

Taunting Is Daunting: The Perils of Childhood Bullying ¹

Reflection Guide

Based on Dr. Michael Obsatz's Video Talk (2025)

Introduction

This reflection guide invites you to journey deeper into Dr. Michael Obsatz's wisdom on bullying, pain, healing, and transformation. Through journaling and discussion prompts, you are encouraged to explore how early experiences of taunting and exclusion shape self-worth, empathy, and compassion — and how healing begins with love and awareness.

Use this guide over several sessions or at your own pace. Each section includes: summary insights, reflection questions, and journaling space for your thoughts, drawings, or meditations.

¹ Dr. Michael Obsatz' YouTube video link: <https://youtu.be/EBdTwdedEQo?si=wAQIuUPQqV7f1W12>
Reflection Guide created by David Tillman by using YouTube video transcript and ChatGPT – October 2025

Section 1 – Understanding the Roots of Bullying

- Bullying arises from 'empire consciousness' — a worldview based on domination, fear, and scarcity.
- Bullies often act out of abandonment, shame, and unworthiness.
- The cycle of suffering:
Abandonment → Fear & Shame → Control → Domination → Destruction

Reflection Prompts

1. How have I witnessed the 'cycle of suffering' in myself or others?
2. What early messages did I receive about competition, control, or being 'on top'?
3. How might fear and shame manifest in hidden ways in my relationships or work?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins or other markings on the paper.

Section 4 – The Emotional Toll and Path to Healing

Victims of bullying carry wounds of abandonment, helplessness, and betrayal. Healing begins with being seen, believed, and loved. Compassion and awareness transform pain into growth.

Reflection Prompts

1. How have I carried emotional wounds from childhood into adulthood?
2. What practices help me nurture my inner child today?
3. How do I respond when I see someone else being bullied or excluded?

[illegible]

Section 5 – Redefining Masculinity and Strength

Traditional masculinity rooted in control and stoicism often leads to self-destruction. True strength is expressed through empathy, service, and compassion. Healing masculinity heals community.

Reflection Prompts

1. What messages did I learn about what it means to 'be a man' (or to be strong)?
2. Which of those messages still influence my behavior or self-worth today?
3. What new, life-giving models of masculinity or humanity inspire me?

[illegible]

Closing Reflection: Love as the Antidote

“Knowing you’re loved, lovable, and loving is the core answer to bullying behavior.” —
Dr. Michael Obsatz

Take a few quiet moments to breathe and repeat this affirmation:

I am loved. I am lovable. I am loving.

Let this truth soften your heart and remind you of your worth. Reflect on what it means to live from this truth and to bring love into every interaction.

Dr. Michael Obsatz

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Advocate for Compassion, Healing, and Oneness Consciousness.

Draw a picture below of a reflection you have had: