

VETO THE BULLY

(VETO DEFINITION – FORBID!)

THE 5 STEP PROCESS TO STOP INTIMIDATION AND
FEEL EMPOWERED IN ANY ENCOUNTER

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VETO THE BULLY

VIDEO #1 – INTRODUCTION

Emotional intimidation, bullying, emotional terrorism can occur in any relationship but studies show that as adults, it is most often between a man and a woman with a higher percentage of men being the aggressor.

I will also address the Inner Bully and how it controls emotions, beliefs and behavior.

Emotional intimidation, bullying, emotional terrorism and the inner bully – their effects can be devastating, especially during divorce and breakups.

Appeasement only perpetuates the problem, and confrontation without a plan can make things worse.

A GREAT QUOTE FROM SEAN CONWAY'S BOOK "CULTIVATING LIFE" –

The right tool for the job cuts the work in half.



In this program I will teach you the 5 step process to stop intimidation and you will also have the tools to cut the job in half!

1 IDENTIFY THE INTIMIDATOR

How to recognize the manipulation, tips to overcoming the mistreatment and stories of real life women you can relate to

2 PREPARE FOR SUCCESS

This is serious business and preparation is the key to success

3 DEVELOP A STRATEGY

Experience a much higher rate of success when you have focused goals and objectives and align the vision with the mission

4 DELIVER THE MESSAGE

Clearly communicate with purpose and without inconsistency so there is no room for misunderstanding

5 REINFORCE YOUR CONFIDENCE

Pushback and discover your inner warrior

IN THE END YOU'LL BE PREPARED TO GET WHAT YOU WANT!

VIDEO #2 – IDENTIFY

Define – Emotional Intimidation, Bullying, Emotional Terrorism and the Inner Bully. What are the motivations and the behavioral characteristics of each, and what to watch for to determine the best approach.

DEFINITION:

*Emotional intimidation – to browbeat or frighten into submission

BEHAVIOR CHARACTERISTICS:

yelling, swearing, name calling, insults, mocking, humiliating, unreasonable demands, judging and blaming

MOTIVATION:

co-operation through giving in

WHAT TO WATCH FOR – SPOT THEM:

angry mannerisms, slamming doors, rage, frustration

EXAMPLE:

Sarah's Story; a 37 year old women married to her husband for 6 years living in a rocky, up and down relationship. Arguing and fighting was an everyday occurrence and the emotional beatings were completely out of control. At times it even escalated into physical violence. They both worked in the tech industry and enjoyed a very active social life which was at the center of his anger toward her. He was frequently going out with his guy friends, staying out late and excessive drinking. Sarah is attractive, outgoing and likes to meet her friends after work for cocktails too. Her husband is jealous and insecure and is convinced she's cheating and accuses her of lying and deceiving him. As much as she loved him things were very bad between them in spite of all the sacrifices she made to try and make peace. After several weeks of non-stop fighting he agreed to marriage counseling. In their first session she was shocked to witness how he manipulated the therapist, blaming all their problems on her, everything wrong in their marriage was her fault. The therapist appeared to believe everything her husband said (he was very convincing) and began questioning her in an almost accusing way. Sarah sat there with a sense of helplessness as she realized in that moment the situation was not going to change and every cell in her body was crying out that she never, ever deserved to be treated like that. That "Ah Ha" moment gave her the courage to take action.

DEFINITION:

*Bullying – the use of superior strength or influence to get what they want

BEHAVIOR CHARACTERISTICS:

constant criticism intended to damage confidence and self-esteem, shaming and manipulation

MOTIVATION:

Break your spirit, obedience

WHAT TO WATCH FOR – SPOT THEM:

being overtly hostile, starting arguments, pushing your buttons and playing into your fears

EXAMPLE:

Karen's Story; a 43 year old, educated professional women living in a suburban community, 18 years married with 2 teenage children. No one would have believed what Karen was going through because her husband was a pillar in the community, church leader, funny, charming, well liked but had everybody fooled – even the kids were unaware of their dad's intimidating behavior towards their mother. He was a complete monster to his wife but if she had spoken up about it – even to her closest friends, she would probably not have been believed. He was very covert, putting on a show when others were around but when alone he turned into someone else. She was being consistently demoralized and devalued, told that she was not interesting enough or as attractive as others, no other man would be interested in her and that her resulting emotional pain from his constant criticism was "petty" and she "asked for it". Karen went from being a strong, confident women to hardly being able to function in her day-to-day life. It was like she was back being a child again and all her childhood insecurities were resurfacing. She had braces on her teeth, a bit overweight and socially awkward which resulted into not being invited to many birthday parties and other gatherings. She was feeling that same sense of rejection she felt as a child. She began to withdraw, making excuses for not attending social events, even avoiding the annual church fundraiser which was something she loved doing. Her health began to suffer, frequent colds and flu to mystery pain. One morning while getting ready for work she stopped and took a long look at herself in the mirror. She could visible see the toll that the life she was living was having on her. In that very moment she decided to take action to change it. She'd had enough! After using the tools that I teach, her life completely turned around.

DEFINITION:

*Emotional terrorism – compliance through blackmail

BEHAVIOR CHARACTERISTICS:

punishment through ignoring, neglect, abandonment, disengagement, isolating, excluding, threatening, the silent treatment, denial of the abuse and blaming the victim, no empathy or compassion

MOTIVATION:

Surrender to their demands

WHAT TO WATCH FOR – SPOT THEM:

Arrogant speech and projecting superiority

EXAMPLE:

Janet's Story; a 51 year old successful artist married to a medical doctor for 22 years and no matter how hard she tried, there was nothing she could do to please her husband. Even though he was in no way physically violent, the emotional violence she was living with was horrible. She constantly felt "less than" in every way and believed he was so superior to her that she presumed the only reason he stayed with her was simply convenience. She was the glue that held the family together, cooked the meals and cared for the home, etc., yet he micro-managed her every move – from grocery shopping, how much money she spent on even the smallest, essential items to whether or not she could get a facial or a manicure. He was in complete control and had managed to brainwash her into believing that his behavior toward her was "guidance," "teaching," or "advice" and he was just trying to help her. She began to lose all sense of self and had stopped believing in her own personal value. Even when she had art shows and received rave reviews for her paintings, her husband rarely attended the events to show support for her – instead he demonstrated no interest in hearing details of the event, refused to listen, refuse to communicate, withheld his attention, giving her "the silent treatment," withholding any kind of praise or encouragement. Whenever Janet confronted her husband about his behavior his reaction was to blame her for being insecure and denying that he was treating her badly which caused her to second guess herself. It wasn't until she started to really evaluate what her life was like, how unhappy she was, how unfulfilled she was, how lonely she was, how sad she was deep inside that she decided to make a drastic change and leave the marriage.

DEFINITION:

*The Inner Bully – negative self-talk and lack of inner strength

BEHAVIOR CHARACTERISTICS:

always second guessing decisions, misplaced guilt, self-condemnation and criticism, belief that the negativity is deserved, limited inspiration and accomplishments

MOTIVATION:

comforting traits that are familiar and habitual

WHAT TO WATCH FOR – SPOT THEM:

Self-criticism, self-doubt, taunting and insulting thoughts

ABOUT YOUR INNER BULLY:

The biggest bully out there can be the one that lives inside you. It's that voice saying you cannot achieve a goal, how unworthy you are and reminds you over and over again of your failures and how even attempting to achieve your goal is a waste of time.

The Inner Bully can leave you completely demoralized, anxiety ridden and stuck in a rut. But – in reality the Inner Bully is nothing more than a figment of your imagination that leaves you with nothing but negative energy. That inner dialogue can be extremely nasty and tells you things that you would never say to another living person. It can be particularly challenging to confront these limiting beliefs and perceptions and change these destructive habits because your mind is with you every second of the day and isn't so easy to escape from. Your stream of thought is like a river – continually flowing whether you are paying attention to it or not. That inner voice can lead to beliefs and attitudes that oppose your best interests and diminish self-esteem. It encourages and strongly influences self-defeating and self-destructive behavior. This hostile, judgmental advisor also warns about other people, promoting angry and cynical attitudes toward others and creates a negative, pessimistic picture of the world. Its demeaning tone tends to increase feelings of self-victimization, limitations and resentment, which leads to procrastination, lack of motivation, resistance to aiming high and embrace accomplishment instead of inspiring change.

7 TIPS TO SILENCE YOUR INNER BULLY:

- 1 Reflect;** Every day is a fresh start. You can't change the past but you can stop thinking about what you should've, could've, or would've done. Reflect on your inner comments, statements and thoughts that are not contributing to a positive self-image and get rid of it! Stop being your own worst enemy; you are not that person of the past.
- 2 Focus;** Think about the person you want to be. You are in control. Instead of reverting back to that old (yet familiar) behavior, put conscious thought into how you want to represent yourself in the world. Stop trying to live up to other people's standards and claim confidence in your own standards. Focus on how you want to feel, how you communicate and how your actions affect others.
- 3 Build;** Pick a routine that will impact your health and happiness. Build on that and in time add another one and then another. Soon you will be forming new positive habits that are building blocks for your new mindset.
- 4 Choose;** Give yourself permission to be nice to yourself no matter what. Whatever your Inner Bully is shouting at you about, know that you have a choice as to how you respond to it. Be strong and embrace the choice to be good to yourself – refuse to engage the Inner Bully.
- 5 Take Charge;** When your Inner Bully rears its ugly head in spite of all your efforts and knocks you off your game, keep in mind that the art of emotional composure is a process and will not happen all at once, it takes practice. Don't beat yourself up and avoid getting caught up in it – stop overanalyzing and judging, instead consciously take charge of your thoughts because no one else is telling you these negative words, besides – you are in control of changing your thought pattern.
- 6 Gratitude;** Gratitude is a powerful magnet to attract peace of mind, happiness and satisfaction and allows you to see your situation in a positive way and realize its true value. It's a way to express appreciation for what you "have" – not what you "want." When expressing gratitude, in your mind list 3 things that relate to the specific thing that you are grateful for. Concentrate on 1 of those things at a time and by doing so it expands into a deeper reflection of that 1 individual thing. The brain cannot think 2 thoughts at the same time so give each of the 3 things the same focus and concentration. Practicing gratitude can change your life. Choose to be grateful.
- 7 Journal;** A useful tool can be to journal, to write down and record your thoughts when dealing with any situation. It provides a means to understand the past and the present and how you want to shape your future. Consider what comes up and if your actions are making things worse. What are your feelings, are you telling yourself stories, are you being realistic, be completely honest – it's for your eyes only. By taking a few minutes each day to put it all down on paper, you'll be amazed at how much you'll discover, how much easier it is to problem solve and how much you'll learn and grow.

VIDEO #3 – PREPARE FOR SUCCESS

THIS IS SERIOUS BUSINESS AND PREPARATION IS THE KEY TO SUCCESS!

- ✔ **Assess the characteristics of the aggressor**
 - Know who you are dealing with by reviewing the intimidating behavior and consider the long term benefits of recognizing the opportunity to succeed and reaffirm your commitment to seeing it through

- ✔ **Level the playing field by displaying composure and you will become a more difficult target – claim your future happiness**
 - Resist overwhelm to avoid playing into the hands of your aggressor and remain calm to prevent overreacting and restore mental energy

- ✔ **Display a positive demeanor – lean in, breath, stay composed, stay grounded**
 - Refuse to be dominated and address the situation head on – realize that what may be said about you is a lie and meant to weaken your resistance

- ✔ **Maintain control over your emotions – develop an invincible attitude**
 - Without emotional discipline you give away your power over your own emotional state allowing the aggressor to dominate your thinking – you're easier to control when you're flustered – conquer frustration and gain perspective

- ✔ **Remember..... F.E.A.R. is – False Evidence Appearing Real**
 - Fear can prevent you from moving forward, block your confidence, it leads to procrastination and can completely derail your success – fear is often just anxiety that arises from your thoughts so it's critical to resist dreading taking action to achieve victory

VIDEO #4 – DEVELOP A STRATEGY

☑ **The abusive person is not likely to change – plan your approach**

- Ideally walking away is most desirable but when that's not an option, knowing how you're going to deal with the situation is essential

☑ **The first line of defense against a bully is self-confidence**

➤ Confront Your Abuser

Example - Confrontation – don't be afraid to say, "this is abusive behavior". The abuser will deny it but do not let the abuser convince you that you are being too sensitive and making things up. Stand your ground and let the bully know that you know better and it's not your imagination.

➤ Set Boundaries

Example - You have to let your abuser know you will not be emotionally abused and you require respect. You will not be controlled and dominated.

➤ Build Your Self-Esteem

Example - Know you are worthy of love and respect. You deserve better and the abuse is not your fault. Don't internalize criticism. Don't fall into the pit of despair – focus on the positives.

➤ Take Responsibility for Your Life! Don't be a victim – change it!

VIDEO #5 – DELIVERY

☑ **Stand Up and Take Action**

➤ STAND UP FOR YOURSELF! YOU ARE SOMEBODY!

- Assert your power and challenge the bully – abusers don't stop emotional abuse on their own so it's up to you to stop it

➤ Take control by being confident and looking the abuser in the eye

➤ Start the conversation – ask if you can have a calm discussion

- Speak clearly and calmly and state a reasonable expectation such as, "stop mocking me – I want you to treat me with dignity and respect"

➤ Know what you want to say – make notes if necessary

- Talk in "I" statements instead of "You" statements such as "I" feel upset that I have to..." rather than "you never do..."

➤ Do not take seriously any negative or patronizing talk – don't play into your abusers hands

➤ Be rational and don't respond emotionally

➤ Stay strong by maintaining eye contact – do not look away

➤ Maintain control the entire time to accomplish your objective

➤ Practice and rehearse being assertive

VIDEO #6 – REINFORCE YOUR CONFIDENCE

Pushback, resistance exercise, boxing, self-defense classes etc...

DISCOVER YOUR INNER WARRIOR!

Statistics – value of resistance training

(Along with the known physical benefits)

RESISTANCE TRAINING –

- Reduces anxiety (feelings of nervousness, fear, apprehension and worry)
- Reduces symptoms of depression
- Reduces chronic fatigue symptoms
- Increases cognitive skills
- Increased quality of sleep
- Increases happiness
- Improves self-esteem

Address your outer body first to change your inner body

By strengthening and taking care of the body, your confidence begins to grow and continues to grow every time you conquer the weight. The weight represents all the outside stressors in your life and that pushback is feeling the heaviness of the weight and pushing it off of you. Doing that when you didn't think you could do it is exhilarating! That emotion is your fuel to be strong and get what you want.

The importance of strengthening your inner energy (fire) is greatly enhanced with a healthy dose of resistance training

The focus is building strength and eliminating weak thinking. You learn goal setting, planning, prioritization, discipline, new skills and develop the habit of pushing through fear.

Resistance training is a life changer

Not only does it establish a sense of control in your own body, it seeps into your decision making on every level. You become a stronger person because you pushed through your resistance and felt the difference.

You may consider working with a personal trainer to design an individualized program such as weight lifting or functional training. Self-defense classes are a terrific way to get a sense of being in command and feeling safe in short amount of time.

Balance – We all have 2 types of energy that oppose each other to create “balance.” When you live life with one very dominate type your life feels “off.” The imbalance is often accompanied by mental overwhelm and physical exhaustion. These 2 will exaggerate negative emotions and anxiety making it difficult to be at your best when confronted.

If someone is a victim of emotional abuse on any level they need (could use) a strong dose of assertive energy.

Finally, visualization is a good example of how to use your imagination to help you create whatever you want for your life and is mastery work. Mastery – “a comprehensive knowledge or skill in a subject or accomplishment.” The speed and finality of the mental rehearsal (visualization) will make addressing difficult issues easier and the outcomes more rewarding.

VIDEO #7 – CONCLUSION

As with any negotiation or confrontation, by identifying who’s across from you helps you prepare, formulate a strategy and know how to successfully deliver it.

Make the decision. Decide to make adjustments to your approach, physical demeanor and attitude in order to stop the abuse and feel empowered to take action.

Eliminate F.E.A.R. before taking action. Reword the false evidence statement to address the fear.

Determine the right environment to address the issue in. Set up an opportunity so you can bring it up. Remember – composure is the key to successful execution.

Develop “PUSHBACK” AND REGAIN BALANCE IN YOUR DELIVERY. Address the inner bully and tell it to take a hike!

PATIENCE, PERSISTENCE AND COURAGE

Patience – (to let your plan work out)

Persistence – (to keep adjusting until you find the right formula) &

Courage – (to take the risks necessary to make the change take place)

REMEMBER-

“The right tool for the job cuts the work in half.”

Sometimes in life things just don't work out as planned. Let's look at a strong, successful, self-employed business person. When things go wrong and the survival of the business is in question, the financial future looks bleak, and it looks like the only suitable action is to file for bankruptcy – sometimes there's no other way and that's just what has to be done.

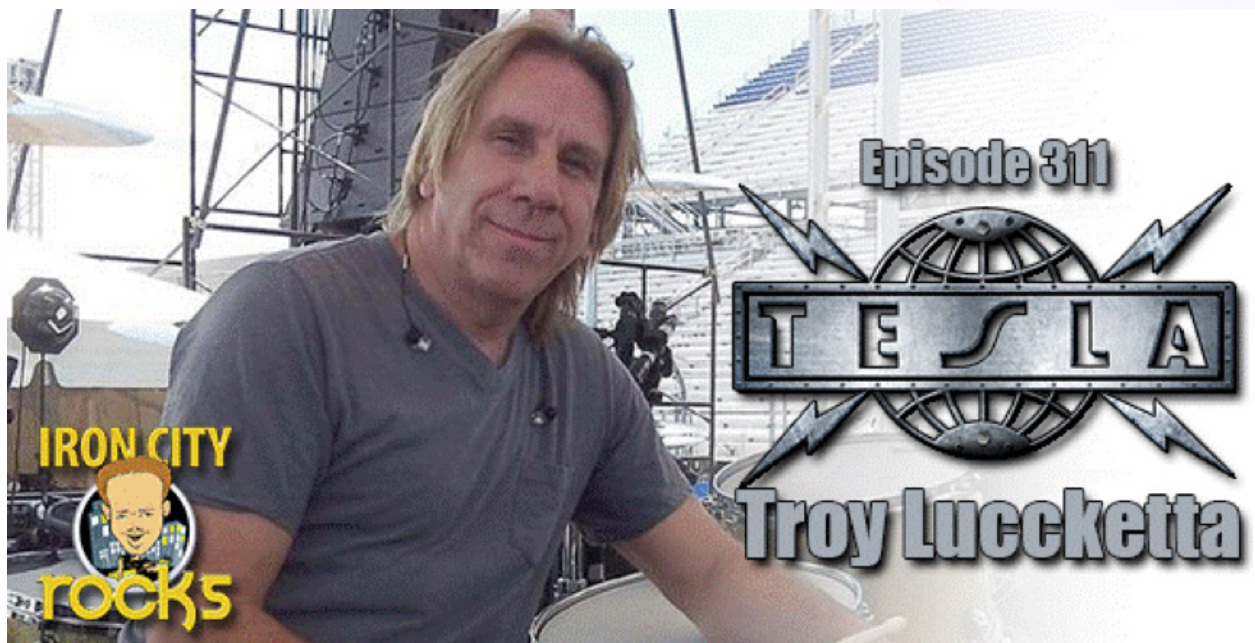
The same thing applies to a woman who is in a situation with an abusive husband or partner – sometimes leaving the relationship or getting a divorce is the only option.

A strong business person will prepare, strategize, deliver and survive – many thrive. There is nothing in the bankruptcy law that prohibits someone from starting a new business after bankruptcy.

There is also nothing in the divorce law that prohibits someone from starting over with a new, powerful, winning attitude. In my extensive program – “Invincible Divorcee” I teach in-depth the tools for you to quickly feel in control, inspired and fearlessly engaged in creating your new life without self-doubt. When you learn it – you will own the toolbox!

One of my clients is Troy Luccketta from the classic rock band TESLA and I just love a line in the lyrics from their latest song – it's so powerful –

Don't leave your greatness on the shelf



Don't leave your greatness on the shelf

**YOU DESERVE TO LIVE THE LIFE YOU DESIRE!
TAKE ACTION AND CLAIM IT!**



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