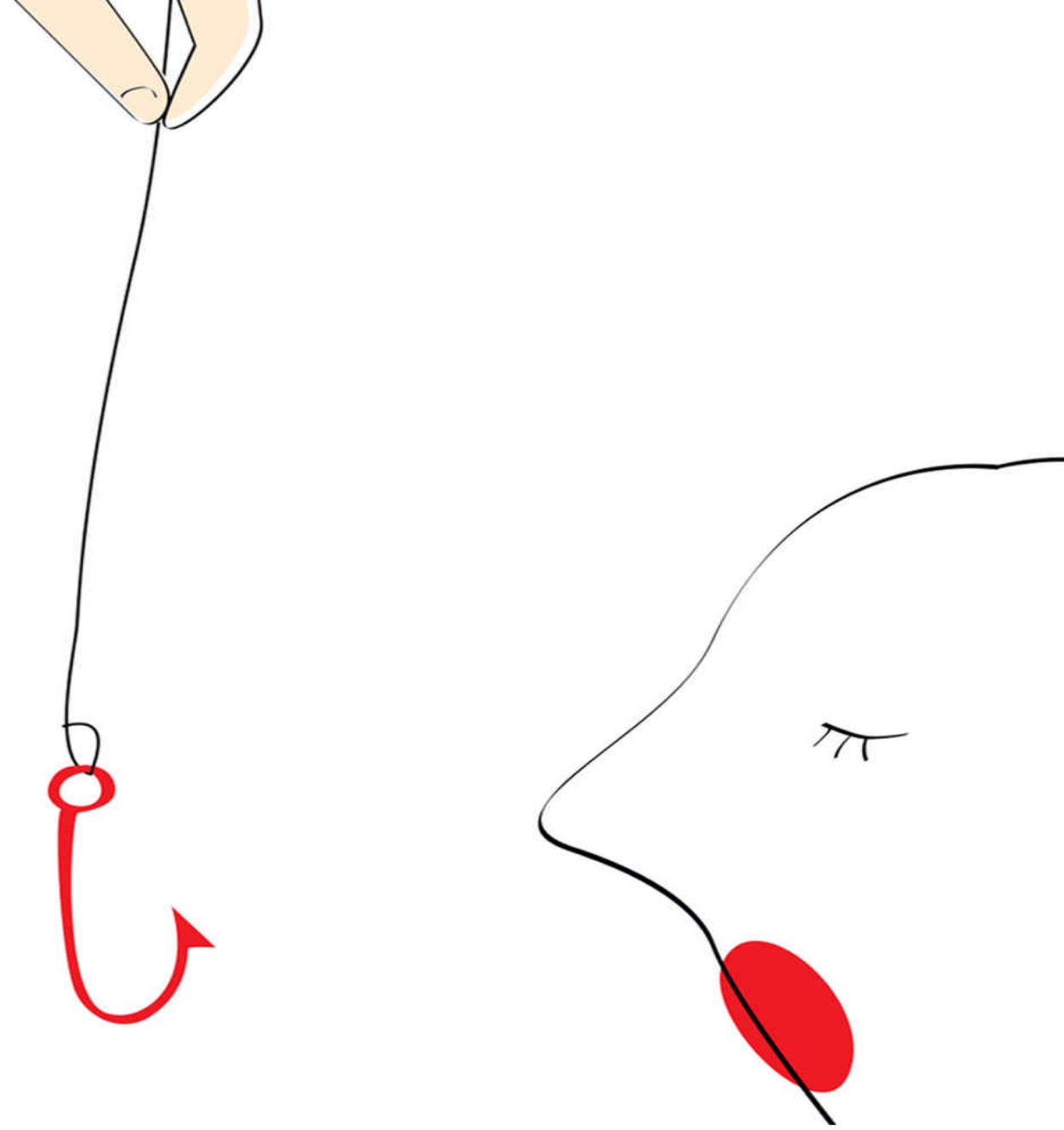




PERSUASION

Learn Techniques in Manipulation, Dark Psychology,
NLP, Deception, and Human Behavior

Tori Dasani

PERSUASION

Learn Techniques in Manipulation, Dark Psychology,
NLP, Deception, and Human Behavior

TORI DASANI

Copyright © 2019 by Tori Dasani

All rights reserved.

No part of this book may be reproduced in any form or by any electronic or mechanical means, including information storage and retrieval systems, without written permission from the author, except for the use of brief quotations in a book review.

Contents

Introduction

I. Manipulation

1. What is Manipulation?
2. The Profile of a Manipulator
3. When Can Manipulation Be Positive?
4. How to Overcome Manipulation
5. Steps to Confront the Manipulator

II. NLP

6. A Look At How We Receive Information
7. Our Map of Reality
8. Can Someone Use Our Map of Reality Against Us?

III. Subliminal Persuasion

9. Understanding the Subconscious Mind
10. How Social Media Plays a Role in Subliminal Persuasion Today
11. Different Ways That You are Subliminally Persuaded (And You Don't Even Realize It!)

Conclusion

Introduction

Congratulations on downloading *Persuasion* and thank you for doing so.

The following chapters will discuss everything that you need to know when it comes to persuasion, manipulation, and NLP. There are a lot of manipulators, and individuals who are looking to get what they want, and they don't care whether they harm someone in the process of reaching their goals. They will use a lot of different techniques to get there, and often the victim doesn't even know what is going on. If they do catch on, they often feel so trapped in the cycle that it is hard to escape.

This guidebook is going to take time to look over manipulation and how the vicious cycle can start. We will first talk about what manipulation is about, the profile of a manipulator, some of the techniques that the manipulator can use, and how to avoid a manipulator and stand up for yourself to break out of the cycle. While the manipulator will spend a lot of time choosing their victims and even trying to hide their true intentions over time, it is crucial for the victim to come out of

this and then stand up so that the manipulator isn't able to get what they want.

Also, we are going to move on to talking about a few different techniques as well. We will spend some time talking about NLP and how a manipulator can use this against the victim, and also about persuasion and how this topic is all around us. Being aware of all these levels of persuasion and manipulation may assist a victim to learn how to protect themselves and not run into this evil trap of making other people happy.

If you are ready to learn more about dark psychology and how it can work with NLP, manipulation, and persuasion, then make sure to check out this guidebook to help you get started.

There are plenty of books on this subject on the market, thanks again for choosing this one! Every effort was made to ensure it is full of as much useful information as possible; please enjoy!

PART I

Manipulation

What is Manipulation?

All of us have been practicing the art of manipulation for years, even before we knew there was a big fancy word for it. When we were babies, we would manipulate the way that we were being fed and also the idea that we were put to sleep (maybe we preferred to be held rather than rest in the crib). When we were toddlers, we would cry and fuss for the toys that we wanted; sometimes our parents would relent and sometimes they wouldn't. As professionals, we may have to try to get anyone to listen to us from our manager to coworkers and more. There is no escaping from the practice of manipulation each day, whether we realize we are using it or not.

But what is manipulation? Manipulation is the art of getting others to do exactly what you want them to do. In many cases, you do this by not necessarily paying attention to their desires. There are some extreme cases where you may cause them to harm in the process. It is going to comprise of a few techniques to get this done including coaxing, trickery, persuasion, hypnotism, charisma, charm, and misinformation to name a few of them.

The main objective that is seen with manipulation is that you need to trick or convince people to lead them in the direction that gives you exactly what you need or desire. However, not all the forms of manipulation out there are going to be wrong. You could positively use the techniques to help turn the game around and to help you get what is yours or what you need. For example, if you have a boss who is stingy and won't give you a promotion or the pay raise that you need, then using logic or persuasion isn't going to work well with them. You may have to resort to manipulation to get what is yours.

The ideas behind manipulation are going to come from the belief that the needs and desires that you have are going to be higher than everyone else's. You will need to put yourself at the center of the world and believe that the whole world revolves around your desires. It can sometimes be given a twist that is more positive when you realize that connect with other people and then you both work with aligning their desires towards your own. In these situations, you will end up positively manipulating people into doing what is best for you and them, and they are less likely to feel fooled.

Let's take a look at an example of this. If you think that no one would be able to make a date or partner happier than you, then you need to try and align your desires to theirs. You know that you can keep them happy and can do this even when you become married. If you are the right person for them, then the manipulation techniques that you use here will be in the best interest of both of you.

Unlike persuasion, manipulation is going to occur at a more profound and even subconscious level. It is going to be done by

the manipulator attempting to change the fundamental beliefs and also the experiences of people to get them to do what we want. It can be done with a variety of methods from verbal skills, seduction, and even hypnotism. It is sometimes done with the help of distorting someone's idea of reality so that they start to think and do what we want. When it is successful, people are going to start behaving and thinking about facts in the way that the manipulator wants them to.

Whether you realize it or not, you are being manipulated regularly in your daily life. The tool of manipulation is something that every business or marketer understands when they try to get you to purchase their stuff or live your life in a specific manner that helps build up their profits. They may say that you should purchase this brand to make you a cool athlete or vote for this person if you want to see change. We just have to open our eyes to see it better.

Manipulation is going to involve any emotional exploitation and distortion of one's mental processes to make sure that the manipulator can get something that they want. Depending on the situation, especially when the situation is an abusive one, it can be more obvious that there is some form of harm is being done. But often manipulation is a bit trickier for the victim, and for others, to identify. It isn't uncommon for the victim to go for months without realizing that someone is using them or manipulating them.

Of course, manipulation is way more common than we may think. It is likely that everyone has worked to manipulate someone else at some point in their life. It is just a part of the average conversations and interactions that occur. For

example, you may convince someone to go to the store with you because you don't want to go along or you need help loading up the groceries. This may be seen as pretty harmless, but it is still a form of manipulation because you asked someone for help with something, trying to persuade them, with an ulterior motive present.

Manipulation is something that can happen way back in our childhoods. That is the main reason and way that most of us learned how to get the things that we want. Children will use this as a way to try and get adults and others to do what they want. This is seen as something reasonable, and it is part of childhood development as the children try to learn how to navigate their way around the world.

Of course, over time, this is supposed to stop. With some guidance from their parents, the child is going to learn that they aren't allowed to hurt other people to get what they want, and so they will start developing empathy and will stop using manipulation as a way to get what they want.

If this manipulation isn't monitored properly, it can turn into a form of abuse. There are those who will never stop with the childhood manipulation and who will then grow into adulthood with the intent of manipulating those around them. It is possible that some manipulators aren't going to realize what they are doing, but in most cases, the manipulator is going to rely on this tactic because they know that it will get them what they want, and they aren't too worried about how much it is going to affect others.

That is why manipulation can be such a complicated thing to work with, and why we will spend this section looking at it more. There are a lot of different types of manipulation that can start to show up, and understanding more about how this works, and how to keep yourself safe from a manipulator can go a long way in how healthy you are, and how much freedom you get to keep on your own life.

Where can I find manipulation?

In reality, you can find manipulation in almost any place you choose to look for it. Manipulation is going to occur mostly within the closest relationships of another person. It can show up in relationships between some close friends, siblings, parents and children, and spouses.

The people who are closest to us, the ones who surround us, are often the ones who we are going to look to when we are in need. We see our friends and family as someone who provides us with something, whether it is love, help, companionship, to something else, at least a bit. When some feel as though they might need something that they can't get easily on their own, then they are going to work to manipulate the situation.

This is something that we can often see when we look towards the workplace. Bosses may try to manipulate some of their employees to ensure that a specific goal is reached. Sometimes coworkers are going to try and shape one another to see who can get ahead and get that promotion, often competing for positions that could have the potential to change the overall fate of their lives.

You will also be able to see this manipulation in the society that is around us. For example, advertisers are going to use our desires and our fears to make us purchase certain things. Political campaigners will use manipulation to see if they can gain any new voters. Lobbyists will work to get a particular bill passed or not. Teachers will try to use different tactics to get students to hand in assignments on time, and so much more.

Manipulation is a tool that, when used correctly, can be powerful. But once the victim starts to become more aware of all the manipulation that is going on around them, both in their professional and in their personal lives, they are going to find that it is easier to see it in social settings, even with those they have always trusted and been close to before.

Manipulation and how it can influence other people

Manipulation is nothing but a technique, one that an influencer will use to help serve some intent for themselves, whether it is a positive or a negative one. Eminent social psychologist Robert B Cialdini listed out six principles of influence that, when they have been mastered, allow you to influence people, including their thoughts and behavior. These include;

Reciprocity: People almost always have an urge to return the favor that someone else has done for them. “Oh, they helped me finish that project when I was behind; I need to do something for them!” This is something that we have all thought about at one time or another. If you as a manipulator want to get someone to do something for you in the future, then find a way to make them obliged to you. You can even watch your wording, saying something like “Oh! You’d do the same for me,

or you'd help me too, wouldn't you?" That implies that you are expecting them to help you out in the future.

Another technique is known as social proof. Whether it is a good or a bad thing, people are often hardwired to follow the herd and do what other people do. We often assume that because everyone around us is doing something, then this means that it is good or right. This is how fashions, trends, and fads start to take off. Presenting social proof allows you a way to influence people because it leads them to believe that they aren't the only ones that will complete the task. For example, if you are setting up a party and you want someone to come, isn't it common to list off all the people who will also be there?

Scarcity is another technique that can be used to influence people and work on their psychology. It is a tendency in humans to value things that we think are limited or rarely available. Think about how business owners and other marketers can put some influence on their consumers with the idea of exclusive offers, limited sales, and until stocks last wording. When these come up, there is a tendency for the individual to reach out for what they see as being scarce, because they think that it is more valuable.

The amount that someone likes the manipulator can come into play. Think about this one, would you purchase something from an attractive and pleasant looking salesperson or the dull and not good looking salesperson? We are influenced, at least in part, by affable, physically attractive, and charismatic people. You can also utilize this just by spending more time around a person and getting them to like you this way. Let's say that you want to get your crush to go out on a date with you. You may

find that spending lots of time hanging out with them, even just as friends, can make it harder for them to refuse you when you ask them out.

Commitment and consistency are next on the list. When you want to get others to commit to something, it is easier to influence them to fulfill it. For example, if you get someone to come out and make a public declaration about a topic, or you get them to write it down and commit to it, then there is a higher chance that they are going to follow along with that because they worry they will be held accountable for it at a later time. When you are looking to get someone to do what you want, try to get them to say it out loud to other people, or get them to write it down. This way, it is harder for them to backtrack, or they will be seen as someone who isn't able to fulfill what they had committed to in the first place.

And finally, the last technique that can be used by manipulator is an authority. Why do you think that a lot of commercials, especially those for hygiene and health products, are going to have lots of experts who will talk about how their customer can benefit from the product? Many social media influencers can be paid a lot of money as well to promote an idea, service, or product on their channel or page.

This is done because people are going to listen to someone they see as an authority figure. Anyone who has a position of authority, expertise, or power is going to be given a higher domain in regards to others. If you want to be able to influence others or get them to do what you would like, you should introduce someone who is perceived as an authority figure and then have them say what you want to have happened. Even

better, establish yourself as a type of authority so you can cut out the middle man.

Whether you choose to use these techniques in a positive way to bring about some constructive change or in a negative way to get what you want regardless of how it affects others, the choice is up to you. Remember that when you learn how to use manipulation properly, you are holding up a matchstick that can either light up a flame, or it can cause a big fire. The way that it behaves is going to be up to you.

Signs of manipulation

There are a lot of different tactics that a manipulator can use in their arsenal, and the ones they choose to go with will often vary based on what they want to get out of the situation and the person they are dealing with. Be aware that a manipulator may choose to use more than one of these techniques with the same person to ensure they get what they want. We will talk about these in a bit more depth later, but some of the big signs that you can watch out for when it comes to manipulation includes:

1. Having the home court advantage: Someone who is being manipulative will insist that they and the victim meet in a place where the manipulator is going to have more control and more dominance. This could include spaces like the office of the manipulator, their home, their car, or some other space where they either own it or have familiarity with it, and the victim does not. They may choose to invite the victim over to their home to discuss something. This may seem hospitable, but it just

allows the manipulator a chance to have the upper hand.

2. Will let the victim speak first: Many salespeople and other manipulators will do this when they meet with their victim. By asking you some probing and general questions, they manipulator can establish a baseline, giving them some insights into your thinking and then they can look at your weaknesses and move on from there. They want you to talk first so they have their baseline and can move n from there.
3. Manipulating the facts: There are a lot of ways that the manipulator can do this to get what they want. They may blame the victim for things, be two-faced, excuse making, and lying. There could be a lot of deformation of the truth. And many manipulators are good at strategically disclosing only specific information and withholding some of the critical information that needs to be present to ensure that the victim can make the right decisions based on the situation. They can also use understatement, exaggeration, and a one-sided bias of the issues.
4. Overwhelming their victim with a lot of facts: Some manipulators are going to use something that is known as intellectual bullying. This is presuming to be an expert and the person who is the most knowledgeable, at least out of the two, about an area. They are going to take advantage of their victim by imposing alleged facts, data, and statistics that the victim is probably going to know very little about. By presuming the expert level of power over you, the manipulator is hoping that they can

be more convincing when it is time to push through their agenda. Of course, there are those who will work with this tactic because it lets them feel like they are the intellectual superior in the conversation.

5. Overwhelm the victim with red tape and procedures: Some manipulators are going to work with bureaucracy, such as laws and bylaws, committees, methods, and paperwork, to make sure they stay in power and that the life of the victim will become more difficult. It is often going to be used to evade scrutiny, hid any weaknesses and flaws, and to delay the finding of any facts.
6. Showing negative emotions and raising the voice: Some manipulators are going to raise their voices during the discussion to become more aggressive. The idea here is that if they can be loud enough, or show enough negative emotions, the victim is going to back off and give in to what they want. Strong body language can be used here to help increase the impact.
7. They are working with negative surprises. Some manipulators can work with negative surprises because this will put their victim off balance, giving the manipulator the advantage. That can range from low balling in a situation for negotiations, to a sudden profession that the manipulator won't be able to deliver in the way that they promised. This information is often going to come without any warning, so you won't have time to counter their move. From here, the manipulator is going to ask you to concede even more before they will continue with the work.

8. Negative humor to poke at any weaknesses that you have: Sometimes a manipulator is going to work with critical remarks, and then will disguise these as sarcasm or fun, so that you feel less secure. They can talk about your appearance, your credentials, your background, and more. When they make you look and feel bad, the manipulator gets the upper hand.
9. Limiting the amount of time that you get to make decisions: This is something that can happen in negotiations and sales often. The manipulator is going to put a lot of pressure on the victim to make a decision, hurrying them along, so they don't get enough time to decide. By applying the right amount of tension, and then control, onto the victim, the manipulator is hoping that the victim will crack and give in to the demands.
10. The silent treatment; There are times when the manipulator is going to work with the silent treatment to get what they want. When the manipulator deliberately stops responding to emails, text messages, reasonable calls, and other inquiries, they are going to presume the power because they make you wait. This will place some doubt and some uncertainty into your mind. This is a head game where the manipulator is going to use silence as their leverage.
11. Pretend ignorance: This is a tactic that is like playing dumb. When the manipulator tries to pretend that they don't understand what you want, they are going to make you take on what is their responsibility and will make you break a sweat. Some grown-ups may use them when

they don't want to complete a certain obligation, or when there is something that they want to hide.

12. Guilt baiting: This could be a lot of different things. It could be holding the victim responsible for the failures, unhappiness, success, or happiness of the manipulator. It could be targeting the soft spot of the victim. It could also be unreasonable blaming. When the manipulator targets the emotional weakness of the victim, the manipulator is going to coerce the victim into giving in to their demands and their requests, no matter how unreasonable these are.
13. Victimhood: This is when the manipulator tries to make themselves look like they are a prominent victim. They will exaggerate their issues, their health issues, and more. They do this to elicit favor and sympathy from those around them. They like to play that they are the martyr, powerless, and weak. The purpose of doing this is to exploit the goodwill of the victim, and their sense of obligation and duty, so that they are more likely to feel bad for the manipulator and what to help out.

Manipulators have a lot of tools at their disposal to get the victim to do what they want. This can be hard to break because the manipulator is often really good at disguising their intentions and more. And when they can use a few of these techniques together, they are more likely to get what they need or what they want.

The Profile of a Manipulator

There are going to be some qualities that you find in all manipulators. Every person that has manipulated throughout their lives though will be different, but the characteristics that we possess when we are manipulating are going to be similar. There are certain reasons that a person can become a manipulator. It could be the way that they were raised. For example, many times children with manipulative parents, or children of drug addicts, are going to become manipulators later on in life because they learned how to deceive and lie when they were young.

There is a chance that the manipulator formed some of these habits later on in their life. They may have covered up for fear of failing or for their addictions and issues. Manipulators may have learned that they can get what they want if they can influence and persuade others to act in a certain way. Some individuals seem to have that charm in them, and then there are those of us who can't lie to save our lives. The one thing that sticks out though is that once the manipulation starts, it is hard

to stop because it becomes a habit and behavior that are hard to break.

In this chapter, we are going to explore a bit more about what a manipulator looks like, and some of the common themes and characteristics that a manipulator is likely to possess.

The motives of manipulation

The biggest reason why someone could be a manipulator is that it gives them a sense of power and control that they want. Maybe they came from an unstable childhood, and they had never been able to find their true self. They are now struggling to find this identity, feeling that they don't have any control over their own lives. Some people will end up internalizing this pain and will become more codependent on others in a passive manner. Other people will be a bit more active in this dependency, giving themselves a false sense that they can gain the control they want in their own lives if they can control others. This leads them to manipulate any situation in an attempt to gain power over those around them.

A manipulator is not scared to do what it takes to make sure there is a certain perception out there about them. As humans develop, they are going to start making some perceptions of what they see as bad or good, what they see as desirable and avoidable. People will slowly start to develop some standards for certain aspects of their life, and if they end up feeling that there is a spot that is lacking in any way, they may decide that it is time to manipulate the reality to suit their needs.

One thing that is interesting about manipulation is that they aren't as confident as they appear. They often have a low value

on their self-esteem. They may lie about how late they sleep in, or some of the things that they accomplished because they want to give an appearance that they are a hard worker and get things done, for example, to impress others around them.

There are some criminal types of advantages when it comes to how manipulative someone can be. For example, a drug addict may be able to manipulate their family into thinking the addict needs some money to help with bills and rent, even though they are going to use the money to purchase more drugs. These individuals may even pull on the heartstrings a bit and tell a family member that they are sick and that the drugs are the only thing they can do to make it all better.

Another example is a thief. They may lie to their friends and family about where the extra money is coming from. They may manipulate the truth to others around them, and sometimes these individuals can get involved in the crime as well, all in an attempt to give the manipulator the control that they want.

Everyone has a reason for manipulating other people, whether they are doing it for the good of others or just for their benefit. But being the victim is never something easy for anyone. Manipulators are ready to take any steps that are needed to get what they want, whether it is power, drugs, fame, or money. Sometimes those who are the closest to us, the ones we think are our friends, are the individuals who become the master manipulators. This makes the entire situation difficult, especially when the imbalance of how much is taken compared to how much is received is realized.

What can happen with the victim

A victim of manipulation may not always know what is going on. They can feel codependent on the person who is influencing them. Those that manipulate can be abusive towards the victim, even if that victim is close to them. The victim can sometimes have a false sense of power. They may see their manipulator as the one who is in charge, the one to follow, the one who always knows best. They've been made to feel like they have no power, and over time they will learn that they should look for the manipulator any time they need a purpose, validation, and help.

If the manipulator is successful, the victim is going to start feeling doubt about their feelings and thoughts. The manipulator is good at making the victim feel like they don't even have any value. They will convince the victim that they have no worth to invalidate any of the feelings and thoughts that the victim has that goes against what the manipulator to have.

See, the manipulator wants to make sure that their chosen victim doesn't have any power; they want to take away all the control. The victim can't have any control, or the manipulator will feel like they have lost the control that they desire. The victim is going to learn how to see themselves as worthless, and they will see the other person as the one with all the value. Depending on how this goes, the victim may start to wonder why they should even have an opinion about things, and they will start to identify and align their own emotions and thoughts with the manipulator.

If a victim starts to recognize that this is going on, or they feel that something is wrong, then the victim will start to want to

make changes. They will need to tread carefully though. The manipulator doesn't want to lose their control, so they will start to use scare tactics to make sure that their victims stay as submissive as possible. The manipulator is never going to come forward about their abuse of power because this means they have to admit what they are doing is wrong, and that they are vulnerable.

Even when the victim finds out that something is going on, they may have to be careful. The manipulator will not want to give up the power that they have, and they are going to deny and take every other step needed to try and regain their control. Many times a victim can feel like the situation is hopeless and they may give up even trying.

The important thing here is for those who feel like they are a victim to learn how to get their voice back. It can be a bit scary, and it may take some time and a lot of hard struggles, but it can be done. The first steps to take to make this happen is to know what makes a manipulator, and then to identify with how these individuals are handling their own emotions and thoughts. Of course, manipulators are good at what they are doing, and not every victim is going to be able to confront the manipulation.

What is a gas lighter

The next thing that we need to take a look at is a gas lighter. This is a manipulator who can make the victim question their form of reality. They will often say things like "You remember it wrong" or "You're acting crazy" to their victim. The gas lighter is going to be the first one to tell their victim that the victim is overreacting. When they are confronted about their behavior

and the possible gaslighting, they can become angry and defensive, and may be unwilling even to admit a little that their behavior is not allowed.

The term started to show up in 194 after a movie, named *Gaslight*, came out where a man tries to convince his wife that she is insane. This movie is about a woman, named Paula, who married someone named Gregory, and then they moved into the secluded home of her aunt after the aunt was murdered. After moving in, Paula starts to worry when things go missing and when some strange things occur in the home. During this time, her husband continues to tell her that she is just going insane and imagining it all.

One of the things that Paula notices during this time is that at night the gaslight would turn on. But her husband kept claiming that she was thinking it all. In the end, we find out that Gregory had just been deceiving her, and that he was the murderer of Paula's aunt. The term started to catch on, and now it is used to refer to any situation in which one person is going to make another person feel like they are going insane.

Gas lighters are going to go with this kind of unhealthy behavior because they are trying to gain something from the victim. They may be trying to cover up a lie that they told. A man who is cheating on their partner could say to the girlfriend that she is acting crazy if she starts to question where he has been. A teenager may tell their mother that the mother is crazy when asking where the daughter was, even if the daughter had been someplace where they shouldn't.

Gas lighters are never going to admit that they are wrong. And if there is ever a time when they are confronted with an opposing view, they are going to try and take those suspicions and put them on another person. Instead of admitting that they have their flaws, they are going to try and turn the attention over to the shortcomings of the opponent. A gas lighter is another level to manipulation, and you should treat this situation with caution if you ever come across it.

Subtle manipulation

Of course, manipulation isn't always going to be something self-evident. If it were, then we would all know how to avoid it, and it wouldn't be effective. While it is common that a victim of a manipulator wouldn't even realize that they are being manipulated, there are also times when a manipulator won't understand what they are doing either. There are some apparent forms of manipulation, but there are also some more subtle versions, and not everyone is going to notice. This is why it is sometimes hard to recognize manipulation and protect yourself from it.

In many cases, the manipulator wants to hold onto as much power as possible. If they are in a bad mood, then it is possible for everyone around them to feel miserable at the same time. It is common for a manipulator to let their anger or bad mood be known by sitting in the corner, talking down to others, so the victims feel miserable too, and just doing anything possible to show off that bad mood.

You may find that a manipulator will exaggerate the things that happen in their lives, especially when it comes to things like an

injury or an illness because this garners them more attention. They may use a disease, even one that they have exaggerated, to help them excuse some of the ways they behave. While there are a lot of people who are ill or injured who may do things or need extra help at times, they will often think about others. A manipulator is going to do it regardless of how it affects others.

Sometimes it is going to be a challenge to know whether someone is using manipulation or not. The manipulator is never going to admit that they are doing something wrong, so the manipulator and the non-manipulator are going to give the same responses. Once the manipulation is recognized, it is sometimes even harder to figure out how to find the right solution to get done with the problem, but there are some tactics to remember, and then stand against, to ensure the victim can stay safe from the manipulator.

Manipulation tactics.

Now that we have taken a look at manipulation a little bit, it is time to look more at some of the tactics that a manipulator is most likely to use on their victim. We will start with some of the lower and less severe options and move towards some of the forms that are a bit more harmful. Everyone has gone through some manipulation in the past, and they have experienced it differently, but there are some similarities and truths found in each type. What makes the manipulator choose to influence people can be different, but the methods they use will be similar even in different situations.

There are many techniques that a manipulator can choose to use against their intended victim. Some of these include:

Humor that is aimed at your weakness.

Some manipulators like to rely on humor to help mask some of their deceptive behaviors. They may make some small jokes on occasion that may seem pretty harmless but will be used as manipulation. For example, manipulators are good at joking about things that their victim has some sensitivity. Or they may make jokes that have their victim feeling like less of a person. The point of doing this is so that the victim feels like less than the manipulator. They will belittle their victims to make the victim feel smaller, and to increase their power overally.

These jokes are going to be pretty small and subtle. If they made things too obvious, the victim would catch on right away. They may say things like “Your hair looks nice for once.” It sounds like a compliment, with an undertone of an insult that can sting. But they say it in a way that if the victim says anything, the manipulator can just say they are overreacting to the situation. They can even make it seem like it is not fair for the victim to feel upset over the humor. Things like “Just laugh at yourself” or “learn how to take a joke” may be common responses.

The manipulator is often going to make their victim the butt of a joke to make themselves feel better. They may spend their time pointing out a flaw in someone else so that they don’t need to look at some of their deficiencies along the way. There is also going to be a grasp at power here. The person who is the victim is going to start to feel like their value has been diminished a bit. They may feel like they are just a joke. And this will soon begin to believe everything that the manipulator is telling them about the insecurity.

Little time and a surprise

A manipulator can sometimes use the pressure of little time to influence others around them. They may add an element of rushing to get a final decision done, even in a situation that may need more time. When you add in the pressure and give the other person little time to make the right decision, it can put a lot of pressure on them. The victim is going to feel nervous and stressed, and they turn to the aggressor to get some sense of relief. In the end, this allows the manipulator to get what they want.

The surprise is another thing that manipulators can use against their victims. A manipulator can attempt to overload the victim with something difficult to process. The victim won't have time to think of the right response, so it lets the manipulator win.

Imagine that there are two people in a relationship. One wants to purchase a new car, but the other partner consistently denies this request. The manipulator may then show up with a new car, not giving the other partner the right time to respond and have the proper reaction to this. It was such a big purchase that the one who didn't want the car in the first place is now going to feel that they have to give in. When the manipulator doesn't give enough time for a good reaction, a manipulator gets to decide how the victim should feel. And they often pick the course that doesn't give the victim any choice but to submit to the manipulator.

Exaggerating the facts and lying

A manipulator is excellent about exaggerating the truth so that they can do all the convincing the victim of something. They

might say something like “I could go to the store, but the traffic was horrible earlier on, so it might take me a bit. They may say this even though they know that the traffic was actually at a reasonable level.

The manipulator is going to do a great job at making the truth stretch, and they have no problem stretching that truth; however far it takes to convince those around them of the lie. They will worry about covering themselves later on. For now, they will say whatever they need to so they can get the victim, and anyone else, off their back.

If the manipulator can get ahold of any information, even if it is small and not that important, they will use it to their full advantage. If their leg starts to hurt after they help a friend move, they will talk about that pain hurt as much as possible in the hopes of making their help and sacrifice seem like a much bigger deal than it was. They can then use this to their advantage, later on, to get the victim to do what they want.

Manipulators are not worried about lying either. And since many of these manipulators can get so far into their delusions, it is easy that they will start to believe the lies as well. They may not even react in a rational way when someone confronts them about the lie, because they legitimately think that they did or didn't do what they are accused of by the victim. Manipulators are often shameless in their lying tactics because they can convince themselves that the lies are the truth.

Giving their victim the upper hand

The manipulator is very good at letting their victim feel like they are in charge, even though the manipulator is the one in

charge. They will give you the illusion that you have some power in the situation. They'll try to get you to act in a certain way, but then say something like "But you're in charge." This allows you to feel like you are in charge but also protects them later if something does go wrong so that they can't be blamed.

One way that the manipulator can do this is when they allow you to speak first so that you feel that you are in control over the situation. But the reason that they do this is because they want a chance to hear any weaknesses first. They can then take that information and build it into their argument. They often don't even listen to your thoughts and feelings when you are going first because they are already busy planning out the next manipulation that you are going to do.

In some cases, a manipulator is going to provide you with the impression that they are compassionate by merely asking you questions. But be aware that the manipulator isn't listening to what you have to say. They are already forming the response they want to use against you. Or, if they are looking, they are just breaking apart the argument you are saying so that they can use it against you.

In some cases, the manipulator might even invite you over to their home when you are discussing something. This gives them power that is to their advantage. When they invite you over to their home, it makes the victim feel like the manipulator is welcoming. But in reality, the manipulator is always trying to find ways to gain the upper hand, and this is one of the ways to help them do just this.

It is always important to be on the lookout for manipulation in our daily lives. Many times there are others who want to influence and control us to benefit themselves. But when we know what a manipulator is, how they act, and some of the techniques that they may try to use against us, it is easier to watch out for the signs and keep ourselves protected. While there are many different reasons why someone may try to manipulate those around them, many times the same techniques are used, and if we can learn how to recognize them, it can make a big difference.

When Can Manipulation Be Positive?

As we discussed a little bit before, not all kinds of manipulation are wrong. There is a lot of negative connotations that show up around this word. It is often going to have associations back to abusive people who use it to take advantage of others. While this is true, and most of what we have talked about so far in this guidebook lean towards that direction, there are ways when manipulation can be positive to improve the lives of others and even improve the life of the victim.

Manipulation is a valuable tool, just like a hammer and nails can be. You can either use the hammer, or the manipulation, to destroy something or you can use these tools to create something new and useful. The act of having all this control over a situation or other people can be a compelling position. That power can be used for bad, but it can also be used for good.

For example, let's say that you see a piece of paper laying around that has the username and password for the boss's computer. You could choose to throw the paper away and not

use it, or you can log in to the computer and look up the information that is on there. If you find that someone left their wallet behind in the bathroom, you could take the cash and throw the wallet away without anyone knowing, or you can turn it into the front desk.

Those examples are sometimes a little more clear cut. We know what the right thing is and what the wrong thing is. And most of us are going to pick the right one and stick with what is good. But a manipulator would do the option that benefited them the most. They would use manipulation to find the weaknesses of someone else and then exploit these things. But you could also use these weaknesses as a way to improve the life of the victim and encourage these individuals any time that they feel weak.

No matter who you are, most people are going to choose to use manipulation to their advantage, and in the wrong hands, this can be a dangerous behavior it is important to note that not everyone who exhibits some of the qualities of a manipulative person is using it negatively. Some people may see that this is a tactic for their survival. Others may use it because they think that they know what is best for the other person, rather than just trying to trick them.

An excellent example of positive manipulation, or at least manipulation that isn't meant to be evil or bad, is that of children. All children use some level of manipulation, but this doesn't mean the children are evil. This is merely because they are learning how they should interact with other people. They will learn how to make changes based on the responses that they get from others in their little world.

Positive social influence

Now, let's take a look at some of the ways that manipulation can be turned into a positive thing. First, we will look at social influence. This is how our society, as well as the people that are around us, have developed ideas that will influence the individuals in those institutions. Things like ethics, morality, religion, and social norms are going to be in this group, and they can affect how we interact and shape our personal views.

There are going to be three varieties of social influence. The first one is going to be compliance, which means that you would keep your opinions to yourself, even if they happen to be different than what others have. The second one is going to be identification. This is going to be the influence of someone that is respected and admired. And then there is the third one that is known as internalization. This is when a belief, behavior, or an idea is accepted, and everyone in that society or group agrees to it privately and publicly.

Social influence can be a good thing, but there are times when it can be harmful to the victim and others as well. When it is good, it could be a doctor who is using some persuasion to help ensure their patient does the right treatment to get healthy. They will believe that there is a specific medication that is best to treat a certain disease. Because of this, they will work on manipulation to convince their patient to take that medication; without any other motives or personal gain, outside of the patient getting better.

Another example of good social influence is when there are some campaigns done to help educate users on certain things

that need to be changed in society. Think about those commercials that try to get people to stop smoking. They can be manipulative sometimes, and they often exaggerate the truth a bit to get the person to stop. There is usually some fear tactics as well. The manipulation isn't there to help the advertiser benefit. It is there to try and get the individual to stop smoking and to improve their health.

Not all manipulators you encounter are going to be evil.

Just because someone you know is labeled as a manipulator, this doesn't mean that they are already an evil person and you should never have anything to do with them. Everyone has a different motive for trying to manipulate others around them. There are always better ways that you can confront issues rather than using the tactics of manipulation, but for some people, these tactics are the only way they know how to handle the problems.

Many manipulators are not aware of the proper means to express their emotions. So instead of trying to work with the situation at hand in a more constructive manner, they are going to use the tactics of manipulation to get what they want.

Let's take a look at this differently. There is a girl who sees that her sister is struggling through many aspects of her life. Maybe the sister is having trouble with her classes in college, is addicted to drugs or alcohol, and is having trouble paying her bills. The girl could decide to use some of the tactics to work on getting her sister to change these behaviors.

Does this make the first girl evil? She may be using the manipulation techniques that we talked about before, but the

result is that she wants what is best for her sister. And maybe in the process, she believes that tricking her sister into doing something would end up with both of them getting better results in the process.

Manipulation is usually a form of avoiding a bigger truth. Maybe a wife would use some humor to joke about the way that your husband's hair looks, but she needs to be more honest and come out and tell him he needs a haircut. It is possible that the husband is not going to agree with this, but at least if the wife is honest, the husband isn't going to be made to feel like less by the cruel humor.

There are many times when manipulation can be used as a way to improve a person or improve society. It has gained a very negative connotation over the years because of how most manipulators use it. But overall, it is a great option that can be used to make things better, and even benefit other people that you know. You need to learn how to use it properly to get these results.

How to Overcome Manipulation

Once we can identify manipulation, the next thing that a victim needs to work on is overcoming it and getting through the issue. Overcoming the manipulation can sometimes be challenging. It could take years of being manipulated before the other person even knows what has been going on. While the manipulator may not be able to get over all of their issues, it is still something that you should confront.

Remember that the manipulation can't happen without the victim. It is a dance between two people, the victim, and the manipulator. And if the manipulator doesn't have a victim to go after, then the game ends. Manipulation is something that can ruin the lives of some people, altering the direction that they take, and can even affect the rest of their lives. This tactic can be hard to identify, and in many cases, it is even harder to overcome.

The thing to remember here is that overcoming the manipulation is something that you can do, and it is something that you should do. In any relationship that is based around manipulation, whether it is with a loved one, a family member,

a friend, or someone at work, once you start to take this path, there may not be the option to come back later. In many relationships, this may mean that you will need to break up. You may have to go through a divorce to get away from them or stop talking to a family member to get some peace.

It takes two people to participate in the scenario of manipulation. And if both people don't see this as a manipulative situation, or if the victim hasn't been able to identify it as such, then it is hard to get out of that situation and make things better. If the manipulator won't realize what is going on, or won't admit to what they have done, then it is sometimes better to cut your losses and then walk away.

However, this is one of the challenging parts. When it comes to manipulation, there will usually be some form of codependency that forms, which can make it more difficult to break away from the other person. We are going to take a look at some of the things that you can do to help overcome manipulation and regain control over your own life.

Know your worth

The first thing that you need to do to overcome any manipulation that you face is to identify your value. A manipulator may have been able to take over everything from the victim, depending on how long the manipulation went on. The manipulator spent a lot of time ridiculing the victim, belittling the victim, and making the victim feel as if what they thought didn't matter. It is possible that the manipulator used some gaslighting tactics to help the victim feel like they were insane for some reason or another. Because of all this, it is

sometimes difficult for a victim to recognize their value is because they have become so dependent on the manipulator to prove their value.

No matter who is reading this, it is important to realize that you do have worth. Everyone has value, and all of us are unique and special. And no one, no matter who they are or what has happened to them in their past, deserves to deal with manipulation. No one deserves to feel like they have no value, reason, or purpose. As an individual, you have the right to be treated justly and with respect from other people.

You do have the power to express your opinions, wants, feelings, and emotions, even though they may go against what the manipulator wants. And no one, no matter how closely they are related to you or how they are connected to you, has the right to come in and tell you how to feel. You are the one who gets to set where your boundaries are, and no matter what the manipulator may have said in the past, no one is going to be able to decide for you.

Understanding the new emotions that you may be facing during this time can be a challenge. It is wonderful for you to feel happy or sad or upset about something. All the emotions are completely valid. No one around you gets to decide if what they say hurts or not. While not everyone is a manipulator or intends to hurt you when they say things, this still doesn't mean that you can't feel bad about what they say. You have the right to feel the way that you do, and you also have the right to express your beliefs at any time that you want.

If you feel like there is some threat to your safety, or that someone is taking advantage of you, then you do have the right to take yourself out of that situation, and you don't have to feel guilty for doing it. No one can mistreat you; no one is allowed to do so. This is hard to do, and many victims do feel a bit of guilt in the process. But it is the truth.

Of course, your manipulator aims to take these thoughts away as much as they can. They want to make sure that the victim feels there are no rights because this gives the manipulator more power. This is something that just can't happen anymore. The victim has to take the first step to recognize their worth and then put a stop to the cycle that the manipulator is working on.

It is fine to keep your distance

In many cases, even if the victim feels that they are being manipulated, and they find out about it, they may still be too afraid to do anything or take the right actions to get it done. Through the tactics of the manipulator, the victim has slowly been stripped of their thoughts and opinions, they have had their feelings invalidated, so they spend time focusing on the way that others feel, and put that first.

Those who have been manipulated continuously might feel afraid that they are going to hurt the feelings of the manipulator. The victim has depended on the manipulator who has abused them for such a long period, that they don't know where else to go.

Remember that you are always allowed to keep your distance. You never have to deal with guilt about providing yourself protection. Yes, there is going to be some challenge when you

try to separate yourself from the manipulator, especially if you enjoyed a romantic relationship with them. You may even be able to see the very weaknesses that the manipulator has been able to use against you. Even if the manipulator has behaviors that you can trace back to where the behavior came from doesn't mean that they are allowed to be this way.

The question to ask here is what is lost by leaving the person that is manipulating you. More often than not, the value that is placed with the relationship on codependent tendencies. A person or the victim is often afraid to leave not because they love their manipulator, but because they don't want to be alone.

It is sometimes scary to think about being on your own. But for the most part, the manipulator placed in your head. Manipulators don't want their victim to go away, so they are going to work to tri the victim into staying with them. The manipulator knows that you are going to do just fine without them. But they don't want you to leave, so they plant the idea in your head that you need to have them to do well

Remember that it isn't your job to change the manipulator

Once you recognize the manipulation, the next thing that you should work on is talking to the other person about this kind of behavior. It is the perfect time for you to get down to the root issues of the relationship, and figure out what you both can do to make sure that each person gets what they need out of the relationship. Rather than just letting the manipulator get what they want. There has been an imbalance of power for a long time by now, and you need to take some time to rebalance.

In most cases, the manipulator is not going to be willing to admit their faults and then make changes to their behavior to get better instead, they are going to switch gears and try to distract you, and anyone else near, from their faults. They will often place blame on the victim, rather than taking the blame on for themselves. When this happens, it is up to you to accept that the manipulator isn't going to change and it is time to find the strength that you need to leave.

For many victims, there is a strong desire to change the manipulator, to help the manipulator improve their own life. But not everyone is going to be on the same page when it comes to their journey of self-discovery. It is hard to accept for some of the victims, especially if they had been under the manipulator for a long time but your wellbeing, and to ensure that you can move on, you have to realize that it is not your job to try and change the manipulator.

You are only able to change or help someone so much, and often the manipulator isn't going to have any interest in letting you change them. Many people want to stay around in the hopes of making changes, hoping that the manipulator and the manipulation will eventually get better. However, if a person isn't aware of their behavior, which most manipulators aren't, and they aren't actively trying to change it, then nothing will end up happening in the end.

As the victim, it is your job to take care of yourself. You have not a responsibility to try and change the manipulator, no matter what your connection to them had been strong. It is rare when you will be able to convince the manipulator to make changes because they don't see anything wrong with their

current behavior. Working on getting yourself out of the situation and taking care of yourself can make a big difference in your own physical and emotional health.

Be persistent in your new rules

You will need to set some new rules and guidelines to help you deal with the manipulator that is in your life. Your manipulator has so far set the rules, and that is how they can get everything that they need, without any trouble. That is how they have been successful for so long. But now that you have seen the manipulation and you want to make it stop, you need to set up your new guidelines, and you need to be persistent in sticking with them.

What is the behavior that the manipulator is using that you would like to see stop? What kinds of situations are allowing the manipulator to continue with their current behavior? And what new guidelines will need to be in place to make sure that you get to stay in control without having to be controlled by the other person?

When you set up these new rules, you may find that the manipulator, especially if they are your friends or close family, may try to oppose or continue to use their manipulation to force you to go back to the way that things were and try to get you to change your mind. There are a lot of ways that they can do this, including throwing a tantrum, trying to belittle you, and any steps that are needed to try and get you back.

No matter what, you need to be able to stand up for these new rules that you set. If you step back, you are going to make a big mistake. You will end up being right back into the cycle of

manipulation. The manipulator is going to continue getting what they want, and you, as the victim, will not be able to get what you want at all. It is better to be assertive with your new rules to make sure that you can gain the freedom and control needed in your life.

Your choice to this point was to choose to no longer be the victim to the control and the manipulation that is in your life. Even if it does end up going to the worst case scenario, such as not having a partner and feeling lonely for a bit, there are worst things in the world. Think about it, is it worse to be alone on your own, or worse to be lonely while you are around toxic friends or in a toxic relationship.

Just because the manipulator has taken the time to trick you and to gain as much control over your life as possible, you will be just fine if they do decide to leave you. And be aware that if you stop doing what the manipulator wants you to do, they will probably move on and find a new victim to go after. You may be lonely for a little bit of time. But you will be able to choose and find new friends and new partners.

In some cases, such as with your family, you will not change your parents or siblings. But you still deserve some respect, so sometimes difficult decisions have to be taken. Would you keep contact with a parent who may beat you just because you stand up for yourself, even if you have reached adulthood? It is much better for you to get out of that situation and move on to bigger and better things.

And finally, remember that you need to work on achieving your success. Imagine that you are at the end of your life and you

have an hourglass. Each grain of sand is going to be representative of one day that has occurred in your life. Some are going to be gold and have a rose smell to them. The others are going to be black and come with a rotten smell. What would you do to see this hourglass and only see the golden grains?

If you stay in the manipulation scenario, there are going to be more of the black grains in the hourglass. But the sooner that you get out of that situation, the more of the gold and good grains that you can start working on for your life.

Steps to Confront the Manipulator

By this point, we have spent a lot of time building up a good understanding of what a manipulator is, why they may be this way, and some of the most common tactics are that come with manipulation. Once this kind of identification has been made, the next thing that the victim needs to do is move away from this unhealthy cycle and ensure that you can get healthy again.

Part of breaking this cycle will include confronting the manipulator. You may find that the manipulator might not be aware of what they are doing, or they may not even realize that their behavior is something unacceptable. There is a good chance in some cases, not a lot but a few, that if you attempt a conversation with the manipulation and an actual discussion starts, then the other person may start to realize what they have done, and they may work to make some improvements on the behavior that they had been showing before.

However, most manipulators are not going to be this way. The only thing that is important to them is getting what they want. They aren't too worried about whether it is going to be

beneficial or harmful to the other party or not. You can confront them, but they are going to become defensive and won't ever admit what they did was wrong. They may not want to admit that they were wrong to those they hurt, they may not want to look inward and accept some of their flaws, or they may have spent so much time over the years internalizing their self-hate that they aren't capable of confronting the truth.

Part of overcoming manipulation is that the person needs to accept that it is normal and okay to have flaws, to realize that everyone has these flaws. Many people have done things at one point or another that have hurt others, but that doesn't mean that there is no hope at all.

You may find in most cases that manipulators are so far down the track, and they are so abusive, that they aren't able to take any blame or come down from this power trip at all. If your manipulator is like this at all, then you need to handle the confrontation with some caution. If you are worried that talking to them about the problem is going to lead them to use physical force against you, then you need to either avoid the confrontation entirely or do it with other people around to prevent any violence.

Of course, each manipulator that you come across is going to be different. With that said, there are a few tactics that you can use to help stop this kind of manipulation in its tracks. Let's take a look at some of the best steps that can be used to confront the manipulator adequately and they include the following:

Ask questions

When there is any manipulation that has been detected between you and another person, it is vital for the victim to start by asking a lot of questions those are going to start with the victim asking themselves a few of the questions first. These can start with questions about whether or not the other person is treating you with respect. Is the other person asking you fair things? Are they putting you in lots of positions that they already know make you feel pretty uncomfortable? When you look at the balance of power in the relationship, does it look good or not?

Once you have been able to answer these questions, the victim of the manipulation will be able to figure out if they were being taken advantage of or not. They are then able to form the basis for their confrontation, so they are better prepared and ready to handle the situation. You want to make sure that the conversation with the manipulator is as healthy and productive as possible. And you want to make sure that you get the facts straight, and that you understand what is going on, with some examples to back you up, before you get started

You may find that it is helpful to ask your manipulator a lot of questions during this time as well. It can put the victim in a position of power and can make the manipulator look back at their behavior. You could ask the abuser if the request they are asking for is reasonable? Would they be willing to ask the same thing from someone else? Would they be willing to do the same work themselves? Is the person asking or are they demanding? Do they (the victim) have any choice in the matter?

When you ask these kinds of questions, you can create a mirror, and the manipulator is going to be forced to take a look at

themselves. They have to see what they are doing and how they are behaving to the victim, and in a way, they are being confronted with the truth.

Remember that in many cases, the manipulator still isn't going to care too much about this. This can be a big mirror looking back at the manipulator, but they may not care. If they are asked these questions, they may get angry, or they will use other tactics to convince the victim that the manipulator isn't to blame, or that the victim is crazy.

Take your time

The manipulator may decide that the best tactic to use is to work with speed or time pressure to help them get the victim to behave the way that they want. This is going to be done as a way to distract the victims, and it lowers the amount of time that the victim gets to think the situation or the task at hand over.

You do not have to go at the speed that the manipulator wants. You are allowed to slow things down and take your time, making it easier to pick the right decisions along the way. You can make sure that the manipulator knows that you won't allow them to scare you into making a decision or saying yes or now. If you aren't sure about what you want to do or what you should say at this time, then just let the manipulator that you are going to think about it.

This isn't going to give the definitive yes or no, in this case, It lets the manipulator know that you will put some time into the request and thinking about it, then deciding whether it is something that you would like to do, or even if it is something

good for you to do. Many people are going to be afraid to speak up with this because they are worried that it is going to upset the other person. But in all situations, your feelings are going to be the ones that take priority.

If the other person keeps on pushing or gets upset that the decision isn't going to be made at right that time, then you can be assured that they are trying to use manipulative techniques on you. They don't want you to think through the decision. They want you to go along with what they are suggesting. When you slow things down, you are taking the control away from the manipulator, and you can then make your own decisions.

You may see this type of tactic occur in many jobs and with many different bosses. They may use the speed tactic to get the employee to do what the boss wants. They may offer you a position with a specific salary, but then they say that you need to make the decision quickly or they will have to pick someone else. But you always have time to consider the job, and even negotiate on the salary. Anyone who tries this tactic is usually trying to get something out of it, such as paying you a lower wage or not letting you learn about the promotion first. It is an effective tactic, but you can avoid it if you know what steps to take to slow things down.

Practice the art of saying no

One thing that can be challenging for a lot of victims, especially those who have been a victim of manipulation for many years, is the ability to say no to things manipulators are usually able to make the victim feel as if the answer of no isn't an option for the victim. They can often be able to frame the question or the task

in a way that makes the victim feel like if they say no, they are going to lose out on something.

You have to remember here that manipulators are going to be all about taking, with very little giving. This means that they are going to have a lot of skills when it comes to forcing others to say yes as often as possible. They are masters at this, and often we will say yes to something, even if we don't want to do it. The manipulator has a ton of techniques at their disposal to do this, including using embarrassment, shame, and guilt to force the victim to give in. but to make sure that you can overcome some of these scenarios of manipulation, the victim has to learn how to say no when it is needed

As a victim, you may find that saying no to the manipulator is something that needs to start happening if you want any hope of seeing success and getting free of the vicious cycle. Telling someone that you aren't available to help with that, that the request they are making doesn't make you feel comfortable, or that you just don't want to do it isn't an easy thing. It is so crucial when it comes to being able to overcome some of the manipulative scenarios that you have been dealing with

Setting no is healthy. Whether you are in one of these situations or not, saying no to those around you can help set up boundaries. It sends out a firm message about what you are comfortable with, and what you will not do. Sometimes, saying no is more about trusting your gut, something almost impossible for those who have been under the control of a manipulator for a long time. Yes, the manipulator has been working to take away your thoughts and feelings for some time, and they may make you feel like your personal opinion isn't

valid. They are good at making no seem like the wrong option, no matter what they ask of you.

As the victim, it is crucial for you to get back to a place where you can trust your instincts and rely on some of the feelings that are coming from your gut. No one should be put through an uncomfortable scenario just because they are afraid that saying no will make someone, not like them or make someone get mad at them.

A good way to tell if you are being manipulated is whether the other person gets angry when you say no. If someone asks you a favor that you don't want to do, and you say no, they will just say that is fine and be understanding if they aren't trying to manipulate you. But if the person starts to get mad at you because you said no to them, then this person probably wasn't the best thing for you to deal with in the first place.

One thing to keep in mind here is that once you do start saying no more, especially if you find that most of the requests come from one person, that you may lose a friend in the process. That person may even stop talking to the victim. While no one wants to lose a friend in this process, this is something perfect.

If you lose someone as a friend and they refuse to talk to you just because you set up boundaries and stayed with them, rather than giving in all the time, then they probably weren't that good of a friend in the first place. It is always a good thing in life to know who is a real friend for you, and who is there just because they knew that they were able to get you to say yes to whatever they wanted.

Confronting the manipulator can be a tricky experience. The victim has spent a lot of time under the control of the manipulator, and they may be uncertain about how to handle situations, and even how to have their own opinions again. Many times they had formed a connection with the manipulator, and they may hope that things will get better, or be worried that they will be all alone if they make the manipulator mad.

Of course, the manipulator doesn't want to give up on their control either. They like having power over the victim, and they are going to take any steps that they need to ensure that the victim isn't able to leave that control. There is going to be a lot of resistance, and denial when the victim is trying to confront their manipulator. But as the victim, it is essential to stand up from this, and understand that no one can make you feel bad or take away your own decisions unless you let them. Once you can break the cycle of manipulation, you will see a significant change in your health and your happiness.

Set your guidelines

During this process, you need to decide what acceptable limits are, and what you will allow or not allow from the manipulator, especially if you plan to still have the manipulator in your life, whether it is a family member or the boss at work. You have to be the one in control with this, and you need to be willing to stand firm and not let the other person intimidate you or try to push against you.

What behaviors do you think will be acceptable, that will make sure that you still get the freedom and the control? How much

contact will you have with the manipulator? When will you allow them to be in your life, when will you respond to them, and when will you listen to the requests that they send to you?

The manipulator is going to rebel against these. They have most likely spent years manipulating you, and they got used to getting the things that they wanted. When you take that away from them, they are going to get angry. They are going to try and see if they can convince you to change your mind, and go back to the way that things were before. They will get mad, get loud, assure you that you are crazy, use guilt, and belittle you in the attempt to get you to go back to the way things were, the way that had them in control. But you have to set the guidelines that you are comfortable with and stick with those.

Of course, once you start to set these limits, you have to stick with them. If you give in at all, the manipulator will keep pushing back against you until you break again. It is hard for you to go through and fight against the manipulator if they feel that they can break the boundaries all of the time. They are going to fight against it a bit, but you must pick your limits, and then stick with them, no matter what, to make sure that you can maintain the control that you need in your life.

PART II

NLP

A Look At How We Receive Information

In this section, we are going to take some time to shift our focus and spend a bit of time looking at NLP. The idea of NLP, known as neurolinguistic programming, was first developed by Richard Bandler and John Grinder in 1976. This is going to be comprised of three parts including the neuro which is going to focus on the neurology, the linguistics that will reference back to language, and then programming that will refer to the function of that neural language.

These men spent some of their time studying three individuals and their ability to change up the feelings and thoughts that they had. Over the years, many have adopted these ideas, although there is some criticism out there that looks at the legitimacy of the study results.

NLP is more of a thought, rather than a process that can be used on other people. It is more of something that you should concentrate on yourself. The basic ideas that come with NLP are that you want to change the thoughts and the feelings that are inside yourself. Doing this is great for those who would like some relief from things like depression, anxiety, and some of

the other mental illnesses that are out there. These individuals may feel that there is a specific thought or another belief that is holding them back, and when they can make changes to these things, the individual can change their life.

A good example of this would be when someone decides to make themselves believe that they like exercising, even if they disliked it ahead of time. Some people have found that using the tactics that come with NLP can bring them some success. But there are also those who have really criticized the capabilities of this process and how well it can work for those who choose to use it.

There are going to be some benefits that come with neurolinguistic programming, no matter what side of the debate you are on, but there are some issues because it can be used as a tactic for manipulation. NLP intends to be able to look inward to figure out what makes the person unique and their person. The things that form the beliefs of that person are also going to indicate the quality of life they are going to have. The idea here is that by changing up these beliefs, it is easier for that person to change or improve different parts of their life.

Some manipulators will learn about the NLP ideas and then will use these in more dangerous manners. These manipulators are going to use some of the tactics that come with NLP to try and convince their victims to do things that may harm the victim, but which are going to benefit the manipulator in one way or another

Now, you may be wondering how someone would be able to use the ideas of NLP to manipulate you. First, we need to take a look

at what some of the tactics of NLP are, and then we can see that there are many ways that the manipulator can use this against you.

There is some positivity in this way of thinking, so even for those who don't find this in their lifestyle in the form of manipulation can find that practicing NLP, or at least learning more about how it works, will help them in different ways. Let's take a look at some of the parts that come with NLP in this section and why it can be such a powerful tool

How we receive information

The world that we live in is going to be carted based entirely on what we decide to put our focus towards. What we choose to put all of our energy towards is going to help to build up the foundations for what we think, feel, love, express, work, and do. So basically, the things that we put our focus on is going to make us into the individual we are today, and it is the reason that we are so different from everyone else in our world.

We can see this just by looking at the different areas a person can live in. Someone who has always lived in California is going to see the world in a different way than someone who lives in rural Texas. These are both humans who live in the United States and may have been born there, they are going to have completely different lives, and this leads them to have different morals, beliefs, and perspectives. You are only going to notice what you tune your attention on, and not what other people do

Your world is going to be so different than the one that is going on around you. For example, it is possible that you would work at the same place for years and have no idea how many car

dealerships are present on the route that you usually take to get to work. You may take the same streets to the same place for work, each day, every week, and for years at a time, and never realize that you go past three dealerships along the way.

Then, at some point in all of this, your car breaks down and instead of repairing it, you decide to purchase a new car. Once buying a car becomes the goal for you, you may start to realize that there are that many car dealerships to check out. But before that time, the car dealerships were low on your attention, and you may not have even noticed.

This is often why people will see signs. The signs that we think to point us in a specific direction is usually just going to be the mind looking for outside validation for something that we already want. For example, if you are considering whether or not it is time to have your first child, you may start to notice things around you that would relate to this. You may begin to notice how many baby commercials are on television, or notice that a woman is holding their baby on the boss. Seeing all these things may convince the person that they see signs and that it is time to have a baby.

In reality, you have just told the subconscious to become alert to all things about the baby so that you can pick up the signs that are around you, helping you to answer whether or not it is time to have a child. Since you alerted the brain that it is time to think about these things, then it has become more aware of what is going on around it, and you are going to see things related to babies all around.

It is incredible how much goes on around us. Because of this, the brain does block out quite a bit, or we would become overwhelmed in the process. We could go for years, maybe our whole lives, without realizing that there is something right in front of us. And then one day, we reach a trigger and then we are alerted to this thing and are surprised at how we never noticed it before, just like in the examples above.

Your personality profile

This personality profile is significant because it is what helps us to determine the information that we will store. Think about what are your hobbies, what are your interests, and what are your pet peeves. Think about what makes your skin crawl, what keeps you up at night, and what do you hope for in the future. These are some essential questions, ones that can make us unique individuals, and when they are all put together, they will make up our personality profile.

We all come with our agenda. No matter how much we wouldn't think of ourselves in this manner, and whether or not we are aware of it in the first place, there are always some motives or some reasons that we do what we do. For example, if you want to be wealthy, or at least have enough money to live off comfortably for some time, then you are going to look for more ways to make money and to save money. And for some people who want to have money but don't want to work, you may start to look for the best way to take advantage of other people and use manipulation to get what you want

This goes to show that each person, no matter how pure their intentions, have a different reason, agenda, and motive for

doing what they do. Your personality profile is going to determine how you will take in information and then what you end up doing with any of the information that you do take in. The primary forms of consumption, including your social media, television, and internet consumption, can also take part in your personality profiles.

The beliefs and the thoughts of your family and friends and what they share with you can contribute to the personality profile. And even the physical description of yourself, whether you are young or old, masculine or feminine, fit or fat, can all come together to contribute to what will be present in your personality profile as well.

The animalistic nature of the brain

When we decide to take on some of the things that are around us, there are going to be some different questions that we may ask. For example, the first thing that we will often ask about some activity is whether it is safe or not. It is just instinctual for most people, even if they are not fully aware of it. The person may sense danger when it comes near, such as when they choose to not live in one area or another, or when they are near someone who makes them feel uncomfortable.

The next question that you may need to ask about here is whether the task has any value? Putting a value on certain things will be different based on the person. You may value your job and your status in the work field the most while someone may value their family or their free time more. But even with these differences, there is some level of questioning

about whether something is worth the effort or the risk when you make any decision.

You also have to determine whether the thing is going to help you accomplish your goals. Even if it looks appealing, even if others recommend it to you, and also if it can do some things, if that tool, idea, relationship or job isn't meeting one of your needs, then it is not something that you should focus your attention on.

These wants and needs are going to be derivative of our biology. We may want more money so that we can purchase food or pay for our housing so that we can survive. Of course, this is a pretty obvious one. Another natural reaction of the brain, one that may be a bit more subtle than the rest, is our desire to feel accepted and like we fit in. When we lived in a world, or our ancestors did, where forming these groups was necessary for the person to survive, we started to develop a natural urge to prove our worth.

In a normal tribe, there were a lot of roles that needed filled, and each person would be able to prove their worth by fitting into one of these roles. They would be the security, the gatherers, the nurturers, the hunters, and any other part that the tribe thought of as essential for the survival of everyone. Not everyone could be the hunter, but everyone would have their worth, and they would do what they had to prove their value and make sure they were able to stay with the tribe and survive.

We still have these kinds of desires, but they are going to be reflected in different ways. We still want to prove that we have

some value, even though this isn't necessary for survival any longer. But we want to show this value so that other people are willing to keep us around.

But some people in society will end up mistaking that. A woman could get some breast implants or other work was done to prove that she is beautiful while putting too much value into her beauty and not on what makes her unique. The same can go for men. A man may choose to sleep with many different women to prove their masculinity.

When we can understand more about our natural biology, that urge that exists in everyone to prove that they have a lot of worth and should be a part of the group, it can be easier to start the process of redirecting our thoughts and changing the way that we look at the world.

Our Map of Reality

Now we need to take a look at a new topic, the one of mapping out our reality. What everyone around them perceives is going to be completely different compared to what others see. It is possible that a set of twins would end up with a different outlook on life. It is more likely that two people from different religious backgrounds and geographical backgrounds are going to come in with some different viewpoints. Still, those that are from places that seem similar might come in with different perspectives on what reality looks like for them, and this is often really surprising to a lot of people.

Social influences will play a major part in how each is going to act and develop. The background of people in the community can affect everyone. For example, if all of the people in one neighborhood are from more affluent backgrounds, then they are going to have a similar perspective on things. And then these viewpoints would come together and help that area to grow and function in one way.

Now, it can go the other way as well. If there is a specific area where more people participate in the crime, it is likely that

lifestyle will affect others around. It isn't true for each person, and you are always going to have some exceptions. But the location is also going to play a significant role in the way that they think.

Another thing that can change the reality that we see in our minds is our biological makeup. Someone with a family history of depression and anxiety will directly affect their personality and even the way that they interact with other those around them. Biological influences beyond just the wiring of our brain play an essential part in the mapping of our reality as well. Beyond just mental genetics, like eye color, skin, hair and more, you also need to look at the beliefs, thought processes and personality of the person are going to come into play as well.

Whether it is more about nurture or nature is going to be a debated topic. It is likely that this is a big blend of both that vary from one person to another and the degree that they affect the way that someone thinks. The family that this person was born into, how the family and more raised them can all affect the way that the person is going to act and think throughout all the stages of their lives.

Meaning is very subjective

Since our realities are so different, meaning will become varied as well. Some people will think that their whole purpose in life is to serve a higher power, such as God. Others may look at this meaning and feel that they are supposed to find happiness. And then there are lots of those who think that there isn't a meaning to life at all. And whether or not there is one correct answer is really up to debate. Our social upbringing, genetic biology,

animalistic behaviors, and personality profiles will end up defining our meaning.

This is part of the problem with the viewpoint of our worlds. Meaning can be subjective because it can be altered at any one time. It is possible for someone to spend their whole lives believing in God and then because something happens in their life and they decide that they are an atheist. The opposite can happen of course. There are countless stories of people who think that they will never be able to gain their faith, but then they find it and become some of the strongest believers out there.

While we are on the topic, religion is so tricky because no one was born believing one thing. They might have always felt a certain spirituality deep down, but the ideas that come with Christianity, Islam, and Buddhist were all things that were taught. Meaning is taught to us in a certain aspect, but we can also go through and create our meanings and definitions as well.

The meaning of life is sometimes not going to be clearly defined for every individual, but everyone has their ideas on what they think is most important in their life. If they don't, that ends up affecting how they think and act as well. However, you will find that there is a power in knowing that even though you believe something right now, no matter how hard you believe in it, you have the freedom to change your mind at any time. There are a lot of people who don't realize that they have this kind of freedom, and they get themselves stuck in one thing for years and years.

Now, NLP practices helping everyone realize this kind of power inside themselves, the power that they can use to make some changes in their lives. With the right NLP practices, the individual can look inside, figure out what is wrong in their lives, and then make some changes on the perspective they have on anything. Some people will run into more challenges doing this for some people, but it is something that everyone can try.

Since meaning is something so subjective, it can be easy in some cases to alter what others think or how they perceive the world. Many people are so lost in the ideas of what they believe that they find it easier to give up the effort required to sort things out, and latch on to any ideas that others send out to them.

When the person isn't able to figure out the ideas on their own or sort through their reality, it is easier for a manipulator to get ahold of them, and this can be dangerous. Some of those who use the practices of NLP end up using them to take advantage of others, merely because they have learned how to plant different ideas in the brain. They can find their victim and alter the feelings of others, giving what they're masking as a solution to the problem that the lost individual, or the victim, has. In reality, even though this looks like the manipulator is trying to help out and put the good of the victim in front, it is just a way for the manipulator to get what they want or get closer to one of their own goals.

We are capable of changing our feelings.

People can change their feelings at any time that they want. Whether they did some soul searching and decided to change, or someone gave them the idea or something else, we as humans have a lot of freedom to change the way that we think or feel about someone. This is sometimes a tactic of manipulation that is used to control and persuade other people.

For example, it is possible that one person could go their entire lives for not caring whether or not their sibling borrowed their clothes. Then, one day they will get mad at the sibling for a different thing, and then they lose it over the sibling borrowing clothing. This is a small example of this tactic, but it can be seen in various relationships.

Many feelings can be severe for the individual to overcome, but there are also certain people that will take these things and see how far they can push them. As we get older, and our meaning and worldview start to change; it is natural to see how our feelings are going to change as well.

Now, you will find that people are going to change these feelings in different ways as well not everyone is going to go through and change in the manner that we think they should. There are some of those who don't change or change just a little, and they go through their whole lives with the same feelings. But then there are those who will make changes every week or more, and it is often hard to keep up with what is going on. For most people, it is usually something in between these two.

Humans like to have comfort, and they will seek it out, just like any other animals. They don't want to continually change their

thoughts or some of their long-held beliefs because they are afraid of what is going to happen. This can sometimes lead to some behavior that is dangerous and destructive, and sometimes this leads to some patterns that are unhealthy and will stunt the personal growth of the person.

Some people may find that it is easy to change their feelings, and some may realize that it is debilitating to attempt to think or change their thoughts in any way at all. Each person is going to be different, and you are going to see all ends of the spectrum. But that is the beauty of this kind of freedom. You get to choose when you change things. Sometimes we hold onto the thoughts and beliefs too long, and this can make it hard to grow. But there is a chance that we will change, and that we will change for the better, and that is the beauty of working with NLP tactics.

Can Someone Use Our Map of Reality Against Us?

Once we can define our world, it is often easier to go through and pinpoint all of the things that tend to make your world unique. Some people will then start to exploit this kind of individuality in the hopes of trying to connect with you on a more personal level. For example, you may meet someone new, and they might be able to notice that you like henna tattoos, and in an attempt to get a bit closer to you, they go out and get one. But then you find out that they are doing this to get something from you

This is an example of a manipulator. The manipulator has found a way to break into your world by disguising themselves as someone they can relate to. When in reality, when they are just trying to distract them from getting closer.

There are times when people are going to come into your life to make you rethink your choices based upon your world. They might make you question whether this idea or this new person or the new situation to fit in with your own beliefs? Are you sure that you are not going against anything you believe in? If you encounter an excellent manipulator, someone more of a

master at it will make you question your morals, and then when your beliefs become vulnerable, they are going to swoop in and see whether or not they can take advantage of that.

Let's take a look at an example of this. If you know someone and they know that you are a somewhat religious person, it is possible that they may try to manipulate you by using religion against you. They may be able to use that to their advantage and play on your weaknesses. They may know that as a religious person, breaking your moral code can end up causing a lot of pain. They can even use guilt and some of the other tactics of manipulation about the things that matter to you to make sure that they get what they want

Mimicking your body language

So, the first thing that we are going to take a look at here is the idea of the manipulator, and of those using NLP tactics, using mimicking body language to help them. Those who are good at handling these kinds of tactics will start to mimic the body language of the victim they are working on. This helps the victim feel like there is a closer connection with the manipulator, and they often don't even realize that it is happening.

So, if the victim is standing with their hand on their hip, then the NLP user is going to do the same thing. If the victim is overly confident, with their chest puffed out and their arms crossed a bit, then the NLP user is going to do the same thing. The point here is that the manipulator is going to pay close attention to their victim and the body language that the victim is using, and then they will copy that. This helps to form a

connection between the victim and the manipulator, letting the victim know that the manipulator is someone they can trust and depend on.

In some cases, a masterful NLP manipulator is going to be able to start similarly talking to the victim. So, if someone is overly enthusiastic, the NLP user might feed on that enthusiasm, exerting a good mood and overall happiness as well. This can also go the opposite way in terms of personality. If the manipulator comes across someone who seems more pessimistic or someone who complains often and likes to share negative views, then the user of NLP is going to work on matching this and will send out the same kind of attitude in the process.

The manipulator may even use the sense of touch to their advantage, touching the other person a bit to form a stronger connection. This can be a bit violating, but some people are so thrown off by this kind of touch that they aren't able to notice that the manipulation is going on. This can often happen in the workplace, and even in a school setting.

A teacher or a boss may come up behind the student or the worker, and then places a hand on their shoulder this can seem friendly in some cases, but it is often one of the ways that are used to exert power over the other person, or the victim. To make sure that the situation doesn't become uncomfortable, most people and most victims will allow the other person to touch them. While the victim was trying to avoid a scene, the manipulator was able to gain more power only by using the touch.

If you want to make sure that someone isn't mimicking your movements or trying to use NLP on you, try to do some strange things, things that you wouldn't usually do, and then check to see whether the other person is working on the same thing. Maybe you can find a funny trick that you can do with your hand, like tapping the top of your head lightly as you talk. You can move your eyes around rapidly, or tilt the head to the side back and forth.

If you do some things that are out of your norm, and you notice that the other person is doing them as well, then there is a high probability that they are trying to use some of the NLP tactics on you. This is the same idea that you can do for anyone who tries to touch you during a conversation, or at work. If you don't feel like being touched by this person, don't stand by being quiet; take some time right then and there to call that person out. You don't have to make a big scene, but politely asking them to stop will usually get them to let up and not doing it again.

Now, it is important to realize that some people will adopt the mannerisms and behaviors of those around them because that is how their personality is. This is more of codependency, rather than a tactic of manipulation. To figure out the true intentions of the other person, you may need to look at that person and figure out what they are likely to gain from the situation. If they don't seem to be taking anything from you as they do it, then this is a sign that it is behavior that is harmless.

Cold reading

Another thing that can happen with NLP tactics is a process that is known as cold reading. This is when the manipulator is going to try and convince you that they already know more than they do. Some people who do this already include psychics, fortune tellers, mediums, and mentalists. They will use it to make the victim feel like the manipulator is more aware of specific facts. Those that know how to read cold can pick up on your verbal cues and your body language very quickly and can soon understand how you work and who you are. From there, they can use a series of guesses to figure out information, to analyze what they see in your body language, and other responses that the victim gives to learn whether they are right or not.

For example, a psychic could start with a group and tell these people that they are speaking with someone, and that person has a name that begins with J. Now, most people in the audience likely knows someone in their life who died and had a J name, so these people might assume the psychic is talking about someone they knew. The audience member may even speak up and say something like “My uncle Jason just died.” The supernatural will then go with that audience member, playing off their body language, and making some small, and very general guesses, that the member of the audience can relate to their own life.

Confusing phrasing

Those who like to use the tactics of NLP are going to love gibberish. They will say some quick phrases, or they may hide certain words in bulky sentences so that they can sneak in the real meaning of what they would like to say to the victim. This is something that we can regularly see in advertisements.

Maybe there will be an overload of information. Listen to a commercial that has some medication or another being advertised. In this one, the whole commercial is going to talk about the medication and how great it is, and then in the last little bit, usually just a few seconds, there will be a very quick reading that contains all of the cautions and the warnings that a patient should know about taking that pill.

This kind of thing can also be seen in the different types of interactions that we have with people. You will find that younger kid, and even teens can be good for this. They may ask for permission to get or do something, and then they will start with all of the reasons why someone would say yes to the request. Then, in the end, they will rush through any of the reasons that the parent or another person would say no to the request.

Someone who is using NLP is going to make sure that they stay pretty vague on what they say. They could go with jargon that is quick so that you can be distracted, or they will be so general that you become confused about the actual intentions because you can't stick with any of the words or thoughts.

A good example of this is some of the political phrases that have become popular over the years. Obama simply used "Change" in his campaign, which is something that could appeal to anyone. This is something that many manipulators can use too. They will stick with sayings that are vague so that they can appease the most significant number of those around them.

These manipulators may say things like "I'll take care of it," and then they won't offer up any ideas or explanation of how they

are going to fix that problem. Then other manipulators might include those that leave out any information that might alter the perspective of the victim, and they will choose to stick with general information.

Using your was against you

The last thing that we are going to take a look at is the idea that manipulators and NLP experts are going to learn how to use your wants, or the wants of their chosen victim, against them. Those who are skilled in using NLP are easily able to tell and know what they want. This is because they have wants that are serious as well. While everyone has their individual and unique experiences, ones that can keep them apart from others, it isn't uncommon for many of us to share the goals. Achieving fame or fortune, or reaching true happiness can be big ones.

You will find that those manipulators who are good at using NLP are practiced at knowing what people want. They can then use these desires against the victim to get what they want. Remember that the manipulator can feed off the emotions of their victim, and the manipulator isn't going to care how your emotions affect you, but how they can use these emotions against you. For example, they may be good at finding those who want more attention or seek the approval of others and then prey on them to get what they, the manipulator, wants.

Those who can use the tactics of NLP are going to be more dangerous than the manipulators who we talked about before. These individuals can take it a bit further, and they can take the time to study how the brain works, and then can use this to their advantage. If you feel that someone is using these tactics

of NLP against you, then you may find that it is harder to deal with and avoid compared to regular manipulation, and often it is harder even to recognize. But the good news is that you can continue to use the same techniques that we talked about before, earlier in this guidebook, to deal with these kinds of manipulators as well.

NLP is a wonderful technique that individuals can use on themselves if they are interested in learning more about themselves and making changes to the way that they think and view the world. But if these techniques are used in the hands of the manipulator, it can be a dangerous tool, one that is hard for the victim even to recognize, much less fight against.

PART III

Subliminal Persuasion

Understanding the Subconscious Mind

Subliminal persuasion is a term that is found in advertising quite a bit. It can often be associated with the idea of tricking someone into picking up a message, but often the person doesn't realize that they are picking up that message. This kind of persuasion is done on a level that it is hard for the victim to quickly pick up on how it is being done.

This is just another of the tactics of manipulation that many people are going to use on those around them. Subliminal persuasion might not be seen as something as harmful or invasive as the other topics that we have discussed in this guidebook, but it is still something that can influence the victim, often without the victim even being aware of it, which makes it dangerous. Also, compared to the other forms of manipulation that we have talked about in this book, subliminal persuasion is often the hardest of them to detect, which makes it the hardest to combat.

The idea that comes with this subliminal persuasion is that it can send out influences to others, influences that stay below the detectable conscious human level. Those who are being

manipulated in this manner aren't going to realize what is going on until it is too late. In some cases of manipulation, one can recognize that it is happening at that time. But for the most part, those who are manipulated in this manner can go for years before even realizing that this has happened.

How the subconscious mind works

There are two parts of the brain, the conscious mind, and the subconscious mind. Our subconscious mind is going to work the hardest out of the two. This part is never going to shut down, even when we sleep, and it is always on the lookout for what kind of decisions we need to make. Depending on the situation, it will make these decisions before we even realize what is going on.

Even when we are resting and letting our conscious mind take a break, the subconscious is putting on various movies for us to look over, in the form of dreams. This part of the mind has so much information available to it that it can create things like dreams, daydreams, delusions, and other forms of dissociation in a way to process all that it knows.

It is impressive how limitless our brains are. There might be a number of how many things we can know, but it hasn't been found yet. So far, researchers have only been able to make assumptions on how far they think that the brain can go. And even though we can just pack information into the brain all day long, all without feeling like we know too much, many of us are happy working with the knowledge that we already have.

It is amazing how powerful our subconscious mind is. It is going to consume an estimated 95 percent of our brain, but we

don't necessarily have full control over it. This part of our mind is often believed to be the reason why we develop specific fears, or why some people have certain addictions. If you had ever had a time when you had an emotion or a thought, but you weren't sure why you were having these, that is probably because the subconscious sent it your way for one reason or another.

Your subconscious mind is always working, no matter how much you may have been slacking off before. Remember that one time that you decided to stay up all night to finish a test or a project? You may not specifically be able to recollect that night, but your subconscious sure can. It's what's reminding you to get the work done on time, rather than procrastinating again so that you won't have to pull an all-nighter and deal with that pain and worry ever again.

You will find, if you delve deep enough and explore enough, that the key to many of our known issues is going to lie directly in our subconscious. Why might someone think that dogs are scary? If they took a look into the subconscious mind, they most likely would see that they internalized something dark in their past that in turn made them more fearful about dogs.

Even though we are learning more and more about our subconscious mind each day, there is still so much that we don't know. And it is possible that we will never fully understand or learn about the subconscious or how it works. But this certainly doesn't mean that we shouldn't give it a try. The more that we can understand how the brain works, on all levels, the better we will get when it's time to fix it in the long run.

The subconscious mind is going to play an important role when it comes to affecting the way that you behave, in shaping the way that your personality will be, and many other aspects of your life. Many people don't understand how the subconscious mind is going to work, or what kinds of mechanisms need to be in place to govern its operation.

To get a better understanding of how this part of the mind works, you can remember that it is going to handle all of the things that we are not necessarily conscious about at any given time. For example, you may have a fear of public speaking. And this fear could come from the unconscious belief that you are unattractive and that people are going to make fun of you when you get up to speak. While you may not be aware of that belief at all, it is still going to have a significant effect on the way that you behave, and on how well you do with the public speaking.

The subconscious mind can be thought of like a big bank of memories, one that is going to store not just these memories, but also your experiences and your beliefs. This information is all going to be stored there, even though it might take some effort to bring it back out again. Even though we may not realize it is there, we are going to find that it can affect our actions and our behavior in different situations.

So, if you lack self-confidence in yourself because there are some beliefs in your subconscious mind, then you may find that when you are around others, you feel anxious. This is because your mind has some information, information that is most likely false, that made you believe that you were in danger, even though there is no danger present around you.

You have to be very careful about this subconscious mind. It not only gets to control your behavior, but it can also affect the perception of events and how you look at the world around you. If in the previous case, you saw that two people are nearby and who smiled back at you while looking at you, then you might fall into the mistaken belief that they are trying to make fun of you.

Always remember that the mind is going to feed you more of what you focus on. Because you already had that false belief about yourself, you would start to look around to see if there is some proof for this. And you are going to be able to find it if you look hard enough.

The good news is that you can work with this part of the mind if you choose. Many of us don't understand how this part of the mind works. This is why many of us will set a goal and assume that we will be able to reach them overnight. But because of some of the habits that we have formed throughout the years, and because of how our subconscious mind is set up.

It is really hard for the subconscious to accept a brand new belief, especially if it is one that contradicts a belief that is already there. This means that it can be really hard for you to accept that you are a confident person if you have spent years believing that you had no confidence and that no one wanted to be with you.

This doesn't mean that all hope is lost. Otherwise, the manipulator wouldn't waste their time on anyone older than three who had lots of thoughts in their subconscious mind

already. There are a few steps that you can take to make this part of the brain work for you including:

1. Change the beliefs that are held in your subconscious mind by using some actions. If you want to change the beliefs that you have, such as “I am not good at math,” then you must make sure that you put this into action. Maybe you can ignore that thought and study hard so that you start getting good grades in math. Then the subconscious mind will start to see that you are pretty good at math, and these beliefs will begin to change.
2. Do go against these beliefs: Don’t use any affirmations that don’t make sense to your subconscious mind. These may sound great, but if they go against some powerful beliefs, then you may need to work with something else to get them to work.
3. Remember that your subconscious is not going to do magic for you. Some people believe that their subconscious can do some extraordinary things. For example, they may think that they can use this part of the brain to lose weight while they still get to eat anything that they want. But these kinds of thoughts show that these people don’t know how the subconscious mind works at all.
4. Now, you can work with this part of the mind to lose weight, but you have to put in some action, rather than just assuming the mind is going to do it on its own. For example, you could modify some of your beliefs, start working out more and being more careful with the foods that you eat, to lose weight.

Persuasion

How is a manipulator going to get people to think and behave differently? There are many subtle ways that they can use to press their agenda without turning the victim off or even letting them realize what is going on. In the area of persuasion, there are six main principles, including what we talked about earlier, and will include the following:

1. Reciprocity
2. Consistency and commitment
3. Social proof
4. Authority
5. Likability
6. Scarcity

While persuasion is a type of science, it can also be seen as an art. If a person pushes too hard, then they are going to come off as being aggressive. But the manipulator is going to be able to do the right balance between using persuasion without becoming aggressive so no red flags will come up. They will befriend the other person, talk with them, and make sure that the two are on the same page as much as possible. Then, they will start to use some of the tactics of persuasion to gain control over the other person, and get the control that they want.

The psychology of persuasion

When you hear the word persuasion, what do you think about first? Some may think about advertising messages that they see all the time, the ones that focus on trying to get the viewer to choose a particular product or go after a political candidate.

Persuasion is a mighty force that we are going to see in our daily life, and it does have a level of influence on society as a whole, as well as on the individual. Mass media, legal decisions, news, politics, advertising and more are all going to be influenced by the power of persuasion, and that same persuasion is going to affect us as well.

Many people believe that they are immune to persuasion. They think that they can see through any sales pitch that comes their way, and have a good comprehension about what the truth is in any given situation. This might be true some of the time, but there are so many different types of persuasion, and they aren't all going to be a pushy salesman who wants to sell you something or even a commercial on the television.

You will find that persuasion can be subtle. And it can come from people we are close to, ones we wouldn't expect at all. The way that we are going to respond to these influences is going to depend on our background, along with many other factors.

When most people think about persuasion, they are going to focus on some of the negative examples of it. This is the way that a manipulator would try to use persuasion. But there are times when persuasion can be used in more of a positive way. For example, if you have ever seen a public service campaign that urged people to stop smoking, or to recycle, then you have seen an example of positive persuasion.

So this brings up the question, what is persuasion? According to Perloff in 2003, persuasion is "a symbolic process in which communicators try to convince other people to change their attitudes or behaviors regarding an issue through the

transmission of a message in an atmosphere of free choice. Always remember that no matter how strong the persuasion is, the victim does get a choice in how they act. The manipulator may work to take away this choice or make it seem like there aren't any choices, but there is still that freedom of choice present.

There are a few key elements that come into play when we are talking about persuasion. These are going to include:

1. Persuasion is something symbolic. It is going to use a variety of features including sounds, images, words, and more.
2. Persuasion is going to involve a deliberate attempt by one person to influence another person or a group of people.
3. Self-persuasion is key. The person is always going to have the freedom to make a choice, and they will never be coerced.
4. Methods of transmitting persuasive messages can occur in many different ways. This can include options that are nonverbal and verbal, as well as through face to face, internet, radio, television, and more communication options.

What is subliminal persuasion

Subliminal persuasion is going to be the technique of convincing your target, or your group of goals, to do something, without them knowing. There isn't going to be any outward suggesting of the idea, and often the victim isn't going to realize

that you were trying to influence them at all. It is one of the types of persuasion that manipulators and others can use, and it is going to use words, along with some gestures, to get ahold of different people. So, you may find things like smiling, use of the head, eye expression, and more being used, both positively and negatively. It is a powerful technique, but often a difficult technique, that not only uses words, but uses the meaning behind the words, and body language, to ensure that the victim does what the manipulator wants.

In our modern world, the techniques that are used for subliminal persuasion are going to be powerful weapons that can help you get ahead. They can help you to manipulate others, or even gain an advantage in a market where there is a lot of competition, and you need to stay ahead of the game. According to some experts in the field of marketing and persuasion, many people choose subliminal advertising because it is more effective. As they say “Persuasion that looks like persuasion isn’t persuasive anymore.”

Even a manipulator can use this information to help them take control of the victim. If the persuasion that they use is too obvious, then the victim is just going to walk away. We see so many examples of persuasion in our daily lives that it is easy to recognize the more obvious signs and stay away from them if we don’t want to purchase something or do something.

If a manipulator comes at their victim with a big sales pitch, lots of bright flashing lights, and other apparent techniques of persuasion, then they will get nowhere. The victim is smart enough to recognize these signs, and they will get away from

the manipulator, and the manipulator and this is where subliminal persuasion can come in.

Every time that the manipulator communicates with their victim, they are going to be very careful about the nonverbal signs that they are sending out as well. While they still have to say words (your victim is going to notice if you stand around sending out nonverbal cues and never talking), the manipulator is going to try and send out extra messages and extra persuasion through the body language and the nonverbal cues that they are sending out as well.

Since subliminal persuasion is going to deal with the feelings that the victim has, there is going to be some subconscious element in this kind of persuasion. As a manipulation or another type of person who needs to use persuasion, you will provide the victim's mind with some feelings of enthusiasm and comfort about doing a given task. Those thoughts and emotions are going to be sent out to the subconscious mind, but then we have to take to the logical mind to. You can then talk to this part of the mind by discussing the things that are rational about the choice.

Now, there are going to be a few subliminal factors that are going to influence whether the manipulator is going to be believable. For instance, the way that the manipulator dresses is going to be a factor. They are going to make sure that the victim sees the manipulator at their very best. They will dress nicely, make sure that their appearance is kept up, and always look like they are doing well. Even when they are trying to play the victim and say that they are hurt or dealing with an illness, your manipulator will still dress nice.

The reason for this is the likeability factor that we talked about before. We are programmed to be more likely to help out someone with a beautiful appearance, someone who is well groomed, compared to someone who is not. If the manipulator wants to exploit this factor, then they are going to take some extra precautions with their appearance.

There can also be a level of subliminal persuasion that is used in the language of the manipulator as they ask for a favor. There is a lot of truth in the idea of “it’s not what you say, but how you say it.” The manipulator isn’t going to say anything that is too out there, because this is something that may raise some flags with their victim. But the way they use their words will make a difference, and usually gets them what they want.

The way that the manipulator will use their inflections and intonations will also have a bearing on the meaning of what you say. If you see a sentence like “I can’t promise you that price,” you may assume that it has just one meaning, and that is it. But depending on the way that the manipulator, or salesperson, uses it, there may be a few different meanings. Take a look at some of the examples below to see what we mean here:

- I can’t promise you that price. This one can infer that one person can’t do it, but maybe there is someone else who can offer that price.
- I CAN’T promise you that price. This one is going to infer that there is just no way that the person is going to get that price.

- I can't PROMISE you that price. This one is going to infer that there isn't a guarantee, but that the manipulator might be able to do them a "favor" and get that price.
- I can't promise YOU that price. This one is going to infer that the manipulator isn't willing to get you that price, but maybe they will promise that price to someone else.
- I can't promise you THAT price. This one infers that the manipulator is going to see what they can do. They may not be able to offer exactly that, but they could still get you something good.
- I can't promise you that PRICE. This one is going to infer that they will still be able to promise you something, even if the price point doesn't fall in the desired spot.

The meaning of statements is a great way to utilize the ideas of subliminal persuasion. And there can be so many different meanings based on the words that the manipulator, or any other person, decides to emphasize. And it is sometimes such a subtle process, that we can hear the sentence and infer the meaning, without even realizing what is going on.

Think about the intonation that you can use when you say a specific sentence, and then imagine the power that goes behind those words based on what a manipulator would be able to use with them as well. There are about three choices that come with intonation and the way that it can change up the meaning of the whole sentence. As we go through and say something, the three ways to finish up that sentence would include:

1. A downward, which would mean that the intonation is a deeper voice.

2. A voice intonation that doesn't change at all.
3. An intonation that goes up.

Subliminal persuasion advertising

One topic that we need to take a look at this topic is known as subliminal advertising. This type of advertising aims to use our subconscious minds against us to profit another company. The business is going to sneak different emotions, feelings, and thoughts into the things that we consume, in the hopes that we are going to want to purchase more of that same products. In some countries, the idea of subliminal advertising has been banned because it has been recognized how dangerous this kind of manipulation tactic can be against the consumer.

However, it is pretty common that an advertiser can get into the head of the consumer, and most of these advertisers are good at doing it. They sometimes even pay to have potential consumers watch the advertisement to monitor how the brain functions while watching that commercial. This helps the advertisers to get a better idea of how the brain is going to work while watching the advertisement, and then they can make adjustments to make it stronger.

During these times, the advertisers are going to monitor several things. For example, they may decide to track eye movement to see what part of the commercial is drawing the attention of the crowd more. The advertising company can then use this information to sell a product and to be as effective with the subliminal persuasion as possible. This shows just how powerful advertising can be, and how it has broken into our brains, understanding how to sell us something better than our

understanding of capitalism, and what it means to be a consumer.

Let's think about a chocolate commercial for an example here. The advertisement could show a picture of a peanut butter cup. You see the logo, just for a second, but then there is nothing else on the screen that tells you to purchase that treat. However, this is enough to tell you about the candy bar, and the idea gets stuck in your head. This can make it more likely that you will purchase that same item when you head to the store next time.

Of course, we don't always give in to what we see in advertisements, even with subliminal persuasion. We see thousands of ads during the week, and of course, we aren't going out and purchasing thousands of items. But it is effective. Think about the reason that you do buy some of the things that you own. Think about the reasons that you have a ton of stuff around the house that you never use. All of this could be due to the process of subliminal advertising and persuasion.

While this is often seen as one of the easy to recognize tactics in advertising, many other methods can use this too. Manipulators like to use this kind of tactic to get the things that they want because they know that it is useful, and they know that it can help them without the victim catching on to what they are doing.

How Social Media Plays a Role in Subliminal Persuasion Today

In addition to all the advertising that we see on a day to day basis, we are constantly being swarmed by social media everywhere we look. It has become so prevalent that it seems to have taken over our lives. Not only are people interested in creating social media for themselves, but they will follow everyone, including celebrities, and some take it so far as to create some social media for their dogs and pets. While all social media isn't bad, and using it productively can be a great thing, it has taken on a life of its own and become almost inescapable.

The people that you follow on social media could be trying to manipulate you. It is likely that they are already using subliminal persuasion on you, and since you are close to them, or so used to how social media works, you don't realize what is going on. For example, how many times do you think your friends, and even you on your page, alter the world that others see. They will pick out certain pictures, quotes, videos, and just small glimpses of their lives. Of course, they make sure that

only the best parts of their lives are shown, or only the parts that they want others to see, and nothing else.

With social media, we are going to start seeing more of this person's life than we would in real life, or any other context. Because of this, we will start using these little bits of social media as our identifying factors for that person. For example, how many people on your list are people you haven't talked to in forever, or people you talk to but haven't seen in over a decade? The in-person perception of that individual has faded quite a bit, and now the only thing that we get from them is the personality that they put on social media.

One thing that has happened with the use of social media is that it allows us the chance to create our world, whatever world we would like. You can go through and pick and choose what other people get to know or see about you. You can choose to post the good stuff. And for most people, even if they do share the bad stuff, they can pick and choose when to do that, and often it is done in a way to make them seem more relatable and vulnerable more than anything else.

All that your other users are going to see, outside of the few close friends that see in your real life and know the story, is the happy stuff. They may see the happy face of that new baby, but they won't see where the baby puked all over their mom and on the new white rug once the camera was turned away.

This can be a dangerous thing. We assume that everything we see on social media is the full truth about the other person. And when they only post great shots of their lives, we start to feel like less, like we are missing out and that our lives are

impossible to handle. We start feeling like we are inadequate after taking time to compare to others online, ones who look like they are living such a happy life and that we are the ones failing. Many times, this form of subliminal persuasion is going to be used to make yourself feel better.

Altering perspectives

This type of perspective-altering can be seen in many places other than social media, even though social media is usually the first place that is blamed for this kind of thing. There are plenty of manipulators who are good at just handing out small bits of information about themselves, or they will use a lot of energy to cover up some of the secrets they know, ones that they don't want others to know. While it is fine for people to want some of their privacy, and it is fine not to share all secrets, certain things should be shared because they can change the perspective of the victim. Keeping them from the victim just to control what they see and think can be disastrous.

For example, you may have some family and friends who are going to just share certain parts of their life with you, only the parts that they want you to hear to impress you, with none of the bad. You may have a conversation with your sister where she talks about all of the things she is doing, and how amazing life is, but in reality, she and her husband maybe are separating or have been fighting a lot. This is because people want to control the way that you think. This is sometimes for a good thing, such as wanting to just keep some personal things to yourself, but sometimes it is to have more control over the victim.

We see this kind of thing all of the time with celebrities, who are some of the biggest culprits when it comes to subliminal persuasion. These individuals will go as far as having a whole team of wardrobe coordinators, wig specialists, hair stylists, and makeup artists so that they can create a look that seems like it is effortless.

These celebrities can do this because they want you to see them in a certain way. They have built up a persona and a reputation based on a certain look or a certain way that people feel about them, and if that faded, they could lose the status and the money. So they go through any lengths possible to impress their fans and to influence the way that they think.

Persuasion techniques found on social media

While we are here, we need to take a look at some of the persuasion techniques that have been used on social media in the past few years. There are so many people on social media, those who are looking to make friends, but many of whom are looking to sell a product or who want to convince their friends, family, and other followers to act in a certain way.

There are a lot of different techniques that someone can use with the help of social media that can work to get your intended audience, or the victim, to pay attention to you and to complete the tasks that are wanted. Some of the common persuasion techniques that can be used in social media include:

Reciprocation

The rule of reciprocation can be a potent tool for a manipulator. The idea here is that we should try to repay, in kind, what

another person has provided to us. So, if someone comes along and does a favor for us, then we are obligated to do a favor of some sort in return. If someone sends us a birthday present, we should send one back on their birthday. If someone helps us out at work or covers one of our shifts because we were sick, then we will do the same at the soonest opportunity.

The same thing can be used on social media. We are going to be more likely to follow or retweet someone who has done this for us. We like to link to people who have linked themselves to us. And we are going to give a business a lot more of our trust after they provide us with something valuable for free, or at least for a good price.

When this is used in a manipulative way, it is going to auto-follow bots that will help you to amass thousands of followers in a concise period. Of course, when a social media influencer uses this option, it means they are going to end up with a lot of followers, but most of them were brought there without even realizing or caring why, and they will have no interest in what you are saying

When the social media account decides to use this more positively and constructively, you can use the idea of reciprocity to provide a no strings attached value for those in the network, and they are then able to wield a lot more influence. The manipulator is going to send out this value as a way to get the followers to behave in a certain way, but it is a tactic that is found in many advertisers online. Once they do a favor to the followers or the customers, such as offering a discount or a free product, it becomes ever more likely that the customer will purchase from them again, for example.

Social proof

One way that a lot of people are going to use social media is for social proof. This allows them to determine what behavior is correct in society, and what behavior they should be modeling if they would like to fit in. We as humans want to fit in with others. We don't like the idea of being out of the crowd, or that no one would like us. So we are constantly looking for things that we can do to ensure that we fit into the mold, and social proof is a part of this.

Often we are going to view a behavior as more correct based on how much we see others performing it. If we see a lot of people on our timeline trying out a specific product, for example, we are more likely to try it as well. This is why many advertisers will have testimonies and lots of pictures of others using the product. This makes it seem like more people are doing it, and can work on the idea of social proof as well.

Yes, it is possible for a manipulator to come in and game the system, especially when it comes to social media. This can make it seem like there are a lot more people interested in something, or that the behavior is more widely accepted than it may be. The victim is going to see this social proof going on around them, and they are more likely to follow what the manipulator wants.

Now, there are times when social proof is going to be used for a more positive manner. For example, it can be used to help companies and individuals gain social proof through reciprocation with offering to interview authors, doing guest posts and more. It can be used to help make money for a

worthy cause that a lot of people may be interested in. It can be used as a way to effect change in the world.

But for the most part, social proof is used as a way to sell a product, or by the manipulator to get the victim to behave in a certain way. Remember that when it comes to social proof, the tribe is going to matter. It isn't just going to be about the mass of people and what these unknown people are doing on social media. It is more about what like-minded people and peers are doing. Someone who is in their 40s or 50s won't care what teenagers are doing, and using them as social proof won't get you anywhere if your target is the older group. Any manipulator who wants to work with social proof needs to make sure that their social media efforts are concentrated on finding and building up some social proofs within their tribe.

Likes

We are going to be more willing to say yes to people we already know and like. If the manipulator can use social media, and other tools, to get their victim to like them, then they are well on their way to getting what they want out of this person. Some of the different principles that come with this liking include:

1. Physical attractiveness can create a nice halo effect, and it is then going to invoke a liking between the victim and the manipulator. This may seem a bit shallow, but we are going to like people we find physically attractive. There are some exceptions to this, and sometimes after we know them for a bit, we may find that we can't stand them. But overall, we find that if the other person is good looking, we are more likely to like them.

2. We like those who are similar in some way to us. Many manipulators will try to learn a bit about their victim ahead of time and then will change themselves to be identical to the individual they want to target.
3. We like those who are going to compliment us. If the manipulator can come in and compliment us, then we are more likely to like them as well.
4. We like anything that feels familiar to us.
5. If we work with someone towards a certain goal or put in some effort with another person, this can increase the liking as well. A manipulator may choose to work on a project with the victim because this can increase how much the victim likes them.
6. An innocent association with either good or bad things can influence the way that a victim views their manipulator.

So, how is this going to work in favor of social media? First, we can take a look at the idea of physical attractiveness. We are going to give some extra credence to things that look good, whether this is a person, a video that is produced better, a message that is well-thought out, or a blog that has a beautiful design. If the manipulator wants to get the victim to do something online, they are going to make sure that everything associated with them, from their page to their blog and their website, are attractive and look good.

Authority

Another thing that the manipulator can work with is authority. There is a lot of willingness of many adults to go to almost any

lengths if it is on the command of someone they see as an authority figure. When we are on social media, this authority is going to be less about the clothes and the titles than about the virtual trappings. According to Brian Clark, who wrote “Authority Rules,” perceived expertise can differ from real skill.

This means that the guy who is known for blogging about and then offering some commentary on one subject or another is likely to have way more perceived expertise, and more influence as an authority figure than a genuine, but unknown, non-blogging experts. This means that if the manipulator can show themselves as an authority on the matter, they are going to have a much better chance at getting their audience to pay attention and partake in a particular option that they talk about.

But one of the most direct measures about authority will be the number of people who are willing to download or buy a recommended source or resources, and the only reason they do this is that there is an endorsement from a particular authority. For example, how many people would try out a program for finances, or purchase a certain book, just because Dave Ramsey recommended it? There are countless examples of this in the online world, and a good manipulator can use something like this to help promote themselves and to get the victim to do what they want.

However, one thing that has come up with social media is that there seems to be more of an understanding that authority is, or at least it should be, limited to a legitimate field of knowledge. So, when a famous figure like Robert Scoble goes on his website and then talks about how small businesses don’t need to use

search engine optimization, it can get him in a lot of trouble because first off it is essential, and second, he isn't an expert in that kind of field.

Scarcity

And the final thing that we are going to take a look at when it comes to social media is the idea of scarcity. This is often the number one tool that is used on social media. When bloggers are working to open up membership to their inner circle, or a special class, it is never for an unlimited number of customers. This would be silly because the manipulator or agency behind it wants to get as many people as possible to purchase into it.

But this doesn't mean that scarcity hasn't been set yet. It just means that they have chosen a different way of using it. For example, they may only keep it open for a limited amount of time, and then the class classes. Smart bloggers are either going to create or fully leverage already existing scarcity by limiting available seats or the length of time to buy.

One way that this can be done is by using competition. A blogger may do a contest to help them gather in more followers, and the prize is that someone gets some free services. But because of this, the content from the blogger seems to be of high quality just because of the perceived scarcity. This makes the people who didn't win the main prize more likely to accept the consolation prize of getting the services at a slight discount.

Different Ways That You are Subliminally Persuaded (And You Don't Even Realize It!)

Whether you feel comfortable with the idea or not, it is highly possible that you are subliminally persuaded in one way or another. For example, if someone has ever used a form of passive aggressive behavior on you, then they have tried to use this kind of persuasion on you as well. For example, your mother could comment how they saw someone at the store that they hadn't seen for some time, and then they make a snide comment about the weight of that person, in a confident tone.

The reason that the mother was doing this could be a subliminal message about how that mother feels about the weight of her daughter. The persuasion then is that the perception of that daughter is going to be altered. For example, the daughter may feel like she isn't meeting the standards of beauty that her mother has. And as a result, the daughter could try to alter her life, choosing to stay away from the mother to avoid these comments and not feel bad or try to work and lose weight if possible.

This is such a tricky tactic of persuasion, one of the hardest to fight off out of them all. Those who are using this kind of persuasion are often going to be so lost in their delusions, ones that no one else is going to share, and they are never able to recover. Of course, they are never going to admit that they are using these manipulation tactics, and the victim will either need to remove themselves from the situation, or they will be stuck in the cycle forever.

Asking for more

One method that someone who is a subliminal persuader will use to get something from others is to start by asking for more than they need in the end. Perhaps that person needs to have \$5000, but they know that is a big amount to ask someone for, especially right from the beginning. So, instead of starting with that amount, they are going to ask for one that is much higher. This is done to kind of shock the victim into thinking the lower amount is more reasonable, and they are more likely to give in to the request.

For example, if the manipulator needs \$5000, they may ask for \$12,000. They know that the second amount is going to be a tremendous amount of money and that there is no way that the person is going to give them that amount. The victim may feel bad because they aren't able to provide that amount, and they may feel that the manipulator needs that large of an amount. To try and still help out, even though it is a large sum of money, the victim may offer to give half the amount, say \$6000, or another amount, to see if that will help.

In this one, the victim has been tricked. They give the \$6000 because they at least feel in this situation that they have given something to the manipulator and that they are helping out in some manner. They may even feel bad for not being able to offer the original amount that was requested. But the manipulator walks away happy. They walked away from this with \$6000, even though they only needed \$5000, and they won in the end

The person who was the victim of this subliminal persuasion may feel guilty at the end of this conversation because they weren't able to give more, and they weren't able to help out for the full amount. Even though that person already asked for something once, the manipulator can keep on coming back because their victim will feel like they hadn't given enough the first time. Or, since they helped in the past, they may feel obligated to keep up with this pattern and offer help again.

Doing favors

Someone who is using subliminal persuasion on another person may first choose to ask for a favor. With manipulation, it is more of a demand or a blatant telling of what the victim needs to do. But the persuader will ask for the favor so that there is an illusion that they need some help that only the victim can provide. The victim is going to feel like they should help out because they may have some need to care for others and They may feel good about themselves for doing a favor for someone else.

In some cases, the manipulator may do a favor for the other person first. This helps the victim feel like since they had gotten

help. First, they need to return the favor, and they become indebted to the manipulator. But with the subliminal persuasion, the manipulator is just going to cut to the chase and will focus on appearing like they need help with something.

Those who are the victim in these cases may feel like they are someone special, just because they get the privilege of helping this other person out. They may feel good about themselves like they had some value because they were able to help someone else. Of course, the manipulator is the one in control of that situation, and they are taking advantage of the need to care in the victim to their advantage; they will get what they wanted from the victim, even though the victim is going to feel good about doing the favor.

This is a technique that can be seen with bosses in many cases. They may pick out a member who is on their team to a unique position, which makes that individual feel like they are superior and special. In reality, the tasks that this person is given are ones that anyone can do, but the boss didn't want to handle them, so the boss handed them off to this employee.

If you think that someone is trying to use subliminal persuasion on you, it may be a good idea for you to ask that person whether they can go without that favor, or if they can do it for themselves. You always have to consider why they are asking you to do that task. What is the personal gain that they are going to get when you do the work? This can help you figure out if the intentions of the other person are pure or not.

Being flattered

Flattery can be a great thing, but it is something that can be used against the victim when the manipulator gets to work. The manipulator will believe that if they can build up their victim, and if they can make that victim feel good about themselves, then they can get what they want out of that person.

You can see how well flattery works when you watch young children use this technique. Children often learn how to use flattery at an early age in an attempt to get people to do what they want. They already understand that using their charm can lead to a lot of happiness in other people, which will lead them to do things for the manipulator.

It isn't just something that younger children will use. Many adults will work on flattery as a form of subliminal persuasion. For example, how often have we heard of a young woman who uses flattery for an older man, one who isn't that good looking, but who has a lot of money and could make her life more comfortable?

That is something that can occur in abuse as well. The abuser gets into a patter of building up the significant other a bunch, and then later when it works for them, they are going to tear this person down and be the one in control of the situation again.

You will find that people are much more willing to do something for the manipulator when there is flattery involved. The flattery, even if it is shallow or also if it is from someone we don't know well, makes us feel good. It makes us feel smarter, prettier, stronger, and more like. This can all come together and makes us feel like we owe something to the person who took

the time to flatter us, and then the manipulator has the upper hand and can use that to their advantage over us.

Choosing the right time to ask for something

Those who are going to be using subliminal persuasion are going to make sure that they calculate out the right time to ask for something. They won't just focus on who to go after as a victim. They are also going to put in some effort into deciding when it is the right time to ask the victim to help with the favor to make sure the answer is going to be a yes

There are a lot of times when the manipulator can choose to ask you for a favor. But it will never be at a time when you are at your best. They won't ask you when you are having a good day, or when you are well rested and happy or ready to think through the answers that you give. This is when normal people would ask because they want to get an appropriate response from you.

But remember that the manipulator wants to get the answer that benefits them. And they often know that you will turn them down if you are alert enough to catch on to what they are asking for. This is why you must be careful about requests for favors or help when you are tired, or even times when you are in a good mood. The manipulator is going to spend some time looking for these times and then using them to their advantage when they ask you for some favors.

The manipulator who is using subliminal persuasion is going to wait until their victim is at the right place. They will choose a time when you are tired, or even when you are in a perfect mood. They are patient, and they will make sure that they wait until

the right time to ask you for something The manipulators want to make sure that their victim is going to say yes, and they will wait until that time comes.

Someone who is trying to subliminally persuade you will also try to ask for favors when both of you are in public settings. They believe that this is going to give them the upper hand of the situation. They like to do this because it can take away the chance for a confrontation that is going to be uncomfortable and unfavorable for them.

In some instances, they will ask for the favor when you are in front of your family and friends. That makes it so that the person who is the victim feel like they should do the favor because it allows them to show off how generous they are to other people.

And that is why this kind of persuasion can be so difficult to detect in some cases. When the victim can help, they are going to feel good about themselves. They can see what the other person needs, and then will step in and offer to help in some way. They can feel good about themselves, and they can sometimes look good in front of the other people who are important to them, and the manipulator gets to leave with exactly what they wanted because the victim followed the plan.

Conclusion

Thank for making it through to the end of *Persuasion*, let's hope it was informative and able to provide you with all of the tools you need to achieve your goals whatever they may be.

The next step is to make sure that you use these techniques to protect yourself against manipulation, persuasion, and NLP in your daily life. There are always people trying to persuade you and manipulate you. And while some of these are going to do so in a beneficial way that can help not only them but also you, most individuals who use manipulation are only interested in getting what they want and aren't concerned about how it affects you at all.

This guidebook spent some time taking a look at manipulation and persuasion and how the victim can often get stuck in this kind of cycle, providing benefits to the manipulator even though it may not be suitable for them, without even realizing what is going on. We then looked at some of the ways to recognize what is going on, and to know the signs and break

free so that the victim can live the life that they want, free from the manipulator.

When you are ready to learn more about the world of dark psychology, manipulation, persuasion, and NLP tactics, make sure to read this guidebook to help you get started.

Finally, if you found this book useful in any way, a review on Amazon is always appreciated!