

Challenging Bullying Beliefs

When someone bullies us, it can change the way we see ourselves. These experiences often plant false beliefs that damage our confidence and self-worth. This information is here to help you look at those beliefs, challenge them and see the truth behind the behaviour.

Beliefs vs. Reality

Belief: The bully is better than me.

Reality: Bullies often target those they envy or feel threatened by. It's a reflection of their insecurities, not your worth.

Belief: I must have done something wrong.

Reality: Bullies don't act this way because of something you did. They are acting out of their own issues or insecurities.

Belief: I deserve this treatment.

Reality: No one deserves to be bullied. The bully's behaviour is about them, not you.

Belief: If I ignore it, it will stop.

Reality: Ignoring bullying often allows it to continue. It's important to speak up or seek support to put an end to it.

Belief: It's my fault for not standing up for myself.

Reality: Standing up to a bully can be difficult, especially when fear is involved. It's never your fault, and seeking help is a strong step forward.

Belief: I'll never be the same after this.

Reality: While bullying can have a lasting impact, you can heal and grow stronger. It doesn't define who you are or who you'll become.

Belief: Everyone thinks I'm weak because of what happened.

Reality: Experiencing bullying doesn't make you weak. In fact, it takes a lot of strength to face it and move forward.

Belief: The bully's words are true about me.

Reality: What a bully says is a reflection of them, not of who you are. Their words don't hold any true power over you.

Belief: People will see me as a victim.

Reality: You are a survivor, not a victim. Your resilience and courage in overcoming bullying is what defines you.

Remember, bullying is never a reflection of your value, it's a reflection of the bully's struggles. You don't have to carry their words or actions with you. Keep coming back to the truth. You deserve respect, kindness and peace.