



Ashly



- DARVO: A tactic standing for Deny, Attack, and Reverse Victim and Offender, where they deny their actions, attack you for reacting, and pretend they are the victim.
- Goal: The goal is to make you look crazy, unstable, or irrational, allowing them to avoid accountability while putting you on the defensive.

Recognizing this behavior as intentional provocation rather than your own failing is crucial to protecting yourself.

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Manipulation is a deceptive or unfair psychological tactic used to control a person's behavior, emotions, or thoughts, aiming to gain personal power or advantage. Manipulators often exploit weaknesses, using tactics like guilt-tripping, gaslighting, and the silent treatment to force victims into acting against their own best interests.

Key Aspects of Manipulation

- Goal: To gain control, power, or a specific outcome.
- Methods: Using emotional blackmail, threats, charm, and lying.
- Impact: Victims often feel pressured, anxious, guilty, or confused.
- Contexts: Can occur in personal relationships, the workplace, or social



Message

