LIFE HACKS

Those Who Hurt Others to Feel Stronger Are the Weakest People

By bestfolkmedicine · 10/08/2020 · 2 min read



People who bully others do it to feel stronger, powerful, in control.

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In schools, we see children bullying other children because they're struggling with poor self-esteem. Through bullying others, they feel powerful and make others feel small and hurt them.

This false sense of power fades away soon and they bully again to feel powerful once more. They hurt others and their bullying tactics may worsen if they're not taught differently and better soon.

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Without doubt, people who bully others and do everything to make them feel small have self-esteem issues. They think making others small will help them feel bigger. But, it's never like that.

Pushing Others Is a Sign of Weakness

If you're the person who tends to hurt or belittle others, you're probably very weak and your strength and power is only in your imagination.

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But, you should know that hurting others is in no way a good tactic to feel good about yourself.

On the other hand, if you help others and show genuine friendship and care, discovering your talents and skills, communicating and listening without judgment, and making others feel comfy around you are only some of the countless of ways you can grow your inner strength.

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A weaker person doesn't do this-instead, they go the easier road-they judge, shame, and constantly emphasize they're the best.

Is Someone in Your Surrounding Hurting Others to Feel Big?

They cross others' boundaries

Weak people are known to go to extreme lengths to find information about the people they bully-they do this to cross these boundaries, even though you don't want this.

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They will try to overstep and get under your skin-they will stir up your insecurities all the time as they have no respect for others' emotions.

They can't accept your real you

Instead of accepting you fully, bullies will pull you down and encourage your negative thoughts about yourself.

They will criticize your actions and decisions and want you to reflect their toxic traits.

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They dislike others' success

Your success only reminds bullies of your competence and capability and this isn't okay with them.

They will sabotage you, slander you, and backbite. They think it's better for them if others are losing!

They don't let others in

They rarely let others in because they don't want them to see their emptiness and bitterness. These people close up and shut off to the rest of the world.

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So, you can't know what they're thinking or feeling in a certain moment because that's the thing they don't want you to see.

Sources:

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