

How to Stop Bullies in Their Tracks

Reading Group Questions

Focused on the Case Studies

1. What do you think Brandi, Lucy and Jean should have done with their boyfriends/husband?
 - A. Should Brandi have given Matt and some of the others more of a chance? What should she have said or done?
 - B. If you were Jean, would you have stayed with Frank when the children were young? Why, why not and under what conditions?
 - C. Should Lucy have kicked Ray out right away, or was she too harsh and demanding with him? What would you have done?
2. What situations similar to or different from Paula and Stacy have you faced with your children?
 - A. How have you handled them? What were the results?
 - B. If you could do it over, what would you do differently?
 - C. Given what you've already done, what can you do tomorrow?
3. In facing parents, when do you agree and when do you disagree with what Carrie, Doug, Kathy, Jake and Ralph did?
4. How is dealing with your friends, neighbors or acquaintances the same or different from what Rita, Irene, Mindy, Joe and Paula went through?
 - A. How have you let your boundaries be trampled because it wasn't worth the effort to maintain them? What do you can do about which pushy neighbors and acquaintances?
5. What should Alicia have done about her predatory ex-husband?
 - A. What should she have done during their marriage? Would it change anything if you knew that her children idolized Gary when they were young?
 - B. Without risking her life, how could Alicia have helped the women who had been run over? Would it have been worth it?

Focused on You

1. Which person (case study) did you most identify with?
 - A. What would you have done the same and what differently?
2. Which people in your life can you identify as overt and stealth bullies?
 - A. When have you allowed siblings and relatives to take advantage of, dominate force, coerce or manipulate your family or other relatives?

- B. Who is a drain on your energy or imposes on your time or good nature? Who would you rather not include in gatherings or events?
 - C. When do you want to continue tolerating that behavior? What could you do to break the pattern?
3. What self-bullying rules, ideas, fears, wishful thinking or habits of thought have held you back from creating a bully-free life? When does perfectionism drive you even a little?
- A. What are the consequences on your children, marriage, relationships, co-workers, employees and friends?
 - B. What reasons do you use to justify holding back? What might you lose if you gave up holding back? What might you gain?
 - C. What actions might be effective, but are outside your comfort or calm zones?
4. What techniques and methods would help you overcome your old hesitations, fears and wishful thinking?
- A. How would you use them?
 - B. What might be the consequences?
5. What bullying situations have you experienced or seen at work, or involving dieting, smoking, drinking or drugs?
- A. What have you done, if anything?
 - B. What would you do now? What would you advise others to do?
 - C. How can you be an ally to someone and what might the price be?
6. When do you 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?
7. If you knew for certain that you could create an isle of song, a joyous bully-free environment, in two years, what would you start doing right now? What would you do next?
- A. What might you lose? Would it be worth it?
 - B. Why wait?