

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 can validate so we can communicate in a way that leaves us both feeling important and respected?

4

Do I have some responsibility for creating an atmosphere where communication errs on the side of compassion and clarity?

Amanda L. Smith, LCSW