



Ashly



- Contexts: Can occur in personal relationships, the workplace, or social situations.

Common Signs of Manipulation

- Gaslighting: Making someone question their own reality or memory.
- Guilt-Tripping: Making the victim feel responsible for the manipulator's feelings or actions.
- The Silent Treatment: Withholding affection or communication to punish the other person.
- Lovebombing: Showering someone with excessive affection, then withdrawing it to control them.
- Playing the Victim: Avoiding responsibility by acting as the injured party.

How to Deal with Manipulation

1. Set Firm Boundaries: Clearly communicate what behavior you will not tolerate.
2. Recognize the Behavior: Identifying the tactic reduces its power over you.
3. Create Space: Take time to evaluate situations rather than reacting immediately to pressure.
4. Seek Support: Discuss the situation with trusted friends, family, or a



Message

