Twitter Thread by Essential Mastery



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The Psychology of Manipulation You Should Know Before It's Too Late...

1.

1. They may Push you to speak first.

By speaking first, you establish your baseline and they vigilantly look for your Weaknesses.

They then use this baseline to evaluate your strengths and weakness.

Do this:

1. Don"t overtalk.
2. Don't overshare.
3. Ask questions in return to understand the opposite person's perspective.

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2.

2. Gaslighting

Gaslighting is a manipulation tactic that can make you question your own reality, memory, or perceptions.

They insist an incident didn't happen when it did and claim they did or said something when it didn't...

Always permit yourself to leave the conversation when it starts.

3. intellectual bullying

This is when someone takes advantage of you by imposing alleged facts, statistics, and other data you may know little about.

Do this:

1. Don't lose your stance.
2. Always prepare through research if it is a preplanned meeting.

4. Raising voice.

Raising the voice is a common form of aggressive manipulation. It might make you get scared and give them what they want.

Never assume the loudness is strong.

Do this:

1. Remain calm
2. Put forth your point clearly

5. Silent treatment

They ignore you, wantedly to avoid responding to your calls, text messages, and emails.

Don't feel bad if someone rejects you or ignores you. People usually reject and ignore expensive things because they can't afford them.

Do this:

1. Remain calm
2. Put forth your point clearly

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6.

6. Negative humour

They might make critical or hurtful comments and brush them off as "jokes".

By making you look bad and getting you to feel bad, they impose psychological superiority over you.

Do this:

1. ignore their sarcasm
2. Stay calm and keep a positive attitude.

7.

7. Giving you little or no time to decide.

The person puts pressure on you to decide before you're ready.

By applying tension and control onto you, you might give in to their demands. "All or nothing" threats decide you decide before you're ready

Do this:
Ask for time to think or else reject right away.

8. Choice of meeting location

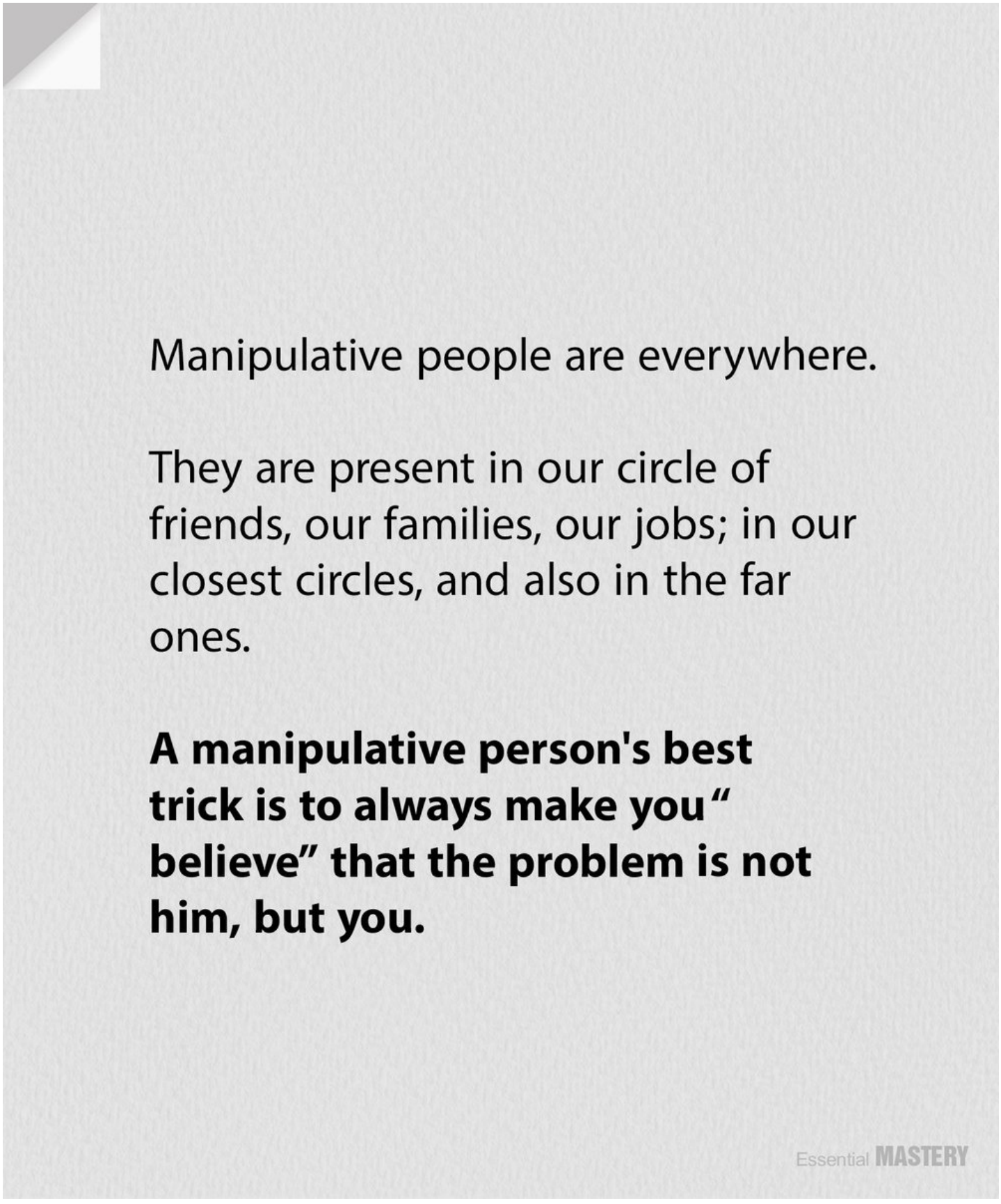
You might be asked to meet in a place he/she has more dominance and control...

Do this:

1. Avoid getting caught in this trick.
2. Try to stick to a neutral place that is new to both of you

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https://t.co/EUlJnlR3IT



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Have a great day :)

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1. pic.twitter.com/JeTU5iXvpk

— Essential Mastery (@EssentialMastry) October 17, 2022