Psychology of personality

MANIPULATION. IMPACT ON A PERSON

It is likely that each of you has been subject of manipulation or has manipulated others at least once in your life without fully realizing it. And you know, this is probably a normal phenomenon, because living without manipulation would be too simple. After studying this informative psychological article, you will understand what types of manipulation exist, how to recognize manipulation and resist it, what characteristics a manipulative person possesses, what dangers manipulation poses, and you will learn to read people like an open book.

A manipulator is like the most skillful master of playing the "strings of the soul". They adeptly and subtly manipulate the behavior of a person for their own benefit. Manipulators often deliberately use deceptive tricks to neutralize or subdue the will of their victim, but no less frequently do so unconsciously, as manipulation has become a lifestyle for such individuals, and correcting it is very difficult. People who achieve their goals "by any means necessary", at the expense of those around them and often to their detriment, are called manipulators. Typically, such individuals do not advertise their true intentions, so an unsuspecting victim needs time to realize what is happening and regain control over their own mind.

Yes, it is very similar to hypnosis. Let's talk about manipulators' fears. These people are very afraid of making mistakes, of being "found out," because for them, winning over the victim is the most important thing, and they don't know how to lose gracefully. But in reality, manipulation is very dangerous for the human mind. "Why?" you might ask. And I will answer: under the influence of a manipulator, the victim's self-esteem rapidly drops, and in their soul, instead of favorable plans for the future and pleasant memories, there is confusion and chaos, a festival of negative emotions: guilt, anxiety, love, anger, fear, despair, hope. All of this is unstable, and the victim in this whirlwind of emotions does not see themselves, their partner, the future, or even the present. The manipulator's poison completely disorients the person. The manipulator forces the object of manipulation to adopt their point of view, to perform a certain action, to feel a certain way - by force. This can include threats, pressure from authority, emotional attacks, physical violence, guilt-tripping, and more. In such cases, the role of the manipulator is very similar to that of an "enforcer."

The most popular tactic of manipulating someone's consciousness is called mirroring. In the process of communication, the manipulator copies the style and pace of the interlocutor's speech, takes the same posture, reproduces the mimicry and gestures. This method is intended to distract the victim's attention and convince them that the manipulator is their ally and can be trusted. However, manipulation has two sides, and the other side is silence, ignoring the victim. The silent manipulator is just as frightening as the one who manifests themselves in communication. This type does not want to engage in a dialogue. It is easier for them to show the world that they have been offended, that their desires are allegedly uninteresting to anyone. But their main goal is to achieve what they want, even if they have to create a sense of guilt in close people. Like conflict, this system works just as effectively.

Why does a person become a manipulator? Let's understand. A person is not born a manipulator, it's all the consequences of certain life moments and situations. The first sign of playing with human minds is masking one's true emotions. A manipulator least of all wants anyone, even the closest person to them, to know about their feelings hidden deep in their soul. They treat all their tasks as tedious duties that need to be got rid of as soon as possible. Such a person doesn't know how to enjoy life, catch moments of happiness, or experience strong emotions. Their consciousness is convinced that the time for fun and pleasure, for development and learning is childhood and youth. Upon reaching "mature" age, they give up on life and drown in grayness and routine, not even trying to change anything and understand the meaning of their existence. A manipulator is, in reality, a very closed person, with their psychological wounds, who needs serious psychological help. They are unable to appreciate themselves as they are, feeling constantly misunderstood, unrecognized, and undervalued, explaining the reason for their unhappiness by their unfavorable past experience and enjoying their own suffering.