

1. Is someone at home, work, school or on your team hitting or punching you? Yes No
2. Is someone invading your personal space to intimidate you? Yes No
3. Is someone making noises, flashing lights, or trying to exploit a medical condition you might have? Yes No
4. Do you tense up or get anxiety around certain people because they make you uncomfortable? Yes No
5. Is someone constantly screaming, shouting, or yelling at you? Yes No
6. Is someone always criticizing you? Yes No
7. Is that criticism constructive? Yes No
8. Is someone talking bad about you to your friends or co-workers? Yes No
9. Is someone spreading lies and rumors about you? Yes No
10. Is someone making fun of you because of your sex, race, religion or sexual orientation? Yes No
11. Is someone trying to discriminate against you in front of other? Yes No
12. Are you being singled out in front of a group in a negative way? Yes No
13. Is someone in power trying to set you up for failure? Yes No
14. Are you afraid to discuss things with your boss, coach or parents? Yes No
15. Have you ever asked a friend or co-worker if THEY thought YOU were being bullied? Yes No
16. In the event that you ARE being bullied, is there someone like a coach, teacher, or supervisor you could go to for help? Yes No
17. Have you ever consulted a counselor or therapist regarding a bullying situation? Yes No
18. In the event you ARE being bullied, is there a friend, parent, partner, or someone close to you that you could confide in? Yes No
19. Have you ever been called harmful or hurtful names? Yes No

20. Are you teased for how you look, act, or dress? Yes No
21. Do you feel alone or isolated at home, work or school? Yes No
22. Are you excluded from groups on purpose? Yes No
23. Do you feel like someone is trying to control you? Yes No
24. Has anyone ever threatened to fire or flunk you in order to get you to do what they want? Yes No
25. Has anyone ever thrown anything at you in anger? Yes No
26. Has anyone ever damaged your personal belongings? Yes No
27. Have you ever been threatened, harassed, or called names on social media? Yes No

Here at **100% Bully-Proof** we do not use a quick algorithm to determine whether you are being bullied. We like to personally examine the areas in which you may have issues and offer you a comprehensive Bully-Proof Action plan.

To receive your **FREE ASSESSMENT** and **BULLY-PROOF ACTION PLAN** simply answer these questions and email this form back to us at info@100percentbully-proof.com or mail them to: 100% Bully-Proof, 16225 N Cave Creek Rd #23, Phoenix, AZ 85032.

Please include your name _____

and email _____

so that we can email you the results and action plan!