CANDIDATE FOR THE MANIPULATOR

1. I am a person who trusts everybody.
2. I can't stand to hurt anybody's feelings.
3. People often take advantage of me because I don't speak up for myself.
4. I try never to disagree with people because I hate an argument.
5. Being loved is the most important thing in the world to me. If I'm not in love, I'm totally miserable.
6. I'll do anything so I don't have to be alone.
7. I'm waiting for Mr. Right to come along and rescue me from futility.

If you answered True to three or more of the above, you're a good candidate for the devices of the Manipulator.

MANIPULATING BEHAVIORS

1. I believe in always being one step ahead of the other guy so he doesn't run me over.
2. If I'm ging to be successful, I've got to make every opportunity count.
3. I agree with W.C. Fields: "Never give a sucker an even break."
4. All people are alike--they are only out for themselves.
5. I'll never let anyone take advantage of me again.
6. I hate making mistakes and try not to admit it when I do.
7. I have to get my own way in order to feel good about myself.
8. I never give another person the right to disagree with me.
9. I must defend myself when I make a mistake.

If you answered True to three or more of the above, you are a person who manipulates. You may be going along in life thinking you're pretty terrific person, but then something happens: an argument you refuse to lose, or somebody has something you want. You slide into high-gear manipulating.

<u>Growing Closer</u> by Marie Chapian P. 114 and 115

INSECURITIES

The following is a list of statements an insecure person should meditate on daily to combat his/her insecure feelings or thoughts:

1. I am an okay person, regardless of my accomplishments.
2. I do not have to run away from a less-than-perfect me.
3. I am a person who has the power of the Holy Spirit within me to transform, renew, restore, and help me.
3. God hears me and knows me. I am important to Him.
4. I am worth being loved.
5. I have every right to expect myself to continue on successfully (with the Lord) in spite of my past failures, mistakes, and inadequacies.
6. I will take off my masks because I do not need to protect myself against anything. I am completely protected and safe in the power and wisdom of God.
7. I am secure in who I am. (my new creature.)

Growing Closer by Marie Chapian p.92

TAKING RESPONSIBILITY FOR ACTIONS

1. Stop blaming God for your problems.
2. Stop telling yourself you've done all you can to help yourself.
3. Stop imagining the world is a horrible place and you can't change it.
4. Stop making impossible demands on yourself. It only creates irresponsible behavior.
5. Stop imagining that other people should always do good to you, and if they don't they are at fault.
6. Learn which situations you cannot do anything about (such as weather, the attitudes of others, wars) and which you can change (your attitudes, behavior and choices.)
7. Tell yourself that you are responsible for your own actions.
8. Tell yourself that you can choose to be happy or you can choose not to be.

You are the one who controls your own behavior. These are eight ways to take responsibility for your own situations. As you read them, make them practical by saying "I choose to take responsibility by..." and then fill in the sentence with your choice.

REFUSE TO RELIVE THE PROBLEMS OF THE PAST

1. Separate yourself now from the past by seeing yourself on a new course. Imagine the Lord Jesus at your side on this course. He gently guides and holds you along the way. He is your friend and Lord. It is His desire that your new choices by constructive, good ones in order that you be fully blessed.
2. It is not true that nothing can change for the better, or that you've made you bed and now you'll have to lie in it.
3. If you have failed in past relationships, it is not true that you will not be able to act differently and more constructively in new relationships.
4. It is a lie that people can't change and that "you can't teach an old dog new tricks." All behavior is learned; therefore, bad behavior can be replace by learning healthier and more constructive behavior.
5. Do not be afraid that past pain will be repeated and that all people are alike.

These above points help a person to restore some emotional damage from wrong thinking.

<u>Growing Closer</u> by Marie Chapian p. 142 & 143

GETTING IN TOUCH WITH YOUR FEELINGS

The following are questions someone can ask themselves in order to get in touch with their feelings:

1. What am I most afraid of?
2. What do I fear about not being in control of myself?
3. What do I fear about not being in control of others?
4. What do I fear about not being in control of things going on around me?
5. What feelings come to me at the thought of being rejected?
6. How do I respond when I think I am misunderstood?
7. When do I feel the happiest?
8. How do I express anger and frustration?
9. How do I communicate my feeling of love to those I love?

DEALING WITH NEGATIVE FEELINGS

The following is a list of thoughts that a person can use instead of talking themselves out of or ignoring their feelings.

1. Tell yourself that you were created to handle conflict. (Worry tells you you're a weakling in the face of trouble.)
2. Be aware of your negative thinking and allow yourself only a short amount of time to engage in it. Don't try to squelch your fears and worries, but put a limit on how much time you'll aloow for worrying.
3. After your time for worrying is up, begin positive, constructive thinking about how to solve the problem that is troubling you.
4. Be aware of not acting out your discontentment. You can be pleasant in spite of your personal troubles.
5. Nobody else should be expected to share your worries and feel the same as you do about them. Sharing them openly, without emotional manipulation, leads to understanding.
6. Nobody else should be expected to carry your worries for you-but you can be comforted.
7. Tell yourself you can handle all trials through Christ, who gives you strength. Jesus makes weak people strong.
8. Admit your feelings and don't blame anyone else for them. You are the only one in charge of them.

<u>Growing Closer</u> by Marie Chapian p.134-135