

MANIPULATION

I NEED TO FIGURE OUT A WAY TO.....	REASONS FOR...	WRONG RESPONSE (Thinking/Actions)
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Get that guy to pay attention to me.

Society teaches me to use my body and emotions in whatever way necessary to get a man to pay attention to me (and mom never refuted it).

I need to dress and act provocatively and get male attention.

Get control of this situation without being obvious.

I need to make myself cry to make him feel bad.

I get in a guy's "space," within his vision so he notices me.

Get sympathy by ...withdrawing ...playing the martyr ...being sick

I was always able to control my environment (my parents, my siblings, my friends) by: manipulation threats lying force

I serve men, like cooking them a meal or cleaning their house, so they will feel obligated to do something for me, or spend time with me.

Get in with the popular girls.

One area I always have control of is my body (anorexia/bulimia)

Get attention from the leaders.

In a situation where I am under someone else's authority, I...

Make friends do what I want if they want to spend time with me.

The only time I was given attention was when I was sick or withdrew or caused a scene.

- * pretend to submit in order to give me 'space' to do my own thing in private.
- * withdraw from parents/friends.
- * draw attention away from myself to someone else's problem to avoid submitting.
- * counter-attack and try to intimidate the authority.
- * can't stand failure so blame-shift and change the subject to avoid confrontation.

Get people to open up to me so I could use it against them, i.e., control them.

I was taught not to rock the boat...and so became a sneak.

I ask leading questions to project my own bad feelings.

Get everyone to follow my suggestions/plans/agenda

I watched how my mom avoided negative attention by manipulating.

I have to feel secure.

When I am asked "what's wrong?" I say, "nothing."

I talk about my physical problems a lot.

I leave out significant details to avoid unpleasant results.

I lead a double life. Manipulation keeps people from really knowing me.

Manipulation

Mature Response

1. Transfer your rights to God.
 - a) use them to advance God's work and to serve others
 - b) understand that God will work for my good.
 - c) thank God in advance—whatever the outcome
 - d) expect God to test His rights

2. Focus on the spiritual qualities that God is seeking to develop in you. Trust Him for...
 - a) material security
 - b) a man
 - c) stability
 - d) a positive vs. a negative outlook
 - e) ministry/leader's affirmation

Biblical Basis

- I Pet.2:21-23

- Mt. 25 (stewardship)
- Mk.10 (servant)

- Rom.8:28

- I Thess.5:18

- Jms 1
Rom.5
I Pet.4
II Pet.1 (proven character)

- Phil.1:6
II Pet.1:5-9
I Thess 5:24

- Mt.6

Correct Discipline

1. Don't give a manipulator what she wants.
2. Make a list of what she thinks she wants.
3. Work with her thru the feelings and the root cause for her manipulation.
4. She should be made to take responsibility for the negative consequences of her actions.
5. Help her to transfer her rights to God.
6. Reaffirm your love.