

“Dangling Carrots”

An abuse tactic that involves continually offering the promise of a reward, opportunity, or approval to influence or groom an individual. The promised outcome is often delayed, kept just out of reach, or never fully delivered, encouraging the person to continue seeking validation or compliance. While this tactic may sometimes be presented as being "for their own good," it can also create the perception that the individual will never truly achieve the promised goal, fostering dependence, frustration, or feelings of inadequacy.

~Cowdrey