

AI-01443 Hidden Agendas vs Covert Behaviors

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Are hidden agendas a subconscious phenomenon? What is the psychology term for hidden agendas?

Hidden agendas can indeed be a subconscious phenomenon A. Often, people aren't fully aware of their own hidden motives or intentions, which can drive their actions without them realizing it A. This is why hidden agendas can be so tricky to detect—they're not always intentional or conscious.

The psychology term for hidden agendas is "**covert behavior**" B. Covert behavior refers to actions or motives that are hidden or disguised, often to achieve a specific goal without others noticing B.

Does this help clarify things for you?

List 22 covert behaviors in friendship,

Sure! Here are 22 covert behaviors that can occur in friendships:

1. **Passive-aggressiveness:** Expressing negative feelings indirectly rather than openly.
2. **Withholding information:** Not sharing important details with a friend.
3. **Silent treatment:** Ignoring a friend to express disapproval or punish them.
4. **Backhanded compliments:** Giving compliments that also contain a slight insult or undermining remark.
5. **Gossiping:** Talking negatively about a friend behind their back.
6. **Jealousy disguised as concern:** Criticizing a friend's achievements or choices under the guise of worry.

7. **Manipulation:** Influencing a friend's decisions or actions for personal gain without them realizing it.
8. **Feigning ignorance:** Pretending not to understand something to avoid responsibility or conflict.
9. **Keeping score:** Remembering and comparing favors or wrongdoings instead of genuinely helping or forgiving.
10. **Pushing boundaries:** Testing the limits of a friend's comfort or patience without openly discussing it.
11. **Subtle exclusion:** Leaving a friend out of plans or conversations in a way that's not overtly noticeable.
12. **Mocking under the guise of humor:** Making hurtful comments and brushing them off as jokes.
13. **Feigning interest:** Pretending to care about a friend's interests or problems when one actually doesn't.
14. **False agreement:** Agreeing with a friend outwardly while internally disagreeing or planning something else.
15. **Flattery for gain:** Complimenting a friend excessively to get something in return.
16. **Playing victim:** Acting as though one is always wronged or misunderstood to gain sympathy.
17. **Gaslighting:** Making a friend doubt their own perception or memory of events.
18. **Feigning busyness:** Pretending to be too busy to spend time with a friend without a genuine reason.
19. **Subtle sabotage:** Undermining a friend's efforts or plans in a way that's not immediately obvious.
20. **Hoarding praise:** Not giving credit where it's due and taking more than one's share of recognition.
21. **Pretending to forget:** Acting as though one has forgotten important dates or events to avoid responsibility.

22. **Using vulnerability against them:** Bringing up a friend's personal issues or weaknesses inappropriately during arguments or conflicts.

Friendship should be built on trust, honesty, and mutual respect. Recognizing and addressing these covert behaviors can help in maintaining healthy and genuine relationships. Is there anything more you'd like to discuss about friendships?

List 22 covert behaviors in friendship in a positive context.

Certainly! Here are 22 positive covert behaviors in friendships that can make them even stronger and more meaningful:

1. **Surprise gifts:** Giving a friend a small, unexpected present to show appreciation.
2. **Silent support:** Being there for a friend during tough times without making a big deal out of it.
3. **Remembering small details:** Noting a friend's preferences or likes and surprising them with related things.
4. **Unspoken understanding:** Communicating through gestures or facial expressions without words.
5. **Giving space:** Knowing when a friend needs time alone without them having to ask for it.
6. **Quietly cheering:** Silently celebrating a friend's achievements and successes.
7. **Thoughtful gestures:** Doing small acts of kindness, like bringing their favorite snack or coffee.
8. **Listening:** Paying close attention to their worries and concerns without offering immediate solutions.
9. **Discreet encouragement:** Subtly boosting a friend's confidence in social situations.
10. **Protecting their reputation:** Silently defending a friend when they're not around.
11. **Intuitive help:** Stepping in to assist with tasks or problems without being asked.

12. **Respecting boundaries:** Understanding and respecting unspoken limits in the friendship.
13. **Secret planning:** Organizing surprises like parties or trips for a friend without them knowing.
14. **Non-verbal comfort:** Offering a hug or a pat on the back when words aren't needed.
15. **Shielding from negativity:** Protecting a friend from negative influences or conversations.
16. **Mindful compliments:** Giving genuine, thoughtful compliments that boost their self-esteem.
17. **Sharing opportunities:** Quietly passing along job leads or opportunities without expecting recognition.
18. **Encouraging dreams:** Subtly supporting and encouraging a friend's passions and goals.
19. **Being a sounding board:** Letting them vent without judgment or interruption.
20. **Creating happy memories:** Planning fun activities that create lasting, positive memories.
21. **Random acts of kindness:** Doing nice things for them out of the blue, like running errands or cooking a meal.
22. **Unspoken loyalty:** Demonstrating unwavering loyalty and trustworthiness through actions.

These positive covert behaviors help build a strong foundation of trust, care, and understanding in friendships. They show that even the smallest, often unnoticed acts can have a big impact on the bond between friends.

List 22 Human Hidden Agendas

It's important to understand that hidden agendas aren't always malicious. Sometimes they stem from insecurity or a desire to avoid conflict. However, they can still hinder open communication and healthy relationships. Here are 22 common hidden agendas:

Personal Gain:

- Seeking power or control: Manipulating situations to be in charge or have influence.
 - Financial gain: Pursuing opportunities for personal profit, even at others' expense.
 - Advancement at work: Trying to get ahead of colleagues for promotions or recognition.
 - Gaining social status: Seeking popularity or acceptance within a group.
 - Attention-seeking: Behaving in ways to gain attention or validation from others.
- Emotional Needs:
- Seeking validation: Needing constant reassurance or approval from others.
 - Avoiding vulnerability: Hiding true feelings or intentions to avoid being hurt.
 - Seeking revenge: Trying to get back at someone for a perceived wrong.
 - Gaining sympathy: Portraying oneself as a victim to elicit compassion.
 - Manipulating emotions: Using guilt or other emotions to control others.
- Insecurity and Fear:
- Fear of rejection: Avoiding situations where one might be criticized or rejected.
 - Lack of self-confidence: Trying to appear more capable or knowledgeable than one feels.
 - Fear of failure: Avoiding challenges or risks to avoid potential failure.
 - Need for security: Seeking stability and predictability in life.
- Relationship Dynamics:
- Jealousy: Trying to control a partner's behavior due to jealousy or insecurity.
 - Desire for commitment: Pushing for a deeper relationship before the other person is ready.
 - Avoiding conflict: Hiding true feelings to prevent arguments or disagreements.
 - People-pleasing: Trying to make everyone happy to avoid disapproval.
- Other:
- Protecting secrets: Hiding information that could be damaging if revealed.

- Testing boundaries: Pushing limits to see how far one can go.
 - Seeking excitement: Creating drama or conflict to alleviate boredom.
 - Justifying actions: Rationalizing behavior to avoid taking responsibility.
- It's important to remember that these are just some examples, and hidden agendas can be complex and varied. Developing self-awareness and practicing open communication can help to minimize the negative impact of hidden agendas in our lives.