

BULLYING

1 Pain & Significance

Why is it so much easier to be cruel online than in person?



Define bullying:

abusing someone who is present

Define gossip:

abusing someone who is absent

Bullying is about **judging**. It's about establishing who is more **worthy** or **important**.

— Carol Dweck, Mindset



(Write what the other person said.)

2 Attacking the Image

The **Holocaust** did not begin with the building of crematoria, with tanks and guns. It began with uttering **evil words**, with defamation, with **language** and propaganda. Words create **worlds**.



Rabbi Heschel

The words of a **gossip** are like choice morsels; they go down to the **inmost parts**.

Prov. 18:8

When you **label** me, you negate me.

Søren Kierkegaard



What do you think that means?
(Write what the other person said.)

3 Revenge

Why does revenge seem so appealing?



Draw arrows to show the order of ideas:



Darkness cannot drive out darkness; only **light** can do that. **Hate** cannot drive out hate; only **love** can do that.

Dr. Martin Luther King, Jr.



(Write what the other person said.)

4 Rehabilitation

What does it mean to forgive someone?



attributed to Nelson Mandela

Resentment is like drinking **poison** and then hoping it will kill **your enemies**.

When we **forgive**, we empty our hearts of the **poison** they were carrying.

Dr. Cloud & Dr. Townsend, Boundaries



(Write what the other person said.)