

# People Like Controlling US

## But what kind of abuse is that?

### 1. Silencing / Suppression,

An Example, Facebook:

When someone says “*too much of Facebook*” as a dismissal, they are not responding to your point.

They are signaling: “**Stop speaking.**”

That is **silencing**, which is a form of psychological control.

Key feature

They attack the *source* or *medium* instead of addressing the **substance** of what you said.

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### 2. Dismissive Devaluation

The phrase is intentionally minimizing.

It implies:

- your thoughts are unserious
- your concerns are invalid
- you are irrational or influenced
- you don't deserve a real response

This is **devaluation**, a common tactic used to erode confidence and credibility.

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### 3. Gaslighting Lite

When paired with pressure to stay quiet, it becomes a form of gaslighting.

The message underneath is:

“You’re overreacting”

“You’re consuming the wrong information”

“You shouldn’t trust your own judgment”

Over time, this can make someone doubt their right to think or speak.

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## 4. Coercive Control (Low-Level)

If the comment is followed by pressure like:

- “Don’t talk about that”
- “Just let it go”
- “You shouldn’t post about this”
- “You’re causing problems”

That crosses into **coercive control**, even if subtle.

Coercive control does not require threats.

It requires **restriction of expression**.

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## 5. Intellectual or Ideological Shaming

This is when someone uses social stigma to enforce conformity.

They are saying:

- “Your views are embarrassing”
- “Your views are socially unacceptable”
- “Your views make people uncomfortable”

This is a **shame-based compliance tactic**.

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## What it is NOT

It is not:

- healthy disagreement
- constructive feedback
- concern for your wellbeing

Healthy disagreement sounds like:

- “I disagree because...”
- “I see it differently...”
- “Here’s another perspective...”

Dismissal sounds like:

- “Too much Facebook.”
- “Don’t talk about that.”
- “Just be quiet.”

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## Why this matters

Freedom of expression is part of **psychological autonomy**.

When someone tries to control *what topics you are allowed to speak about*, they are crossing a boundary, even if they do it casually or with a smirk.

You are not obligated to be silent to make others comfortable.

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## A calm, lawyerly response you can use

If you want to reassert boundaries without escalating:

- “That comment dismisses rather than engages. If you disagree, say why.”
- “I’m allowed to speak about issues that matter to me.”
- “Silencing isn’t the same as disagreement.”
- “You don’t have to agree, but you don’t get to shut me down.”

If you want something firmer:

- “Trying to control what I talk about is inappropriate.”
- “That crosses into silencing, and I’m not okay with that.”