

## Interview with Dr. Lynne Curry, author, Beating the Workplace Bully

### *Why do some people get targeted by bullies and others don't?*

“Some people are bully magnets. They give off signals that they're easy prey. Or, they don't see the signals a bully gives that they're on the bully's radar.”

### *What signals are those?*

“A bully cuts you down, then claims he was “just kidding.”

You feel you have to walk on eggshells because you never know what might trigger a tirade.

You work next to someone who treats others poorly when he can get away with it or who delights in making your life difficult.”

### *What should you do if you spot these signals?*

“You can run but you can't hide. A bully will test you. If you try to ignore a bully, you fall into a trap. The bully decides you're easy and escalates. You can't expect bullies to go away on their own.”

“Or, you try to be really nice. Bullies perceive niceness and avoidance as weakness and an invitation to take advantage.”

### *Why do some people bully?*

“Growing up, bullies learn how to push others' emotional buttons to get what they want. Because button-pushing works, bullies discover they can get what they want through fear, guilt, or intimidation.”

***How prevalent is bullying?***

“Every study comes back with the same answer. Three to four out of every ten U.S. workers have suffered at the hands of a bully.”

***What’s the number 1 tip you give to those facing a bully?***

“Realize the bully tests you to see if you’ll be a good mark. Fail that test. Bullies operate according to a risk/benefit ratio and you want them to realize you’re not the right person to take on.”

***Interview with Dr. Lynne Curry, author, *Beating the Workplace Bully*, AMACOM***