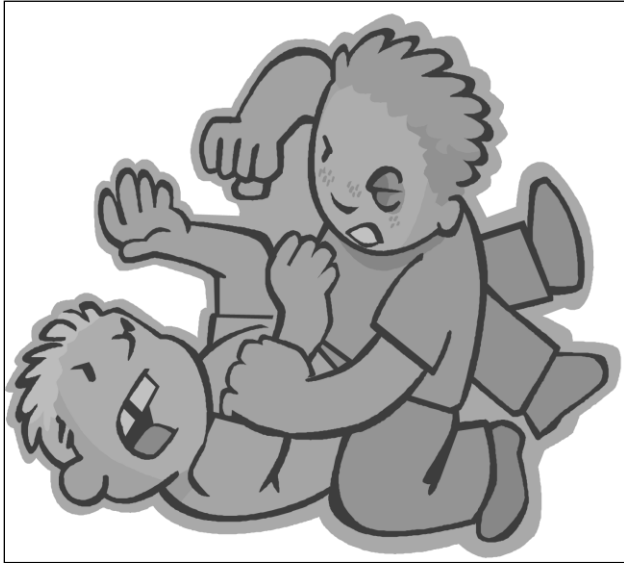


Being a Bully...



Being bullied...



ROCK TALKS

RECOVERING OUR TRUE AND LOVING SELF

CHARACTER TASKS

BULLY-ISM IS MOTIVATED BY SELFISHNESS, DECIET, AND FEAR...

SELFISH— Forcing one's agenda by silencing victims via the mindless reactions of bully-ism.

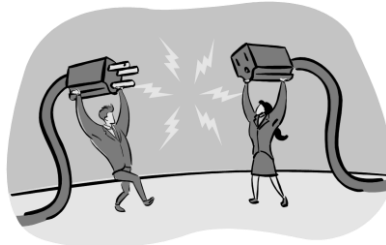
DECIET— Lying to victims by not being vulnerably open and honest. As well as, lying to oneself— believing bully-ism will protect one from emotional pain.

FEAR— Being afraid of sour feelings caused by allowing others freedom to express their thoughts, feelings, and will.

TRUTH— Bully-ism can NEVER meet one's greatest need which is into-me-see and into-you-see. Allowing others freedom of thought, feelings, and will increases emotional intelligence by learning how to handle a host of feelings.

Feelings like vulnerability, unselfishness, letting go, trust, seeking and keeping agreements, teachability, seeking to understand, fear, loneliness, shame, bad, mad, sad and glad, emotional and logical strength, balanced self-love, inner and outer peace, and **genuine happiness**.

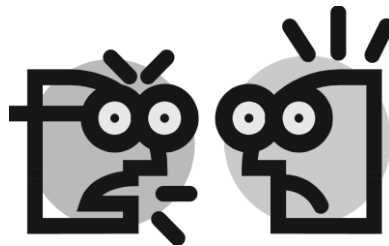
HAPPINESS OR HARDSHIP?



How to assure Happiness with team mentality others....

- Team mentality is formed by building self-love via individualization
- + insight via self-awareness therefore *choosing mindful actions*
- + remaining teachable, **“tell me what to do”** (humble)
- + playing the Rock Talk Game
- + being vulnerable and valuing oneself and others
- + speaking positivity to hearts by giving encouragement

=others responding with feelings of worthiness, fulfillment, a sense of being visible, self-confidence, conscience, and happiness.



How to assure Hardship with team mentality others...

- Bully mentality is formed by feeding on other-worth via enmeshments
- + no insight via self-awareness therefore *reacting to feelings*
- + remaining unteachable, **“don’t tell me what to do”** (prideful, arrogant, self-righteous)
- + not playing the Rock Talk Game
- + being invulnerable and not valuing oneself and others
- + speaking negativity to hearts by giving discouragement

=others responding with feelings of worthlessness, emptiness, a sense of being invisible, no self-confidence, no conscience, and unhappiness.

TIMELINES CREATE SELF-SCANNING WHICH DEVELOPS INSIGHT

Emotional damage begins when caretakers either “under” discipline or “over” discipline, causing the child to develop an imbalanced self-love. This results in children becoming too self-conscious or too self-confident.

Learning how to achieve peace without being forced to use coping mechanisms is what 3 out of 4 American parental guides provide children in the 21st Century. These children grow up to naturally **individualize** because they value intimacy— team mentality. If this glorious part of childhood development is not available via caregivers being patient, respectful, giving, and understanding listeners... abuse occurs via rejecting and abandoning children physically and emotionally. These children become the 1 in 4 or more American victims of bully-ism which in turn creates bully mentality. Unfortunately, bully caretakers are using their children to fulfill their unmet needs, rather than meeting the needs of their children. They're literally care “TAKERS” instead of care “GIVERS”.

Good parental guides help children discern and understand feelings are valid by allowing children to release feelings without fearing vulnerability. They help children share their thoughts, and hold them when their upset. As children share, they can let feelings emerge from crying to laughing hysterically.

Feelings are a vital part of the decision triad. We need our emotions, logic, and circumstances to be in agreement to make good choices. Good guides know this and help children connect to themselves via helping the head and heart come to agreements about conflicted situations. If children are not at peace, a good caregivers helps them ponder various solutions to their problem of non-peace. Different solutions are discussed until the child can decide what to do based on which solution causes the child to **feel** the most inner peace.

Healing our inner child by re-parenting ourselves... See MA & PA's Shame Utilization Method. Rock Talks, How To Be Happy by Suzette ASIN: 1700126318. Love Above Workout book ASIN: B08NF32DKB. Love Above Workout books with MA & PA's are included in the Rock Talk Game at RockTalks.org

**THE GOAL IS TO LEARN TO THINK ON THINGS THAT HELP US RATHER THAN HARM US.
LOOK FOR THE GOOD. FIND SOME WAY TO BE THANKFUL.**

How inner healing is hindered... Anything preventing the mind from its natural out flow of thoughts and feelings hinders balanced logical and emotional processing. The following disrupts the inner healing process... not seeking to understand oneself or others, not realizing the psyche is multidimensional and operates with many different truths and lies, not being patient in untangling the maze of one's thoughts and feelings, and lastly, people-pleasing or people-punishing over the shame we feel.

How inner healing happens... Allowing oneself to practice being vulnerable with team mentalities. And learning how to be content and happy without using bully-ism toward oneself or others is wholeness.

Disassociation means one's head and heart are disassociated from one another— they don't talk to one another to come to terms of agreement. They experience cognitive dissonance— constant inner conflict, which never gets resolved. When the inner child makes agreements with the inner adult, a magical connection is made between them, ending disassociation.

Being vulnerable means temporary psychological/physical harm can occur when feeling our feelings. After recognizing bully tactics we use, we ask ourselves why we use them. We think about earliest memories of others bullying us. Times we were offended, abused, invisible, beat, raped, abandoned, grieved, hungry, lonely, sick, forced against our will, violated, belittled, humiliated, tricked, obligated, over-responsible, disassociated, angry, depressed, and etc. Many people do timelines to understand themselves. To lesson harmful effects of re-visiting trauma, many do timelines with counselors who do Eye Movement Desensitization and Reprocessing (EMDR).

Thought processes need tweaking to change upsetting feelings into feelings of acceptance. Once realizing why we used bully tactics, we then can use our logic from our head, which is our inner adult, and have a talk with our inner child, which is in our heart. The head and the heart rethink and agree with new thoughts that bring feelings of peace. Some call this re-framing how we think so we can change how we feel. After the inner adult helps the inner child make the agreement bully tactics are no longer useful, the inner child learns to replace negative reactions and negative self-talk with mindful actions and positive affirmations— team tactics. See Love Above Workout at RockTalks.org

At last, the inner child is growing up— obtaining emotional and logical intelligence.

TIMELINE

List Earliest Strong POSITIVE Memories
& who was there to **celebrate with you?**

List Earliest Strong NEGATIVE Memories
& who was there to **comfort you?**

Age 1-5 Age 1-5 Age 1-5 Age 1-5 Age 1-5 Age 1-5

Age 1-5 Age 1-5 Age 1-5 Age 1-5 Age 1-5 Age 1-5

Age 5-10 Age 5-10 Age 5-10 Age 5-10 Age 5-10

Age 5-10 Age 5-10 Age 5-10 Age 5-10 Age 5-10

Age 10-15 Age 10-15 Age 10-15 Age 10-15 Age 10-15

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RECOVERING OUR TRUE AND LOVING SELF

Taking responsibility for the bully-ism in our life leads us to become vulnerably open and truthful. Exercising the mind and spirit muscle causes us to no longer desire sweet-talking relationships— which tell us what we **want to hear**. Anyone who's undergone this metamorphosis begins to desire sincere relationships— which tell them what they **need to hear**. By actively moving from a bully to a team mentality, one is in recovery of their true and loving self. Ever remember, perfection is not in our deeds, but in our desire to put love above bully-ism.

THINGS OTHERS DID, DO, SAID AND SAY THAT MADE ME SAD OR MAD

Facing reality can help us stop chasing fantasy. Exploring facts and finding patterns can lift lies from our lives. Truth can make us objective and break strong emotional ties. Make sure not to leave any rock in your heart uncovered... work hard to analyze, examine, and peer closely into all relationships, past and present, that remotely or rigorously bother you. Some people symbolize all our abusers as though they embody all the trauma we've ever received. The people we're most loyal to, are often the chief bullies in our life. Forgiving ourselves and others literally kills bullying. We aren't normally happy around those who've harmed us, but if we **1**-if we wish them well, **2**-proclaim our forgiveness, and **3**-do good to our abusers (or someone representing them), we free ourselves from mental prisons.

Age 1-5

Age 5-10

Age 10-15

Age 15-20

Age 20-25

Age 25-30

Age 30-35

Age 35-40

Age 40-45

Age 45-50

Age 50-55

Age 55-60

Age 60-65

Age 65-70

Age 70-75

Age 75-80

Age 80-85

DEFINE PATTERNS OF HOW YOU'VE BEEN HURT...

DESCRIBE WHY THESE OFFENSES MAKE YOU FEEL BAD...

DESCRIBE WHY THESE OFFENSES MAKE YOU MAD...

DESCRIBE WHY THESE OFFENSES MAKE YOU FEEL SAD...

DESCRIBE HOW THESE OFFENSES MAKE YOU FEEL AFRAID...

DESCRIBE HOW THESE OFFENSES CAN BE USED FOR GOOD IN YOUR LIFE... Remember we learn most from others crimes and mistakes. We can use the harm we've suffered to gain empathy and understanding for others by using the Spock Rock in the Rock Talk Game. Believe it or not, we learn to individualize and find purpose over other people's mistakes and misbehavior toward us— there is a way to be thankful for pain, "if" we search for the good. We all make mistakes and commit crimes against others. Crimes of the heart don't require a jail sentence, but often hurt others so deeply they should. Other people's mistakes help us individualize and our mistakes help us to improve. Our mind and spirit are designed to forgive ourselves and others. We cannot feel genuine peace any other way. We function and feel best when we follow laws of love.

DESCRIBE HOW LOSS COULD MAKE YOU FEEL GLAD...

Are you thankful you had time to share love with someone you lost, even if time was cut short?
Is there something you can do to help others who've been hurt like you?

DESCRIBE HOW OFFENSES COULD MAKE YOU FEEL GLAD...

Forgiveness is mighty important to re-arranging mind-sets that keep us upset. Can you **practice forgiveness** and giving grace over and over again when you think of your wounds? You may not feel like you have forgiven, but if you do random acts of kindness for others as though you're doing it for the person or persons who've hurt you, you're **proving forgiveness**. Forgiveness is the key to opening one's spirit door. One must be vigil about keeping the spirit and mind flexible and not stuck in unforgiveness. Unforgiveness means one has closed a massive steel door enclosing their thoughts and feelings in effort to be invulnerable. An addiction to invulnerability leaves one lonely and unhappy.

DESCRIBE EVERYTHING THAT MAKES YOU FEEL GLAD...

WHAT ARE YOU THANKFUL FOR...

HOW DO YOU FEEL RIGHT NOW?

INDIVIDUALIZATION

Individuals are not figuratively individuals until they individualize by deeming themselves “thee” only power over their self-image! It’s vital to our existence to individualize after childhood in order to mature into an adult with balanced self-esteem and good mental health. We’re born alone and we die alone, so it’s important to be comfortable being alone. Other-worth means we allow other people, places, and things to have more power over our self-value than ourselves. If our children, adult children, caretakers, parents, career, addictions, etcetera have more say-so over what we think and feel about ourselves then we must re-prioritize where we’re getting self-affirmations from. We should be the only person who affirms our positive attributes. We should be thee only one who has the power to discover and **define** who and how we are.

Those who focus on outside sources for self-worth are enmeshed with sweet-talkers. Those who focus on inner sources for self-worth are individualized. An individualized person has the ability to take timeouts or resolve issues with less anxiety and anger, has the ability to be vulnerable and honest with diplomacy, and can face loss of relationship much easier than a person who’s enmeshed with sweet-talkers.

▶ Who/what makes you feel good about yourself?

▶ What are your priorities concerning who/what you turn to in order to feel good?

▶ What should your priorities be concerning who/what makes you feel good about yourself?

▶ Have you started doing daily Love Above Workouts found at RockTalks.org? Who/what should you limit in your life, and who/what should you increase in your life?

▶ Who has the most power over your self-view?

▶ Who/what should you write mock goodbye letters to? What kind of ceremony would mark this event?

▶ What forums can you use to share your individualization work with so you don’t return to those who held more power over your self-view than you did?

MOCK GOODBYE LETTER IS NEVER TO BE SHARED

Writing a mock goodbye letter is an exercise to gauge what we're feeling about a certain person, group, place, attitude, behavior etc and what our heart is willing or not willing to do. The letter helps us re-think about what we expect from relationships, which often times helps us redefine perimeters, rules, or status of the relationship. Grief causes one to vacillate between mad and sad. We may still try to reach for those we're letting go of. If we're not ready to say goodbye, our heart may not want us to let go yet, despite what our mind says. The goodbye letter may simply help clarify how we should perceive a relationship, what we should do, or how we should act to improve the relationship. If we're letting go because of death, writing a formal goodbye helps us work out unresolved feelings. Letting go of a living person feels like a death because it's the death of a relationship. We let go because we don't want to depend on someone who isn't meeting our needs.

To _____,

I feel afraid because...

I feel bad because...

I feel mad because...

I feel sad because...

I wish...

I accept...

I forgive... Forgiveness may help you place bully boundaries or depart emotionally. Less contact with bullies guards our spirit from disturbance of inner peace. The goal is to limit time spent with bullies, whether they begin to change or not.

I feel glad because I'm thankful for...

With Love and Respect, _____

Expressing emotion cleanses the spirit. Read the mock goodbye letter out loud. PRETEND you're reading it to those who've bullied you. Read it about 5 times to make sure you conjure up feelings of bad, mad, sad, and glad. © 2012 *RockTalks.org*

After writing Mock Good Bye Letters, we may need to capitalize on positivity...

We are learning to perceive relationships as to what we can **give** to them, rather than what we can **get** from them. We are **taking responsibility for meeting our own needs**. We **think thankful thoughts** and feel fortunate to have had good times and/or good lessons learned to be at peace.

For example, parental guides are meant to mirror who we are, therefore, we've got to look for the good in them so we can see the good in ourselves.

Looking for the good in parental guides also helps us be around them, or think of them for brief periods of time.

The good I have seen in you is...

The good times we've had are...

The lessons learned are...

The good I see in you is...

Thank you for being a part of my life. I've learned from you, and I will miss you.

To increase happiness, continually declare what you're thankful for.

COMMITMENT

Do Daily Love Above Workouts found in the Rock Talk Game. Keep attacking your inner bullies like an auto-immune disease would. Take the human tendency for violence, vengeance, and knack for showing no mercy, and use it against inner bullies who possess the land of your heart and mind.

Empathize with victims by joining them against your bullying. Step into their shoes and think about and feel their rejection, their desire to make you love them, their need to stop you from abandoning them emotionally or physically, their fear of failing you and being punished, and their anxiety and stress.

Realize your inner bullies want to consume one thing to fuel and energize them... and that is to feel anger (even if hidden from you). Your inner bullies want you to be angry at others or yourself. Your inner bullies want to block you from love. These bullies want you to feel superior or powerful and never vulnerable to being hurt.

Why not declare war and determine to penetrate the door of your heart? Scout out the land and ruthlessly kill bully tactics to take the land of your head and heart back— through forgiving yourself and others.

Vast as the universe, your heart and can hold more love for yourself and others than you can measure. If you take this land away from bullies, you'll have freedom to love and be loved— which is why every warrior battles!

After you win the battle, guard your beautiful land— bullies will constantly try to repossess your heart land.

It's a constant quest to remain vulnerable. Combat your addiction to invulnerability instead of battling people— and you'll BE AUTHENTICALLY HAPPY.

Play The Rock Talk Game and do optional daily Love Above Workouts to recover your true and loving self. RockTalks.org

APOLOGY LETTER

Dear _____,

I have used the following bully tactics against you in the following ways. I'm ashamed and feel embarrassed about my bully behavior. I'm sorry for the mental/physical assaults I've done and cannot imagine how much they've hurt you. I apologize and don't blame you if you cannot forgive me and are angry at me.... It's okay for you to express your anger at me because it will help me to accept the reality of what I've done to you. I understand anger is an emotion which conceals immense pain in the mind and spirit, so the angrier you are at me, the worse I've hurt you. I'm sorry and choose four lifelong character building tasks **1)** avoiding and ending bully ties with other bullies because they feed bully lies, **2)** daily doing the Love Above Workout (LAW), **3)** telling my bully story, and **4)** teaching the Rock Talk Game to others so I change my bully-istic ways. I hope you'll be patient with me because change is a process. Today I am only making progress. I will never be perfect, but my intention is to remain committed to character building for life. Please listen as I explain in detail what I've done to hurt you. After I'm finished reading, you may add more about what I've done so I can humbly apologize for anything I've over-looked.

- 1-POOR ME** _____
- 2-PLAY INNOCENT AND LIE** _____
- 3-TRICK TO WIN TRUST** _____
- 4-FORM RELIANCE AND IDENTITY** _____
- 5-ISOLATE AND IGNORE** _____
- 6-BLAME SHIFT AND VILLANIZE** _____
- 7-OTHER IMPROVEMENT** _____
- 8-STICK TO MISUNDERSTANDING** _____
- 9-RATIONALIZE AND JUSTIFY** _____
- 10-MINIMIZE AND DISCOUNT** _____
- 11-COUNTER AND JUDGE** _____
- 12-BLOCK AND DIVERT** _____
- 13-PUTDOWN AND PUNISH** _____
- 14-INTIMIDATE AND ULTIMATIUMS** _____
- 15-REMOVE SOCIAL SUPPORT** _____
- 16-REMOVE PHYSICAL SUPPORT** _____
- 17-ORDER AND DEMAND** _____
- 18-RAGE AND VIOLENCE** _____

If you have anything you would like to add or say, feel free to speak your mind...

I am sincerely sorry for all these bully tactics I've used against you and hope you can one day forgive me.