EMOTIONAL MANIPULATION

The Wolf in Sheep’s Clothing
PLEASE COMPLETE AND LEAVE AT WORKSHOP

YOUR NAME:

YOUR PROFESSION AND MAILING ADDRESS:

YOUR EMAIL ADDRESS:
EMOTIONAL MANIPULATION
The Wolf in Sheep’s Clothing
STINKY THINKING

This is when you tell yourself something that is foolish or untrue.

When you analyze your thinking you know that it is incorrect, based on prejudice, assumptions or over generalizations.
NOT OKAY EMOTIONS

These are bad feelings that are too strong or don’t really fit the situation and that you are not in control.
THUMBS DOWN BEHAVIOR

These are behaviors that are foolish, vindictive or passive and not in your best self-interest.
If you tell yourself

“Oh no, they are talking about me! I must look (have acted) stupid! This is just too awful”

How will you feel?
If you feel that way

How will you behave?
If you tell yourself

“Those trashy SOBs...are making fun of me and they can’t get away with it!!”

How will you feel?
If you feel that way

How will you behave?
If you tell yourself

“Oh no, they are talking about me! I must look (have acted) stupid. This is too awful”

Or

“Those trashy SOBs...are making fun of me and they can’t get away with it!!”

Who is in control of you?
Changing Your Perception

Your Emotions and Behaviors are the result of your THINKING (perception) about an event or person.
GOOD THINKING

This is when you tell yourself something that is truthful and makes sense.

Even if you know that others think differently.
OKAY EMOTIONS

These are feelings that fit the situation, are of the appropriate intensity and you are in control.
THUMBS UP BEHAVIOR

These are behaviors that make sense, you are not trying to negatively manipulate others and these behaviors are in your best self-interest.
If you tell yourself

“I don’t know if they are talking about me. And even if they are, I am not going to let that ruin my day.”

How will you feel?
If you feel that way

How will you behave?
If you tell yourself

“I don’t know if they are talking about me. And even if they are, I am not going to let that ruin my day.”

Who is in control of you?
THE WHISPERERS

A Therapeutic Fable
EMOTIONAL MANIPULATION
“Children have inborn tendencies which make it much easier for them to behave badly or neurotically than for them to behave well or sanely.

And unless something is actively, directly and consistently done by parents and by themselves to counter and thwart these inborn tendencies, they will probably be troubled for the rest of their days.”

» Dr. Albert Ellis, 1966
The 10 Most Common Irrational Beliefs of Children (Waters, 1982)

- I must win
- Things should come easily to me.
- There is only one right answer.
- I shouldn’t show my feelings.
- I shouldn’t have to wait for anything.
The 10 Most Common Irrational Beliefs of Children (Waters, 1982)

• Everything should go my way and I should always get what I want.

• The world should be fair and bad people should be punished.

• I’m bad if I make a mistake

• Adults should be perfect.

• It’s awful if others don’t like me.
POTENTIAL EMOTIONAL MANIPULATOR

( 5 3 1 ) It is awful if others don't like me.

( 5 3 1 ) Adults should be perfect.

( 5 3 1 ) There is usually only one right answer.

( 5 3 1 ) I should not show my feelings.

( 5 3 1 ) I should not have to wait for anything.

( 5 3 1 ) I must win.

( 5 3 1 ) The world should be fair and bad people should be punished.

( 5 3 1 ) I'm bad if I make a mistake.

( 5 3 1 ) Everything should go my way and I should always get what I want.

( 5 3 1 ) Things should come easy to me.

5= Always True  3= True Some of the Time  1=Never True

POTENTIAL VICTIM
(5 3 1) It is awful if others don't like me.
(5 3 1) Adults should be perfect.
(5 3 1) There is usually only one right answer.
(5 3 1) I should not show my feelings.
(5 3 1) I should not have to wait for anything.
(5 3 1) I must win.
(5 3 1) The world should be fair and bad people should be punished.
(5 3 1) I'm bad if I make a mistake.
(5 3 1) Everything should go my way and I should always get what I want.
(5 3 1) Things should come easy to me.
IF A CHILD
(The “Wolf” and “Sheep”)

If a child thinks they can't handle difficulties.... they won't.

If a child thinks that they should not care about others.... they won't.

If a child thinks that there is no point in being assertive.... it is.

If a child thinks that it is acceptable to belittle and ridicule others.... it is.

If a child thinks that doing anything to please “others” is okay.... they will.

If a child thinks that getting others to do foolish things is okay.... they will.

And as long as they think that way, you can't bribe, scare, or punish them enough to keep it from happening.

TEACH THEM TO USE "GOOD THINKING"
POTENTIAL VICTIM

Childhood irrational beliefs can become rigidly held beliefs of adulthood that confirm their dependency tendencies
Childhood Belief

It is awful if others don’t like me.

Adult Belief

I must not offend my supporter or someone who cares for me.
I must not offend my supporter or someone who cares for me.
Childhood Belief

I am bad if I make a mistake.

Adult Belief

I should avoid unpleasant situations at all costs
I should avoid unpleasant situations at all costs.
POTENTIAL EMOTIONAL MANIPULATOR

Childhood irrational beliefs can become rigidly held beliefs of adulthood that confirm their antisocial and paranoid tendencies
Childhood Belief

I must win.

Adult Belief

People will take advantage of me if I give them the chance.
People will take advantage of me if I give them the chance.
Childhood Belief

Everything should go my way and I should always get what I want

Adult Belief

Being controlled or dominated by others is intolerable.
Being controlled or dominated by others is intolerable.
Understanding the ‘Wolf’
A WOLF IN SHEEP’S CLOTHING

“How we think, what we believe and the attitudes we've developed largely determine how we act.” In sheep’s Clothing

Confronting erroneous thinking patterns and reinforcing a person’s willingness to change their thinking and behavior patterns is the treatment of choice.

Problematic Patterns of Thinking
Emotional Manipulators Thinking is:

Self-Focused (self-centered) Thinking
Possessive Thinking
Extreme (all-or-none) Thinking
Egomania Clyde Thinking
Shameless Thinking
Quick and Easy Thinking
Guiltless Thinking
“Emotional Manipulators”

• Frequently have very high ‘self-esteem’

• Seldom seek help for “their problem”

• Are resistant to insight and change

• Prone to relapse into EM and/or SA
Manipulator’s “Talk”

- I was just kidding (playing, fooling around)
  - They misunderstood me (got it wrong)
    - They were asking for it
      - I did not do it
  - They just got upset, I don’t know why
    - It is no big deal, they are whiners
How Hard Is It?
EM “Victims”

- Likely referred for various issues from acting out to lack of participation
- Are frequently described as having low self-esteem
- Seem to be withdrawn and anxious or angry and the “problem”
Maybe a Little Easier?
Anyone can become angry - this is easy.

But to be angry with the right person,
to the right degree,
at the right time,
for the right purpose
and the right way
this is not easy.
Aristotle, the Nicomachean Ethics

300 BC
EMOTIONAL SIGNAL LIGHT

RED

STOP, DON'T DO ANYTHING!

VERY ANGRY
VERY SAD
VERY ANXIOUS
VERY ASHAME
VERY GUILTY
VERY AFRAID

Does what am I thinking right now make any sense?

What are alternative ways of thinking about this situation?

What would happen if I do something different than my usual?
EMOTIONAL SIGNAL LIGHT

YELLOW
CONCERNED
WORRIED
AGGRAVATED
DOWN
EMBARRASSED

SLOW DOWN!
Evaluate what is really going on.
Is what I am thinking making sense?
If it does, go with it, and accept the consequences.
If not, what are some alternatives?
EMOTIONAL SIGNAL LIGHT

GREEN

EMOTIONALLY NEUTRAL,
NOT WANTING TO HURT OR GET BACK AT ANYONE.

Go!

If what I am thinking is rational, go with it.
And don't allow your own or someone else's Stinking Thinking influenced you into changing.
• A *mental image* can trigger *Good Thinking* (effective coping cognitions) and give you the *permission* to reject or control your *Not OK Emotions* and to use more effective *Thumbs Up behaviors*. 
EMOTIONAL SIGNAL LIGHT

RED
VERY ANGRY
VERY SAD
VERY ANXIOUS
VERY HUMILIATED

Stop, don't do anything! Does what am I thinking right now make any sense?

What are alternative ways of thinking about this situation?

What would happen if I do something different than my usual?

YELLOW
CONCERNED
WORRIED
AGGRAVATED
DOWN
EMBARRASSED

Slow down, evaluate. Is what I am thinking making sense?

If it does, go with it, if not, what are some alternatives?

GREEN
EMOTIONALLY NEUTRAL,

NOT WANTING TO HURT OR GET BACK AT ANYONE.

If what I am thinking is rational, go with it and don't be influenced into changing.
Using a Therapeutic Fable to help the EM victim “sheep” and the rest of the “flock” learn to recognize and cope with the Emotional Manipulating “wolves”
Therapeutic Fable
“The Collard Green Garden”

Is available to you for free as ebook (PDF) + audio
THE COLLARD GREEN GARDEN
"What will I find in your garden next year?"
Guilt  Shame  Fear
What can you do to help others cope more effectively with life and specifically Emotional Manipulation

Learn and Practice the Coping Skills
Ten Commandments
I. I shall not let my own or other’s “Stinky Thinking” control my life.
II. I shall not ask others to do for me things I could and should do for myself.
III. I shall not do for others things that they could and should do for themselves.
III. I shall not do for others things that they could and should do for themselves.

This commandment is not a directive to be mean, insensitive or unhelpful. It is a caution:

- “If you want him to be cripple…carry him.”
- “If you want him to be fearful… overly protect him.”
- “If you want him to be irresponsible…help him avoid consequences.”
- “If you want him to be friendless…‘buy’ friendships.”
- “If you want him to be miserable…demand that life be fair.”
IV. I shall not let feelings of guilt, shame or fear cause me to do something that is against my best self-interest.
V. I shall not let past failures keep me from attempting future tasks.
VI. I shall not get into the habit of comparing myself to others.
VII. I shall depend on myself, not others or things for personal satisfaction and happiness.
VIII. I shall refuse to allow my fears to determine how I shall live my life.
IX. I shall select friends based on their ability and willingness to tell me the truth about myself.
X. I shall, without the intent of harming others, do in life what is in my best self-interest.
• X. I shall, without the intent of harming others, do in life what is in my best self-interest.

This commandment does not recommend that you should be mean or inconsiderate.

It does however, require that you seriously consider your decisions and follow through with those based on rational (Good) thinking.

Unfortunately, doing what is best for you may sometimes conflict with the desires of others and you will have to be strong to prevail.
Work Sheets

• Worksheets that follow each story explain and expand on the story theme allowing for “Cues” to be used by adults and the children themselves to modify and change beliefs and behaviors.
X. I shall, without the intent of harming others, do in life what is in my best self-interest.
• The Young Girl was manipulated because she made herself feel guilty when she had no real reason to do so. This as a common ploy some people used to take advantage of others.
III. I shall not do for others things that they could and should do for themselves.
• Just because someone wants you to feel guilty does not mean that you must feel guilty.
• There are those who would have you believe that they know everything and that you must do as they say or seek their approval.
IV. I shall not let feelings of guilt, shame or fear cause me to do something that is against my best self-interest.
Use the Crow's statements or any of their own that challenge the Owl. "What makes him so smart?" "If others can do it so can I."
• Fear, if not challenged becomes more intense and tends to generalize to similar situations (any type of change or any unfamiliar situation may becomes increasingly fear provoking).
VIII. I shall refuse to allow my fears to determine how I shall live my life.
This is where you teach them the classic coping self-message, "What is the worst that could happen."
IX. I shall select friends based on their ability and willingness to tell me the truth about myself.
EXERCISES

Skill Building
Role Playing
Desensitization
• Negative Peer Pressure

• Negative Personal Pressure
When someone else acted like the Rabbit
How did you feel/think of them?

When you acted like the Rabbit
How did they feel/think of you?
REFUSAL SKILLS

What do you say?  How do you say it?
The “Whys” and “How to” so adults can use the story to teach their children (and themselves) the skills of each therapeutic fable.
QUESTIONS
or
SUGGESTIONS
Dealing Effectively with Manipulative People

Tools of personal empowerment to help anybody maintain a position of greater strength in their interpersonal relationships

• In Sheep Clothing by George Simon, Jr. Ph.D.
COMMENTS AND SUGGESTIONS

Please circle the opinion you have of this presentation:

Some what useful       Extremely useful

1 2 3 4 5

I would be interested in attending additional workshops [ ] check if yes
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Emotional Signal Light
Coping Skills Ten Commandments
and more
Accept No Excuses

Judge Actions, Not Intentions

Set Personal Limits

Make Direct Requests
Accept only Direct Responses
Avoid Making Threats
Take Action Quickly
Make Reasonable Agreements
Stay Focused and in the Here and Now

When Confronting Aggressive Behavior, Keep the Weight of Responsibility on the Aggressor
When you Confront, Avoid Sarcasm, Hostility and Put-Downs

Be Prepared for Consequences

Be Honest with Yourself
QUESTIONS
or
SUGGESTIONS
COMMENTS AND SUGGESTIONS

Please circle the opinion you have of this presentation:
Some what useful     Extremely useful

1 2 3 4 5

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The End