

How to Pick Up on Manipulative Behavior

Manipulation refers to making attempts at indirectly influencing someone else's behavior or actions. Manipulation itself is not necessarily good or bad: a person can try to manipulate a person to help a worthy cause, or make a person do something illegal. But manipulation is never straightforward, often preying on our weak spots, so it makes it difficult to see manipulate behaviors. The controlling aspects linked to manipulation are sometimes very subtle and may be easily overlooked, buried under feelings of obligation, love, or habit. You can recognize the signs and avoid being a victim.