

“Offensiveless Defense” with Two Rules

We have enough technology and resources
EVEN NOW to have a Garden of Eden on Earth
IT IS NOT COMPLICATED; ONLY TWO RULES are
NEEDED

The ultimate weakness of violence is that it is a descending spiral,
begetting the very thing it seeks to destroy.

Martin Luther King.

Human salvation depends on human cooperation.

Buckminster Fuller, mathematician who introduced the geodesic dome.

What we have still standing in the way of this Eden is not enough people taking and teaching the 2 rules (see below) and using offenseless defense (see below) with others.

The Problem is

A continuum of distress involving abusive mocking, nasty put-downs (to oneself too) all the way to bullying, suicides, homicides, attempts thereof, and suicide attacks....terrorism

People hurt others (physically and/or put down others' humanness) when stressed.

People hurt themselves as their (seemingly) last line of self defense when depressed or cornered.

Parents and teachers aren't taught or don't train themselves well enough to model and artfully attract their young people from their early lives on to keep rules against hurting themselves and others.

The Two Rules: Not exactly the Golden Rule

It Starts with yourself:

a. Take an unchanging rule: I will never again hurt myself; not physically and not psychologically.... Once you understand and take that rule– It's yours, don't ever revert back! (Even when you make a little mistake, don't call yourself "Stupid" or worse yet. Instead, for example, tell yourself–"I can do better than that!")

b. Take an immutable rule: I will never again hurt anybody; neither physically nor emotionally; not even put down their humanness. (When someone makes a mistake, even a big one, also don't call them names such as "Stupid" or "Retard". Say instead, "That's not like you. That's a mistake. Get back on track!")

WHY BOTHER?

Without consciously taking these 2 rules, **your life will get worse and worse when under stress** and you will seriously hurt yourself and/or other(s) **eventually**. As parents or teachers it's rarely or never too late to introduce these two rules to your children or students. THIS LEADS TO

- Bully Prevention
- Suicide Prevention
- Homicide Prevention
- Much less need to Grieve, Worry, and be Fearful

We can no longer dismiss teasing and bullying as part of growing up

- Bullies can be stopped.
- Students can be taught to be more understanding of one another.
- Staff and parents can help students deal with teasing and taunting.
- “Thin-skinned” students can become more resilient.

So, will you please take and then teach these 2 rules to your constituents?

What happens when you hurt yourself?

- Every time you hurt yourself, your unconscious mind takes it as the true intension, and tries to make it more true. (One of many examples: If and when you first smoked, you started coughing and your body told you to stop. You kept going anyway, and after some period of time you probably found yourself with a lit cigarette in your mouth, not remembering when you lit it. Your unconscious mind took over.)

The real person you were meant to be is gone or hidden.

Hurting yourself or others chips away at the real person you were meant to be

- When you hurt yourself or another, the “real” you or them gets buried a bit. Unless there was terrible brain damage, you and they were born to be flexible, creative, rational, intelligent, loving, and cooperative.
- When you hurt yourself or another, distress gets in you and them, interfering with your or their flexible creative, rational, intelligent, loving and cooperative actions.

What if YOU MEET SOMEONE or are WITH SOMEBODY WITHOUT THOSE RULES, and you think you may be in danger?

THINK!!!! What can I say or do right now (to protect myself from being hurt, also without harming THIS person—thereby making them even worse functioning than they are right now?

Then, if you want to stay...what can I say that might plant the seed or encourage this person to take these two rules, as I have?

Don't Kid Yourself:

- If you're hurting yourself physically, such as smoking cigarettes, don't kid yourself. If you are **continuing to do anything despite negative consequences you ARE** hurting yourself.
- **YOU** really do know the difference
- Research the best way for you to stop and to succeed. And never give up!

ARE you HURTING yourself or the other person by saying goodbye to a wrong or toxic relationship?

- **No!** They are likely to feel bad though. To feel sad (and later perhaps afraid or angry too) is normal and appropriate...when someone you think you love breaks up with you. AND, you're not likely to be right for them if they are not right for you. This frees you both up to look for a better situation. **THEN the job is to SAFELY discharge all the negative emotions—while keeping "the 2 rules". Breaking either of the 2 rules only adds MORE negative emotions, and prolongs the trip to a relaxed happy you and them again.**

ARE you HURTING somebody else if you slap, punch, or otherwise make contact?

- It might appear like you are hurting a person to somebody outside the situation, and you might be annoying if you make physical contact, BUT only you and the other person (if not already distressed in this area) will **know** whether you have crossed the line into hurting. Beings–human in this case– can feel and know the difference. Thus pillow fighting, can be useful in that it can release anger safely, and bring on much laughter–thus is fun.
- SO FIRST AGREE TO TAKE A RULE NOT TO HURT ANYBODY, then don't go back on it. Find other ways to handle negative situations also, using offensiveless defense as shown below.

When a teacher or parent is irked by a young person:

Even a so-called light spanking or any contact is usually **not the best choice:**

- As a caretaker, you might strike or wring a coat, pillow, or some soft inanimate object. Even using a belt or stick on such objects, may provide the most relief for you.
- Just this makes most children turn away from their irking behavior...even if only to watch your anger discharging behavior.
- Now take more time to think of a re-direction. “Walls are not for writing. Use this paper instead.” “People are not for hitting, hit here (e.g. a pillow) instead.”

Spankings for young people?

There are **learning spankings** and there are **damaging spankings**. Before the point of pain, attention is heightened and learning can occur, especially if you speak rationally, calmly as possible, making good suggestions while simulating “spanking”. Stop using damaging type of spankings that go into pain and result in the person shutting-down, becoming resentful. Shutting down impedes learning.

Realize that people don't improve with blame, criticism, or by attack

- Blame, reproach and attack shuts down a person's intelligence and cooperation.

If you find yourself compelled to “hurt” somebody, (it is often similar to the way you were treated, or as you SAW somebody else treated in a similar situation). **Stop the cycle yourself or seek help to stop it if you can't by yourself.**

Performing OFFENSIVELESS DEFENSE

WHEN? In each unique situation–1. to stop somebody from hurting you. 2.To teach somebody else how to interrupt somebody from hurting them; especially by practicing/role playing with them various things they can do– so they are ready! Also, don't let fear get in the way of protecting yourself. Discharge fear by talking and shaking before or after; e.g. “This is fear coming OFF so I'll think my BEST...I'll know exactly what to say!” (shiver, shiver)

HOW? Do it without going on the offense, without attacking, without assaulting, without “tit for tat”. It'll use all your flexible intelligence, but the results are worth it. Keep thinking and speaking positively to the other person, to that unique situation....and don't shutdown! It might start by your saying, “We're so mad we could hurt each other now, but that's no help. One or both of us would just get worse. You seem to want; and I want There's an elegant solution to every real problem. Let's (do this) at least for now....until we come up with something better?”

Continue: E.g. Call what they have done names, but not them names.

- **Example:** “Drinking too much is asinine, YOU are not asinine. You’re my (son, friend, sister, love—whatever they are to you); and I know You are (wonderful, a delightful person—” Say at least one something truthfully nice about them.)
- Tell them exact details so they know what is upsetting, “When you.... I get so angry that I want to (bash) you. But I won’t because I don’t want you to be hurt, don’t want you to dislike me, or stop being your cooperative self”....and I have a rule not to hurt anybody.” Surprisingly, that last statement is disarming to people.

Taking the rule not to hurt anybody can happen anytime in your life

There's no harm to take it "on faith"

- **Still wanting to Hurt somebody/others?**
- Counter frustrated, angry, and irritable feelings when the feelings FIRST start; then you're in better control: Note out loud (to them, to God, to the wall or steering wheel: "I'm feeling (angry). It's not your fault." Apologize immediately if you even slip a little into the realm of harm; ask for forgiveness immediately; hit something soft like a pillow or coat; (with a belt if it helps you discharge bad feelings; stamp your feet if it helps); Ask outloud for an alternative course and listen for the internal answer if you can; make sure you are well rested, well nourished, well exercised, and well organized. Tell this person what you would **prefer** they did; Ask this person what **they** think could be better.

It's never too late to take a rule not to hurt yourself

- Counter negative and suicidal thoughts by taking a rule against hurting yourself “on faith”– then set out to make your life better– e.g. start searching for endorphin production through having fun safely, gaining freedom, gaining competence and being close to others. Write out positive directions against distress or addictions (ask someone to make them up with you, or use 180 degree thoughts–direct opposite of the negative thoughts (no matter how silly they seem). Concentrate your daily activities on being well–rested, well–nourished, well–exercised, and well–organized. Get up; move around; do the next indicated thing; Tell yourself you’re trudging the road to happiness. Most important: Cry (while reading, thinking, or saying outloud your positive directions) to get the sadness out! Let out those depressed chemicals through tears and sobbing!



Never give up and never go back on the rules of not hurting yourself or another.

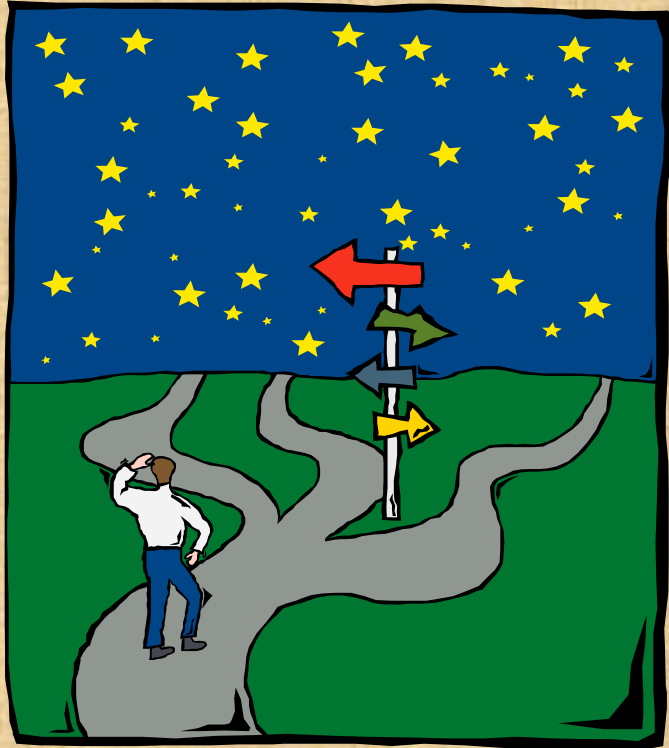
Four examples of the multitude of positive directions (especially say to yourself before or after being in the presence of the someone you'd formerly have abused in any manner.) :

- 1. There is an elegant solution to every real problem, and I will use all my resources until I find it.**
- 2. If the entire situation is taken into account, every person is doing the very best that he or she can do, and thus deserves neither blame nor reproach. This is particularly true of you.**
- 3. From this moment forward, I (happily, solemnly, forever, whichever adverb fits you best) promise never again to treat anybody, including myself, with anything less than complete respect.**
- 4. I'm not scared to hold back my anger, be amused, and see what happens. (lol, shiver, shiver)**

**Search under your anger and look for (and express) grief, disappointment and/or fear.
It is probably there.**

- Negative emotions stop clear thinking.
- Stop “new” fear (and all its forms from embarrassment to terror) and sadness (and all its forms from minor disappointment to major loss) from getting in you through changing what you say to yourself to positive directions.
- Discharge “old” fear and sadness (which already got in you) through the natural physiological methods, as you were born to do...until you are left with the ability to act in a relaxed, rational, flexible, creative and appropriate, loving manner. Instead of an emotionally laden memory, you will be left with an ordinary memory.

Are you willing?



- From this moment forward to take a rule not to hurt anybody or put down their humanness?

- **A.** Perhaps most of the above was rather silly to you because you've clearly already had these 2 **Rules for yourself.** Maybe you've no need to practice these because you routinely ask yourself—"Is what I'm wanting to do going to harm me or harm another?" If yes, you've learned to do something else and you find and follow this better plan. You already know these rules give **SAFETY** and **MANAGE STRESS**; they take harming self or others out of the equation. Without them life becomes unmanageable.
- **B.** Then you are ready to broach the topic to just about anybody you care about— now or in the future— By concluding that it's none of your business, or that it's just easier to keep your mouth shut, someday you may have regrets that you didn't even try to plant the seed in their mind. **So PLEASE take the trouble now to keep reading, even if you find the topic not of your general interest. Look for parts you don't already do when you see aggression or self-harm on the part of those you know.**

- **Ignore any aversion you might have to taking charge.** Also, during times of boredom while you read this, bring yourself back to paying attention by imagining that you'll want and need to use this with somebody whom you love or like, who otherwise will either commit or try to commit suicide, or with somebody who otherwise would abuse you or others—just because they don't have a rule not to. Or keep in mind somebody whom you know and like who did commit or tried to commit suicide, overused alcohol, drugs, anybody who abused you, or anybody you saw abuse others, and how you might now respond differently. There's nothing you can change about what happened in the past but the future is free choice. Keep paying attention to what you're reading and get ready to use it, much the same as taking a CPR training class; so that at the least you can clearly take steps which may avert problems without adding more problems and hurt to the mix.

- **I can't help it if you don't care for me or my presentation's writing style; if you've ever cared for anyone– including yourself– please take all the time needed to be ready when it's needed. Maybe you'll just need to share it ahead of time, or it might be that you'll need to intervene while something is going wrong. This was my life's professional work for 32 years, "in my little corner of the world". In 2005 I left that career to be a professional artist. I cannot go to my grave without resurrecting the methods I used to codify it– as it has not been written down in this painstaking detailed way before. In my good world, all parents and teachers would have been raised this way and would raise all children and students with whom they come in contact– that is how to keep these two simple rules of not hurting (self and others; neither physically nor psychologically). Parents and teachers would also teach and help the young people know how to defend themselves offenselessly. No, that word isn't in the Dictionary yet. But if you start thinking and using your own offenseless defenses, once you understand its simple principles, I assure you that your life will be even more gentle, interesting, and simultaneously more exciting.**

- **I've found that many people often confuse the nuances of what hurting yourself might mean. For example, does going skydiving qualify as hurting yourself? Not if you have carefully studied how to do it, have made sure that all safety features are in place, and just as importantly you have also made sure that you are strong and healthy enough for that activity. And yes, if you are one in a million or so where an accident happens to those who have VERY carefully planned and stayed alert –well then–so be it! At least such grief from a bona fide accident while doing something you think is important would not involve regrets of having also purposely harmed another or yourself and not also dragged in innocent people who would otherwise be negatively affected by purposeful harming.**

Three Crucial Teaching Times Addressing Aggression towards another and towards Self:

Age	Aggression	Within Themselves
1. Child on your lap	Slaps you	Slaps self
2. Sometime during grades 1 through 9	Bullies or plans to retaliate to get even	Is bullied or invites hurt (e.g. "Go ahead, punch me", "Hit me.")
3. Adulthood before any tragedy	Attracted to gang like thinking, terrorist, or involved in tactics of intimidation, plans for assassinations, and attacks to control	Making harmful choices that lead to addictions, self belittlement; depressed-suicidal planning and thoughts

Teaching these 2 rules – Toddler/Preschool stage

- **Toddlers really do want to cooperate,**

and will do as you suggest, as long as they understand what you suggest (See below suggestions), and as long as you haven't added distress to them– by hurting them at all.

While the child's force is probably not dangerously harmful to you, (or even to most siblings), the intention is to hurt another **or** themselves, and is “on purpose”. USE this FIRST opportunity to teach the child NOT to hurt another or self.

- Grab a pillow or something equivalently soft while getting their attention by fairly loudly and sternly saying “NO!” Regardless of whether they’ve started by slapping you or somebody else in the room, or whether they’ve started by slapping themselves----
- Either way, Do not laugh (or they are likely to think they did a good thing). Seriously and gently take their offending hand or foot, and demonstrate hitting (or kicking) the pillow with their hand, while lovingly saying:
- “Be gentle with people. Hit (Kick) here instead. People are not for hitting. (and you’re a person too)”, e†c. (He or she will usually bash the pillow for a long or a short period of time once you encourage it; while you KEEP looking on, warmly, relaxed, with interest.)

What amount of time is needed ?

(In my experience) Teaching these 2 rules to toddlers takes about 2–10 minutes, unless there are sibling issues in their setting, then longer (see teaching to young people).

- Keep that nice look on your face all the while they hit or kick the pillow, no matter how red or sweaty they get doing it....Adults are much more embarrassed to discharge their feelings this way than are very young people. **Wait and watch until they are finished;** until they go on to doing anything else other than hitting the soft thing or trying to hurt themselves or another. At some point they're likely to switch to do the opposite (from self to other, or from hitting other to oneself) in order to find out what you'll do. in that case REPEAT: "Hit (Kick) here instead!" "Be gentle to me (yourself me, her, him)! Bash the pillow instead!!!"
- Without even learning what is actually meant, toddlers without brain damage can be quite easily redirected not to again purposefully hurt themselves or try to hurt another nonthreatening person.
- Since a toddler shouldn't be alone, an adult should be present to "catch" in child in the act of trying to hurt themselves or somebody else. Take this opportunity to IMMEDIATELY intervene and teach.

Of course it works out best if training begins in this early toddler age, or at least during the second crucial stage, school age.

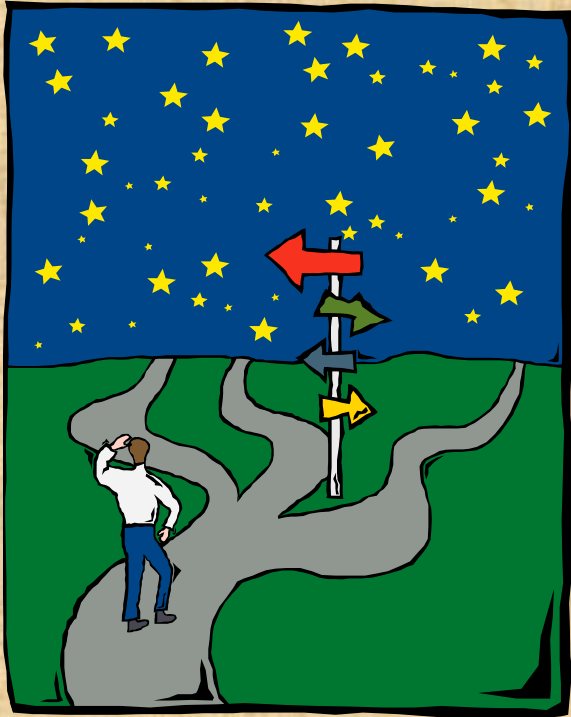
In the U.S.A., at least until 2001, **One in five** students reported having been bullied. Bullying and teasing tops the list of children's school troubles: 86% of 12–15 year olds said teasing and bullying occurred at their schools, and ranked teasing and bullying as “big problems”, ranking this issue higher than racism, the pressures to try drugs, or to have sex. Bullying was most often just overlooked.

Teaching 2 rules – Crucial – During Aggression

Usually occurs sometime during Grades 3 through 9

- When you notice a young person bullying or hurting somebody (Includes physical aggression and/or verbal assault)– Firmly say in a softer than yelling voice, “NO!”, “Stop that! or You’re not going to hurt her (him, each other)” Start with tactics as for a younger person (“People are not for hurting (putting down), ...”); then ask the most upset person present, “What happened?” With a warm aware facial expression, just listen (or if you must talk– just reflect back each person's response to the other person), in a calming fashion, while you make light/ gentle physical contact (a wrist, a hand) with both the aggressor and the victim, if possible. Sometimes, if the person bullying seems to enjoy intimidating and hurting another, ask: “Did anybody ever do this to you?” (e.g. “pants” you) If yes, say, “I’m sorry that happened to you. It should never have happened. At other times ask, “Were you two ever friends?” (If they answer yes), ask: “What is one thing you liked about him/ her?” Lastly say to the effect: “Whenever someone upsets you, it’s usually that you want them to improve in some way. Yet, it only makes them worse by treating them this way. They can’t think as clearly when being hurt, AND THEY often just want to hurt you back...”

Are you willing?



- to Never again to treat anyone, including yourself, with anything less than **COMPLETE RESPECT?**

Teaching 2 rules –TO THE VICTIM – when hurt

- ALSO sometime during Grades 3 through 9
- Initiate immediately when you're told that **THEY were teased and/or bullied**– Neither baby them nor rush off to GET the offending one (perhaps yet). First ask for the details– listen carefully to their answer and reflect the feelings you think you notice: Say, “You look (sad) (angry) (scared) (embarrassed) and I’m sorry that happened to you! (even yell:) It should never have happened”, etc. You must repeat that last part (THIS SHOULD NOT BE HAPPENING TO YOU!) just loud enough so your acknowledging voice will stay in their mind and be a support. Since you know what happened now, add, “I have some ideas of what to say to try to stop bullying/teasing in the future if nobody else is around to stop it. May I show you?... (When he or she says yes) I’ll pretend I’m you, and you do what you think they would then do....” Then teach and practice with them at few 3 separate “offensiveless defense” ways (details of the basis of this type of response will follow). Role play also physically blocking when they lunge at you (have them move slow–motion for ease of instruction; while you reach TO ENCIRCLE and LIGHTLY HOLD the “bully’s wrist” WITHOUT INFLICTING PAIN. Tell the “bullier” “I have a rule against hurting people!” Use humor or just sarcastically say “Very funny!”; respond with facts as in “You don’t have to call me fat, I’ve got mirrors!”. Look into their eyes while blocking and saying– “You could hurt me and I might hurt you, and then we both might end up in a wreck.” Take **all** the time needed until they seem ready. Even write those words out clearly for them to practice later when alone.

Some school-age young people are very receptive and some need careful convincing evidence, over time – (In my experience and practice)

- Make sure they know what is actually meant, and not meant by taking rules not to harm anybody or themselves.
- Without physically or emotionally hurting them of course, use words such as “Hurting yourself (or another) is not acceptable because you will only make the other person (or yourself) worse....It is not the answer...., etc.” This can be enough for some young people, but usually it isn’t. It is not the answer to your problems as it doesn’t make others behave better by hurting them. However telling others that you could (try to) hurt them, **but CHOOSE not to, usually has a salubrious effect (favorable to or promoting health or well-being).** More teaching and demonstrations are usually needed to learn enough offenseless defensive responses so as to help them feel confident and ready to stop others’ aggression without hurting them.

Teaching offenseless defense to young people

Some young people will need examples of offenseless defense responses in every emotionally laden situation until they are mature. Others may only need good examples here and there in “dribs and drabs”. Some have had a concerted 3 hour period to “get” what is actually meant, and how to carry out offenseless defense responses in their hardest areas, and then have been able to carry on just fine from there on out—with no more demonstrations, lectures, etc. needed. There are countless ways to achieve offenseless defense. Some will give better results than others. Keep your attention out and use one after another, until you get good results.

Variable amounts of time are usually needed to teach the 2 rules to young people who don't have them- (in my experience and practice)

- Tell her/him or them that it may take time before they notice all the ways that they are hurting themselves. "Regardless, today what is important is, Are you willing to take these 2 rules and to use offenseless defense when you need to protect yourself? Later you can deal best with each situation as it comes up." Explain that they will only make themselves (or the other person) worse....Lashing out is not the answer to making your life better (or others behave better).....It usually takes an adults even longer than young people to both "get" what is actually meant; and even after acceptance of both rules, more teaching is needed to learn enough offenseless defense responses and how to completely stop hurting oneself.
- **Learning and remembering the 2 rules can be simple and quick (as quickly as you can explain it) for some, or slow and misconstrued by others, even smart adults.**

EVERYTHING ELSE IS ACCEPTABLE

- “**Just say NO**” to hurting yourself or another.
- Choose from the vast array of all things that don’t break those 2 rules. Let the rest go by. You know the difference.



How come hurting somebody detracts from or takes away part of the good person who they were meant to be?

- Every time you hurt anybody else, it adds more distress to them, and they become even worse; especially because it puts negative emotions in them, which crowds out their friendliness and cooperativeness. It also makes their thinking less clear or rational.
- Most notably, in families and at school, most people hurt one another because they are trying to get that person to act better. Some people have been hurt themselves so much so that they pass it on – like passing on a common cold. And they need to be stopped from continuing this pattern – without further being hurt themselves as well.

Revered Wrestling, “Kick Ass” video, movies, games, and the violent entertainment.

- While this push is more often the purview of males, females are increasingly becoming interested.

Interest this group with the probable fact that they too want to destroy their enemy. Better that they take the rules of not harming, and concentrate their efforts on performing offenseless defense, which WILL ALSO TAKE ALL THEIR STRENGTH, CUNNING, AND BE MORE LIKELY TO ARREST BAD RESULTS, AND ALSO MORE LIKELY TO PUT THEM IN THE SEAT OF THE SUPERHERO.

More examples of offenseless defense- to replace breaking either safety rule.

In Ron Howard's movie, "Cinderella Man"
'Now you've got your wife fighting YOUR
battles!' says the prodder- looking for a fight.
"Yea, isn't she SOMETHING?", says the
deflecting hero.

My son walking between two people
readying to fight. He warmly looked at
one, then the other, as he firmly said
ONCE, "You're not going to hurt each
other." I watched both people turn
around and walk in opposite ways. With
others I've heard him say to good avail,
"You two are going to get along."

Possible interfering Issue.... so-called “Joking” such as when:

- Person says were really joking when they call you names, and you seriously doubt that they were joking.
- You (or somebody) are jokingly hitting somebody (and they know it), and they ACT as if you really did hurt them.

Handling “Joking” – suggestion of possible solutions

- Use a tone of voice like you believe them and sincerely reply:
- Example #1–“Oh, I hope you ARE joking, ‘cause I wouldn’t want to ever make you mad enough to call me a name like that!” If they do it **again**, Say– “I’m not (stupid) (a bastard) (gay), etc. and I don’t call you names. (Also apologize, say you were wrong, and stop it if you ever did call them offensive names.) Perhaps add, “If I WAS (e.g. gay, mentally retarded, my parents never married, etc.), I still should be treated respectfully anyway.”
- Example #2– “Oh, I really didn’t mean to hit you hard enough to hurt you.” If they “fess up”, that’s great, but if they do hit too hard again when you touch them, don’t touch them anymore. There are others you can have that kind of fun with if you want.

Last Critical Time Period: Teaching these Rules to an Adult

- **–First Teach the meaning by following the above– as for a schoolage person. Then ask for acceptance of the two rules.**

- **Because the person is no longer being raised by parents or under school authority– The topic needs to be raised by a trusted person.**

Use with any adult who is doing anything that is harmful to themselves, including self-denigration, self abusive or entertaining suicidal thoughts. Start by saying, “It seems you haven’t yet taken a rule NOT to hurt yourself (add physically and/or psychologically).” (Listen to them) You could ask “Would things be the same or different if anybody ever suggested you take a strong rule to never again hurt yourself?” (Listen– and respectfully and clearly address any and all of their objections to taking such a rule).

- For some individuals you might need to ask, “Do you think it would be good for ME to hurt myself? (Listen for them to say ‘No’.) Well, YOU are a person too....**Are you willing to take this rule from this day forward not to hurt yourself?”** Over my years working in public schools and in my private practice I have had to counsel many suicidal people. I have noticed a multitude of reasons NOT to kill oneself (as well as not to hurt others). Surprisingly with younger individuals (ages 12–45), what seemed to convey that idea quickest was relating a study of the oldest people alive: When these elders were asked, "If you could go back to any age– what would it be?" What do you think they said? The majority said they'd go back to about the decade of their 50's. Since I was older than 45, at that point I'd add, "I agree – So will you PLEASE keep on plugging at your life, with a rule against hurting yourself and others, so you can see how good your life can become? Sure, it's not great now, but don't hurt yourself; you'll eventually get to experience dying anyway, 'cause nobody has lived 'forever' yet." While looking into the eyes of YOUR person (it's easiest to look into one eye– and almost always best the right eye of a right handed person, and into the left eye of a left handed person) warmly and awarely tune into really being with them and give them their best reasons for going on. When you get a yes from them, quickly add: “Good! (with tone of voice as if it's settled now) AND if you have ANY trouble keeping it, feel free to call on me so we can deal with it and you’ll not ever change your mind.” Getting to Acceptance usually takes a few examples and questions answered.

Helping Adults Stop Abusing

- LASTLY ask: “Would it be easier for you to keep from hurting yourself or easier to keep from hurting somebody else? Which would be the most difficult?” **If the adult notes it is harder not to hurt somebody else**, ask them to think of someone in their life for whom it would be THE most difficult to keep– not hurting them. Then role–play with them some offenseless defense responses to be ready with a viable plan to help them improve their situation without hurting that other person in any way. Because YOU are outside of their emotional situation, it will be easier for you to think of good solutions and how to deliver them. Since THEY have all the information though, their playing of THAT person will enable YOU to respond to whatever they “throw” at you in a helpful manner. By WATCHING your facial expressions, body posture, and gestures, and by HEARING your offenseless responses to THEM PLAYING THE IRRITATING PERSON– along with your sincere calm assured tone of voice, they will also be ready and better able later to handle the less difficult others in their lives as well. Give them this role reversal demonstration of your using the plan even several times if they need it, and also write it down, as they will forget it, the more emotional the situation is. Reassure them that by practicing all that they (or you) have written and seen will make the situation easier because they have imagined the worst. Unfortunately, without the written word, what is easily understood at the time quickly fades with time. However when they are ready to use it, with at least this practice having occurred, they will remember seeing somebody tackle their issue without harming, and they themselves will do better.

Helping Adults Keep from Hurting Anybody in Any Physical or Psychologically Abusive Manner

- Getting them to exchange their old abusive response(s) for non abusive suggestions and reactions can take one example, or up to years of cognitive behavioral counseling, or psychotherapy... or else confinement if they commit violent acts. Tell them that by practicing offenseless defensive responses, by blocking other people's aggression without harming back, and thereby needing only two rules, they may thus be avoiding divorce, children that hate them, a criminal record, incarceration, and/or years of money spent on seeing psychologists and/or psychiatrists.
- In this examiner's opinion, using offensive defense, rather than offenseless defense, leads to retaliation by otherwise good people as well as leading to others justifying their offensive/aggressive methods.

- Instead of hurting somebody, **start** by SAYING (if appropriate) or merely thinking, “It’s a good thing that I have a rule against hurting anybody, because when xxxxx happens, I feel like (eg. Saying nasty things....wringing necks, etc.) because to me xxxxx is rude, wrong, etc. However, I want to help the situation to improve.”

Rehabilitation of an adult already in the criminal justice system or stopping one who may be headed that way from later committing battery, assault, acts of terrorism, etc. is the most difficult intervention, and requires full caring, excellent skills, and a time commitment even by a "professional". If there is none SUCH caring competent professional available– then it's gotta be with you as the “teacher”-- If you care enough and are willing, and definitely if you are the only one available.

- ****Start from where you can. First, call out their name and get their attention-- preferably before or at worst in the early stages. Then make sure you say that YOU have a rule not to hurt anybody. (Demonstrate usually on their wrist what that means, if appropriate. (i.e. "May I put my hand around your wrist?... See, now YOU can tell that this doesn't hurt. If I went a harder and harder it would reach the point of going into hurting [STOP and RELEASE JUST BEFORE that point.] "We can both tell the difference- and that's where my rule for myself starts- Not to hurt anybody) And of course if I dug into you causing pain, you would get angry and want to hurt me back, not trust me, and not want to hear or do what I suggest you do.**
****Start there for an emotionally &/or physically abusing parent or spouse, to the terrorist or gang member who has been trained to think and value tactics of intimidation, attacks, and even assassination to gain control over others, or governments.... Do your best because, yes, you may have placed yourself in possible harm's way; less so the more a trusted person you are to them.**

Between former friends, versus conflict between strangers.

- When former friends have a problem, a solution can reconnect the two people as good as or better than ever.
- When they are strangers or only vaguely know each other, it becomes more difficult to communicate; – even so, a solution may be reached with help from a trusted outsider.

Assessing Adults' Potential Self-Harm

- If the adult notes it's hard not to hurt themselves, ask what they are doing, or thinking of doing. Point out in a way that they can agree, what's causing them harm. (Physical ways –such as smoking, drinking despite negative consequences, encouraging others to hurt them or suicidal thoughts, etc. or emotional ways– such as putting themselves down.) Ask, "Are you WILLING to stop, even if you don't know quite yet HOW?"
- Your response depends on whether they answer “yes” or “no”. If they answer “No”, ask if they are saying no because they just don't know YET how to stop or change... or is it more serious than that. If you can't get them to respond "yes–they're willing", then say something like, “Wouldn't you think that I (or your children, or anybody else you know they care for) should take a rule not to hurt myself/themselves?....(Now you should get a "Yes") THEN add, "And you are a person too.” If they stick to NO, then they are severely shutdown and probably "at risk", and definitely need intervention. This rarely happens though, if they are following along with your questioning.
- If they answer “Yes (they're willing)”, ask if they can “just do it”, or will they need outside help or a plan as to how to do it? Refer them to somebody who can help, or if appropriate and you are able, give them a demonstration or a plan, and write it for them to practice or implement so as not to hurt themselves anymore.

Say to Them: Without BOTH of these rules...



Your life will get worse and worse; you might topple, full of “doom and gloom”.

- You will be sad, angry, frustrated, tense, anxious and/or scared too often.
- Most people will want revenge if you harm them– some overt; some covert.

Negative emotions (Fear, Anger, Sadness, Tension, Physical Pain and Boredom) **stop clear rational thinking**, creating irrational decisions and damaging actions.

- Stop negative emotions from getting in you in the first place by changing what you say to yourself. (Supplant negative thoughts with positive directions, as a first line of defense.)
If too late, then discharge negative emotions that got into you, by using the natural physiological method, as you were born to do...until you are left with the ability to act in a relaxed, rational, flexible, creative and appropriate manner, without being influenced by fear, anger, sadness, tension or even boredom. What is rational, flexible, creative and intelligent is the best guide to action.

- Just about every time something goes wrong in life, in a movie or in a book, it is because somebody has hurt somebody or themselves, and they don't have conscious rules not to hurt themselves or another. Watch and listen to see if you agree.
- If you or somebody WANTS to experience hurt, even death, don't worry...accidents will happen AND nobody's lived forever.

Secure agreement not to harm physically and/or emotionally

Obtain success by striving to avoid being frustrated or angry by the person's/student's patterns. Use a "please pass the salt tone of voice" while asking for willingness to keep an agreement not to harm. Allow them to argue with you, in order to know their thinking, and in order to counteract their irrational thoughts with reason. It will keep the natural affection between the helper and person underneath the bullier alive.

Are Rules made to be broken?

What about the adage,

“The exception proves the rule”?...

One does not HAVE to keep these two rules.

- CHOICE remains– It is this writer’s opinion that life will not work as well by allowing yourself to hurt yourself or/and others; by failing to keep those two rules. See if it becomes your opinion, by taking these rules and then compare the results to your life before.

- It's similar to walking across a bridge at night. If there were no guard rails up, eventually somebody will fall, sooner rather than later. Such a fall can be deadly. The guardrails here are simple- on the one side a rule not to hurt yourself; on the other side the rule not to hurt anybody else. Anything else is acceptable; although some choices are likely to work out better than other choices.

I did ONCE... (twice-but the second was a tongue biting and was a private matter, painful to that man, surprising but not to the point of drawing blood-when the tongue shouldn't have been put in my mouth.)... **make a small exception to "my" rules** - in the 10 years I took them (at 1st writing; now 37 years since I accepted these rules in my life): When my son was about 7 he laughed at me when I got quite upset with him once and I warned him, "If you do that again, I WILL hurt you." He said, "You won't. You won't because you have a rule against hurting anyone." I said, "It's because I choose that rule. I have never hurt you before- but it's always been because I choose not to, not because I can't hurt you." The end of the story is that **he did it again**. I took his arm and gave him carefully & slowly one of those brush burns until the point of pain. As tears came out of his eyes I asked his friend who was also in the room: "Is it like this in your home?" His friend said, "No, much worse in my home!" The point is that this was the first and last time I hurt my son. He now really knew that it was my choice. I believe it important to never disarm us, and rarely if ever use the exception to the rule of using offenseless defense with two rules; do not hurt yourself and do not hurt anybody else." Also let any exception be mildly administered just into the point of hurt - While explaining so that realization is more likely to OCCUR.



Road to HAPPINESS

- **Focus on goals of your own choosing; use the most interesting suggestions; work and play, ALL THE WHILE staying on the road by complete keeping of the two rules of safety.**



Having **ONLY** these 2 rules it is very likely:



- Your life will get better and better.
- Your life will be more worthwhile, and full of interesting and creative possibilities.
- You will feel happier, relaxed and have more zest and energy.
- Two rules are easier to remember than more.

With ONLY these 2 rules



- Aside from ill health and accidents, rarely will there be a need to grieve...No suicides to grieve over. Not homicides to grieve over. Sure, there will still be accidents here and there, and while nobody has lived forever, with purposeful harming eliminated, or nearly so, we'd be quite close to that Garden of Eden.

Where do most bullying incidents occur?

- At school – In places with little adult supervision such as playgrounds and hallways.
- Anywhere at home – When somebody feels thwarted, wants to control, or thinks they are infringed upon.

Bullying has often been overlooked at school too.

- At school, students report being victims of bullying during school. (This may include physical contact, verbal assault, making obscene gestures or even facial expressions, as well as being intentionally excluded.)
- Are exposed repeatedly over time, to intentional injury or discomfort inflicted by one or more people.
- Teachers rarely detected bullying, and intervened in only 4% of all incidents. (1999) Perhaps with new awareness, by 2013 things should have improved.

Bullying has serious consequences

- For victims
- For perpetrators
- For school and the home
- Victims report feelings of vengefulness, anger and self-pity after an incident
- Students who engage in aggressive and bullying behaviors may take part in criminal and aggressive behavior after adolescence

When severe incidents of bullying occur and become publicized, incidents at school, home, or anywhere in the world

- Sympathy for the “Underdog” grows and gathers up others with an angry response to the bullier; usually leading to more violence.

Who are the victims; “Why” them?

- Victims in school are generally less popular, more anxious, more insecure.
- Victims’ reactions may only reinforce the bullies’ sense of power.
- (Students’) attitudes regarding bullying indicate that they believe that the bullied (students) are at least partly to blame for their victimization.

Students' attitudes regarding bullying:

Not only do other students believe that the bullied students are at least partly to blame for their victimization.

- Students also believe that bullying makes the victims tougher.
- Student's very often believe that teasing is simply done "in fun".

Left Untreated, Unresolved

- Victims reactions of feelings of vengefulness, anger and self-pity can evolve into
 - Depression
 - Physical Illness
 - Suicide/Homicide ideation and attempts

Summary:

If you are looking for HAPPINESS while on the bridge of life, whenever and wherever necessary by using “offensiveless defense”, you’ll have the best chance. Please excuse my repetitions; so glad you read this far. One last way of saying it (as if repeating my advice would make it more likely to be followed...Ha).

While trudging the road of choices and suggestions, include not harming yourself and not harming anybody else. **What would be**

best to do when for example you feel "up against a wall" and an unbidden thought, such as, "Why don't I just run my car into the bridge or over the bluff!" When these rules are immutable, I and others with the rule simply bat such thoughts away like they are unwanted mosquitos, and go about finding a better plan to get oneself out from under difficulty and/or negative emotions.