

Dear Bully.

I am writing this letter to you to let you know how your bullying and harassment has affected me.

You are either completely unaware of how you treat others, or you simply don't care. Either way there are consequences to your actions. I only hope now with the new law in affect (Bill 30) you will be held accountable. Trouble is a lot of organizations sweep things under the rug and are unprepared on how to handle bullies like you. Sometimes this makes things even worse. I have come a long way since this horrific experience happened to me...but I am not there yet. I had an incident last week with a bully and it triggered old memories that I thought had been dealt with. It set off some anxiety and at a time when there's great transformation happening in my life. I thought of you, Dear Bully, and have realized this time I'm not letting you rob me of my power or joy. This time I stood up and told you to back off and step away! Who gave you the right to think you can belittle and berate anyone! You made a choice, you decided that instead of doing things in a rational way and treating someone with human dignity you would take their power away. Make them feel less than, you seem to know your targets recognize those who seem more vulnerable. How would that empower you? It only makes you a coward, anyone that is confident in themselves would never behave like such a jerk. Truth is I feel sorry for you, your pathetic. I don't know what happened in your life to make you so unkind and malicious, but I do know this is your choice. Perhaps you were bullied as well and instead of speaking up or getting help you decided to bring it forward and make everyone else feel less than just as you feel about yourself. You even include others in your tactics, my guess is some of your comrades are either afraid of you or they are just as sick as you are! Things are

changing, and accountability is heading your way. I pray you experience the consequences of your actions and you are dealt with. I also pray you get the help you are in so need of. I release you, so I can live the life I'm supposed too. But be aware if I encounter you again you will be dealt with, exposed for what you truly are a coward. But this time I will not release my power to you. This time I have a voice not just mine, but I will continue to speak for those who cannot speak up. Rest assured I will not let your intrusive behavior infect my life. Get help!

Sincerely, I have had enough!