

To: THE AUSTRALIAN PRODUCTIVITY COMMISSIONER ON MENTAL HEALTH.
A REPORT ON: BULLYING AS AN ADDICTION TO EGOTISMS BY DAMAGING OTHERS, ALL ABUSES ARE TOOLS.

Written by Bob Napier. 20/11/2019.

The Productivity Commissioner.

I commend the observations in the Draft Report that focus on emotional development for small children, (prior habituating conduct disorder). I thank you for your perceived observation in the “Draft Report” that, “there is plenty of data and not a lot of information”.

Introduction.

Briefly about myself. Nine years after the suicide of my defacto and after six years of illogical incidents that I took to be bumps in life’s road until I concluded that I was being blamed for the suicide. My enquiries over the next two years revealed ten references to that effect, the 5th, was, “We were told not to employ you, you murdered her and made it look like suicide”, and at twelve years after the death I learnt that it was her 4th attempt, not her second as I was aware of. I also found enough bureaucratic dysfunctionality to create a B-grade movie script. After destroying \$33,000 on our legal system, (and they say the stock market is gambling), I concluded there were no viable means of dealing with such, so I shifted. Consecutive psychiatrists diagnosed me as being dysfunctional as they could not believe my narrative, before a 3rd diagnosed Post Traumatic Stress Disorder (PTSD).

Respectfully I wish to put forward my observations on bullying. The draft report p. 38 mentions “work place bullying”. No disrespect intended at all, to me this appears to be the best society can offer, but is a token band-aid on something societies across the world, fail to understand.

I list some examples:

Three weeks to report work place bullying”, Fair Work Commission (NT) July 2019, is just more of the same psychological invalidation. It took me 6 years to suspect that I was being bullied, and another 5 years to conclude there were no viable means of preventing its on-going continuance.

Immigrant, professional, reported corruption, was then setup and sacked. Shifted interstate and twelve months later could not get a job from being labelled a thief. Public servant.

Community member told me of a protracted number of months of abuse and distress and that if it had not been for numerous work colleagues and their partner strongly supporting them, they would have lost their job, and that the predators were promoted. Professional public servant.

Thirty five year old bullied and quit after 6 years and 9 months, found it too overwhelming to face more of the same invalidation to challenge it. Australian iconic business.

Two years of protracted work place distress including restraining orders before the predator shifted, not sacked (nor registered as a career predator). Previous four bosses quit as a result of this predator. Public service.

Three separate women that live in fear of their ex partners, and a fourth that was murdered.

Court ordered stalker after months of inaction trounced by heavily built police, hand cuffed and removed screaming hysterically, relieving the victim of their isolation and terror, effectively halting that activity, although the perpetrators intent here may not have been to cause distress to the victim as it is with bullies.

Forty five year old abused for a week at work. When the victim said, "Please stop doing that", the predator went ballistic. Within an hour the victim was sacked and is still totally shocked. World class business.

Fifty year old man singled out for negative treatment by supervisor. Although this person has a strong support, the current outlook is that pay back will subtly occur in the immediate future for this complaint. Public service.

Fifty year old Psychologist's twelve year old niece bullied by fifteen year old with gang at school. Niece eventually shifted school. This specific example distinctly shows how a studied, qualified, professional mental health worker dealt with a typical bullying example, effectively demonstrating total failure.

Although the above is "here-say" I will sign a statutory declaration that this a true account of what I heard. I personally know most of these people.

The late Tim Fields should be commended for his book "Bully Insight" (1996), similarly is full of failed bully experiences including his own. His web site statement, "Nothing can prepare you for living or working with a sociopathic serial bully. It is the most devastating, draining, misunderstood, and ultimately futile experience imaginable". Dr Robert Hare "Without Conscience" (1993), "It is not the psychological report but the trail of destruction of other peoples (lives), property, finances, etc., that defines a psychopath". From the above information, it would be fair to propose that apart from a few life experienced persons and a hand full of domestic violence trained police officers, society is totally blind and illiterate to the simple mechanism of bullying.

Professor Hervey Cleckley (1950), further validates this in, "The Mask of Sanity", 2nd Ed. p. 7, "The interest was desperate, (from families and associates), who had struggled long and helplessly with a major disaster for **which they found not only no cure, no social, medical, or legal facility for handling, but also no full or frank recognition that a reality so obviously existed**". Seventy years after Professor Cleckley's profound benchmark definition of what **ALL** victims of bullying face, little has changed. Today there are effectively instantaneous worldwide electronic communications, and untold other scientific advances, indicating that, "we are not informationally deprived". Yet here we are as described by Cleckley, illiterate and blind to these ethereal machinations, powerless to defend ourselves from something not acknowledged by society. This is a part of the niche power imbalance, which is exploited by bullies. This is further explained later.

The current landscape- battle ground.

Communication and trust are the foundation of society, creating predictability, ensuring we are on the same wavelength; we stop on red lights and go on green. The conventionally educated mind is generally illiterate to the (toxic) language of bullying as if it were an unfamiliar foreign language. Previously (1930's) the term "Moral Imbecility" was used to define these illogical acts. Tim Fields listed the term "incompetence" relating to the

deliberate abuses he endured. Here, Tim demonstrates the limit of his vocabulary and understanding to describe what was taking place. The terms, “ridiculous”, “stupid” or “incompetence”, (expletives optional), commonly demonstrate this limit of understanding by disgruntled observers anywhere there is obvious dysfunctionality e.g., with public infrastructure.

From here, there is a cognitive paradox between “the sun gets up and goes down” normal reality of life for the victim and “this ethereal experience”. Attempting to validate what has happened can also have a further invalidating effect when their trusted confidante, also illiterate to this ethereal reality rejects the victims credibility i.e., “Men of God could never do such!”, or whatever the example is. Unless you have some serious support like a motor cycle gang up your sleeve then all further attempts to validate what is happening will generally be similar. Burton, Westen & Kowalski, (2015), p. 34, “people are unable to validate new information (chaos) without being able to define it”. Simply, without the concept of numbers you cannot add-up. Without awareness of what is happening, the victim is powerless, consistent to being lost at sea at night in a tiny boat, with no land marks to make sense of what is taking place. External evidence for the victim, that commercial jet aircraft still fly effectively without incident contrasts heavily with repetitive invalidation imposed by the predator upon the victim. With repeated abuse it is simply a matter of time before the victim is conditioned to free-fall into depression. (Or, “Bend over and receive the pineapple”, as quoted by one victim)

Bruises, burns and broken bones are common terms for visible evidence of “physical trauma” to the body. There are “no comparable terms”, nor “visible evidence” for psychological trauma; and that is if the victim understood that much. (“Heart Monitoring” and “Galvanic Skin Response” would readily define predator and prey here).

The legal industry demonstrates little understanding nor remedy for the victim but is quick to pounce upon victim’s that react. Any reaction by the victim is generally twisted, embellished and reported to authorities with a seamless expertise as further gratification, extending their pleasure.

Is there any adult THAT DOES NOT KNOW of someone that has been seriously bullied at school, in the work place, bureaucratically or domestically? And, was there any satisfactory resolution, or did the victim change school, the victim was sacked or quit their job, the victim of bureaucratic abuse sold up and shifted interstate, the domestic violence victim became a refugee with in Australia in fear of their lives, or were they murdered, or did any of the above commit suicide, or in fact kill their tormentor. Of these, how many become anxious, depressed or are pensioned off with, PTSD, or become social security dependents? Today **SOCIETY**, not just the work place, **urgently needs generic tools that work to effectively deal with bullies**. The LGBTQI people have emerged from a similar formless mire of incomprehension, and many are literally still at the front with these predators.

Distress, waiting for the next assault, plus previous assaults is compounded by the secondary trauma created by societies failure to validate that anything is in fact wrong, further invalidating the victim with disbelief, creating psychological isolation. This intern, not only fails to prevent further abuse or hold the predator accountable; it is also self-fulfilling enablement to the omnipotence of the parasite. A recipe for mental exhaustion, trying to understand how this psychological carnivore can operate from an ethereal 4th dimension in

the victim's normal three-dimensional world. Game set and match goes to the parasite when the victim quits their job, requires mental health support, attempts suicide or takes matters into their own hands.

Education is the great equalizer.

The term, "definition", means to "**give exact meaning to**". The following definition is a standard dictionary definition selected randomly and is consistent to other dictionary definitions. "Bullying, the use of strength or power to hurt, intimidate or dominate others", (The Australian Oxford Paperback Dictionary, 1992). The terms, "strength, power, hurt, intimidate and dominate" are simply tools used by bullies, (like cyber bullying). 1st. This definition is a centric two-dimensional perspective, as an aerial still photo of a highway might be used to define cars, "Cars: oblong, come in various colours". 2nd. It is an emotionally detached, third party observation, the perspective contained to the above definition is devoid of the motivation and outcomes for both parties. 3rd. This definition is a metaphoric "Ice-berg" definition defining only what is visible. What is not seen is the psychological, parasitic cannibalisation of the victim's dignity, effectively psychological rape, creating a sense of perverse *intimacy* with the victim, 'egogasms', or emotional self-gratification or technically, "emotional self-medication" Arnett, Chapin & Brownlow (2019), p. 351, for the predator. It fails to give any indication to the degree of toxicity this has on the victim and that the victim is entirely innocent and probably selected for this quality, the least likely to disrupt their insidious gratification. 4th. From the perspective of "**exact meaning**" of this dictionary definition of "bullying", there is a consistency here with section 441 of the legal code for Queensland, on, "Fraudulent falsification of records, sect. (b).", "omits to make an entry". 5th. Coincidentally or otherwise, it is also consistent with what bullies do, psychologically disempower their victims. The writer ponders the question that in a world of far more learned and smarter people than myself, how could this not be seen? Seriously. Simply, is this perspective hidden from the public so the addicts can maintain their addiction? 7th. This perspective of bullying is archaic.

Dan Olweus (1993) in his "Bullying at School", report redefined bullying as "repetitive, damaging and with a power imbalance". The power imbalance is described as "physical size advantage or social numbers advantage". Arnett, Chapin & Brownlow, (2019) describe childhood and early adolescences as a time of development across the spectrum of potential, which includes the learning process of interaction. Across the board all people need to feel a sense of accomplishment and self-validation which is achieved from across the spectrum of opportunities in their immediate environment. The failure of empathy development, a notable component of other addictions, can allow for this interaction to develop parallel to the normal good hearted school yard fun and games, into a habit before becoming an addiction, (consistent to other acquired addictions to drugs, gambling, etc.). This sense of achievement by "damaging others" is defined as "Conduct disorder", etc., (APA. DSM, TR, 2000). As many children are learning to hit (or kick) various sorts of sporting balls or whatever their focus is on, the bully is learning how to hit people, including psychologically.

Power, is a fully loaded Jumbo jet that a kilometre from the fence climbs upon a cushion air and 300 ton leaves the ground, or a Komatsu bulldozer so I am told, these are powerful things in the 3-dimensional world I live in. 1st. Olweus as cited by Pellegrini (1996), noted that "the

victim (and system) tacitly approve of bullying by the very fact of failing to stop it". 2nd Olweus's concept of a "power imbalance", although seemingly consistent in the school environment is not consistent across society, e.g., Andre the Giant was not evil. The term "power imbalance" as represented here from the third party perspective at the time appears logical. However, it fails to justify what purpose is being served, practical or otherwise. 3rd. The term "power imbalance" as presented here requires a seriously deficient capacity for empathy. Olweus seems to have failed to perceive this perspective. 4th. Occasionally genuine mistakes are made and are apologised for, and remedied as soon as immediately possible. Exhibit A. The prominent tourist map that is 180° wrong, is exactly what every tourist in urgent need of a toilet fears. It is seen as "incompetence", or upon reflection as "inconsiderate". Undo 6 nuts, lift off, turn around, lower and retighten the nuts, fixed. No, that is not how it works. Nine months later it is removed and replaced with another map 135° wrong. The apparent failed empathy development as displayed here is consistent to APA. DSM, TR, (2000), p. 646 traits of Antisocial Personality Disorder, the page describes a quarter down the page listing manipulation, destruction and general antisocial traits for "pleasure". 5th. As described above by Professor Cleckley, total failure across the spectrum of awareness, and as I found extends to the dictionary. The term "power imbalance" here is drawn from the human need to label everything, (dark matter), as vacant spaces in awareness are incomprehensible. This further validates systemic failure to cognitively grasp what is happening.

Peuker, Lopes, & Bizzarro, (2009) display the simplicity of the mechanism of addiction development, (for substances). Dopamine release from the first experience amplifies sensitivity across awareness of the environment, "images, sounds, smells", etc, that with repetition become part of the "conditioned" motivation. It is this biased focus across the environment on the stimulus that impairs the interest in any other alternative stimulus, such as hobbies, sport, etc., leading a spiral of use to the point of automaticity.

From the internet, Bullying-American Psychological Association (APA), define "bullying as intentionally damaging, repetitive and without cause". Here "without cause" is consistent to Cleckley's "Mask of Sanity (1950), No 7, "Inappropriately motivated anti-social acts", Hares Psychopathy Check-list, No, 14, "Impulsivity" and Koob & Volkow's "Neurocircuitry of Addiction" (2010) list traits of addiction including "Impulsivity". The APA's Diagnostic Statistical Manual of Mental Disorders-IV lists Impulse Control Disorders aside from Antisocial Personality Disorder, which similarly indicate "patterns of disregard for others wellbeing and a sense of pleasure from doing such". From Cleckley's (perhaps practical perspective) he was perplexed by what he perceived, that there did not appear to be any financial or practical purpose to these anti-social acts, (except gratification). Here the "currency" is gratification by damaging others, implying the achievement of a sense of omnipotence over the victim. The simple term "sadistic" implies pleasure from others pain, discomfort and humiliation. Unfortunately, this term has been high-jacked to represent perverse sexual gratification, depriving society of a simple succinct term as is needed here.

The APA DSM TR (2000) in Substance Dependence lists, "Tolerance" as (Criterion 1), that is, "the need to increase the amount of substance to achieve the desired effect", or that "over time the consistent dose amount loses its effect requiring more to sustain the effect". This tolerance appears consistent with domestic violence narratives. They meet, he's charming, 3 weeks later a sharp word, an apology, a month later verbal assault, 12 months later physical

assault, accompanied by, “you bring it upon yourself”, some years later murder. Without information it would only be speculation that this trait is consistent across bullying generally.

“Bullying”, the intentional destruction of the victim’s property, dignity and trust, not only without justification, but for ego-gratification, is alien, beyond rationality for the conventionally educated mind. Victim’s stories are perverse, consistent with psychosis or delusional than social normality. Have you ever community minded-ly reported what appears to be a simple oversight in public infrastructure? Odds are 5 years later it will still be causing the unwary confusion and your enquiries will be responded to with a full blown psychological assault upon your intelligence and integrity. You would need to have a number of such experiences to be able to see a pattern. Without such experience the following explanation will appear quite delusional. These faults are set as traps like a spider sets their web. If you do not have a better explanation, find a dysfunctional example of infrastructure and see what it takes to fix? Mindil beach entry signs?

“Bullying is an addiction to gratification by damaging others”.

“Bullying is a secret addiction, to egogasms by dually damaging others, then avoiding accountability”; all forms of abuse are tools”.

Bullying is the ultimate addiction, no financial outlay or equipment required, nor are there any health or legal consequences, except for the victim’s.

Acknowledgement to this perspective would promote Australia as progressive on bullying. It would bring immediate attention to the current dysfunctionality of current definitions. It should effect a potentially visible positive improvement in data associated to bullying on mental health. It should create an access-way above the glass ceiling. Such a definition actually indicates to victims what is taking place, lessening the impact of catastrophic isolation victims face. It would also give bosses a tool to understand what the issue is. Currently from the perspective of an empathetic boss that is illiterate to this simple mechanism of bullying, and familiar with productivity, a distressed victim does not represent composure necessary for productivity in contrast to the cool calm charming manipulative predator. The choice without firm understanding is easy, sack the visible trouble maker and that is the victim.

From the perspective of being an addiction. It’s commonly not until there is a life pivoting moment where the gambler loses the house, or the alcoholic is admitted to hospital where there is a moment to access the issues and change course. This is a conscious decision pivotal upon cognitively engaging and repelling the automaticity of the addiction. Domestic violence addicts rarely have such a realisation. Their spiral of invalidation effectively eliminating any alternative concept. When released from jail, as the cigarette smoker is addicted to smoking and fails to stop so does the domestic violence addict without sound acknowledgement of their dysfunctional habit also fails to cognitively refrain. However, cigarette smokers have the ability to not smoke on aircraft, and domestic violence people contain their abuse to the partner and children, easy targets. They are also aware by trying to avoid accountability.

Natasha Schull, (2012) in “Addiction by Design” goes to considerable lengths describing gaming machine venues created to subliminally seduce gaming machine players with isolation, lighting, sound effects and consistent wins creating *intimacy* for those lured to the trance like “zone” of addiction, with one reference p. 251, of “mini-orgasms”.

John Prin (2006) in “Secret Keeping, Overcoming Hidden Habits and Addictions” a therapist and counsellor writes p. xi, “The secret keeper, the hidden bottle of vodka, the compulsive gambler, a food addict, (bullying has not been labelled as such as yet). P. xii, “Stretch ethical, moral and relationship boundaries in search of something missing in their lives”.

Koob & Volkow (2010) in “Neurocircuitry of Addiction” list ‘*Addiction*, assumed to be identical to substance dependence’, (as defined in the Diagnostic and Statistical Manual of Mental Disorders, American Psychological Association, 1994). *Impulsivity*, ‘without regard for the negative consequences of these reactions to themselves or others’. *Compulsivity*, persistent re-initiation of habitual acts’. *Automaticity*, without conscious awareness of intentionality’. *Reinforcement*, reward and neurological reinforcement.

John Bowlby (1980) in Attachment and Loss Volume 3, Loss Sadness and Depression, p.55, “The repetition of almost daily experience for the developing infant through childhood and adolescence, including parental attachment, develops (neurologically) to the point of being automatic and outside of awareness, including the super-ego (or conscience)”. This neurological development is constructed from parental modelling and environmental experience which is not always optimal. Disadvantages here are that once cognitive and action have been automated, they are not readily accessible to conscious processing and so are difficult to change”. Bowlby, p. 68, describes “displacement, as redirecting anger away from the one that caused it and towards some more or less irrelevant person.” I.e., Mother leaves toddler who is hurt and angry and takes it out on an easy target other child.

Bessel Van Der Kolk (2015), in “The Body Keeps Score Mind, Brain and Body in the Transformation of Trauma”, p. 116, wrote, “In school avoidant (attached) children are likely to bully other kids, while anxious children are often their victims”. As described at the top of this article, at a very young age such children need to be redirected away from this form of self validation to more socially acceptable forms of self validation.

“Pavlov’s Dog” (1902) was the Russian’s experiment where a dog was fed as a bell rang. Sometime later inadvertently the bell rang, and the dog was seen to be drooling, conditioned to expect food, effectively reward. Here the dog neurologically developed anticipation as similarly do addicts to whatever they depend upon. The first experience progresses to liking before becoming a habit that then neurologically develops to automatic, that is addiction. With Pavlov’s dog the bell was symbolic for reward, food in that instance, which is consistent to the casino being symbolically rewarding for the gambling addict, and the liquor outlet for the alcoholic, and the easy target person for the bully.

The DSM-1V-TR (2000) under Conduct Disorder list “Mild, Moderate and Severe” in degrees of the disorder is perceived. There does not appear to be a similar distinction in Antisocial Personality Disorder, but a general embellishment of antisocial dysfunctionality across the pages. M. E Thomas in “Confessions of a Sociopath” (2014), states, “they are hiding in plain sight”, referring to “functional psychopaths”, that are cognitively aware enough to be mindful of their action in case of having their life style interrupted by jail time. The point here is that there are clearly people that enjoy damaging people from platforms of authority.

The DSM-1V-TR (2000) lists under Impulse Disorders, Pyromania, Criteria, D. “Pleasure, gratification, relief” at effecting such. Kleptomania Criteria, C. “Pleasure, gratification, relief” at effecting such. This gratification appears across the range of disorders listed. It is logical that there would need to be an incentive for addiction to take place. Sexual Sadism, “usually, the severity of the sadistic acts increases over time”, (tolerance).

Discussion.

Current concepts of Teflon coating kids to deflect the toxins is a start, but at the end of the day the predator is still hungry and may choose a heavier target. Rape is part of this type of damaging others for gratification. Olweus’s observation that failed accountability perpetuates the catastrophe. Cleckley’s observation was that society totally fails to acknowledge what is going on, so how could there be any accountability? My observations on the dictionary definition and humanities trusting culture further validate this futile situation. The perspective that this is an addiction to damaging others acquired in childhood seems to have merit. It is noted that middle age women become addicted to gambling machines as I surmise bureaucrats can also become addicted to their damaging others from a position above the glass ceiling. From talking to people that, “Bullying is an addiction to egogasms by damaging others, and all abuses are tools”, they all say, “That is right”. A series of national rallies could accelerate awareness here.

“Where is the empirical evidence”? I ask, “where is the empirical evidence or rational opinion that this is not correct or a close enough facsimile”?

It is said that leopards do not change their spots. If you can see three spots, run.

Bob Napier, 20th Nov 2019.

PS’ The attachment is of a carpark with 20 issues some of which should be obvious.

References.

American Psychological Association: *Diagnostic and Statistical manual of Mental Disorders*, Fourth Edition, Text Revision. Washington, DC, American Psychological Association, 2000.

Bowlby, J. (1980). *Attachment and loss volume 3, loss sadness and depression*. London, UK: Pimlico.

Bullying-American Psychological Association. [https://www.apa.org > topics>bullying](https://www.apa.org/topics/bullying).

Cleckley, H. (1950) *The mask of sanity*. (2nd ed.) CT, USA: Martino Publishing.

Hare, R. (1993). *Without conscience*. NY, USA: The Guilford Press.

Koob, G, F., & Volkow, N. D. (2010). Neurocircuitry of addiction. *Reviews*, 35, 217-238.

- Pellegrini, A. D. (1996). *Bullying At School*, by Dan Olweus. Cambridge, MA, Blackwell, 1993, ix +344 pages. [https://doi.org/10.1002/\(SIC\)1098-2337\(1996\)22:2<150::AID-AB9>3.0.CO:2-S](https://doi.org/10.1002/(SIC)1098-2337(1996)22:2<150::AID-AB9>3.0.CO:2-S)
- Peuker, A. C., Lopes, F. M., & Bizzarro, L. (2009). Attentional bias in drug abuse: theory and method. *Psychology: Theory and Research*, vol 25, no 4. <https://dx.doi.org/10.1590/S0102-37722009000400016>
- Prin, J. H. (2006). *Secret keeping overcoming hidden habits and addictions*. California, USA: New World Library.
- Schull, N. D. (2012). *Addiction by design machine gambling in Los Vegas*. Oxfordshire, UK: Princeton University Press.
- van der Kolk, B. (2015). *The body keeps score mind, brain and body in the transformation of trauma*. LLC, USA: Penguin.