Bullies, Bullies Everywhere

(Oh Where Is There a Shrink?)

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How many bully types
Can you start to name?
All those shapes and stripes...
Seeking targets for mind games.

Know-it-alls and demons
Stalking you at work.
Can't wipe out their venom
Just muttering, "You jerk!"

For they will tease and taunt
Get underneath your skin.
Your dreams they too will haunt...
Oh, where do you begin?

Bully for you, Bully for Me
It’s time for your third degree
Bully for Me, Bully for you
Why are you turning so blue?

Let’s give them a label
Let us expose their rear –
The mean and the miserable
Craving status and your fear.

They’re sharks in the water
Smelling beads of oozing blood
Preying on the weaker
To quench a power-hungry mood.

First the "HE Man" Nation
All those lusting for control.
Driven by $H$..."Humiliation"
And by $E(2)$...the "Empty" x "Envy" Fraternity
Trapped in a Type A-hole.

Citation: Mark Gorkin. “Bullies, Bullies Everywhere”. EC Psychology and Psychiatry 4.3 (2017): 100-104.
Next the “Savior” SHE Hound
Could be dudette or a dude
Ever bossing you around
Of course, for your own good!

_Bully for you, Bully for Me_
victim or Victor...can’t you see
_Bully for Me, Bully for you_
As long as you give Me my due.

There’s the one “Too BIG to Fire”
She shakes the money tree.
The top dogs give her a flyer and
Brown nose this mighty SHE.

The “Critical Aggressor”
Needs an “Approval Addict.”
They dance affixed together –
Codependent rules so strict.

Finally found your “Mr. Right”
You searched for nights and days
Who knew he’d be so uptight
With a first name of “Always!”**

The “Explosive Flasher”
With face flame-throwing red.
A “blame-aholic” boozer:
To lose is to be dead!

_Bully for you, Bully for Me_
Now here’s My final decree
_Bully for Me, Bully for you_
Go find one to bully, too!

The “Hollywood Strong Silent Man”
With those big broad shoulders
For him to be strong...You be silent, ma’am!
Just watch him seethe and smolder:

Composed on the outside
On razor’s edge within:
The “Dr. Jekyl-Mr. Hyde”
Backstabs with a Cheshire grin!

** Citation:** Mark Gorkin. “Bullies, Bullies Everywhere”. _EC Psychology and Psychiatry_ 4.3 (2017): 100-104.
Mr. “Hostile Humor’s”
Trail of tears sarcasm.
A serial abuser
Joking off...his orgasm!

These bulbs on the bully tree
Have two things in common:
“The World Evolves Around Me”
And there’s but one opinion:

[For these last lines to ring most true
Sing it just like “Tea for Two”]

You for Me and Me for Me
Oh how nurturing you will be.
Forget “To be or not to be”...
Just simply think of ME, ME, ME!

** (Can’t recall the name of the female comic from whom I head the “Always” punchline)
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HE Men and SHE Men
Know any HE Men – one of those strong silent types
Who hide feelings behind all kinds of stripes?
The “H” is for Humiliation, the “E” for Emptiness
Don’t expect ventilation; you’re asking them to undress!
Alas, for this one to be strong, you must be silent...
A small price to pay: appeasing the violent! ;-) 

Next are the SHE Men – martyrs and Saviors
So, quick with an “Amen” when providing their favors.
Of course, expecting rewards for “selfless” behaviors.
But when feeling ignored, start rattling their sabers.
Not to play favorites as I rant and rail:
HE Men and SHE Men may be male or female!
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“I” vs “You” Messaging
“You’re wrong!”; “I disagree”
Two words...yet it’s easy to see
Affirming “I”s show civility
Blaming “You”s blow hostility!
The “You” messenger’s mode is often attack
Learn to get this mad monkey off of your back.

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Let go of tit-for-tat or “get even” rumor
Instead, perhaps, some subtle cutting-edge humor?

“It’s all your fault”; “You drive me crazy!”
Sounds like an assault from a mind that is lazy.
Do not be shy, here’s one good reply –
Looking eye to eye…with tone a tad dry:
“Time after time, I know you have said it...
Alas, you still give me way too much credit.”
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It’s a Long Way from Heaven
When a leader avoids the smoking baggage
How great the group fear of collateral damage?
Does toxic anger have most walking on shells?
Are you entrapped in the office from hell?
Whether explosive, dismissive, or silently passive
Can a culture survive when folks are submissive?

It’s a long way from heaven when duplicity-driven
By gossip, back-stabbin, and sneaky enmity
Has it become the trusty trident trinity?
24/7, 24/7
Whatever happened to heart & soul livin?

One no longer grasps the depth of the scam:
“I am as important as I think I am!”
Well known for all-consuming virtue
Is towering ego now a bronzed statue?
Naturally, forever erect...
As others must humbly genuflect.

It’s a long way from heaven when mostly pride-driven
By status, power, and money
Has it become the supreme trinity?
24/7, 24/7
Whatever happened to heart & soul livin?

Some with sly tact say matter of fact:
You, my good man, just have no impact!
Beware being caught between a hard place and a rock
By folk’s using the Law of Loyalty Loop & Lock:

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Bullies, Bullies Everywhere

Those who never want you to answer back
Always want you to back their answer
With, “Yes, sir, No sir, No excuse, sir!”

It’s a long way from heaven when hostility-driven
By “just kidding,” sarcasm, and put-down irony
Has it become our snappy trinity?
24/7, 24/7
Whatever happened to heart & soul livin?

Even with conflict just down the hall
Why not fight behind a virtual wall?
If the “e” in email stands for “escape”
Why bother dealing up front with a scrape.
Now when you send a post that does bristle
Is it less email and more an e-missile?

It’s a long way from heaven when TNT-driven
By “Time, Numbers & Technology”
Has it become today’s trinity?
24/7, 24/7
Whatever happened to heart & soul livin?
24/7, 24/7
Whatever happened to heart & soul livin?
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