

## Why Am I A Bully?

1. When I was young, who made me feel less than loved and accepted? (list everyone)  
\_\_\_\_\_
2. What was/were the task(s) or skill(s) I was supposed to be good at about which I was considered a failure and my ability was less than acceptable?  
\_\_\_\_\_
3. Was I even interested in excelling at that task or skill?(circle) Yes No
4. If I circled "Yes," what have I done to improve at that task or skill?  
\_\_\_\_\_
5. If I circled "No," why should I even care what somebody else thought?  
\_\_\_\_\_
6. What are some tasks or skills that I am pretty good at?  
\_\_\_\_\_
7. What are some tasks or skills at which I want to improve?  
\_\_\_\_\_
8. Will bullying somebody help me to improve?  
\_\_\_\_\_
9. Can I comprehend that by being bullied by somebody else, I have turned my anger and upset feelings toward bullying somebody else? (circle) Yes No
10. If "Yes," can I stop bullying others and concentrate on improving a task or skill in which I am interested? And, what will be that task or skill? (circle if you can change and list task or skill) Yes No \_\_\_\_\_
11. If "No," you don't comprehend how you have turned your feelings of helplessness into bullying others, write what kind of help you need in order to change or why you prefer to stay the same  
\_\_\_\_\_