

AI-00315 Emotional Manipulation

👤 Owner	© Rigel Arcayan
☰ Tags	psychology
🕒 Created time	@July 20, 2023 7:51 AM

What is "gaslighting"? What is the origin and mental process? What is the motivation behind gaslighting?

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"Gaslighting" is a form of psychological manipulation where one person seeks to make another person doubt their own perceptions, memories, or sanity. The term originated from the 1938 play "Gas Light" and its subsequent movie adaptations, where a husband manipulates his wife into believing she's going insane by subtly altering their environment, such as dimming the gas lights.

The mental process behind gaslighting involves the manipulator undermining the victim's confidence in their thoughts and feelings, often through lying, denial, and contradicting their experiences. This creates confusion, self-doubt, and a sense of dependency on the manipulator.

The motivations behind gaslighting can vary, but they often stem from a desire for control, power, and dominance over the victim. It allows the manipulator to maintain authority and avoid accountability for their actions while keeping the victim in a vulnerable and submissive position.

Tell me more

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Certainly! Gaslighting is a subtle and insidious form of emotional abuse, often employed by individuals with narcissistic or manipulative tendencies. Here are some key aspects to understand:

1. Techniques: Gaslighting can take various forms, such as denial, lying, trivializing the victim's feelings, deflecting blame, or making the victim question their own memory and perception of events. The manipulator may also isolate the victim from friends and family to maintain control.
2. Impact on the victim: Gaslighting can lead to a range of psychological effects on the victim, including anxiety, depression, self-doubt, and a loss of self-confidence. The victim may become increasingly dependent on the gaslighter's perspective, feeling unable to trust their own judgment.
3. Gradual process: Gaslighting typically unfolds over time, starting with subtle manipulations that gradually intensify. This makes it challenging for the victim to recognize the abuse until it has significantly affected their well-being.
4. Intentional manipulation: Gaslighters are often aware of their actions and the impact they have on the victim. They exploit vulnerabilities to maintain power and control in the relationship.
5. Gaslighting in various contexts: While gaslighting is often associated with personal relationships, it can also occur in professional settings, politics, or social groups. In any context, it serves the purpose of manipulating others to further the gaslighter's objectives.
6. Recognizing gaslighting: Being aware of gaslighting behavior is crucial. If you suspect you or someone you know might be experiencing gaslighting, it's essential to reach out for support from friends, family, or professionals.
7. Setting boundaries: Overcoming gaslighting may require setting clear boundaries, seeking therapy or counseling, and building self-confidence. Surrounding oneself with supportive and trustworthy individuals can also aid in healing.

Remember, gaslighting is an abuse tactic and should never be tolerated. If you or someone you know is experiencing gaslighting or any form of abuse, seeking help from a professional or a support network is crucial for healing and moving forward.

What is the official psychology term of gaslighting? Is the underlying motivation drawn by being inferior and a person wanted to dominate creating an importance

or value of himself? Explain the subset concepts or a derived concept?

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The official psychology term for gaslighting is "emotional manipulation" or "psychological manipulation." It refers to the act of influencing someone's emotions, thoughts, or behavior in a way that serves the manipulator's interests and undermines the well-being of the victim.

The underlying motivation behind gaslighting can indeed be related to feelings of inferiority, a desire for dominance, and the need to create a sense of importance or value for oneself. Gaslighters may have deep-seated insecurities and a need for control over others to compensate for their own feelings of inadequacy.

Gaslighting is related to several subset concepts or derived concepts in psychology, such as:

1. **Narcissism:** Gaslighters often display narcissistic traits, seeking excessive admiration and validation while lacking empathy for others.
2. **Emotional Abuse:** Gaslighting is a form of emotional abuse, where the manipulator inflicts psychological harm on the victim through manipulation and control.
3. **Cognitive Distortion:** Gaslighters use cognitive distortions to twist and manipulate information to their advantage, making the victim question their own reality.
4. **Power and Control:** Gaslighting is a tactic used to gain power and control over the victim's thoughts, emotions, and behavior.
5. **Cognitive Dissonance:** Victims of gaslighting may experience cognitive dissonance, as they struggle to reconcile the conflicting information presented by the gaslighter and their own experiences.
6. **Trauma Bonding:** In some cases, victims may develop a bond with their abuser due to the cycle of abuse and intermittent reinforcement of positive behavior from the gaslighter.

Understanding these related concepts can help identify and address gaslighting behavior in relationships and situations. It's essential to recognize and address gaslighting to protect one's mental and emotional well-being and to foster healthier and more respectful interactions with others.

Is emotional manipulation a form of "attention seeking" behavior? Many social media influencers, writers, journalist writes about anything that is really of human odd suffering or future negative events just to get noticed.

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Emotional manipulation and attention-seeking behavior are related but distinct concepts. While they can overlap in certain situations, they serve different purposes and have different motivations.

Emotional manipulation is a behavior where one person seeks to control or influence another person's emotions, thoughts, or actions to serve their own interests. It is often used to gain power, control, or advantage over others and can be harmful and manipulative.

Attention-seeking behavior, on the other hand, is a pattern of behavior where an individual seeks attention, validation, or recognition from others. This behavior may not necessarily involve manipulation, but rather a desire to be noticed, acknowledged, or appreciated.

Some individuals, including social media influencers, writers, or journalists, may engage in attention-seeking behavior by discussing topics related to human suffering or future negative events. They might do this to draw attention to important issues, create awareness, or provoke discussions on critical topics. However, it is essential to differentiate between genuine concern for important issues and the intentional manipulation of emotions solely for personal gain.

While some individuals may use emotional manipulation as a tactic to garner attention, not all attention-seeking behavior involves manipulation. Some may seek attention through positive means, such as sharing their accomplishments, talents, or personal experiences, without trying to manipulate others' emotions.

Ultimately, it's crucial to be aware of the intentions behind individuals' actions and content. Genuine concern for important matters should be encouraged, but deliberate emotional manipulation for personal gain should be recognized and addressed appropriately. Critical thinking and being mindful of the content we consume on social media or other platforms can help us navigate through various forms of communication and storytelling.

List 10 well known example of emotional manipulation ever experienced by human.

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Emotional manipulation can manifest in various forms and situations. Here are ten well-known examples that humans might experience:

1. Gaslighting: As discussed earlier, gaslighting is a form of emotional manipulation where a person makes another doubt their perceptions, memories, or sanity.
2. Guilt-tripping: Using guilt to control someone's behavior or decisions, often by emphasizing their responsibility for others' emotions or well-being.
3. Silent treatment: Purposefully ignoring or avoiding communication to make the other person feel hurt, isolated, or anxious.
4. Love-bombing: Overwhelming someone with excessive affection and attention to gain their trust and emotional dependency.
5. Victim playing: Manipulating situations to portray oneself as a victim, eliciting sympathy and support from others.
6. Exaggeration and dramatization: Amplifying or fabricating emotions or situations to manipulate others' reactions or responses.
7. Emotional blackmail: Threatening to withdraw love, care, or support unless specific demands are met.
8. Triangulation: Involving a third person or party to create jealousy, competition, or insecurity in a relationship.
9. Withholding affection or validation: Deliberately denying emotional support or appreciation to make the other person seek approval and validation.
10. Gaslighting by proxy: Enlisting the help of others to reinforce gaslighting tactics, making the victim question their reality from multiple sources.

It's important to recognize these manipulative behaviors to protect one's emotional well-being and maintain healthy relationships with others. Awareness and understanding of

emotional manipulation can empower individuals to set boundaries and foster more positive and respectful interactions.

more

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Certainly, here are five more examples of emotional manipulation:

1. False promises: Making commitments or promises without any intention of fulfilling them to maintain control or keep the other person invested in the relationship.
2. Playing the victim and martyr: Constantly portraying oneself as a self-sacrificing, suffering individual to guilt-trip others into fulfilling their desires or requests.
3. Intermittent reinforcement: Alternating between positive and negative behavior to keep the other person emotionally invested and seeking validation or approval.
4. Gaslighting through positive reinforcement: Providing praise, affection, or rewards to manipulate the other person's perception of reality or actions, further blurring the lines of emotional manipulation.
5. Emotional contagion: Deliberately projecting negative emotions onto others, spreading negativity and causing emotional distress to gain attention or control.

It's important to note that emotional manipulation can occur in various contexts, including personal relationships, workplaces, and social settings. Recognizing these tactics can help individuals protect their mental and emotional well-being and establish healthy boundaries in their interactions with others. Communication, empathy, and self-awareness are crucial in navigating relationships and identifying and addressing emotional manipulation effectively.

From Google Bard:

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emotional manipulation a form of "attention seeking" behavior? Many social media influencers, writers, journalist writes about anything that is really of human odd suffering or future negative events just to get noticed.

List 10 well known example of emotional manipulation ever experienced by human.

Gaslighting is a form of emotional abuse in which the abuser tries to make the victim doubt their own sanity. The term comes from the 1944 film "Gaslight," in which a husband tries to convince his wife that she is going insane by dimming the gaslights in their home and then denying that he did it.

The origin of gaslighting is unknown, but it is thought to have originated in the early 20th century. The mental process of gaslighting is complex, but it typically involves the abuser making the victim question their own memories, perceptions, and judgment. This can be done through a variety of techniques, such as:

- **Denying reality.** The abuser may deny that they said or did something that the victim remembers clearly.
- **Trivializing the victim's feelings.** The abuser may tell the victim that their feelings are not valid or that they are overreacting.
- **Making the victim feel crazy.** The abuser may make the victim feel like they are going crazy by telling them that they are imagining things or that they are not thinking clearly.

The motivation behind gaslighting is typically to gain power and control over the victim. The abuser may feel insecure or inadequate, and they may use gaslighting as a way to make themselves feel more powerful. They may also use gaslighting to isolate the victim from their friends and family, making it easier to control them.

The official psychology term for gaslighting is **undue influence**. It is a form of psychological manipulation that is used to control or coerce someone. Undue influence can be used in a variety of contexts, including romantic relationships, family relationships, and professional relationships.

The underlying motivation for gaslighting is not always to dominate or create an importance or value of oneself. Sometimes, people gaslight others because they are insecure or have low self-esteem. They may feel the need to control others in order to feel better about themselves.

There are a number of subset concepts or derived concepts of gaslighting, including:

- **Triangulation:** This is when the abuser pits the victim against other people, such as friends or family members.
- **Silent treatment:** This is when the abuser ignores the victim as a way to punish them or to control their behavior.
- **Love bombing:** This is when the abuser showers the victim with attention and affection in order to win their trust.

Emotional manipulation is not always a form of attention seeking behavior. However, it can be used as a way to get attention from others. For example, a person who is emotionally manipulative may make up stories or exaggerate their problems in order to get sympathy from others.

Social media influencers, writers, and journalists may also use emotional manipulation to get attention. They may write about human suffering or future negative events in a way that is designed to elicit an emotional response from readers. This can be done in order to raise awareness about a particular issue, to sell a product or service, or simply to get attention.

Here are 20 well-known examples of emotional manipulation ever experienced by humans:

1. **Gaslighting**
2. **Triangulation**
3. **Silent treatment**
4. **Love bombing**
5. **Playing the victim**
6. **Blaming**
7. **Name-calling**
8. **Put-downs**
9. **Threats**
10. **Controlling behavior**
11. **Jealousy**

12. **Isolation**
13. **Financial abuse**
14. **Sexual abuse**
15. **Verbal abuse**
16. **Physical abuse**
17. **Psychological abuse**
18. **Neglect**
19. **Codependency**
20. **Toxic relationships**

20 well-known examples of emotional manipulation, with an explanation of each:

1. **Gaslighting** is a form of emotional abuse in which the abuser tries to make the victim doubt their own sanity. They may deny that they said or did something that the victim remembers clearly, or they may tell the victim that their feelings are not valid or that they are overreacting.
2. **Triangulation** is when the abuser pits the victim against other people, such as friends or family members. They may badmouth the victim to others, or they may try to turn the victim's loved ones against them.
3. **Silent treatment** is when the abuser ignores the victim as a way to punish them or to control their behavior. They may refuse to talk to the victim, or they may give them the "cold shoulder."
4. **Love bombing** is when the abuser showers the victim with attention and affection in order to win their trust. They may buy the victim gifts, tell them how much they love them, or do anything else they can think of to make the victim feel special.
5. **Playing the victim** is when the abuser acts like they are the one who is being hurt or wronged, even though they are the one who is actually causing the pain. They may make the victim feel guilty for their own actions, or they may try to make the victim feel like they are the bad guy.

6. **Blaming** is when the abuser blames the victim for their own problems. They may say that the victim is "too sensitive," or they may say that the victim is "asking for it."
7. **Name-calling** is when the abuser insults the victim by calling them names. This can be done in a joking manner, but it can also be done in a more hurtful way.
8. **Put-downs** are similar to name-calling, but they are more subtle. The abuser may make the victim feel bad about themselves by making comments about their appearance, their intelligence, or their abilities.
9. **Threats** are when the abuser threatens to do something bad to the victim if they don't do what they want. This can be anything from verbal threats to physical threats.
10. **Controlling behavior** is when the abuser tries to control the victim's every move. They may tell the victim what to wear, who to talk to, or where to go.
11. **Jealousy** is when the abuser is constantly accusing the victim of cheating or being unfaithful. They may check the victim's phone or email, or they may follow them around.
12. **Isolation** is when the abuser tries to isolate the victim from their friends and family. They may make the victim feel like they are the only person who loves them, or they may make it difficult for the victim to see their loved ones.
13. **Financial abuse** is when the abuser controls the victim's finances. They may take the victim's money, or they may prevent the victim from getting a job.
14. **Sexual abuse** is any type of sexual contact that is not consensual. This can include rape, sexual assault, and other forms of sexual violence.
15. **Verbal abuse** is when the abuser uses words to hurt the victim. This can include yelling, name-calling, insults, and threats.
16. **Physical abuse** is when the abuser uses physical force to hurt the victim. This can include hitting, kicking, pushing, and other forms of physical violence.
17. **Psychological abuse** is when the abuser uses emotional manipulation to control the victim. This can include gaslighting, triangulation, silent treatment, and other forms of emotional abuse.
18. **Neglect** is when the abuser fails to provide for the victim's basic needs. This can include food, shelter, clothing, and medical care.

19. **Codependency** is a relationship in which one person is dependent on the other person for their emotional and/or physical well-being. This can be a form of emotional manipulation, as the dependent person may be afraid to leave the relationship because they fear what will happen to them if they do.
20. **Toxic relationships** are relationships that are harmful to one or both people involved. They are often characterized by emotional manipulation, abuse, and control.

If you are experiencing any of these forms of emotional manipulation, it is important to seek help. You can talk to a trusted friend or family member, or you can seek professional help from a therapist or counselor. There are also a number of resources available online and in your community that can help you cope with emotional manipulation and build healthy relationships.