

# ***Bullies Below the Radar: How to Wise Up, Stand Up and Stay Up***

## **Reading Group Questions**

1. What are the seven warning signs of bullies below the radar?
  - A. What did Grace's husband do that should have warned Grace sooner?
  - B. What could Grace have done early in her relationship with her husband?
  - C. Who in your life exhibits at least some of the early warning signs? What can you do to determine if those people are bullies?
2. What were the overt and stealth bullying tactics of Grace's husband?
  - A. Which people in your life use which tactics and when?
3. What self-bullying rules, ideas, fears, wishful thinking or habits of thought held Grace back from creating a bully-free life?
  - A. What did she eventually decide that helped her overcome those habits? What new rules, ideas, fears, wishful thinking or habits of thought did she adopt?
  - B. Which of those things have held you back from creating a bully-free life? What are the consequences?
4. What effective actions were initially outside Grace's calm or comfort zones? What excuses did she use to justify her lack of action?
  - A. What actions might be effective for you, but are outside your comfort or calm zones? What reasons do you use to justify holding back (when, with whom)?
5. When did Grace act as an overt or stealth bully?
  - A. When do you encourage self-bullying in your children, spouse, partner or co-workers?
  - B. In what situations do you respect people more when they stand up to you?
6. What goals for Grace did and did not fit the criteria for appropriate goals?
  - A. What goals do you have that fit or don't fit the criteria for appropriate goals?
7. What objections did Grace have that prevented effective action?
  - A. Which ones do you agree with and which don't you?
  - B. What new ideas did Grace develop?
  - C. What new attitudes, ideas and values would be effective for you and what would you do?
8. Which strategies that fail to stop bullies did Grace use?
  - A. Which ones do you use, with whom and when?

9. What was the cost to Grace for standing up to her husband?
  - A. What did she gain?
  - B. What might the cost be if you stand up to certain bullies? What might you gain? Is it worth the risk?
  
10. How is dealing with your friends, neighbors or acquaintances the same as or different from Grace?
  - A. How have you let your boundaries be trampled because it wasn't worth the effort to maintain them?
  - B. What do you can do about which pushy neighbors and acquaintances?
  
11. Where did perfectionism stop Grace from acting? What were the consequences?
  - A. Where does perfectionism stop you from acting? What are the consequences on your children, marriage, relationship, co-workers, employees and friends?
  - B. What might you lose if you gave up perfectionism? What might you gain?
  
12. What techniques and methods did Grace use to overcome her old hesitations, fears and wishful thinking?
  - A. Which would be the most effective for you? How would you use them?
  - B. What might be the consequences and the benefits?