



IS THERE A MANIPULATOR NEARBY?

His goals are simple: to fulfill his needs at your expense. And it can end up costing you dearly.

by PIERRETTE DESROSIERS, M. Ps.,
Work psychologist, conference speaker, work coach

"I can't do what I want to do. Every time I bring something up, my dad gets mad, cries or sulks for days." Paul believes he is trapped by his dad's demands and requirements. *"In our family, we understood a long time ago that in order to have peace, we mustn't argue with him."* So now nobody contradicts him, and they have also forgotten their own needs. In fact, after a lengthy discussion with Paul, it becomes clear that the whole family is under the influence of a master manipulator.

A manipulator is an unbalanced person. He has little or no self-awareness. He perceives himself as much better than he actually is. He thinks highly of himself. He denies and forgets his lapses very quickly; otherwise he would hate his self-image. The manipulator's goal is simple: fulfill his priorities at the expense of others. His interest and needs always come first.

How can we protect ourselves against somebody like this? Firstly, we must be aware of the harm he is causing (self-doubt, loss of self-confidence, isolation, inability to fulfill our own needs without feeling guilty, etc.). Then we must ask ourselves what we want in life. Finally, we must assert ourselves over and over again. But in order to become assertive, we must be prepared to deal with the consequences.

For example, when Paul told his father that he would no longer tap the sugar maples because he had too much work and he had never liked it, his dad stop speaking to him and wanted nothing to do with him for a month and a half.

When Julie politely told her mother to stop telling her how to raise her children, she began yelling, stormed out of Julie's house and did not invite her daughter for Christmas.

In some instances, in order to survive psychologically, you must end a toxic relationship because a manipulator will not accept it when you assert yourself. There is a price to pay to liberate yourself from a manipulator, but doing so is nowhere near as costly as remaining under his influence.

Here are some of the characteristics of a manipulator*. The more a person has, the more likely it is that he or she is a manipulator.

- ❖ He makes others feel guilty in the name of family, friendship, love or professionalism.



Pierrette Desrosiers
PSYCOACHING

Pierrette Desrosiers, M.Ps.
Work Psychologist
Conference speaker
Work Coach

Email: pierretted@lincsat.com
www.desrosierspsycoaching.com

☎ 819 849-9016
☎ 819 849-9421

849, Rang 10
St-Herménégilde, QC
JOB 2W0

- ❖ He puts responsibility onto others.
- ❖ He doesn't clearly communicate his requests, needs, feelings and opinions.
- ❖ His opinions, behaviours and feelings change depending upon the person or the situation.
- ❖ He makes others believe that they must be perfect, never change their mind, know everything and respond immediately to requests and questions.
- ❖ He challenges others' qualities, abilities and personalities. He criticises them insidiously, puts them down and judges them.
- ❖ He knows how to play the victim and how to get people to pity him.
- ❖ He makes subtle threats to people or openly blackmails them.
- ❖ He avoids or finds a way out of conversations and meetings.
- ❖ He counts on people's ignorance and makes others think he is superior.
- ❖ He lies.
- ❖ He is self-centered.
- ❖ He can be jealous.
- ❖ He cannot tolerate criticism and denies what is obvious.
- ❖ He flatters people in order for them to like him.
- ❖ He makes people feel uncomfortable and trapped.
- ❖ He makes people do things they would normally not do of their own accord.

**Excerpted from Les manipulateurs sont parmi nous by Isabelle Nazare-Aga, Editions de l'Homme.*

Comments or suggestions? Please contact Pierrette Desrosiers.

Available on Canadian Farm Management Council's web site– September 2008



Pierrette Desrosiers
PSYCOACHING

Pierrette Desrosiers, M.Ps.
*Work Psychologist
Conference speaker
Work Coach*

Email: pierretted@lincsat.com
www.desrosierspsycoaching.com

☎ 819 849-9016
📠 819 849-9421

849, Rang 10
St-Herménégilde, QC
JOB 2W0