

When You Think You're Being Manipulated

QUESTIONS TO ASK

1

What's my best guess about this individual's intention? Do they have a genuine desire to manipulate?

2

Does this person know how to speak to others or ask for something so others will take them seriously?

3

Is there something I could validate for us to communicate in a way where we both walk away feeling important and respected?

4

Do I have some responsibility for creating an atmosphere where communication errs on the side of being compassionate and clear?

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