

Manipulation Techniques You Should Protect Yourself From

The easiest way to avoid being manipulated is to be aware of the signs of manipulation and to keep an open line of communication with the person who you think may be trying to manipulate you.

But the best way to protect yourself remains to know what techniques are used. Here are some commonly used manipulation techniques that are used in our daily lives, most of the time unconsciously, but also advanced & mass manipulation techniques.

1. Brandishing Anger & Intimidation:

- a. Manipulators know that intimidation is a powerful way to get people to do what they want.
- b. In order to do so, they will purposefully act angry to make their target afraid of them.

2. Denial & Lying:

- a. This is the most common manipulative technique.
- b. Manipulators will deny reality and invent an alternative version that suits them better.
- c. They will make sure to establish trust before attempting such techniques.
- d. They need you to believe them.

3. Blaming and Reverse Blaming:

- a. Whenever they're trapped or exposed, manipulators use this to get out of uncomfortable situations.
- b. Blaming is a way to avoid responsibility.
- c. The manipulator assigns fault on the other party to keep focus off themselves.

4. Leveraging Insecurities:

- a. Whether it's your lack of self-esteem, your fear of abandonment, or your need for validation; manipulators spot your insecurities right away.
- b. They then use them against you. How? The next are 2 ways to do so.

5. Withdrawal of affection:

- a. If a manipulator realizes that you value them, they will alternate between love bombing and indifference.
- b. By doing so, they leverage your own affection towards them to impact your emotional stability and apply pressure.
- c. This helps them control you.

6. Mind Control:

- a. A manipulator might abuse the mentally weak by influencing their thoughts and convictions.
- b. This is also used at a larger scale, by the government, marketers, and lobbyists. This brings us to our next point.

7. Manipulation of Facts:

- a. This is different from lying.
- b. It relies on a method used by lawyers: Reframing.
- c. Manipulators will propose a new angle to see the situation.
- d. This is used and abused by the Media & governments during Propaganda campaigns.

8. Name Dropping:

- a. In order to impress you, manipulators will mention the names of known people and pretend as if they know them personally.
- b. This is done to alter your perception of them and increase their importance to your eyes.
- c. It helps them control what you think of them.