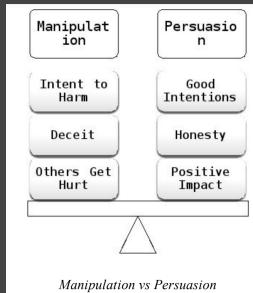


13 Laws of manipulation : . Manipulation easily puts you in a position of power when you play on someone else's emotions, the easiest target

1. Hide Your Intentions : lying
2. Attention Seeking.
3. Behaving Emotionally : highly emotional individuals
4. Playing Victim : gain sympathy
5. Taking Credit Where It's Not Due
6. Depend on Me : want you to feel like you “need” them in your life, what would you do without me
7. Selective Honesty : only fed you information that they wanted you to know while purposely withholding the rest
8. Pretending to Be A “Friend” : could be pretending to be your friend while gathering information about you which they could later use to their advantage
9. Non-Committal : especially refrain from committing to anything if it means having to assume responsibility.
10. Playing Dumb : sometimes “innocent party” may not be so innocent after all
11. Pointing the Finger at Others : never assuming responsibility, and secondly by always trying to point the finger at someone else, especially when that problem could potentially jeopardize their reputation and expose them for who they are
12. Telling You What You Want to Hear : hard not to feel good when you're being flattered, and you're more inclined to like the person's who's doing all the flattering more than others
13. Controlling Your Decisions : controlling your decisions without making it seem obvious that they are

Manipulators : True Narcissists, True Sociopaths, Selfish People, Politicians, Lawyers, Salespeoples, Leaders, Public Speakers

Evidence of Manipulation :



1. They Build Your Confidence - Only to tear you down when it works in their favor
2. They Make You Question Your Reality - shift your perspective or reality by making you question your own judgment. They make you believe you're overreacting, or that you're the only one feeling this way so perhaps there's something wrong with you instead.
3. They Start to Digress/ Distraction - A classic sign that you're dealing with a potentially manipulative character on your hands is when they go completely off topic and steer the conversation in a completely different direction.
4. They Belittle You - By telling you that your opinion does not matter, or that you're far too emotional to make a rational decision

5. They Love Extreme Labeling - You can't take a joke, can you? Or Are you honestly THAT sensitive?
6. They Never Appreciate You - No matter what you do for them, it's never going to be good enough. No matter what you do, it will never be satisfactory enough to warrant any gratitude.
7. They Make You Feel Bad - About everything. Quite literally everything

Clues that you might be manipulated : You're Always Forced to Oblige, You Question Your Own Judgment, No Favor Comes for Free, You're Always Getting Blamed, They're Not Really Listening, They Come to You When They Need Something,

Personality types that are more like to resort to manipulation :

1. Histrionic Personality Type : The individual with this pervasive behavior has a tendency to seek out attention and resort to excessive displays of emotion, often referred to as being dramatic
2. Antisocial Personality Types : extremely selfish, with lying, deception, intimidation and even physical assault
3. Borderline Personality Disorder : little to no ability to control their impulses, and the common characteristics associated with this type of behavior include fear of abandonment, being unstable when it comes to their self image, social relationships, displaying inappropriate but intense feelings of anger and paranoia, and even resorting to impulsive or self-damaging acts which include substance and alcohol abuse
4. Narcissistic Personality Disorder : sense of entitlement, a need to be admired and an inflated sense of self worth, huge ego, and they care little for anyone else but themselves. This lack of empathy for others, arrogance, inflated self-esteem, sense of entitlement which leads them to believe that they deserve to have special privileges and attention can lead towards feelings of jealousy or envy when their needs are not being met

The louder a person makes claims of sainthood, the bigger the horns they're trying to hide.

Good Mind control techniques : Meditation, Visualization, Mirror Technique (talking to yourself in the mirror), Hypnosis (requires the repetition of one, single mantra, and repeat it often enough that it sticks in your mind), Goal Writing

7 Strategies to Reading Body Language

1. Appearance : Do they have a power suit on with freshly shined shoes? Are they dressed for success, ready to make a powerful impression? Are they dressed for casual comfort indicating they feel relaxed and comfortable? Are they dressed seductively on a first date purposely trying to get your attention? Do they have an accessory on them which indicates they might be religious? Like a cross pendant perhaps?

2. **Posture** : Is the person you're talking to holding their head up high in confidence? Or are their shoulders slightly hunched, indicating that they might be feeling insecure or uncomfortable? Are they walking in a way which might indicate their feeling indecisive? When gathered in a crowded room, who is strutting about with their chest puffed out, making it known they've got confidence and perhaps a big ego to accompany that? What about the person that's trying to hide away in the corner hoping to blend in or that no one would notice them?
3. **Face** : crinkles around the eyes that often accompany a genuine smile
4. **Eyes** : person is lying, it becomes harder for them to maintain eye contact
5. **Tone and general volume** : Is the tone being used soothing, low and comforting? Making you feel completely relaxed and comfortable talking to this person? Or is it short, sharp, abrasive and clipped, which then makes you feel decidedly uncomfortable?
6. **Torso** : stand up straight, keep our back straight, stand tall and maintain good posture
7. **Legs** : tightly crossed (not in a relaxed manner) while they're sitting down indicates she/he is uncomfortable

Other Body Languages

1. **Handshake** : a good, strong, firm handshake to let you know when someone is feeling comfortable and confident.
2. **Microexpressions** : so slight pullback of the muscles around the mouth area will give away just how anxious they feel on the inside.
3. **Raising Eyebrows** : either feel surprised, afraid or worried.
4. **Chin and Neck** : Shy introverts who are obviously uncomfortable being in a large group of people tend to tuck their chin under so their eyes are fixed on the floor or avoiding eye contact, whereas those who are confident and poised tend to have their necks straight up and held high.
5. **Arm Cross** : feeling emotionally, physically and mentally closed off to whomever they may be speaking to and what's being said to them
6. **Excessive Nodding** : either concerned about what you thought of them, or if they are worried you might be doubting their ability to keep up with your instructions
7. **Tightly Clenched Jaw** : feeling stressed/trying to control anger
8. **Feet** : tap your toes, someone might get the impression that you're either feeling anxious or you're in a hurry to bring the conversation to a close.

Other Things

1. **Analyzing Their Words** : words that are spoken are a direct reflection on the character of the person in question, and if you know what to listen for, you can increase the probability of determining their personality, thought process and even behavioral patterns, Talking much too fast, which signals they might be feeling nervous or anxious. Speaking far too slowly which might indicate they're feeling down, depressed or not in the right mood to have an engaging

conversation. Sighing as a sign of frustration or sadness. Sometimes even tiredness. A sudden change in the pitch and tone of the voice indicates a lie trying to stay hidden.

2. Analyzing Their Handwriting (graphology) : Bigger personalities tend to write in larger letters while shy, introverted individuals prefer smaller print, average-sized handwriting is often an indication that you have a stronger ability to concentrate and focus on the tasks that you do
Looking at the Space Between Words - The larger the space, the more the person might be someone who enjoys their independence and freedom. Those who prefer to write letters and words which are squeeze closer together generally prefer the company of others
Your Writing Slants - If your handwriting tends to slant towards the right, you could be someone who likes meeting new people. To the left indicates that you prefer to work alone and that you're introspective and reserved in nature.
The Pen Pressure Used - Writing with pressure might suggest that you're feeling tense, stressed or even angry. Moderately applied pressure, on the other hand, is an indication of commitment according to graphology. Those with the softest touch tend to be the ones who are most sensitive and empathetic towards other or lacks energy
The Way You Dot Your "i" - If the dot in your "i" tends to be higher up on the page, handwriting experts say that your personality might be one with an active imagination. An "i" that is closely dotted on the other hand is an indication of a detail oriented and organized personality. If your "i" tends to slant towards the left, you could be a procrastinator, and if you dot your "i" with a little circle at the top, you're playful or childlike at heart.
Signature Legibility - Those who are confident, strong and comfortable in their own skin tends to have the most clear/plain kind of signature. A signature that is hard to read often belongs to someone who prefers their privacy.
Letter Shape - Intelligent people tend to have letters which are more pointed, while rounded letters tend to indicate a more artistic and creative personality
The Speed - Even the speed at which you write means something. Those who are impatient and don't like wasting precious time tend to write faster, while the more self-reliant and methodical individuals take their time writing down the words they want to say.
Getting Caught in A Lie - when a person is lying the slant of their handwriting (or even any other feature for that matter) tends to change dramatically.

W Repeated questions
o Qualifiers
Avoiding
Implication
d Softer Words
Speaking
s Quickly
Speaking
Slowly
Sudden Pitch Change
Repetitious
Tone

H Spacing
Slants
a Pen Pressure
Dotting the "i"s
d Signature
Legibility
w Letter Shape
Connect/Disconnect
r Baseline
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t
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n
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E Encouraging Space
n Motivation
v Mood
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E Open Mind
m Big Picture
o Benefit of the Doubt
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