

# Dealing with teasing, bullying & difficult people

## I - ACE



from the Brief Therapy Institute of Sydney (2004)

### Ignore

(This must be done quietly – the person teasing must not know you are ignoring – it can be tricky because it may feel like you are doing nothing but you are not – it is NOT “pretending” to ignore; the bully must think that you really didn’t hear at all)

### Agree

(This is relatively simple to use, but must be done sincerely and not sarcastically or dismissively. It stops them dead in their tracks! “You came last in maths again, hah, hah, hah . . .!” “Yes, you’re right . . . I’ve never been very good at maths.”)

### Confuse

(Give them a sincere answer to a question they didn’t ask – then move off immediately – or change the topic – profoundly but politely misunderstand them. Eg. “What are you doing here making the place look ugly?” Reply: “Oh, it’s a little after 2 o’clock I think someone said.”)

### Exaggerate

(This is similar to agree but takes it further – again you must not be insulting to the other person but take the insult to a ridiculous length. Eg. “Your mother is a whore!” Reply: “Oh, you saw her ad in the paper, too?”)