

# Self-reflection: Emotional Bullying

***Emotional bullying is hurting somebody else by spreading lies, gossip, or rumors, or spreading secrets or other things someone has told you in confidence.***

Have you ever been a victim of emotional bullying? \_\_\_\_\_ Describe what happened:

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How did it make you feel? \_\_\_\_\_

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How did you try to deal with it? \_\_\_\_\_

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Is there anything you would do differently now? \_\_\_\_\_

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Have you ever made someone else a victim of emotional bullying? \_\_\_\_\_

How did that make you feel? \_\_\_\_\_

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Why do you think you did it (be honest with yourself)? \_\_\_\_\_

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