

A note on keeping a diary

It is often the case that when someone feels they are being bullied they may reach the stage of believing that the whole world is against them. This is a truly dreadful way to feel. If you or anyone you know feels like this it may be helpful to keep a diary. In this diary you can record all that happens in your day. Good things and bad. In your diary you will note the events that cause concern or upset – those events which make it hard to face the day. You will also record the mundane happenings, which may seem boring but are not harmful and the little things that make you smile. If there is little in your life to make you smile you have a right to expect that those in authority will support you, help to resolve your issue and ease your pain. Your diary is the day to day store of factual events and, as such, contains the evidence you need to support you in your demand for positive action. So keep a diary, not just as a place where you can express your pain but as a record with which to secure justice.