

9 Common Tactics of Manipulators

- 1. Guilt Tripping**
- 2. Misquoting**
- 3. Bullying & Threats**
- 4. Pleading, Begging and Repeating Something Over & Over Until You Wear Down**
- 5. Crying, Acting Dependant, Dispondent, Sulking and Withdrawing**
- 6. Name Calling, Personal Attacks & Criticism**
- 7. Empty Promises**
- 8. Appealing To A Higher Authority**
- 9. Lying, either by Omission or commission**

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