

Bullies Below the Radar

Introduction

This series of books is unusual

Popular self-help books tell you about the intricacies of their subject and give methods that are supposed to work like magic to guarantee success, easily and comfortably. You know that doesn't work.

This series of books is not an exposition to increase your understanding about bullying – why they do it, why you allow it, etc. This is a journey that may change you enough so you'll develop the qualities necessary to wise up, stand up, change or remove even the most relentless bullies.

Therefore, I'm going to jump right in and we'll follow one story line as you'll see someone learn to recognize and stand up to a Bully Below the Radar – her husband. Your situation may not be the same but you'll recognize many of the same issues and patterns you have to deal with.

I've written this in plain, straightforward language; no psycho-jargon. You don't need psycho-jargon to know what's happening in your life and why. Deep down, you know what it will take to value yourself and your potential enough to act.

I'll refer often to the companion books in this series

How To Protect Your Personal Ecology – a workbook that will help you:

- Develop an action plan appropriate for your specific situation and the unique people involved.

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- Become a person with the right mindset and heart-set to carry out that plan skillfully. What's a "heart-set?" Hang in; that will come soon.

Stop Bullies in Their Tracks – case studies showing many situations in which people have learned to handle bullies, above and below the radar. These studies can stimulate you to find creative and unique solutions that fit your situation.

"For many people, the high cost of their fears has been their lives." Ben Leichtling

Don't waste time in detailed analyses about why bullies and enablers play their roles

You already know enough about why victims avoid seeing bullying; why they put up with it; why it's hard to rehabilitate relentless, terminally resistant bullies; and why it's difficult to resist them. More important – you already know enough about your specific situation. Getting lost in the intricacies will still leave you lost. Even worse, the analyses will make those details seem huge – maybe insurmountable. You will have wasted your time.

Try a little experiment. Right now, list the top 5-10 reasons why people bully in order to get what they want; ask a few friends to add their top five favorites to the list. Now you know why people in your life bully to get their way.

Another little experiment: Right now, list the top 5-10 reasons why people put up with bullying; ask a few friends to add their top five favorites to the list. Now you know why people like you don't recognize when they're being bullied and why they hold back.

Don't waste time complaining about your society, the media, your parents, your children, your friends, etc.

We have a word for people who whine and complain that bullies or outside forces are too strong and that they're to

weak to resist. They are called *victims*. Your task is to create your own life, no matter the external pressures and difficulties. Saying, "It's hard" is no excuse.

Is this theory correct, is it supported by enough valid research?

This is not a theory. Forget about statistics and averages. The average doesn't matter. There's only one data point that matters in your life – you.

These are my observations. If they make sense, ring true or strike home, try these approaches. Be strong and courageous, and persevere.

Will this approach be effective with overt bullies?

Yes, of course. If you already recognize who's bullying you, you might begin reading after the section, "Wise Up." You'll learn to measure how resistant the bullies still in your life are and what you need to do to be successful.

"The hardest challenge is to be yourself in a world where everyone is trying to make you be someone else." e.e. cummings