

"Manipulated" means to control, influence, or alter a person, situation, or object skillfully, often in an unfair, deceptive, or insidious manner. It broadly applies across psychology, physical mechanics, and data.

Psychological & Social Manipulation

In interpersonal contexts, manipulation involves using artful or dishonest tactics to influence someone's emotions, behaviors, or perceptions for personal gain. Common techniques include:

- Gaslighting: Making a person question their own memory, perception, or sanity.
- Guilt-tripping: Evoking guilt to force someone to comply with a request.
- Love bombing: Overwhelming a target with affection and attention to gain quick trust and compliance.
- Passive-aggression: Expressing negative feelings indirectly rather than addressing issues openly.