



Pierrette Desrosiers
PSYCOACHING

Cultivate
the best
in people
and harvest
success
in business



Pierrette Desrosiers, M.Ps.

Work psychologist
Speaker . Coach

pierrettedesrosiers.com

T 819 849.9016

pierrette@pierrettedesrosiers.com

849, rang 10
St-Herménégilde, QC
J0B 2W0

TOOL - 30 PSYCHOPATH-MANIPULATOR CHARACTERISTICS

In order for a person to be a psychopath, at least 14 items from this list must be present as permanent traits. For example item 18: almost everyone has told a lie at some points in their life, but item 18 only applies if a person uses lies as a habitual strategy.

1. Burdens others with guilt while appealing to family ties, friendship, professional ethics;
2. Evades responsibilities or pushes them onto others;
3. Remains vague in the communication of his/her claims, needs, feelings and opinions;
4. Often gives vague answers;
5. Changes opinion, behaviour and feelings depending on people and situations;
6. Makes use of logical arguments to camouflage claims;
7. Wants to make others believe that they have to be perfect, that they can never change their mind, that they have to know everything and have to respond immediately to claims and questions;
8. Disputes the qualities, the ability and the personality of others; criticises without giving that impression, despises and condemns;
9. Lets others convey his/her messages;
10. Creates havoc (fights), creates distrust, divides to be better able to rule;
11. Positions himself/herself as a victim to elicit compassion;
12. Ignores or does not honour requests even if he/she declares that they will be taken care of;
13. Misuses ethical principles of others to serve own interests;
14. Threatens in underhanded ways or commits open "blackmail";
15. Suddenly changes the subject in the course of a conversation;
16. Avoids or flees relationships and togetherness;
17. Targets the ignorance of others and creates an impression of superiority;
18. Lies;
19. Tells lies to find out the truth;
20. Is egocentric;
21. Can be jealous;
22. Does not bear criticism and negates evidence;
23. Does not care for the rights, opinions and wishes of others;
24. Often uses the very last moment to give commands to others or to instigate them to act;
25. His/her words seem to be logical or coherent while the attitude and behaviour give evidence of the opposite;
26. He/she exerts himself/herself in making compliments in order to gain your sympathy, gives presents, becomes suddenly very caring for you;
27. Gives you an uneasy, unfree feeling;
28. Extremely expert in accomplishing own goals, but at the expense of others;
29. Pressures us to do things that we would not do of our own accord;
30. Is the subject of conversations, all the time, even if he/she is not present?

It is entirely possible that if you are not intimately involved with a psychopath and/or are not the direct victim, that you have not noticed very little of the above signs. These people can be experts at projecting a likeable public image.



Pierrette Desrosiers
PSYCOACHING

Cultivate
the best
in people

and harvest
success
in business



Pierrette Desrosiers, M.Ps.

Work psychologist

Speaker . Coach

pierrettedesrosiers.com

T 819 849.9016

pierrette@pierrettedesrosiers.com

849, rang 10

St-Herménégilde, QC

J0B 2W0

It is very, very important, if you are a victim of a psychopath, to get your experience validated. It can take a lot of time and difficulty to recover from the damage done by a psychopath. Often the people near you will not believe that this "nice person" (the "charming" mask) has done all these horrible things to you. It is necessary that our society becomes aware of what psychopathy is, how these people inflict damage and how their attempts can be made unsuccessful.

Translated and adapted from « Les manipulateurs sont parmi nous : Qui sont-ils ? Comment s'en protéger? » from Isabelle Nazare-Aga, 2004