

**DEALING WITH  
MANIPULATIVE  
PEOPLE  
TIPS REPORT**

*This report includes powerful tips related to **dealing with manipulative people**.*

*It also includes 3 actionable steps you can take **right away** and a list of suggested reading for those people who are looking for **even more information**.*

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# TOP TIPS

## **1. As the word implies, manipulative means control.**

People who are manipulative want to control other people. They do so in subtle ways, often pitting others against the people they are trying to control. This is why dealing with them takes some finesse. Learn how to apply these ways so that you don't become a victim of the manipulative people.

## **2. Learn to recognize when you are being manipulated.**

The power of manipulative people is they know how to take control of others without them realizing until it's too late. Your best defense against a manipulator is to defend yourself when it's happening, not hours or days later.

## **3. When someone is manipulative, they will try to invoke anger in you.**

That is how they can turn others against you. They will show others around you that you are not in control of your emotions. They will come out as the bigger person. They won't get angry in response to your anger. That is how they win. To counter this tactic, don't take the bait. Play the same game by remaining calm. Ask questions about their actions. Put them on the defensive. Since these people are relying on you to become angry at the start, you will throw them off. They may not be prepared for answering questions.

## **4. Make sure that you document everything they do.**

Whenever you deal with them in any capacity, send an email so they can't deny the conversations. Use certified mail when sending anything

to them if they are far away.

**5. If you have the capability, don't deal with manipulative people at all.**

This isn't always possible since you may work with them. But, if someone in your circle of friends is a manipulator, you certainly don't have to spend time with him or her. Try to keep your distance with these people.

**6. Don't be weak.**

Manipulators will try to find targets that will back down easily. You need to stand your ground. Don't answer with anger. However, be firm and don't let them take control of the situation. The situation is a bit more complicated when the manipulator is your boss. He or she has the upper hand in the relationship. If it gets too out of hand and you can't keep control, it may be time for you to seek alternative employment.

**7. A manipulator will try to pass off their statements in a way that seems positive but has underlying tones of negativity.**

This is usually in the form of passive aggressive speech. If you remain positive in your responses, others will respect you for this, and it will derail the manipulator's attempts at control. It is also likely to force the manipulator to find another target.

# ACTIONABLE STEPS

| 1  | 2   | 3   |
|--|---|---|
| <p>Find a webinar that helps you control your anger. This is one of the emotions that manipulators feed on. If you are easily baited, they are going to win. By learning how to control your anger, you turn the tables in your favor.</p> | <p>Start using affirmations in your life. To diffuse manipulators, you need to remain positive. You cannot do that if you are feeding off negative thoughts yourself.</p> | <p>Create a list of traits that you can identify as being manipulative. Observe people who you interact with often. See if you can identify when someone is trying to manipulate other people. Take note of their actions and their speech. Keep a diary of these manipulative attributes so you can learn when they are being applied to you. The more in tune you are to these attributes, the quicker you can recognize when it is happening to you. Then, you can use an appropriate defense.</p> |



# FURTHER READING

- 1. In Sheep's Clothing - Understanding and Dealing with Manipulative People:**  
<https://www.amazon.com/Sheeps-Clothing-Understanding-Dealing-Manipulative/dp/1935166301/>
- 2. Controlling People - How to Deal with People Who Try to Control You:**  
<https://www.amazon.com/Controlling-People-Recognize-Understand-Control/dp/158062569X/>
- 3. The Judas Syndrome - Why Good People Do Awful Things:**  
<https://www.amazon.com/Judas-Syndrome-People-Awful-Things/dp/1426751095/>
- 4. Difficult People Handbook:**  
<https://www.amazon.com/Difficult-People-Handbook-difficult-aggressive-ebook/dp/B00XA5VPSI/>
- 5. Dealing with People You Can't Stand:**  
<https://www.amazon.com/Dealing-People-Stand-Revised-Expanded/dp/0071785728/>

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