

# Manipulation

Manipulation means that people make you do things by distorting the facts that in hindsight you don't really want to do.

## When not to listen?

### **They play into how you feel**

Sensing you feel bad about something, just by saying exactly what you feel, people make you act out even though you better hadn't.

### **They state the truth as if it isn't true**

They repeat what's true to make it sound like it's unimportant even though it's important.

### **They make you focus on people's weaknesses**

Instead of letting you focus on the good about people, they make you focus on what people aren't good at, disregarding that no one can do everything.

### **They make you feel you need to fit in**

They make you feel you need to adhere to a code to get a higher status.

### **They offer you "protection"**

They make you feel you're not safe, even though when you don't offend anyone, sometimes preferably even keeping to yourself, no one has any reason to start a fight with you.

### **They make you feel like you're alone**

They make you feel no one else wants to stick to the rules, even though the majority does.

### **They offer a bargain you can't keep**

You get something you crave, but they don't tell you up front what you have to do to keep the bargain, making you ignore what will happen if you don't.

### **They seduce you**

In expectation of or in return for sexual favors they make you do things you don't want to do.

## When to listen?

### **It's more efficient**

If you finish your chores first, you have more time to do what you want to do, than when you oppose and refuse to do what you need to do.

### **Future prospects are bad and you have no other option**

If you don't clean up the mess and you don't have the option to ask for help, things will spiral out of control and the future looks grim.

## Watch out!

### **You manipulate?**

People that you manipulate can get aggressive.

### **They try to manipulate you?**

Take a walk and contact an authority figure.