

## If You Were Bullied, Release The Pain

If you were bullied growing up—by peers, siblings, parents, teachers, or anyone else—that pain can be triggered by seemingly unrelated situations in the rest of your life.

When you're a kid, you usually don't have the inner tools to grieve your own mistreatment. Luckily it's never too late to grieve and cope better with scars from bullying.

**Briefly describe a time when I was bullied, what happened, and how I felt.**

**Who was a bystander, and what do I wish I could say to them now?**

**Why might others not have stepped in at the time?**

**I'm in an adult body now. What would I do if I was there to stand up for my younger self?**

**What do I know because of this experience, that I wouldn't have known otherwise?**

**What situations in my current life echo this bullying experience?**

**How can I stand up for myself in those situations?**