

How to Get Out of the

F

O

G

Fear

Obligation

Guilt

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What is FOG?

The acronym **FOG** stands for **F**ear, **O**bligation, & **G**uilt. The term was popularized by therapists Susan Forward & Donna Frazier in the 1998 book Emotional Blackmail. FOG describes feelings that people experience while in relationships where manipulation & control is used to obscure & confuse a situation or another's thought processes.

How do I get out of the FOG?

- **Get support** – Find people, therapists, & counselors who understand these complex dynamics & can give you the support & tools you need & deserve.
- **Notice when the FOG arises** – Fear, obligation, & guilt are very strong motivators. Catch yourself & identify your triggers before you find yourself being manipulated.
- **Remember the consequences** – Making decisions in the FOG leads you to feel resentful, bitter, used/exploited, invisible, ignored, & petty *in the long run*. No one likes to feel coerced or manipulated in doing something because of FOG, so these ugly feelings and similar will *inevitably show up later*. Pause, then act.

