



Quotes and Affirmations for Dealing with Workplace Bullying

Donna Krasowski

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When you are the target of a workplace bully you may not know where to turn for help. Bullies rob you of your self-esteem. You may begin to think that it is your fault or there is nothing you can do about the bullying. It is important to change this negative self-talk so that you can move forward and successfully deal with the bullying.

Inspirational quotes help by changing our focus from the problem to the solution. Affirmations help to overcome negative habits and self-talk by working on the subconscious level of the brain. The quotes and affirmations in this book can help the reader reflect on their thoughts and feelings and assist with journaling.

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