It is easy to assume that your partner and the relationship between you two might have a

few bumpy rides but will be a breeze all through life. While we hope that it often turns out

to be true, a 'few bumpy' rides are just the tip of the iceberg when you are in a toxic

relationship with a bully.



Here are tell-tale signs of a bully that you should always be vigilant of:

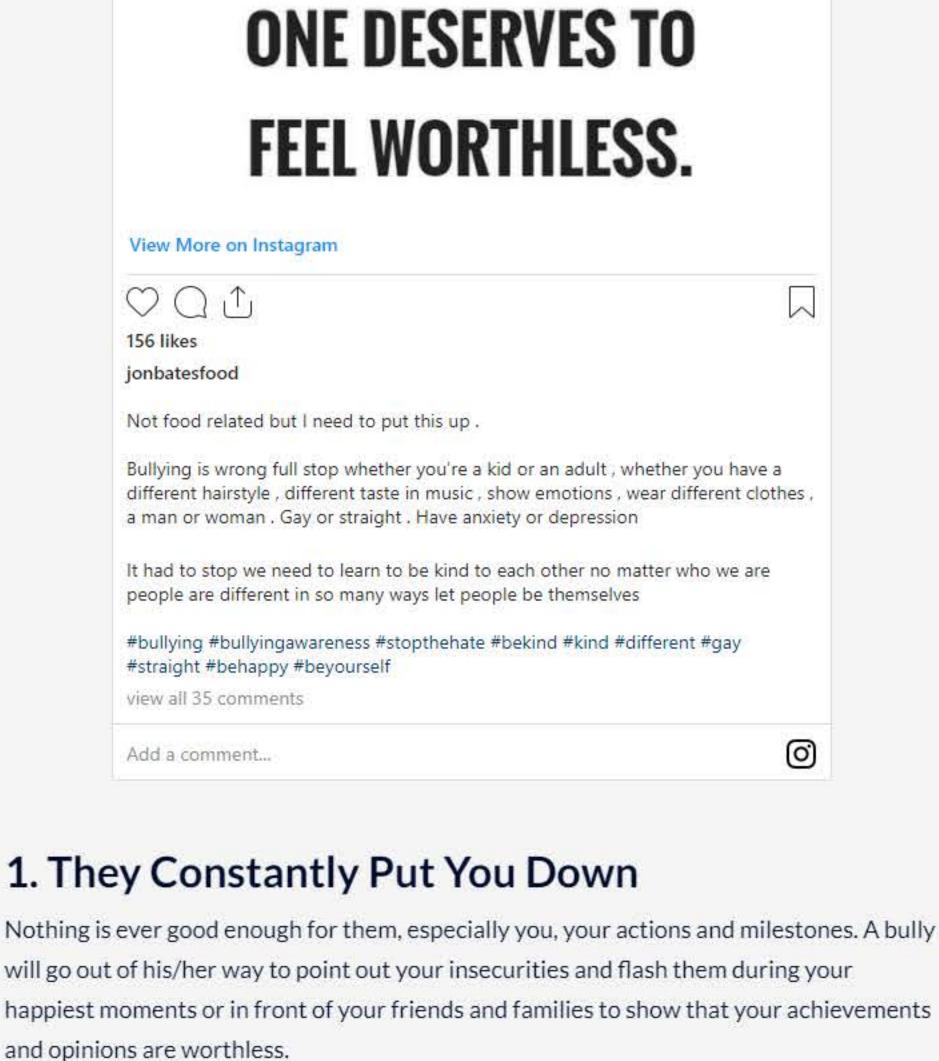
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their display of abuse becomes more subtle yet deeper. They take a trifecta of

emotional, physical and mental assault to quench their thirst for control.

STOP BULLYING. NO

jonbatesfood



only one investing themselves in the relationship while are a mere spectator on the bleachers. They are never happy about the little things or the big things, and will always

to be labelled wrong.

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2. They Are Always Dissatisfied With You

disappointment, time and again. 3. They Cannot Tolerate People With Opinions People with strong opinions often fare down at the bottom of the list because their threshold to listen to what others have to say is pretty weak. For someone who likes the

sound of their own voice and has no will to listen to others, people with opinions and ideas

are on the bad side. Since they are bullies, their arrogance does not allow them the scope

Be it physically or emotionally, your bully of a partner will always point out he/she are the

find faults in every situation. And they will ensure that you are made aware of that

pandemicprofessors View Profile The Month of October Is National Bullying Prevention Month

5 likes pandemicprofessors According to the National Center for Educational Statistics, one out of every five K-12 students reported being physically or cyber bullied in 2019. However, instances of cyber bullying has been steadily increasing especially with virtual schooling due to the pandemic. The psychological effects of bullying are vast and can include depression, anxiety, lost interest in hobbies, poor grades, difficulty eating and sleeping, and sadness. Studies also show that socioeconomic status is a main predictor of whether young students will experience bullying and report that students from low income backgrounds statistically experience it at much higher rates. It is important to raise awareness as well as to respond quickly and consistently to break stigmas and prevent occurrences. To educate yourself on this important topic and find teaching resources for students including activity kits, check out the link for this post in our biol #bullying #october #bullyingpreventionmonth #k12 #students #school #cyberbullying #prevention #awareness #panprof #pandemicprofessors 0 Add a comment... 4. Passive Aggressive Behaviour Sometimes bullying is not loud, it slithers subtly in the form of passive-aggressive behaviour where your partner, instead of diving into clear communication, choose to respond with a 'nothing', 'its fine', or 'doesn't matter', to name a few. They do not leave a lot of space to allow healthy communication and even conflict to resolve the matter at hand. Some might even push this issue under the rug with this passive aggression, only to bring it up later to inflict emotional and mental pain. These type of bullies are likely to gaslight you and penalise you for 'even suggesting such a thing'.

overreacting or plain stupid. This behaviour often crops up when you are the center of attention or have been a recipient of a well-deserved award. These emotional bullies will dilute your moment by a hurtful comment, wrapped in the pretense of a joke.

They Think 'Its Funny'

If You Tell Them

6. You Change Yourself For Them You are often confused about the right things to say around them, arranging your schedule for them or simply trying to do the right things, just to fit their preferable list. Healthy relationships are not abetting to only one person's demands and preferences but both of them coming in halfway to aid each other. Your partner is a bully if you are forced to change yourself in order to appease them. 7. They Do Not Understand Their Actions - Even

Sometimes it helps to tell the other person what they are doing wrong. Giving them

perspective helps people understand their shortcomings. However, this does not work on

your bully of a partner. They tend to believe that they are on the right path and you are

too immature to handle them (which you are not supposed to, you are not their parent).

Or they might implement those changes for a few months and then fall back into their old

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threats

Imitating others

online or using their

log-in

0

If you often hear them say, "Come on, I am just joking", or "lighten up!" and even "can't

but never miss an opportunity to make their partners seem like someone who is

even take a joke, can you?" then you are dealing with a partner who likes to belittle their

partners and cover it up with a joke. Emotional bullies are not very explicit in their insults

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patterns, thus, pulling you back into square one.

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things

Tripping, pushing

Stealing or destroying

someone's

possessions

3 likes

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#factsoverfeelings

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Telling others not to

be friends with

someone

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Deliberately excluding others online Damaging someone's social reputation or relationships Making mean or rude Taunting hand gestures Spreading gossip or Threatening to Ignoring someone cause harm #BullyingPreventionMon communityacademies View More on Instagram

Intimidation

Homophobic or

racist remarks

Inappropriate sexual comments

Reposted from @communityacademies Are you aware of some of the different ways that bullying can show up? Knowing how to spot some of them can help us all in taking the right steps to help mitigate or prevent it, but it all starts with being informed. #kindnesskounts #nationalbullyingpreventionmonth #kindnesskounts #bekind #bebrave #beafriend #antibullying #bullyingprevention #bullying #school #schoolgirl #happylife #quotes

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Final Takeaway

Being in a relationship with a bully is physically, mentally and emotionally taxing. Call out their tyranny and end the relationship for your overall well-being. To consider that you can change the person is highly unlikely and it is best to walk away from someone who doesn't respect you and your emotions or aspirations. Therapy, family and friends can help you tide over this relationship. It is time for you to leave the bully behind!

Join the Girl Tribe by MissMalini App to be a part of the conversation. Explore the app!



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