts.**

**SO, THE QUESTION IS, WHO IS HURTING?**



## SECTION 1 THE FACTS BEHIND BULLYING

Although there is no world-wide agreed definition of bullying, there are several defined meanings including the following from Collins Dictionary:

Noun – BULLY

1. A bully is someone who often hurts or frightens other people.

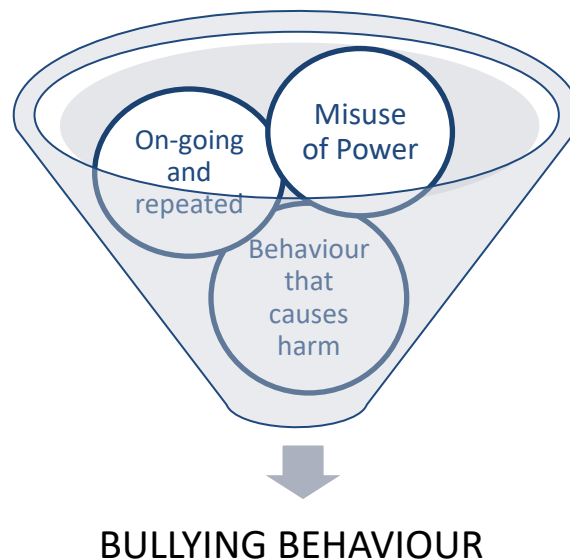
Verb - BULLYING

2. The repeated use of threats or violence in an attempt to harm or intimidate others.

If you look at these definitions, it is clear to see that bullies don't target a person who they perceive as confident. It is not that the target is a weak person, but there is a vulnerability that the bully seeks out and infiltrates. This vulnerability gives the bully some form of power which is used to intimidate or harm another person.

Intelligence gives a person the ability to acquire and apply knowledge and skills. It is the capacity to use brainpower – the power of reasoning, judgement, understanding and perception.

**A perpetrator uses power as a weapon,  
creating an imbalance to overpower their target.  
From this point on, the terms used in this book will be  
BULLY, BULLYING BEHAVIOUR, BULLIED or BEING BULLIED.**



The bully may have some alleged reason to dislike the person, is threatened by the person or feels envious of the person. Perhaps the bully is irritated by another person's beliefs, lifestyle, looks or personality and lashes out in a bullying manner.

The perceived bully might be experiencing pressure or is being bullied from an outside source, so they collect information of value through observation or surveillance that they can use against another person.



The bully may be using their perceived power as a form of defence from their hurts, fears or insecurities. They are using an external control to lessen their anxieties and inner turmoil, pushing away any relationship that makes them feel less in control or inferior.

The person being bullied may feel powerless. To counteract this, they may use their EMOTIONAL INTELLIGENCE to become aware of controlling their own EMOTIONS behind the bullying. They can achieve this by handling their thoughts and feelings behind the bullying with the use of EMOTIONAL FREEDOM TECHNIQUES – Tapping! Letting go of their own emotional charges behind being bullied gives the problem or behaviour back to the bully. Stand back and take a look at what the person is getting out of this behaviour of over-powering others.

★ To understand BULLYING BEHAVIOUR, let’s take a look at the following questions and ask yourself:

- Is the person so self-absorbed that they don’t know that the behaviour they are displaying is bullying?
- Is the person being pressured or bullied by someone who is their superior?
- Is the person so insecure they need to be seen as important or feel accepted by the “gang” that are behind them?
- Has the person been shamed by someone causing them to become isolated, avoid meaningful relationships, self-harm or in the case of a bully, humiliate others by attacking them emotionally, physically or socially protecting themselves?

### **Bullies may use cowardly behaviours to cause chaos.**

They cause chaos within their lives and the lives of others by hiding behind their intimidating behaviour and putting others down to justify their hurt.

It is difficult to feel sympathy for a bully, after all, they are the person hurting others. If you look at the EMOTIONS that are behind the actions of a bully, you can use COGNITIVE EMPATHY by taking a different perspective to bullying. Understanding emotions behind bullying is the first step to “TAPPING OUT NEGATIVITY and TAPPING INTO YOUR HAPPINESS”.

#### **BULLYING BEHAVIOUR COVERS FOUR CATEGORIES:**

**1 – Verbal or Emotional Bullying:** This includes localised teasing, name-calling, inappropriate or threatening comments or rumours about a person’s lifestyle, looks, personality, disability, gender, sexual preference, race or religion.

**2 – Social Bullying:** Is interpersonal and happens when someone is trying to hurt another's reputation deliberately. Social bullying includes the spreading of rumours, repeatedly ostracising or turning others against a person or threatens to harm a person or their family.

**3 – Physical Bullying:** This includes punching, hitting, pushing, spitting, stealing possessions and sexual assault.

**4 – Cyberbullying:** Cyberbullies use social media to target their victims. Rumours, insults, threats and “dares” can quickly spread through social media. Once on social media, it is difficult to take back or remove comments written. Oyuys. 2011. *What Is Bullying (And What Isn't Bullying)?*. Accessed February 2019 at [www.compassionit.com/2016/02/11/what-is-bullying-and-what-isnt-bullying](http://www.compassionit.com/2016/02/11/what-is-bullying-and-what-isnt-bullying)

**BULLYING IS:**



**BULLYING IS NOT:**

**1 – Excluding someone:** It is not considered bullying if a person excludes someone now and then or doesn't invite someone to a particular event. However, repeated and deliberate exclusion within a group setting may be bullying.

**2 – Disliking someone:** A person may verbally or non-verbally communicate their dislike of another person. This must not include the starting of rumours or verbal abuse of the person.

**3 – Accidental physical harm:** Unintentionally bumping into another person.

**4 – Being “bossy”:** Constructive criticism delivered respectfully about a person's work, standard or performance review is not considered bullying.

**5 – Making a joke with someone (occasionally):** While this is not great behaviour, it is not considered bullying unless there are repeated instances.

**6 – Arguments:** An argument about a subject is not bullying if it is not derogatory of the person or their beliefs.

[Ronit. n.d. What is NOT bullying?. Accessed February 2019 at www.ronitbaras.com/emotional-intelligence/personal-development/what-is-not-bullying/](http://www.ronitbaras.com/emotional-intelligence/personal-development/what-is-not-bullying/)

**Sometimes you may categorise certain behaviours  
as bullying when they are not deliberate or repetitive.  
Conflict is not always bullying if it is handled with fairness.**

The occasional teasing, being the brunt of a joke or being made to feel embarrassed by something someone did or said can make a person uncomfortable or sad but again, this is not bullying.

Sarcasm is another form of teasing that is often missed by some people who can't understand the intonation, pitch or stressing of words, which turns a simple statement into a sarcastic comment. The words "Oh, thanks" in a normal voice is a compliment, while the words "Ohh, thaanks" said more slowly or through the nose while you are contorting your face would be thought to be meant as being sarcastic.

★ Go on, try it!

Sarcasm is also tricky to pick up in a text or on social media as you are not able to hear the intention behind the wording, so what might seem funny to one person, hurts another person.

## “The Emotions Behind Bullying Behaviour” \_Sue Suchocki \_Applied Techniques Training

In the first instance, letting the person know that you are not comfortable with what they just did or that it is not OK to talk to you in that way is generally all that is needed to stop generalised teasing.

An individual’s perception makes the definition of bullying a difficult line to put in the sand. It is actions that are intentional, repetitive and hurtful that can cause a person to become sad, angry, withdrawn or depressed.

When it comes to coping with being bullied, the word “RESILIENCE” is very often used. Resilience is the capacity to recover quickly from difficulties or having a toughness. While being resilient is an important characteristic to get a person through life’s difficulties, it is not enough to expect a person who is being bullied to “toughen up” to this bullying behaviour.

In saying this, some areas of resilience training are essential to support the person being bullied. Examples might include:

- Building a support network;
- Learning skills to make your situation better;
- Keeping a positive outlook on your strengths;
- Recognising your good qualities or what you like to do;
- Keeping your reactions to a situation in perspective.

★ Name 5 people who make up a part of your support network.




**The EMOTIONAL FREEDOM TECHNIQUES – Tapping! shared with you in the following sections is an easy to learn self-help technique to safely manage your negative emotions behind the bullying behaviour or being bullied.**

*To purchase your copy of “The Emotions Behind Bullying Behaviour” including access to bonus video content via an exclusive Facebook Group - Click Below.*

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