

# Stop Being Manipulated Now

(FOR EMPATHS + NICE PEOPLE)

## How do we identify highly manipulative people?

### 1. FLATTERY

Be aware of people you have just met who are being OVER complimentary or flattering. Be mindful of any pattern someone using flattering to “butter you up” before asking you for something.

### 2. DIFFERENT FACES

Manipulators often go from being sweet and kind to one person, to being cruel and aggressive to another very quickly. What they are doing is continually consciously assessing how they need to behave to get what they want from each person.

### 3. SELF-BLAME

Keep in mind that manipulative people have an ability to know what buttons to push to get you to do what they want. If you identify this kind of relationship in your life, don't fall into a default position of blaming yourself, rather try to observe and not make it personal. That will allow you to make a more objective decision about what value this person adds to your life. You need to decide who gets to be in the front row of your life.

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### 4. MIRRORING

Manipulative people are sometimes not consciously aware of their behavior. There is a technique where you mirror their unreasonable request or selfishness back to them. Repeat their request back to them starting with “So you are asking me to....”. Be firm and ask them if they think their request sounds fair. This will also make it clear whether this a request, or whether they are just expecting you to do whatever they say. Our intention with this technique is to hopefully make them aware of their manipulative behavior, if they are not already.

### 5. RESIST

You have to resist being manipulated. Being in a relationship or friendship with manipulator can be make you feel overwhelmed by what THEY want. Resist allowing anyone to make you feel like you MUST do what they want, RIGHT NOW! Manipulative people know how to use urgency as a way of pressuring you to do what they want. You don't owe anyone an instant answer and poor planning on another person's part does not have to constitute an “emergency” for you.

### 6. NO IS NOT A FOUR LETTER WORD

For many of us it can be very hard to say ‘No’ but to take back control and create healthy boundaries you simply must, at times. Don't try to convince anyone of your right to be self determined. The only reason you need to give for saying ‘no’ to something is that you don't want to.

As always, take care of YOU.

*with love Terri*