How to Control Your Emotions

The bully is doing this because most likely they want a reaction out of you. Learning to handle your emotions can be the first step in dealing with and ending the cycle of bullying.

These are the most important things to remember:

* Do not blame yourself. No one, no matter what, deserves to be bullied or put down.
* Do not respond to the bully in an aggressive or confrontational manner.

Use the following techniques to help keep your anger or upset feelings in check.

**How can I keep from showing that I am upset?**

**The first thing you need to remember to do is breathe**

Breathe in and out, slowly. Imagine that you are breathing out all of those negative feelings that you are experiencing. Try practicing some different breathing exercises so you know what to do or what you like best. Use our Deep Breathing activity to learn different breathing techniques.

**Do not act on those immediate emotions**

Thinking about your breathing will be your first defense, but you will need to try some of these other tips to help keep from showing your feelings.

1. **Leave/ignore/run away/walk away from the situation:** 
   1. This is helpful in one time cases or when you are being physically bullied.
   2. Try to imagine you are walking away from a friend. This can be a way of making sure your body language (which you are usually unaware of) doesn’t give away a sense of fear.
2. **Concentrate on something else and ignore the bully**
   1. Try thinking about what you are doing this weekend
   2. Count to 100 or backward from 100
3. **Build a wall around you**
   1. Do this in your mind. Build an invisible wall around you that keeps your emotions in and the hurt out.
   2. Imagine any verbal abuse bouncing off the wall.
4. **Use visualization**
   1. Picture the bully doing something funny. This may help the situation seem less threatening.
   2. Picture the bully (if a boy) in women’s clothes or picture their head shrinking.
5. **Stay positive**
   1. It can be hard to do this when the bully is being so negative, but try to remember all of the positives about **you**.
6. **Think about how bad the bully must feel.** 
   1. If they are doing something like this to you, they are probably feeling pretty bad about themselves or something else may be going on that you do not know about.
7. **Use positive self-talk**
   1. “I am better than that.”
   2. “I am not like that.”
   3. “I don’t have to pick on other people to know I am good.”