



# CHARACTERISTIC METHODS OF THE MANIPULATOR

Cutting the Strings of Control

## MANIPULATION 2 OF 4

Most of us are more aware of the manipulation of others than of our own “string-pulling.”

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Walking Christian on Manipulation

## A. The Seven S's of Aggressive Manipulation

### #1 The "\_\_\_\_\_ " syndrome

- "You should show me respect"                      You owe me....
- "You should meet my needs."                      You ought to....
- "You should make me happy."                      I expect you to....
- "You should give me security."                      You are supposed to....

*The manipulator implies:* "If you don't meet my \_\_\_\_\_, you are guilty of \_\_\_\_\_."

### #2 The \_\_\_\_\_

- Manipulation by pressure
- Manipulation by breaking communication
- Manipulation by intimidation

*The manipulator implies:* "If you don't do what I \_\_\_\_\_, I'll make you \_\_\_\_\_ you had."

### #3 The \_\_\_\_\_ sword

- Cutting humor
- Jabbing words
- Put-downs
- Mocking

**Matthew 27:29**

*The manipulator implies:* "If you aren't what I want you to be, I can use \_\_\_\_\_ at your \_\_\_\_\_."

### #4 The \_\_\_\_\_ seduction

- Suggestive clothing
- Sexy body movements
- Sensual ads

*The manipulator implies:* "If you don't \_\_\_\_\_ what I'm \_\_\_\_\_, you are not 'macho.'"

### #5 The \_\_\_\_\_ of sentiments

- Excessive praise                      to appeal to the ego
- Excessive affection                      to gain a sexual advantage
- Excessive money                      to buy control
- Excessive gifts                      to make others feel obligated

*The manipulator implies:* "If you don't respond to my \_\_\_\_\_, you are \_\_\_\_\_."

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## #6 The \_\_\_\_\_ suggestion

- Guilt Game #1 “You are supposed to provide my security.”
- Guilt Game #2 “I expect you to make me happy.”
- Guilt Game #3 “You ought to meet my needs.”

*The manipulator implies:* “You ought to meet my \_\_\_\_\_, and since you don’t, you should feel \_\_\_\_\_.”

## #7 The \_\_\_\_\_ seeker

- Being intentionally needy
- Having pity parties
- Acting hopeless unless a rescuer arrives

*The manipulator implies:* “You should care about my \_\_\_\_\_, and if you don’t, you are callous and \_\_\_\_\_.”

## B. The Seven S’s of Passive-Aggressive Manipulation

### #1 The \_\_\_\_\_ treatment

- Pouting, brooding and ignoring
- Rolling over in bed
- Locking the door

*The manipulator implies:* “If you don’t play my way, you don’t get my \_\_\_\_\_, my \_\_\_\_\_ —or me.”

### #2 The \_\_\_\_\_ slam

- The slammed drawer
- The slammed door
- The slammed phone

*The manipulator implies:* “If you don’t meet my \_\_\_\_\_, you don’t deserve any \_\_\_\_\_ with me.”

### #3 The \_\_\_\_\_

- The curl of the lip
- The roll of the eyes
- The scowl of the eyebrows

*The manipulator implies:* “If you don’t do what I want you to do, you don’t \_\_\_\_\_ my \_\_\_\_\_.”

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### #4 The \_\_\_\_\_

- The audible sigh
- The grunt or groan
- The smacked lips

*The manipulator implies:* “If you don’t meet my \_\_\_\_\_, you will know how \_\_\_\_\_ I am with you.”

### #5 The \_\_\_\_\_ support

- Withholding praise
- Withholding affection
- Withdrawing presence

*The manipulator implies:* “If you don’t meet my \_\_\_\_\_, I won’t give you a bit of \_\_\_\_\_.”

### #6 The \_\_\_\_\_

- Intentionally slow
- Intentionally late
- Intentionally forgetful

*The manipulator implies:* “If you don’t let me control my life, I’ll get \_\_\_\_\_ in other \_\_\_\_\_.”

### #7 The \_\_\_\_\_ sober

- Timed tears
- Subtle sniffles
- Extended crying

*The manipulator implies:* “If you don’t meet my emotional needs, I’ll \_\_\_\_\_.”<sup>1</sup>

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<sup>1</sup> Hunt, J. (2008). [Biblical Counseling Keys on Manipulation: Cutting the Strings of Control](#) (pp. 3–5). Dallas, TX: Hope For The Heart.