

Still Standing

*A workbook for healing the adult wounds
of childhood bullying*

This workbook belongs to:

“What happened to you mattered. What you carry from it makes sense.”

How to Use This Workbook

A few notes before you begin

Being bullied as a child — even briefly, even “long ago” — can leave a lasting imprint on how a person sees themselves, trusts others, and moves through the world as an adult. This workbook is meant to help name that imprint, understand it, and gently begin to revise it.

A few suggestions

- There is no required order — skip around, or work through it front to back.
- Some pages ask you to revisit old memories. Go at a pace that feels manageable, and pause or step away if something feels like too much.
- This workbook is not a substitute for therapy, especially if the memories bring up intense distress, but it can be a meaningful companion to it.
- Consider keeping a separate journal nearby for anything that doesn't fit in the space given.

If you are a clinician using this with a client

These pages can support work on core beliefs, attachment patterns, and self-concept. Consider pacing memory-recall pages across sessions rather than assigning them all as homework at once, and check in afterward.

Naming What Happened

Putting words to the memory

Section 1 · Looking Back

Take your time with this page. You don't need to include every detail — just what feels important to name.

Roughly how old were you when it happened, and for how long did it go on?

Who was involved — one person, a group, a sibling, someone at school?

What did they say or do? (Write as much or as little as feels right.)

Did any adults know? What happened when/if it was reported?

How It Shaped Me

Patterns that often trace back to childhood bullying

Section 1 · Looking Back

Being targeted as a child can leave patterns that persist long after the bullying ends. Check any that resonate — there's no full or partial list that captures everyone's experience.

- | | |
|---|--|
| ☐ Difficulty trusting new people | ☐ Chronic people-pleasing |
| ☐ Over-apologizing or shrinking myself | ☐ Hyper-vigilance in groups or new settings |
| ☐ Perfectionism / overachieving to feel safe | ☐ Avoiding visibility or attention |
| ☐ Assuming others are judging me | ☐ Difficulty accepting compliments |
| ☐ Anxiety around conflict | ☐ A harsh inner critic |
| ☐ Trouble setting boundaries | ☐ Feeling “on guard” even in safe relationships |

A pattern of my own that isn't listed above:

The Story I Started Believing

Childhood bullying often plants a belief that outlives it

Section 2 · The Belief Underneath

Kids don't yet have the tools to understand that bullying reflects the person doing it. Instead, many children quietly conclude something about themselves. What did you come to believe?

Common core beliefs (check any that fit):

☐ Something is wrong with me

☐ I'm not likable

☐ I'm too much / not enough

☐ I don't belong

☐ I have to earn love/acceptance

☐ I'm alone in this

The belief, in my own words:

Evidence against this belief — what would you tell a friend who believed this about themselves?

Where This Still Shows Up Today

Old beliefs often surface in present-day moments

Section 2 · The Belief Underneath

This belief may still get triggered in certain situations. Check what applies, then describe a recent moment it showed up.

- | | |
|---|--|
| ☐ Starting a new job or group | ☐ Receiving feedback or criticism |
| ☐ Being left out of plans | ☐ Conflict with a partner or friend |
| ☐ Public speaking or being watched | ☐ Making a mistake at work |
| ☐ Meeting new people | ☐ Seeing others succeed |

A recent moment this belief showed up, and how I responded:

A Letter to My Younger Self

Write to the child who went through this

Section 3 · Reconnecting

Picture yourself at the age this happened. What would you want that child to know — about what happened, about themselves, about what was ahead?

Dear _____ ,

What I Needed to Hear Then

Kind, grounding words — offered now, on your own behalf

Section 3 · Reconnecting

Adapt these, or write your own. Consider reading them aloud, or returning to this page when the old belief resurfaces.

What happened to me was not my fault.

I did not deserve to be treated that way.

I was a child doing the best I could with what I understood.

The people who were unkind to me were dealing with something of their own.

I get to decide who I am now — not who they said I was.

It is safe to take up space.

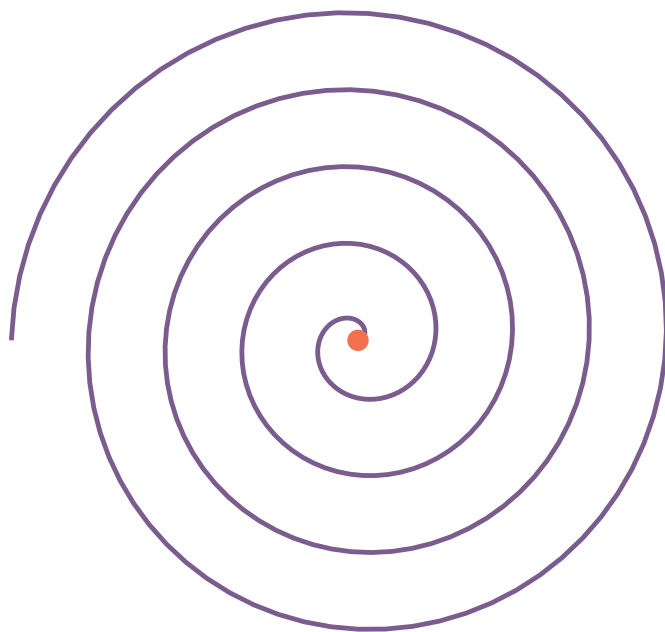
Something I would add, in my own words:

A Grounding Practice

For moments when the old feelings resurface

Section 4 · Tools for Now

Trace the spiral slowly with your finger, starting from the outside. Breathe in as you trace toward the center, and breathe out as you trace back out. As you breathe, silently repeat a phrase from the previous page, or one of your own.



start here

Breathe in for 4 counts · hold for 2 · breathe out for 6

A phrase or memory that helps me feel grounded:

Setting Boundaries Today

Practicing the protection you may not have had then

Section 4 · Tools for Now

Many adults who were bullied as children find boundary-setting difficult, often out of a learned fear of conflict or rejection. Boundaries are a skill, not a personality trait — they can be practiced.

A situation where I struggle to set a boundary:

One small, doable boundary I could practice this month:

A simple boundary script to adapt:

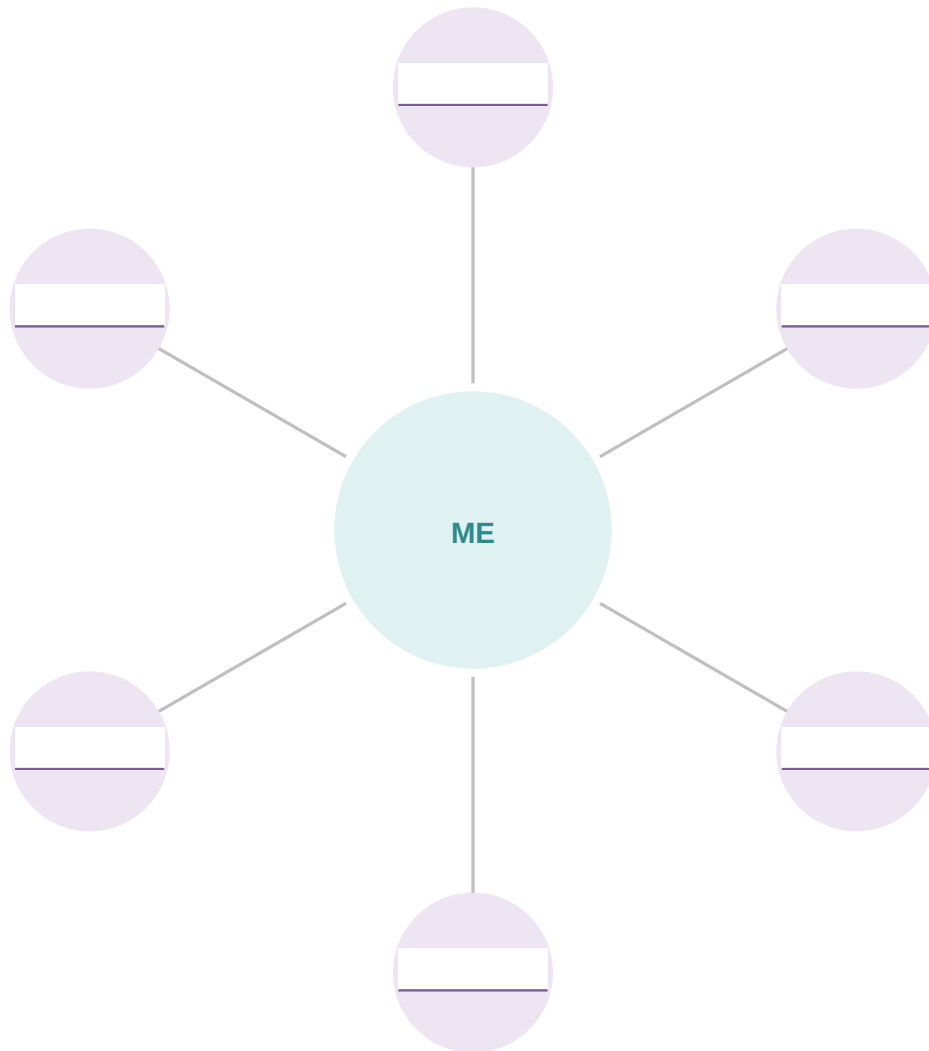
"I hear that you'd like ____, and I'm not able to do that. What I can do instead is ____."

My Support Network Today

Naming the people who help you feel safe now

Section 5 · What's True Now

Part of healing is noticing that your present relationships can be different from what you experienced then. Fill in the web with people who feel safe, trustworthy, or affirming today.



Signs I've Grown

The distance between then and now is evidence, too

Section 5 · What's True Now

Healing rarely feels dramatic day to day — it shows up in small shifts. Check any that are true for you now, even partially.

- | | |
|---|--|
| ☐ I can name what happened without shame | ☐ I catch the old belief when it shows up |
| ☐ I've set a boundary I wouldn't have before | ☐ I have relationships that feel safe |
| ☐ I can be kind to myself when I make mistakes | ☐ I take up space more than I used to |
| ☐ I recognize my own strengths | ☐ I trust myself more than I used to |

Something I know now that I didn't know then:

A Commitment to Myself

Closing this chapter of the workbook — for now

One thing I want to remember about myself going forward:

One way I plan to practice self-compassion this month:

If I need support, I will reach out to:

Signed:

Date:

“What happened to you was not the whole story. It's not even the end of it.”