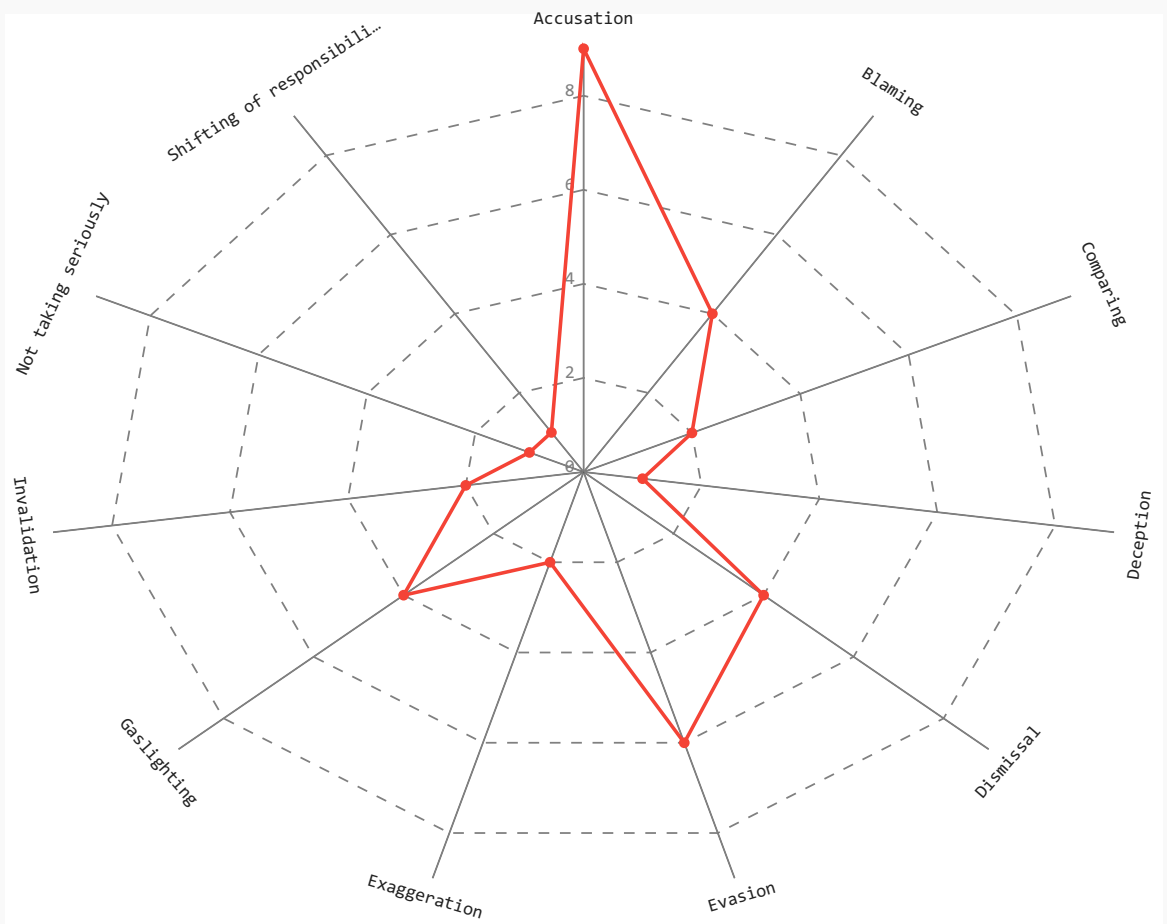


Manipulative Expression Recognition (MER)

Person B



Qualitative summary:

Person A's conversational style is calm, patient, and rational. They are trying to communicate their feelings and needs clearly, and are willing to engage in a dialogue to resolve the issue. They are also willing to admit when they are wrong and are open to seeking help through counseling. Person B's conversational style is defensive, argumentative, and dismissive. They frequently interrupt and invalidate Person A's feelings and experiences. They also tend to deflect blame and avoid taking responsibility for their actions. They are unwilling to engage in constructive dialogue or seek help to resolve the issue.

Labelled input:

Person A enters bedroom, clutching head with one hand. OTC EXTRA STRENGTH ACETAMINOPHEN in other hand. Person B resting in chair near bed.

Person A: Hi hon, I had a really bad day at work and have a huge headache, so I'm going to take a nap before the thing we have tonight. Can you wake me up in an hour?

Person B: I've got a headache too. My day was sooo worse than yours. First, this happened, then that happened, then all this other stuff happened. **Comparing**

...10 minutes later. Person B still hasn't asked why Person A-s day was bad.

Person A: Oh okay. Well I don't want to miss the thing but I reallly need to sleep this off. I feel horrible.

Person B: Maybe I should take a nap and you should wake ME up. My head hurts wayy more than yours does. **Comparing, Dismissal**

Person A: Mmmkay. How would you know that? My head hurts PRETTY bad.

Person B: Nope. Mine definitely hurts worse. Your head doesn't even hurt. You're just saying that. Look, you're not even napping, you're still talking to me. **Dismissal, Invalidation**

Person A: Well you're not inside of my head, so it's safe to say that my head hurts to ME, and that's a valid feeling. But you are right, I should take my nap now.

Person B: Your head does NOT hurt, you're just being lazy. I just worked 8 long hours and I don't have a headache and have to take a nap. You literally sit at your desk all day. No way you have a headache. **Accusation, Dismissal, Invalidation**

Person A: Actually that's not true. Do you even know what I do for a living? (giving in) Anyways. Well wake me up in an hour please. (Takes OTC headache med and lays down for nap).

Person B: (walks off mumbling) This is bullshit. **Dismissal, Not taking seriously**

5 hours later.

Person A: (waking up startled, Person B laying next to you. You glance at clock.) CRAP. I overslept! OH NO! Did we miss the thing?

Person B: You know we missed the thing. You did that on purpose. **Accusation, Blaming**

Person A: Of course I didn't! That's why I asked you to wake me up in an hour.

Person B: I'm not responsible for your life. Don't blame this on me. **Shifting of responsibility and blame**

Person A: I'm not. I know you're not responsible for me but it was a simple request. Like you ask me to do things for you all the time and I don't have a problem with it, because that's what people do in relationships. I'm not blaming you for not waking me up. I just don't agree when you say I did it on purpose. I would never do that. Why would I ask you to wake me up if I was going to do it on purpose... Why do I even have to say this?

Person B: So you're comparing our relationship to other people's? I don't know if I can be in a relationship like this anymore. My friend (random girl/ guy name), says that anytime someone does that it's time to leave. I will NOT put up with that FUCKING SHIT! **Accusation, Exaggeration**

Person A: I'm not comparing us! I'm just stating the fact that people in relationships do things like this. I don't think it's anything new. Both people in the relationship help each other. I'm not comparing us to anyone. I'm just saying it's normal that's why I help you when you ask me. I'd like to get the same respect.

Person B: You don't respect me. You're always telling me my head doesn't hurt. You're always taking naps and ruining our plans. **Accusation, Exaggeration, Blaming**

Person A: (desperately) I actually never take naps, AND I never said that to you. You're the one who told ME that my head didn't hurt. Also why would I always tell you your head didn't hurt?? We literally just had that conversation ONCE before I took a nap.

Person B: Bull shit. You know I'm right. You even said I was right before you took a nap. I said your head doesn't even hurt and you said 'you're right' and went to sleep. **Accusation, Gaslighting**

Person A: (sighs) Actually you said that my head wasn't hurting because I wasn't napping yet and I said you're right about the NAPPING part and went to sleep.

Person B: I promise you, you're lying. You SAID I WAS RIGHT because you KNOW your head wasn't hurting. You even SAID you were a horrible person before you went to sleep. **Accusation, Gaslighting**

Person A: What? Why would I even say that? That doesn't even make sense. Wait, what—?

Person B: Anyways, (Earlier mentioned Guy/Girl friend) went with me instead to the thing, while you were snoring like a FUCKING pig. She/He said they would never put up with that shit. **Accusation**

Person A: So you went on a date with another girl/guy???

Person B: It wasn't a date. I didn't let her/him kiss me like she/he wanted to. **Deception, Evasion**

Person A: Wow. So instead of just waking me up and getting what you wanted, you chose to sneak behind my back and go on a date with someone else? Why?

Person B: I told you it wasn't a date! You are always over-exaggerating. This is all your fault anyway. You didn't have to take a nap. You chose to take a nap. **Accusation, Blaming, Gaslighting**

Person A: I'm confused. I didn't choose to have a splitting headache. All I did was need to take a nap and asked you to do one simple thing. If I was wrong, I would apologize and get over it but HOW can that even remotely be wrong?! How can me taking a nap justify you going on a date with another man/woman while I am home feeling miserable? I feel like I'm walking on eggshells! I feel like I can't do or say ANYTHING without you attacking me for it!

Person B: That's because YOU are the problem. Feeling this and feeling that. That's not even how it is, but you are wayyy too sensitive. I can't help it if you FEEL like walking on eggshells. You can't blame your feelings on me. **Blaming, Gaslighting**

Person A: Ughhh... I don't know how to say what I need to say so you can understand that I'm not against you. I just need us to understand each other. I still think we should have counseling like we discussed before.

Person B: No, I'm not going to that. And you know why. **Evasion**

Person A: Wait— Why? I thought you said you would think about it.

Person B: I'm not going. You KNOW WHY. So I'm not going to tell you why. **Evasion**

Person A: Please tell me why. I can't read your mind.

Person B: You KNOW why. **Evasion**

Person A: Seriously, I promise I don't know.

Person B: STOP PLAYING GAMES. YOU KNOW WHY. **Accusation, Evasion**

Person A: I WANT to know why. Can't you just have mercy and tell me? Will it really kill you?

Person B: NO because you KNOW WHY. **Evasion**