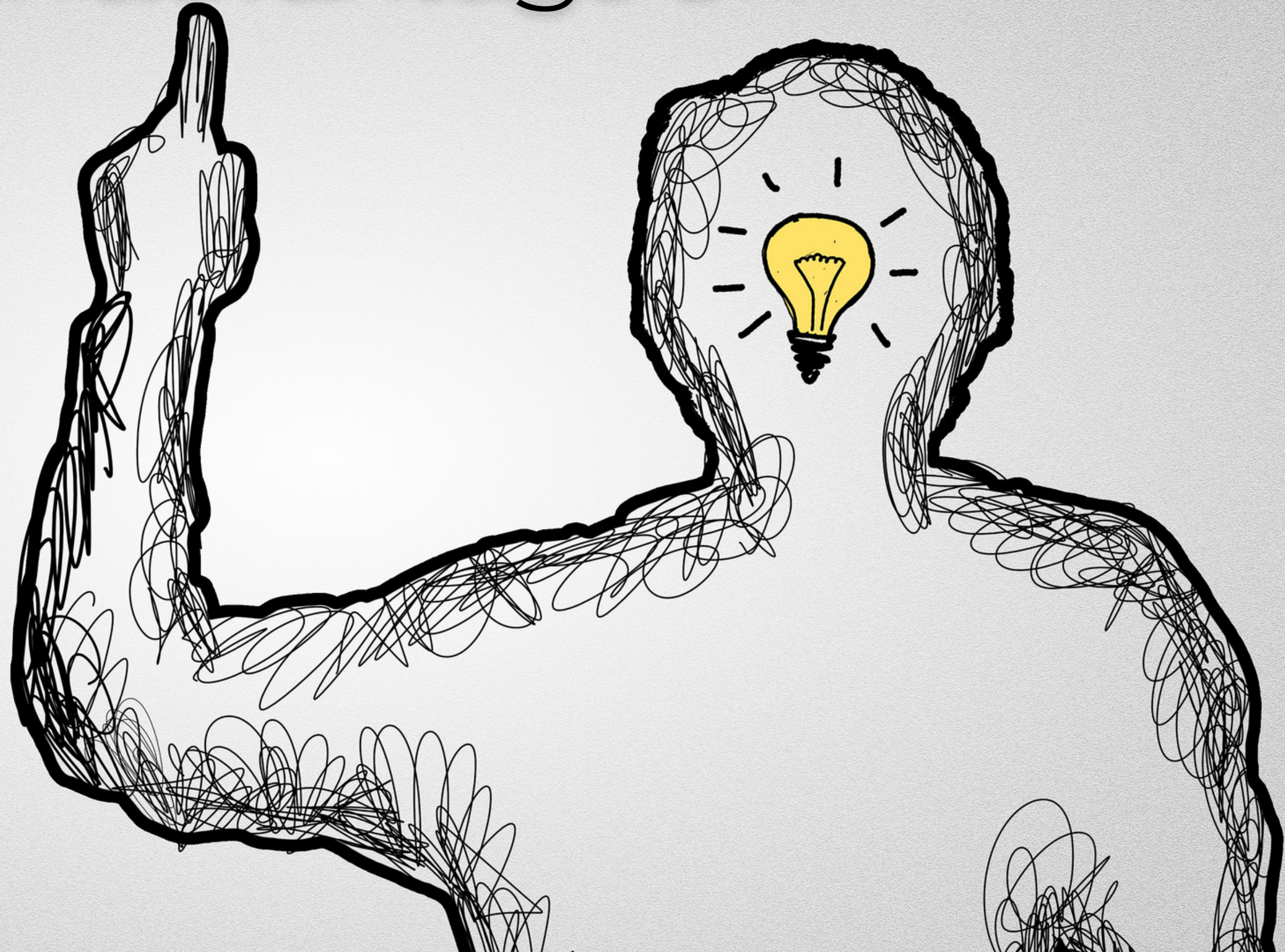


Does this look familiar?



Have you ever felt like you were being  
taken advantage of?



The likelihood of you encountering a master manipulator in your lifetime is very possible. Especially, when you are dealing with personal relationships. The slides following will give you the red signs, there will be tips given on how to protect yourself from becoming a victim of circumstance.





1. They attempt to stay in control of the situation. They do this by bringing the person into their environment. That way they can keep control. If someone suddenly invites you into their space after just meeting, or out of no where; be careful. It may not just be a kind gesture.



2. They suddenly attempt to catch the person off guard by delivering bad news, or news that would disrupt the person's life. Normally, it's something that they promised, or something they had intel on, but used timing to make the person vulnerable.



3. They twist the truth. They distort the facts to make the other person look incompetent, stupid, unintelligent, crazy, or dillusional in order to make themselves look more credible.



4. They overwhelm you with information. Professionals in counseling and mental health, call the term *intellectual bullying*. This act is done to confuse the person; overloading the person so they will surrender.



5. They listen intently. They ask questions in attempt to gather more information. This tactic is used to figure out the habits and thoughts of the other person. Once the information is gathered, they then use the information against you. If a person comes off too nice and friendly asking a whole lot of questions, or want you to elaborate, be careful. They could be searching for a weak spot to infiltrate. Don't be fooled. At times the ones closest to you are guilty of this act.





6. They constantly critique and judge you. Nothing you do is ever correct. There is a difference in constructive criticism and constant judgement. If they offer a solution, then you know it is not from a place of malice; however, if the person criticizes you, and doesn't give you a solution, then that is what you would call a hater. Lowering someone's esteem to boost their own is a cowardly move.



7. They make fun of you, or call you names. They pretend they are joking around with you. It could be on anything from your appearance to your intelligence, to what you drive. Once you recognize what they are doing, and bring it to their attention, they then turn it back on you, as if you are too sensitive, or can't take a joke. "I was only kidding, dag...lighten up!"



8. They give you the cold shoulder, or deny you attention and affection. They use this as a way to control the situation. The person begins to have doubt and begin to question themselves, and the relationship. By staying silent, the victim uses their own insecurities to determine an outcome. Which causes anxiety, as well as low self-esteem, and codependency.



9. They play victim when you recognize their tactics. They will quickly turn the story around. At times bringing up topics that have nothing to do with the present discussion. They will blame you, and say it is your fault; even if you were not to blame. They often resort to finger pointing and name calling, and or characteristics that describe them, just to take the attention off of them. We use the term gaslighting in some of these instances.

10. They play dumb. They will act as if they are incapable of completing the task, the "I don't know." syndrome. By playing dumb the person gives up, and or does the task themselves.



We all have at one time or another been the victor or the victim of manipulation, but to deliberately attempt to control another being, is not only inhuman, it is something that the Most High, would not dare to do. That is the blessing of choice. If you want to know how to protect yourself from manipulation, and also learn several other traits, then visit me on my Patreon page <https://www.patreon.com/iamnitaro>. There, we get deeper into discussions, a safe haven for those who want to bond and share.