

1

WHY ARE YOU THE  
**TARGET**  
OF WORKPLACE BULLYING?



## Author

This pillar establishes the problem. It explores why bullying persists in professional environments and why certain individuals are repeatedly targeted. Drawing from lived experience and research, it challenges the myth that bullying is random or personality-based. Instead, it reveals patterns of power, threat, difference, and unchecked behavior that allow bullying to thrive. This work validates targets and bystanders, naming the harm while restoring clarity, dignity, and truth to experiences often dismissed or minimized.

