



Manipulating/Maneuvering Techniques

According to Webster's Dictionary manipulation is the use of shrewd and often unfair or fraudulent methods to influence and/or control others for one's own purpose. The following list began when two "adult children" were trying to identify the manipulation methods used by their mother, others close to us and then what manipulation techniques we ourselves used. This list has been shared at numerous Twelve-Step recovery group meetings and members have added their thoughts. Can you add others?

Circle the methods that: (1) others use to manipulate you, and (2) methods you have used on other people to try to get your way.

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| <ol style="list-style-type: none"> 1. nagging 2. guilt trips 3. ignoring someone 4. temper tantrums/throwing fits of anger 5. creating a crisis 6. making deals, bargaining, bribes 7. withholding nice behaviors 8. being uncooperative 9. pouting/sulking 10. sarcasm 11. anger 12. complaining 13. destroying another's material possessions 14. cuts/put-downs/stabs 15. sharp tongue 16. ordering/demanding 17. sweetness (controlling with kindness) 18. controlling the environment (acting a certain way to get a desired result, as "walking on egg shells") 19. martyrdom to get pity 20. violence (physical or verbal) 21. blame 22. refusing to talk or using the "silent treatment" | <ol style="list-style-type: none"> 23. telling half truths or embellishing facts or stories 24. lying 25. setting up smoke screens 26. non-stop talking or refusing to stop talking 27. avoiding or talking around the real issue 28. mind reading (mind raping) 29. expecting another to read our minds 30. criticism 31. hints/suggestions 32. crying 33. flattery 34. whining 35. sickness 36. clinging 37. sex 38. confrontation 39. holding one's breath 40. gift giving to pacify, avoid confrontation, to get something in return 41. forcing help or aid upon others 42. minimizing or nullifying importance or value of another's material possessions 43. eye gestures 44. threats | <ol style="list-style-type: none"> 45. seduction 46. acting superior or using intimidation 47. helplessness 48. picking unnecessary fights 49. false accusations 50. group guilt (your father & I...) 51. red herring fallacy (diverting attention off main subject) 52. diverting attention to him/herself, – "shiny object" 53. food bribes (restaurants or home cooked meals) 54. acting like a victim 55. acting like a rescuer 56. intellectualizing 57. exaggerate harms done to you 58. gossip 59. acting incompetent, confused, or lost 60. constantly joking or being the practical joker 61. _____ 62. _____ 63. _____ 64. _____ |
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