

# HOW TO

## RECOGNISE & STOP EMOTIONALLY MANIPULATIVE ATTACKS

*and create a win win...*

### Covered in this planner

Step # 1: What is a emotional manipulator?

Step #2: Discover the 4 main styles

Step #3: Checking your vulnerabilities

Step #4: The assessment checklist

Step #5: Moving forwards

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# The Aims of...

For this mini course the outcomes are as follows

1. To clearly define an emotional manipulator
2. To clearly define the 4 styles of emotional manipulations
3. To check which style you are vulnerable to and who from

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# What is a Emotional manipulator?

When people are afraid...they want to feel safe...so they control?

“A person who can be defined as having a emotionally manipulative personality can display traits of a feeling of self-importance, a sense of entitlement, and a need to be admired. They can often be envious of others and place expectations to live up to the same standards They appear to lack empathy, may lie and exploits others to achieve their aims. To others, they may appear self-absorbed, controlling, intolerant, selfish, or insensitive. If they feel obstructed or ridiculed, they can become extremely defensive with a destructive attitude or avoid contact.”



Are EM's really confident?

1. **They need to control**
2. **They obsess about their self**
3. **They focus on themselves over others**
4. **They may hurt others to stay in control**

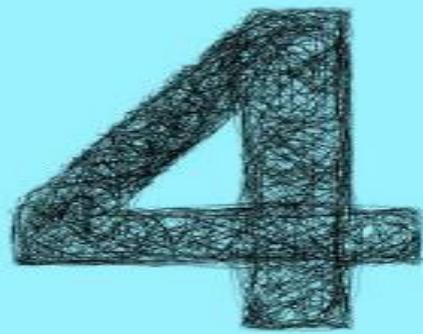
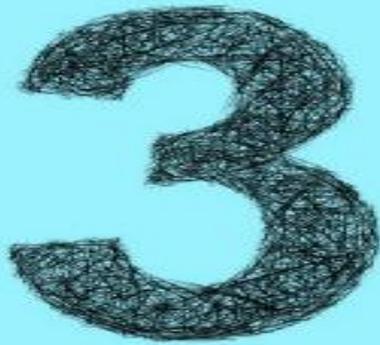
The question then must be asked that if the EM really is confident, why do they feel the need to control everything? Why cant they just let things be?

**Important!**

The truth is that EMs have very LOW self esteem and LOW self confidence! The reason they want to control everything is because they are terrified that other people can control them and upset their world.

Although they may claim they are high in self worth and be very loud and assertive, they are doing so to control everything.

**Emotional manipulators have very low self worth!**



# The 4 Styles

Please visit the full website for more details  
on these style

- 1. The Victim:** This person will always find the challenges in life and claim that YOU should be there for THEM....ALL the time. They aim to trigger people who feel guilty.
- 2. The I'm too busy:** This person is the one who is always too busy for everybody. They aim to trigger people with abandonment issues.
- 3. The Fault Finder:** This person will always find fault with other people in anyway they can. They aim to trigger a person with rejection issues.
- 4. The Destroyer:** This is the person who will threaten other peoples safety, in their physical heath, emotions, career, relationships. They aim to trigger a persons fear of loss.

# Checking your vulnerabilities?

If you find that certain people can affect you in a negative way or that you feel anxiety around them (but not other people) then that is a sign that you have an emotional vulnerability to one or more than one of the 4 styles. This is very common and millions of people all around the world experience this daily. The first step is to admit to the fact that you are vulnerable!



## Which of the four affect you more?

Manipulators or power players will use what they can to gain control over other people so that they feel more secure.  
REMEMBER...they do this because they feel vulnerable.

Reflect on all the people in your life who you seem to struggle with and ask yourself which one of the four styles do they use on you?

Although it is not nice to admit...admitting it can help you break free of the cycle...so better to admit it sooner rather than later...save the damage!

## The game changes

The art of deception

Be very aware though that most emotional manipulators and power players will not stick to just one style. To stay safe they will often change from one to the other for the purpose of deception.

For example you may meet a 'victim-I'm too busy' who when you pull them on their victim status will cut you off saying you do not care. Or you could have a fault finder-destroyer who when you ask them to stop being critical becomes very aggressive and screams that you are too sensitive and they are sick of your demands.

As you go through the people you are reflecting on, ask yourself if they keep changing the goal posts too?

# The 4 styles checklist!



This may not be a nice thing to do but it is important to be honest!

It does not mean they are evil as they may not even know they do it, but it is important to look after your own emotional health too

Name of the person	The Victim	I'm Too Busy	Fault Finder	Destroyer

# Moving forward!

Breaking free from the grip of a manipulative person can be challenging, especially if you are for example in an emotional relationship with them and invested. Below are some suggested steps to get you going...

1. Go through the checklist and be honest!
2. Check how often you find yourself alone with these people, they often isolate you.
3. Speak to other people to see if they notice what is going on.
4. Go online, you tube and forums can be great to hear other people share the same thing
5. Take steps to resolve the situation
6. If you require support and are looking for practical steps get in touch, and you and I can go through the situation and look at all the options you have.
7. Take action straight away. The longer you leave it the harder it will get!

## **NOTE: It is your fault???**

Manipulators will often try to convince you that it is your fault or it is you who is always causing the trouble.

They can be very convincing at times...so make sure you keep your wits about you at all times and be alert.

If you find yourself continually apologizing for things you haven't done, then its more than likely that you are in a game.



Just because  
you cannot  
see the game  
does not  
mean it is not  
being played