

Comebacks

Three types of comebacks

Using assertive comebacks allows you to stand up for yourself without getting into a fight.

Using the example of being told “You’re dumb,” here are three types of comebacks:

1. No-reaction comeback: Say “Thanks for sharing that with me,” “So what?” or “Whatever” in a normal, flat tone of voice. This response works because it shows that the bullying is not upsetting you.
2. Agreement comeback: Say “Yeah, but I was even dumber last week!” or “If you say so” in a normal voice. This response works because you are not arguing with the person bullying you and that makes them feel less powerful.
3. Strong, assertive comeback: Say “Knock it off!”, “Back off!” or “Leave me alone!” in a strong, assertive voice. Sometimes you need to be direct with the person bullying you and let them know that what they are doing is not ok.

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