

# THE *SPUR* SYSTEM™

**STIMULATION** to rebuild your self esteem

**POSITIVITY** to achieve success

**UNDERSTANDING** to forgive your bullies

**REJUVENATION** to increase attraction

by

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## STEP ONE

When someone has been bullied they find that their morale is low. So how do we rebuild it?

Action I will take to be more **positive**

Action I will take to be more **appreciative**

Who do I have to be grateful for today?

What do I have to be grateful for today?

What are my goals for tomorrow?

Action I will take to find out about my **talents?**

Eg good with people, sporty

My talents are.....

## STEP TWO

Losing motivation after a term of bullying means that people lose their ability to change their circumstances. Research shows that more we spend at least 80 per cent of the time talking about problems and 20 per cent about solutions. Therefore if we become more focused on problem solving in general we are more likely to come up with solutions to the problem of bullying.

Say to yourself <b>“I do have the power to change”</b>
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For every problem there is at least one solution.
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Problem Solution
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Problem Solution
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Problem Solution
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Sometimes fear holds us back from doing what we would like to do.

What would you like to do? What fear is holding you back? What action is required to conquer it?	
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<i>Stand up to my bully</i>
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## STEP THREE

When someone has been bullied their confidence is usually reduced. At the end of each day give it a mark out of 10. (e.g. 1 for a bad day and 10 for a good day). Write in the box anything that you gave a mark over 5, in other words things that you enjoyed and why

I enjoyed Why did I enjoy it? What is it about me that can exact enjoyment out of this activity?	
I enjoyed Why did I enjoy it? What is it about me that can exact enjoyment out of this activity?	
I enjoyed Why did I enjoy it? What is it about me that can exact enjoyment out of this activity?	

Focusing on what you enjoy doing will remind you of your strengths and help to improve your confidence. *This in turn will help you to deal effectively with bullying episodes.*

## STEP FOUR

Sometimes bullies are people with low self-worth who have themselves been subjected to indifference and victimisation. By understanding their personalities and their difficulties in communicating normally (*i.e. by making them see the best in themselves*) their treatment of you may improve. Begin by practicing on 'nice' people.

<p>Nice person</p> <p>What does this person do that is good?</p> <p>How are they helpful to society/class/club?</p> <p>How can I express that to them?</p>	
<p>Nice person</p> <p>What does this person do that is good?</p> <p>How are they helpful to society/class/club?</p> <p>How can I express that to them?</p>	
<p>Person who bullies</p> <p>What does this person do that is good?</p> <p>How are they helpful to society/class/club?</p> <p>How can I express that to them?</p>	

This will help to turn around the negativity which surrounds relationships that involve bullying and help to encourage the behaviour you desire and help to build self control.

## STEP FIVE

Standing up to bullying takes courage and practice. In order to improve your ability to assert yourself when you are in the company of people who are intimidating you is a gradual approach if it is to be successful. Complete each box at a time. Do not move to the next box until the one before has been completed successful. Just like snakes and ladders, if you fail go back to the beginning again.

Stop avoiding (bully) How?	
Speak up How?	
Be more assertive (1) How?	
Be more assertive (2) How?	
Be more assertive (3) How?	
Be more assertive (4) How?	

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## STEP SIX

People who have been bullied have often fallen behind with their work/ambitions/objectives. The way to overcome this is to break jobs/challenges down into small pieces that can be started and finished. We do this using the:

### SPUR ON FORMULA

RETURN LIBRARY BOOKS	WHAT ARE THE BOOKS?	WHERE ARE THEY?				GO TO LIBRARY Friday
	War and Peace	Can't find it Where can it be?	Already at library? Upstairs	Got that. Hall table with LW.		
	Little Women	Got that Table in hall				
	Book on French grammar	Leant to Jane How can I get it back?	Call Jane to find out. What's her number?	0207 1132469 Will she drop it in Thursday?	Got it. Hall table.	

## STEP SEVEN

Setting new goals.

People who have been bullied need to establish new goals in order to grow and succeed

<p>What am I going to do? Why is it important to me? <b><i>I will set my objectives and move on them straight away.</i></b></p>	
<p>What am I going to do? Why is it important to me? <b><i>I will set my objectives and move on them straight away.</i></b></p>	

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