Bullies act all big and tough on the outside. But this is really just to cover what you don't see on the inside. Bullies are people who feel small and insecure, so they go around putting others down to try and make themselves seem superior.

They'll certainly deny this if you ask them, of course. But the undeniable truth is this: Happy people who feel good about themselves don't intentionally go around doing things that make others feel bad. They have better things to do with their time than poking fun at the flaws or deficiencies in others. Secure people don't go out of their way to make others feel small, weak or inferior.

