

# Psychological Manipulation

## What you need to Know



### TRUST YOUR JUDGEMENT

Manipulators will always look to exploit your weaknesses and to cast any blame onto you. Trust your good judgement that anyone who doesn't make you feel positive they're the problem not you...



### BE HAPPY TO BE YOU

Manipulators will try to steal your happiness - protect this as you know that you can no longer be used by others as their demands of you were unreasonable



### ASK PROBING QUESTIONS

When they make their demands ask probing questions - Does this seem reasonable to you? Are you asking or telling me? So how would I benefit from this.....



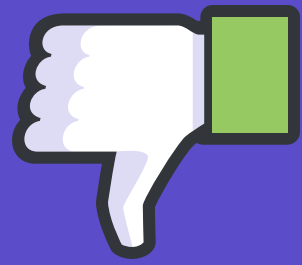
### KNOW HOW TO SAY NO

Be able to say no diplomatically but firmly, remember you're not going to let them make you feel Guilty, you have the right to set your own priorities in line with what makes you happy and fulfilled



### SET CONSEQUENCES

Best lesson you will ever learn is that you can decide what consequences the manipulator will have to face if they continue to ignore the boundaries you've set



### IGNORE WHAT THEY SAY

Manipulative people will try to get you to do what they say to ensure that they have control over you



### CHALLENGE WHAT THEY SAY

Don't be afraid to ask them why they think you should do what they're suggesting you should do, they are hoping that you won't so surprise them!



### STOP COMPROMISING

You need to stop being the person who always compromises and gives into the requests of someone who is only seeking to suit themselves



### FIND A PURPOSE

Start to search for something that gives you a true purpose in life, something you're good at and that can help others is a great place to start



### NEVER ASK PERMISSION

They are not in control of your life, they do not get to say what you can and can't do especially as their only interest in you is to ensure they have you under their control