

# FREDDIE THE BULLY



By: Chelsea Kaili

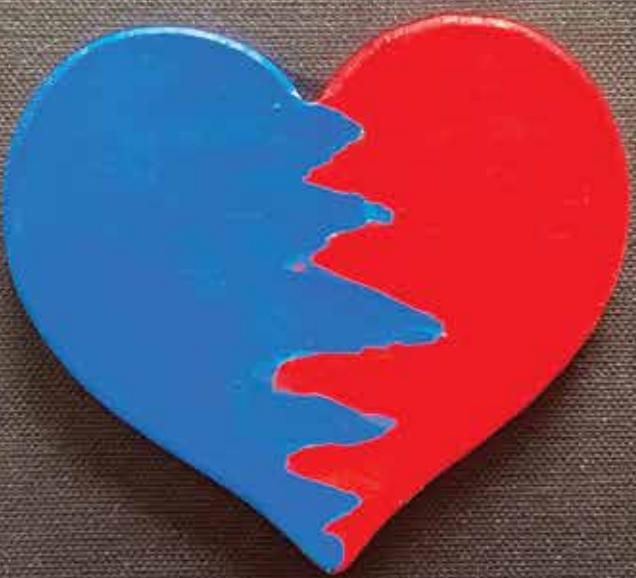


This book was written by Chelsea Kaili, a patient of Becky Lennox, during a series of therapy sessions focused on healing from childhood bullying trauma.

We hope her story inspires others to seek help and healing.

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Chelsea was an awesome kid. She was very nice to animals. She was kind and polite to people. She was bubbly and a ball of fun. She was friendly and confident. No one was mean to her until she had to move. She had to move because of her father's job. Chelsea didn't like moving. She felt very sad to leave her friends. Chelsea moved to Texas.



She was very nervous and unsure to start a new school and to make friends. She was making friends and everything was fine until she had to go to another school. She got picked on at her new school. Chelsea got bullied by a girl named Freddie. Freddie was a great big bully. Freddie was mean any way she could be any time she could be. Her favorite passed time was picking on Chelsea.



Hey!  
Class I'm  
Ms. Cher!



Freddie would say to Chelsea, "You are a loser, you're such a little kid. Ha ha, I made you cry, cry baby." She loved to pick on Chelsea. Freddie tripped Chelsea as she was getting to class. Freddie couldn't stop laughing and picking on Chelsea. Chelsea felt brave. She tried to stand up for herself but no matter what Chelsea said, Freddie would just laugh. It made Chelsea feel ashamed.



Chelsea started to think she wasn't good enough or pretty to look at. Chelsea started to think no one liked her. She became very insecure. She didn't want to go to school anymore. Chelsea told the teacher about being picked on by Freddie. The teacher told her to stay away from Freddie but Freddie thought of other mean things to do. It made Chelsea depressed. She wasn't enjoying the things she was good at. Chelsea was having a very hard time.

Don'tcha know  
that you are  
a shooting star!



Chelsea wasn't enjoying the things she was good at. Chelsea was having a very hard time. Chelsea told the teacher. Why doesn't Freddie stay away from me? I tell Freddie to stop but she won't listen. Chelsea was feeling very annoyed. She was feeling hopeless from being picked on by Freddie every day. I want Freddie to leave me alone. How does being mean to me make things better for Freddie?



What if Freddie is right? Nobody likes me. What if I am quirky? Isn't that what makes life fun? I try looking at things differently. But maybe Freddie is right. No one is like me and that's a good thing. Most of the kids don't like it when Freddie is mean. Its okay to need a little extra help in school. Lately Freddie seems to be acting better. Freddie was nice to me a few times.



I've decided that nobody can make me feel invisible. There's nothing wrong with being me.

The End.

