

What's the Truth?

People's conscious or unconscious intent on damaging our physical or psychological wellbeing, can often inflict harm merely by what they say.

While usually false, such statements can cause us to draw upon psychological defense mechanisms, which are sometimes unhelpful.

Reflecting on what was said and comparing it with the truth (or what we believe to be true) can be a positive handling technique.

Use the following table to write down what was said in the left-hand column, versus what you know to be true:

What did the bully say?	What do you know to be true?
<i>You always make mistakes.</i>	<i>I rarely make mistakes.</i>

Reflect on the 'truths' and use them to challenge or replace what was said (ideally) during or after conversations.