

## 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*.

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" boozier:  
*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. Jekyll-Mr. Hyde"  
Backstabs with a Cheshire grin!

Mr. "Hostile Humor's"  
Trail of tears *scarcasm*.  
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.

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:

*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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