



Free bullying worksheet

Understand the process of bullying so that you can learn to get out of it so that you can manage it effectively:

Gather info about bullying:

Identify the victims, get to know if you are a victim of it or not.

Manage your own complex emotions such as wrath, guilt, worry, grief, or shame, as well as severe psychological wounds.

STOP: Break the cycle of victimization and learned helplessness.

Instill and learn healthy coping mechanisms that improve your self-esteem or emotional management. E.g mindfulness, meditation, psychotherapy yoga, and expressive arts therapy. Using humor toward someone who is bullying you can sometimes throw them off, and it can also make you feel better. Practice assertiveness, forceful, proactive communication, and effective limit-setting skills.

Participate in group therapy sessions to broaden your social network and get relief from other bullied people. Address co-occurring mental health conditions, including mood, sleep, or eating disturbances; PTSD, substance abuse, suicidal ideation, or impulsive behaviors. Also keep Working on building your assertiveness and confidence.

References

[Horne, A. M., Stoddard, J. L., & Bell, C. D. \(2007\). Group approaches to reducing aggression and bullying in school. *Group Dynamics: Theory, Research, and Practice*, 11\(4\), 262–271. <https://doi.org/10.1037/1089-2699.11.4.262>](https://doi.org/10.1037/1089-2699.11.4.262)

[Dekker, K. \(eds.\) \(2013\) *School Bullying: Predictive Factors, Coping Strategies and Effects on Mental Health*. United States: Nova Publishers.](#)

You can download more Mental Health worksheets [here](#).

Please note: There may be a more up-to-date and editable version of this worksheet available [here](#) which may be more suitable to present to clients if you are a therapist or to use in a classroom as a teacher or guidance counsellor