

EFFECTS OF BULLYING

Bullying at the workplace is much more common than most people realize and can have both psychological as well as physical ramifications. If you feel that you are being bullied rate the symptoms that you feel are a result of the bullying.

Rate each from 0-5, with 5 being a major concern.

Anxiety	0	1	2	3	4	5
Panic attacks	0	1	2	3	4	5
Insomnia/trouble sleeping	0	1	2	3	4	5
Higher blood pressure	0	1	2	3	4	5
Ulcers	0	1	2	3	4	5
Trouble concentrating or making decisions	0	1	2	3	4	5
Lower productivity	0	1	2	3	4	5
Lower self-esteem	0	1	2	3	4	5
Lack of motivation	0	1	2	3	4	5
Depression	0	1	2	3	4	5
Sense of isolation	0	1	2	3	4	5
Trouble eating/digestive issues	0	1	2	3	4	5
Feelings of helplessness	0	1	2	3	4	5
Other:	0	1	2	3	4	5

Can you pinpoint when the issues of major concern started? _____

How have the issues of major concern affected your daily life? _____

What have you done or can you do to change the situation? _____