

# *Kathy's Confidence & Success Coaching*

## *Refresh Restore Rebuild*

### **10 Tips to Stop Bullying**

Kathy is a Confidence Coach with 20 years of experience & teaches classes for adults and children. Kathy has successfully helped men/women who suffer from anxiety or feel stuck in a distressing situation to gain empowerment and hope. As a confidence coach and 7 years as a psychotherapist, she has helped many. She helps you break free from negative thinking, create healthy boundaries, and use self-care to help you regain confidence, empowerment, hope, and self-esteem to rebuild your life.

The mind is a powerful source or a bully. In our workshop we refer to the bully in our head as the **mean gatekeeper** who want nothing more than to belittle you and keep you powerless.

**Avoid bullying tip #1:** You should take bullying very seriously and let your **mean gatekeeper** know that bullying is not allowed. We learn how to do that in the class.

**Avoid bullying tip #2:** Don't allow the power or position of the **mean gatekeepers** to shame or embarrass you with unkind thoughts.

**Avoid bullying tip #3:** Smile and laugh.

*Smiling and displaying a good a sense of humor is not just a sign of being a friendly person, it also has two other benefits: it is good for your mental health, and it also helps you to NOT become a target for your mental bullies thought comments. In the class below we learn how to create positive thoughts that help you smile and laugh.*

**Avoid bullying tip #4:** Practice deep breathing. I have a FREE guide on this

*Remembering to take deep, calming breaths is not only good for your health, but it also helps you to NOT become a target for a potential **mean gatekeeper's** bullying.*

**Avoid bullying tip #5:** Self-mentor rather than getting revenge.

*Bullying usually perpetuates a chain of painful emotions or bullying others. Instead of lashing out at others, self-mentor. Find ways and activities to make yourself feel better as this too helps you to NOT become a target for a potential **mean gatekeeper's** bullying.*

**Avoid bullying tip #6:** *Telling a coach or counselor who you trust helps you to NOT become a continued target for a potential **mean gatekeeper's** bullying.*

**Avoid bullying tip #7:** Practice your talents and skills!

*Practicing your talents and skills are not only an important way to enrich your life, it also helps you to NOT become a target for a potential **mean gatekeeper's** bullying. We all have them.*

**Avoid bullying tip #8:** Tell a counselor or coach you're being bullied!

**Mean gatekeeper's** bullies are counting on the fact that they will be believed or that you won't have the courage to stand up to the **mean gatekeeper's** that make you a victim of their bullying.

Above-<http://www.examiner.com/article/tip-10-to-avoid-bullying-practice-your-social-skills>

**Avoid mob mentality tip #9:** Divide and conquer!

Divide and conquer by interacting with bully's one-on-one at a calm moment. As a group, **mean gatekeeper's** mob mentality takes over and they become overly aggressive. Making connections with each bully individually helps you NOT become a target for a gang of bullies.

**Avoid bullying tip #10:** Practice your thinking skills!

Learning good thinking skills is not just vital to have healthy interactions with people all through your life, it also helps you to NOT become a target for a **mean gatekeeper's** potential bullying. In the sample of the class, I talk about how to get those skills.

## **TIP SHEET The Effects of Bullying**

Everyone is hesitant to talk about being bullied. Some of the signs of the inner **mean gatekeeper's** taunting's are below:

### **Signs of Being Bullied**

- Withdrawal
- Depression
- Reluctance to go out and be social.
- Self-deprecating talk
- Staying away from friends

- Crying Episodes
- Frequent complaints of headaches and/or stomach aches

## **Long-Term Effects of Bullying**

**Mean gatekeeper** bullies create a constant fear in their victims. Some lose all self-esteem, suffer from severe depression, and turn to drug and alcohol use. Some are so tormented that they use suicide as an alternative.

we looked to parents for protection and advice as a child. Many people think bullying will toughen you up or that it's not real. It's a different world today! What we see and hear contributes to the inner bully.

We cannot allow ourselves to hurt from these senseless acts of empowerment from **mean gatekeeper** who have learned how to taunt us because of our past or not having parents that nurtured us. We now have to re-parent our inner selves and change how we think about ourselves and the world.

And remember – what is learned can be unlearned. [kathy@kathydigiacom.com](mailto:kathy@kathydigiacom.com)

I can help you move to your next step. During the free 30-minute call, you will get clarity and direction on your next step for recovery from codependency and toxic relationships. [Schedule a FREE breakthrough](#) strategy session and receive a **Free Self-Care E-Book!!** This **FREE E-BOOK** has over **100 ways to love and take care of yourself and more...**

You can go deeper by learning how to stand up to the inner and outer bullies in your life with more support and empowerment in our 6-week group course.

You can sign up here **Break the Bond of Codependency& Learn to Love the True You program!** >>> This group is the most complete and inclusive program available. It is a step-by-step interactive course with tools, handouts, and strategies you will be able to use for a lifetime.

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