

Headspace Heroes & Bully Buddy Quick Reference Guide

Headspace Heroes

CAPTAIN:

CONFIDENCE - Captain Confidence is the leader of the Headspace Heroes. He is strong, but like any muscle in your body, he needs to work out every day. Confidence has an estranged twin named Cockiness. Although they are identical, it is easy to tell them apart because Confidence does not feel the need to call attention to himself. His best friend is Corporal Courage and the two of them typically deliver the Eviction Notices.

CORPORAL:

COURAGE - Corporal Courage is powerful, but when he is teamed up with Captain Confidence, trying to get in their way is like trying to stop a tidal wave of support. His purpose is to empower you and the Headspace Heroes to face the Bully Brigade head on, so he and Captain Confidence can deliver the Eviction Notices.

VOLUNTEER ARMY:

ACCEPTANCE - This Hero enjoys spending time with her big sister Love and her best friends Understanding and Empathy. Acceptance chooses to embrace everyone for who they are, not what others think they should be.

BELIEF - She is a strong and focused friend, not letting anything sway her. She follows in the footsteps of her older brother Courage, and gravitates away from her estranged little brother, Doubt.

COMPASSION - Although this Hero is often confused for being weak or gullible, she is actually very strong. She spends a lot of time with her sister, Kindness.

DETERMINATION - This burly Hero is built like a Mac Truck. He charges at things with his strength and is usually found with his fraternal twin, Drive, or protecting his little sister, Persistence (Persi).

DIGNITY - She encourages you to always hold your head high and to know your value. She spends most of her time with her sisters Respect and Grace, and with their brother, Honor.

DRIVE - As the slightly older twin, Drive is often leading his brother Determination and coaching his little sister, Persistence. Drive is a speedy little Hero that moves around like a Ferrari consuming rocket fuel.

EMPATHY - She has a twin brother Apathy who mistakenly refers to her as weak. The truth is Empathy has incredible strength to see through the cruelty of others and recognize the Pain



Headspace Heroes & Bully Buddy Quick Reference Guide

that influences their behavior. **Empathy** teams us with **Forgiveness** to keep your **Headspace** clear from the **Bully Buddies**.

ENCOURAGEMENT - This **Hero** is a cheerleader who constantly reminds you that “**You Can Do It.**” When **Encouragement** and **Belief** are together, they keep you moving toward your goals!

FAITH- Lighthearted committed, focused, and true, **Faith’s** goal is to strengthen the core of who you are. Her cousin is **Belief** and her best friend is **Hope**.

FORGIVENESS - She is one of the most powerful but sometimes forgotten of the **Heroes**. Just like a muscle, if you don’t exercise **Forgiveness**, she will become weak. She needs her strength because she frees you from carrying the **Bullies** like **Anger** or **Resentment** around. **Forgiveness** is best friends with **Peace** and together they are the **Headspace Cleaning Crew**, removing all the debris, to make the space inhabitable for the **Headspace Heroes**.

FRIENDSHIP - This is a rare **Hero** that some have rejected because of imposters pretending to be her. You can identify **Friendship** by the other **Heroes** she hangs out with like **Belief**, **Acceptance**, **Kindness** and her best friend, **Loyalty**.

GRACE - Quiet, confident, and always ready to give someone an opportunity. **Grace** is the **Hero** we all look for when we have made a mistake. She often spends time with **Acceptance** and with her sisters **Dignity** and **Respect**.

HAPPINESS - He is the life of the party and perpetually reminds you of the **Bright Side** of things. **Happiness** is a bundle of energy that celebrates everything, so he can get worn out fast. He loves his sisters, **Peace**, **Love**, and **especially wants** to grow up to be just like his oldest sister **Joy**.

HONOR - This tall, proud soldier is the brother of **Dignity**, **Grace**, and **Respect**. He spends most of his time with **Truth** and will stand guard over any **Hero** and protect them with his life.

HOPE - She is recognized as one of the most powerful **Heroes** of all time. **Hope** is sweet, her spirit is contagious and inoculates people infected with **NES**. A shot of **Hope** can rejuvenate a crushed spirit and revive any **Hero**. Her best friend is **Faith** and she has an estranged brother named **Despair**.

INTEGRITY - This frontline **Hero** spends time with **Truth** and **Honor** and this trio is always ready to defend. If you forget to engage these **Heroes**, you may win your battle, but you will lose the eventual war.

JOY - This **Hero** is rarely without her sister, **Peace** or her best friend **Kindness**. When things feel chaotic, turn to this trio and they will guide you through any challenge.

KINDNESS - The sister of **Compassion** and a sweet girl who enjoys spending time with **Friendship**. She loves to do random things for others. She spends her days looking for ways to make other people feel better about themselves. She is often found spending time with her best friend, **Joy**.



Headspace Heroes & Bully Buddy Quick Reference Guide

LOVE - The oldest sibling of **Peace**, **Joy**, and **Happiness**, she provides guidance and direction for all the **Headspace Heroes**. Although she is not physically the strongest **Hero**, she is the most powerful and generous **Hero** there is.

LOYALTY - Her best friend is **Friendship** and the two they often team up with **Honor** to defend you when the **Bully Brigade** tries to attack your character.

MOTIVATION - **Motivation** looks deep inside you to find what matters most and keeps that in front of you like a beacon of **Hope**. He fans the flames of your fire to keep you moving forward. He is susceptible to the negative influences of the **Bully Brigade** and needs the other **Heroes** around to keep him on track.

PATIENCE - Her best friend is **Empathy** and they spend a lot of time together listening, to help people work through difficult situations. Her twin brother called **Impatience** who tries to tag along wherever she goes and is always upset because he is not allowed to hang out with the **Headspace Heroes**.

PEACE - Although she seems like a docile **Hero**, **Peace** is incredibly strong and doesn't allow cruelty to affect her. Her best friend is **Forgiveness** and together they clean up the debris left after the **Eviction Notices** have been delivered. Her sisters are **Joy** and **Love** and her brother is **Happiness**. They are a close family that brings strength wherever they go.

PERSISTENCE - Also called **Persi**, she is the little sister of **Drive** and **Determination**. Her source of strength is spending time with **Belief** and her cousin, **Faith**.

PERSPECTIVE - **Perspective** has been around almost as long as **Wisdom**. The two often sit and discuss things to help the other **Heroes** grow and continue to become stronger. They can maintain conversations that continually benefit each other and the rest of the **Heroes**.

RESPECT - She is strong and bold, yet quiet and demure. She is a support system that reminds us: **Don't Accept Unacceptable Behavior**. She is a steady source of comfort and support to her sisters, **Dignity** and **Grace**, and is proud to lead the way for her brother, **Honor**.

SELF - This is a **Double Agent**. **Self**, starts out neutral and can go either way. If raised by the **Headspace Heroes**, you will see a positive **Self-Image**, healthy **Self-Esteem** and honorable **Self-Control**, but if the **Bully Buddies** raise him, things go downhill fast.

TRUTH - Close companions with **Honor**, the two create a support system that fortifies and strengthens. **Truth** is soft, transparent, and tempered with **Love**. She is never harsh or brutal, like her estranged brother **Deceit**.

UNDERSTANDING - She is often called weakness by those who are confused about how powerful this **Headspace Hero** is. She spends time with **Empathy** and **Compassion** and provides clarity to others.



Headspace Heroes & Bully Buddy Quick Reference Guide

WISDOM - Preparing the **Heroes** for the inevitable battles that are coming, **Wisdom** is a sage that provides guidance and reminds them of how to stay committed to becoming the best version of themselves even when the **Bully Brigade** tries to derail them.



Headspace Heroes & Bully Buddy Quick Reference Guide

Bully Buddies

ABANDONMENT - This **Bully** does double duty. He hangs around with **Distraction** and quietly persists at eating away your **Dreams** by encouraging you to abandon them. At the same time, he infects you with **NES (Not Enough Syndrome)** so when your relationships change you believe it is your fault. He is tricky and heartless and often drops you off at the doorstep of **Despair**.

ABUSE - This big burly **Bully** is a powerhouse. He can turn the strongest person you know into a whimpering child or a raving lunatic. He thrives on the distance he can create between you and the people you care about. When you see him, **Anger** is usually close by.

ADULTERY - This little vixen is often the unfortunate love child of **Loneliness** and **Selfishness**. **Loneliness** is so desperate for attention and interaction that **Adultery** creeps in without any direct dialogue. The attention that fills the **Void** is so important that **Loneliness** is like a sitting duck waiting to get picked off by the first hunter that comes along. **Selfishness**, on the other hand, tends to be a willing participant and has difficulty seeing anyone's needs but his own.

ADDICTION - This is another **Bully** that brings his own posse. This crowd sticks together like glue, so when you encounter one of them, the others are nearby. Don't let them fool you. They lurk in the shadows where **Loneliness** lives, but these villains aren't quiet. They are loud, vocal, and insistent on getting their way. This is one of the most difficult **Bullies** to remove, because they know how to dig in deep. These trenches are triggered by emotions and outside stimuli. They are insistent on getting their way, but don't listen to their nagging.

WARNING! Do not think you can **Evict** only one of the minions here. They are like a neural network of disaster just waiting for you to offer admittance to one and the rest come along for the ride. They move in **FAST** and you can't always see the other members of the clan, but beware, they are there! If **Addiction** is present, all his minions must go! This needs to be a **Non-Negotiable** in your life if you really want it to change.

Alcohol - Seems social at first, but as he gets his way, you will be under his **Control**. He will try to convince you that you can keep him around to just come out on weekends or holidays. He is a liar and can't be trusted. **Eviction** is the only option.

Drugs - He has a bunch of little mini minions and is relentless when trying to figure out which one's will keep you under his thumb.

Gambling - This cowboy comes riding in on the white horse of entertainment. However, you will quickly find that the façade fades away and you are left feeling broke and broken. This rodeo-riding adrenaline junkie needs a constant fix.

CAUTION: If **Addiction** is a **Bully** that is plaguing you, be aware of his tricks to persuade these participants to come to the dark side and join the **Bully Buddies**.



Headspace Heroes & Bully Buddy Quick Reference Guide

Food - This one hides in plain sight. Since we need her to survive, when **Addiction** turns her to the dark side, we are at a disadvantage. Her power over us can be overwhelming because it is impossible for us to eliminate her, but a **Bully Conversion** is possible.

Sex - If **Addiction** sinks his teeth into her, she tends to hijack your thoughts. She uses her sweet and seductive charm to worm her way through your **Bubbles**, wreaking havoc on your life.

Shopping (Retail Therapy) - She is a flirty little trickster when **Addiction** takes hold of her. She will entice you into believing that you can get away from all the other **Bullies** by hanging out with her for a while. She adds on a bit of southern charm to convince you that a little retail therapy will quiet down the other crew. It doesn't work, and if she has her way, she will keep you shopping until you find yourself hanging out in **Brokeville**, with your **Gambling** entertainment counterpart.

ANGER - He doesn't try to hide himself. He hangs out in your face and pulls together his **Bully Brothers** to keep you stuck. His little brother, **Frustration**, hangs out to learn the ropes. When his older twin brothers **Rage & Fury** jump in the arena, all bets are off. This is a losing combination and this quartet will do whatever they can to stay where they are and take you down with them.

ANXIETY - He is a quieter **Bully**. He gets in the limbic system where he can pull strings in other parts and have you feeling more than just overwhelmed. He leaves you feeling dazed and confused. **Anxiety** is often found trailing his big brother **Abuse**. He doesn't like to stand in the spotlight, which is why he retreats to the **Limbic Lounge**.

APATHY- A lazy and lethargic **Bully** that is the complete opposite of his twin **Empathy**. He is essentially numb and has no interest in changing. When he hangs out in your **Headspace**, he infects you with the same emptiness.

BLAME - A corrosive and sometimes explosive **Bully** that is afraid to take responsibility for his actions. Instead, he points fingers and provides an arsenal of excuses.

COCKINESS - This is the twin brother of **Confidence**. They are identical so when you see them from a distance it might be difficult to tell, but they are easily recognizable up close by their actions. **Cockiness** insists on everyone looking at him, while **Confidence** doesn't need attention to define who he is.

COMPARISON - The oldest of the **C Sisters**, she is sometimes subtle and often docile at first, encouraging a little healthy competition. Her sisters **Criticism** and **Complaining** often jump on her proverbial band wagon which begs **Judgment** and **Envy** to come along for the ride.

COMPLAINING - The youngest of the **C Sisters** she spends a lot of time with **Judgment** and can find fault in anything that is happening.



Headspace Heroes & Bully Buddy Quick Reference Guide

CONFUSION - The cousin of **Doubt** finds himself lacking the ability to make decisions. He is often found hanging out with **Distraction** which keeps him moving on from idea to idea or project to project. These two are the creators of **Shiny Object Syndrome**.

CONTROL - A king that must have things his way. He sometimes manifests himself as OCD (Obsessive Compulsive Disorder), which drives you to try to find his daughter **Perfectionism**. His son is **Pride**, and they all feed off each other which creates a vicious cycle. This family is responsible for creating many **Bully Births**.

CRITICISM - She is the middle of the **C Sisters** whose main purpose is to badger you into believing that you are **Not Good Enough, Not Smart Enough, Not Strong Enough, Not Pretty Enough, Not Thin Enough, Not Rich Enough, and Not Whatever Enough**. She is the most rampant **Bully**, charging from person to person, as you pass her on, by criticizing others.

DEBT - This **Bully** lurks around where you either owe money, or just feel you have a lack of it for what you want and need. When your finances aren't where you think they should be, this rambunctious **Bully** will try to convince you that **Broke** means **Broken**. He is insatiable and spends a lot of time with **Envy** and **Greed**.

DECEIT - The estranged brother of **Truth**. He spends his days with **Resentment**. Together, they infiltrate the front lines to create an opening for the other **Bullies** to enter.

DEFEAT - Although he sounds like a big **Bully**, he is actually a tiny little guy who likes to hang around with a group of **Bullies** and pretend he has power over you. In reality, he is just a **Stepping Stone** and should be treated as such.

DEPRESSION - He can be an elusive **Bully** that you aren't sure is there, until you feel him dragging you down or sometimes choking you with the weight of his **Bully Buddies, Guilt** and **Shame**.

DESPAIR - This meandering **Bully** is the estranged brother of **Hope**. Because **Hope** is a **Headspace Hero**, they do not run in the same circles and he is unable to find her. Thus, some refer to him as **Hopeless**, because he is without his sister, **Hope**. She would gladly return to his side if he were committed to changing his ways. but he prefers his sullen life.

DISCOURAGEMENT - A distant cousin to **Courage**, this **Bully** hung out in **Dis**, a small town in **Not Valley** and chose a much different path. He spends a lot of time with **Depression** and **Loneliness**.

DISTRACTION - Misdirection and redirection are two of the tools this **Bully** uses. Keeping you moving from one thing to another, he can prevent you from achieving your **Dreams**. Since he enjoys hanging around with **Confusion** and **Overwhelm**, you often find yourself choosing **Abandonment** because he seems like an easier **Bully** to handle.

DOUBT - **FEAR, Shame, and Doubt** are the **Big 3 Bullies** to watch out for. Although **Doubt** is small in size, he packs a powerful punch. Always unsure, **Doubt** hangs out like a scared,



Headspace Heroes & Bully Buddy Quick Reference Guide

quivering child that never makes decisions on his own. **Doubt** is dangerous. He is a **Flip-Flopper** that lives in a constant state of flux about what to do, where to do it, and who to do it with. His position is never stable because anyone with an idea can sway him and anytime he tries to **Step Up** and make a decision, his big sister **Regret** confuses him, making him start all over again.

ENVY - She is a vindictive **Bully**. She wants what others have and never feels satisfied even when she gets it. There is always something more **Envy** wants.

FAILURE - **Failure** is a fraud who is part of **FEAR**'s posse. He threatens you and often enlists the help of **Shame** to hold you back from pursuing your **Dreams**. On the outside he looks like one of the scariest **Bullies**, but in reality, he is a molehill pretending he is a mountain.

FEAR - **Frederique Enrique Alejandro Rodriguez** (See Chapter titled **Meet Freddie**) He is one of the **Big 3 Bullies** and tends to hang out with **Intimidation**.

FRUSTRATION - This is the youngest of the **Bully Brothers** and he wants to grow up to be more like his brothers **Anger**, **Rage** and **Fury**. He tries to keep you focused on the things you **CAN'T** do and tries to infect you with **NES** by keeping you in a perpetual state of thinking you are **Not Enough**.

FURY - When this **Bully** takes over, you lose complete control. He is dangerous and needs to be avoided at all costs. He hangs out with his younger brothers **Frustration** and **Anger**, but the party gets really heated when his twin brother **Rage** shows up. They are a tag team that pushes you from one **Bully Brother** to the next.

GREED - This is an ugly **Bully** who rounds up **Envy**, **Selfishness** and **Deceit** and is blinded by his desire to have whatever he wants.

GUILT - She skulks up and down looking for new victims to drape herself over. She leaves you overwhelmed and unable to move with the heavy load she lays on you. She tends to spend time with **Depression** and **Shame** and is hard to get rid of if you let her settle in.

HATE - This is the 350lb Linebacker of **Bullies**. He is big, bold, and aggressive and can hold a grudge like a dog with a bone.

HUMILIATION - She is complicit in keeping her sister **Shame** stuck in your head. She is loud, obnoxious, not easily hidden, and uses her sister to remind you of your inadequacies.

INSECURITY - This **Bully** tends to be timid, uncomfortable and is constantly looking for confirmation that he is OK. He tends to hang out close to **Anxiety**, **FEAR** and **Failure**.

INTIMIDATION - This is a thug **Bully** who often hangs out with **FEAR** as one of his many posse members. His size alone can immobilize you.

JEALOUSY - Often found with **Envy** and the **C Sisters (Comparison, Criticism & Complaining)**, this **Bully** will do anything to be the center of attention.



Headspace Heroes & Bully Buddy Quick Reference Guide

JUDGMENT - Stern and critical, this **Bully** feels he has the right to pass his judgment on others. He looks down on you from his lofty bench, identifying all the things you should change about yourself.

LONELINESS - Her nickname is **Lonely**, and she is a quiet carrier of **NES** suggesting that you are **Not Enough**. She lurks around in the shadows, not being noticed and only feels validated when you are alone. She enjoys attending **Pity's Parties** because she can always find a new victim there.

MANIPULATION - This deceptive mastermind pals around with **Deceit** to get what he wants. He is a chess master, moving other **Bullies** into place to force your move.

MISERY - This **Bully** loves company and she surrounds herself with any **Bullies** who attract a crowd. Her goal is for you to get stuck in the **Weeds of Wallowing**.

OVERWHELM - This abuser creates the kind of chaos that you can't get away from. No matter which way you turn, he is there to crush you underneath his rolling waves of anguish. He is often accompanied by **Defeat**, and **Depression**.

PAIN - Coming in softly or like a roaring lion, this **Bully** is relentless and can cause you to think you are going crazy. He talks constantly and eventually, if that is all you can hear, you often fall into the waiting arms of his little sister **Pity**.

PERFECTIONISM - This Princess has a desire for things to be perfect. Her brother **Pride**, encourages her to continue her quest for perfection which is an illusion that keeps her in a perpetual loop with her father **Control**.

PITY - **Pity** is a party girl. She likes to throw **Pity Parties** and invites everyone to come along. If you know her big brother, **Pain**, you've probably met her. She is never too far away from him because he provides a lot of guests for her little soirees.

POPULARITY - Also known as **Pop**. She is desperate for everyone to notice and marvel at her. She tends to hang out with **Envy** and **Criticism** being sure to drag everyone else down.

PRIDE - He is a prince that wants to be the king and remove his father **Control** from the throne. He is arrogant and spends a lot of time frustrated when he isn't noticed. He and **Cockiness** tend to fight for attention.

RAGE - He is the younger twin brother to **Fury**, who is the oldest of the **Bully Brothers**. **Rage** is the more unpredictable of the two and must be watched closely. He tends to blind his opponents leaving them helpless.

REBELLION - This teenager is defiant and always looking for a contrary way to do things. He thinks his way is right, but even if it isn't, he will proceed, just to prove a point, no matter where that leaves him.



Headspace Heroes & Bully Buddy Quick Reference Guide

REGRET - This relentless **Bully** is always prepared with the **Woulda Coulda Shoulda** attack. If you **Would** have done that, you **Could** have done this, and you **Should** have done that. **Regret** is never satisfied with the way things turn out no matter how great they are. They always **Coulda** been better. She befuddles her little brother **Doubt** with this special attack and keeps him in constant torment.

RESENTMENT - This is the indignant **Bully** who always believes she has been treated unfairly. She has a hard time seeing the other side of the situation. She gets **Stuck in her Stubbornness**. She is a cancer that will eat away at the fabric of who you are.

SADNESS - She is a fairly innocent **Bully** that comes and goes, but if you leave her in your **Headspace**, she will invite her big brother **Depression** over to stay.

SARCASM - He is a nasty **Bully** with a sharp tongue that will cut you like a knife.

SELF - This **Double Agent** starts out neutral and can go either way. If **Self** is raised by the **Bullies**, multiple negative personalities will emerge. **Self-Righteous**, **Self-Deprecating**, and **Self-Loathing** to name a few, Of course this also produces a negative turn on **Self-Image**, **Self Esteem**, **Self-Respect**, **Self-Control** and becomes very **Self-Conscious**, just to outline a few.

SELFISHNESS - He is part of **Self** but is so focused on himself that he insisted on staying separate. His name says it all. He wants to have it all and he wants it NOW. He is extremely convincing and can be a formidable foe.

SHAME - One of the **Big 3 Bullies**, this one is the deepest penetrating, by infiltrating every fiber with her liquid like persistence. **Shame** is like liquid. She permeates every crack and soaks every fiber, leaving a residue wherever she goes. She is hard to remove and constantly reminds us of our past with scrapbook like clarity. Her sister **Humiliation** loves to tag along and often drags **Depression** around to make things worse.

SPITE - This red-hot viper gets tangled in messes with all the **Bullies**. She spends a lot of time with her sister **Vanity**. Together, they spew derogatory things at you to make you cry.

VANITY - Lovely on the outside and hollow on the inside. She spends time with her sister, **Spite**. Anyone not passing compliments to her, will feel her sisters' wrath. She will resort to almost anything to fill her emptiness.

WORRY - This **Bully** is like a perpetual storm cloud that hovers over you pointing out everything that could possibly go wrong. As part of **FEAR's** posse, when they are together, you can become immobilized by the negative possibilities.

