

The Five Red Flags

BEWARE

RED FLAG 01

gaslighting

a manipulation tactic in which a person, in order to gain more power, makes a victim question their own reality or sanity. For example tell blatant lies about you to others, or to you about others, or deny they ever said anything,



RED FLAG 02

love bombing

a manipulation tactic that happens when someone overwhelms you with affection, adoration gifts, and love in order to gain control of your behaviours.



For example, Wants to be in constant communication with you always texting, calling all day long, to control you!

RED FLAG 03

the guilt trip

Guilt-tripping behaviours often show up in close relationships such as romantic friendships, professional relationships or family relationships.

For example make sarcastic or passive remarks about a situation or use body language to express their displeasure such as sighing, crossing arms or slamming objects down.



RED FLAG 04

negging

negging is when a person tries to manipulate you into feeling bad about yourself.

For example, they're always "just joking" when you call them out on it. "Lighten up! Where's your sense of humour?"



RED FLAG 05

emotional blackmail

Emotional blackmail is a dysfunctional form of manipulation that people use to place demands and threaten victims to get what they want. The undertone of what emotional blackmail is if you don't do what I want when I want it, you will suffer.

For example "If you ever leave me or stop loving me I will kill myself".



A few steps to consider

- If you are subject to manipulation, trust your gut and your instinct and seek professional help or confide in a friend or family member that you trust. Don't second guess yourself as you manipulators will make you question your reality.
- Disengage with someone if they are trying to get a particular emotional response from you. If the manipulator is flattering you before asking for a favour, don't play along and don't give in.
- Manipulative behaviour will wear you down. Be confident and don't lose hope.
- Call out the manipulator's behaviour as it occurs. Focus on how their behaviour affects you, rather than accusing the manipulator with an accusation.
- Above all - if you feel unsafe or you are in a violent relationship - seek help immediately.