

Who's Pulling Your Strings

Silent treatment

ISBN 978-981-10-2569-3. Retrieved 1 August 2016. Braiker, Harriet B. (2004). Who's Pulling Your Strings ? How to Break The Cycle of Manipulation. McGraw Hill Professional - Silent treatment is the refusal to communicate with someone who is trying to communicate and elicit a response. It may range from just sulking to malevolent abusive controlling behaviour. It may be a passive-aggressive form of emotional abuse in which displeasure, disapproval and contempt is exhibited through nonverbal gestures while maintaining verbal silence. It is a form of manipulative punishment. It may be used as a form of social rejection; according to the social psychologist Kipling Williams, it is the most common form of ostracism.

Guilt trip

multiple names: authors list (link) Braiker, Harriet B. (2004). Who's Pulling Your Strings? How to Break The Cycle of Manipulation. ISBN 978-0-07-144672-3 - A guilt trip is the experience of guilt due to another person's communication that leads to the emotional response. Guilt tripping, causing a guilt trip, is a form of emotional blackmail that is often intended to manipulate a person by preying on their feelings of guilt or responsibility. It is considered by many to be a toxic behavior that effects a person's well-being and relationships.

There are limited studies examining the guilt trip; mostly focused on parent-child relationships. George K. Simon interprets the guilt trip as a special kind of intimidation tactic. A manipulator suggests to the conscientious victim that they do not care enough, are too selfish or has it easy. This usually results in the victim feeling bad, keeping them in a self-doubting, anxious and submissive position. Some consider guilt tripping a person to be a form of punishment for a perceived transgression.

Controlling behavior in relationships

Overview of Manipulation". Who's Pulling Your Strings?: How to Break the Cycle of Manipulation and Regain Control of Your Life. New York: McGraw Hill - Controlling behavior in relationships are behaviors exhibited by an individual who seeks to gain and maintain control over another person. Abusers often utilize tactics such as intimidation or coercion, and may seek personal gain, personal gratification, and the enjoyment of exercising power and control. The victims of this behavior are often subject to psychological, physical, sexual, or financial abuse.

Smile

doi:10.1016/j.pragma.2010.01.010. Braiker, Harriet B. (2004). Who's Pulling Your Strings ? How to Break The Cycle of Manipulation. McGraw Hill Professional - A smile is a facial expression formed primarily by flexing the muscles at the sides of the mouth. Some smiles include a contraction of the muscles at the corner of the eyes, an action known as a Duchenne smile.

Among humans, a smile expresses delight, sociability, happiness, joy, or amusement. It is distinct from a similar but usually involuntary expression of anxiety known as a grimace. Although cross-cultural studies have shown that smiling is a means of communication throughout the world, there are large differences among different cultures, religions, and societies, with some using smiles to convey confusion, embarrassment, or awkwardness.

Emotional blackmail

Personality Disorder". Retrieved 20 October 2014. Braiker, Harriet B., Who's Pulling Your Strings? How to Break The Cycle of Manipulation (2006) Nina W. Brown, - The term emotional blackmail was popularized by clinical social worker Susan Forward about controlling people in relationships and the theory that fear, obligation and guilt (FOG) are the transactional dynamics at play between the controller and the person being controlled. Understanding these dynamics is useful to anyone trying to extricate themselves from the controlling behavior of another person and deal with their own compulsions to do things that are uncomfortable, undesirable, burdensome, or self-sacrificing for others.

Pull Harder on the Strings of Your Martyr

"Pull Harder on the Strings of Your Martyr" (often shortened to "Pull Harder" or simply "Martyr") is a song by American heavy metal band Trivium. It appears on their 2005 album *Ascendancy* and was released as the album's second single in the same year. Metal Hammer named it "one of the decade's biggest metal anthems".

Manipulation (psychology)

1111/j.1467-6494.1992.tb00981.x. PMID 1635051. Braiker HB (2004). Who's Pulling Your Strings ? How to Break The Cycle of Manipulation. McGraw Hill Professional - In psychology, manipulation is defined as an action designed to influence or control another person, usually in an underhanded or subtle manner which facilitates one's personal aims. Methods someone may use to manipulate another person may include seduction, suggestion, coercion, and blackmail. Manipulation is generally considered a dishonest form of social influence as it is used at the expense of others. Humans are inherently capable of manipulative and deceptive behavior, with the main differences being that of specific personality characteristics or disorders.

Doubt

unable to assent to either of them. Braiker, Harriet B. (2004). Who's Pulling Your Strings ? How to Break The Cycle of Manipulation. McGraw Hill Professional - Doubt is a mental state in which the mind remains suspended between two or more contradictory propositions, and is uncertain about them. Doubt on an emotional level is indecision between belief and disbelief. It may involve uncertainty, distrust or lack of conviction on certain facts, actions, motives, or decisions. Doubt can result in delaying or rejecting relevant action out of concern for mistakes or missed opportunities.

Self-image

in Your Mind: The Philosophy Behind the Matrix. Malden: Blackwell. p. 212. ISBN 978-1-4051-2523-9. Braiker, Harriet B. (2004). Who's Pulling Your Strings - Self-image is the mental picture, generally of a kind that is quite resistant to change, that depicts not only details that are potentially available to an objective investigation by others (height, weight, hair color, etc.), but also items that have been learned by persons about themselves, either from personal experiences or by internalizing the judgments of others. In some formulations, it is a component of self-concept.

Self-image may consist of six types:

Self-image resulting from how an individual sees oneself.

Self-image resulting from how others see the individual.

Self-image resulting from how the individual perceives the individual seeing oneself.

Self-image resulting from how the individual perceives how others see the individual.

Self-image resulting from how others perceive how the individual sees oneself.

Self-image resulting from how others perceive how others see the individual.

These six types may or may not be an accurate representation of the person. All, some, or none of them may be true.

A more technical term for self-image that is commonly used by social and cognitive psychologists is self-schema. Like any schema, self-schemas store information and influence the way we think and remember. For example, research indicates that information which refers to the self is preferentially encoded and recalled in memory tests, a phenomenon known as "self-referential encoding". Self-schemas are also considered the traits people use to define themselves, they draw information about the self into a coherent scheme.

Blame

– The Destructive Narcissistic Pattern (2006) Braiker, H.B., Who's Pulling Your Strings? How to Break The Cycle of Manipulation (2006) Frazier, P.A.; - Blame is the act of censuring, holding responsible, or making negative statements about an individual or group that their actions or inaction are socially or morally irresponsible, the opposite of praise. When someone is morally responsible for doing something wrong, their action is blameworthy. By contrast, when someone is morally responsible for doing something right, it may be said that their action is praiseworthy. There are other senses of praise and blame that are not ethically relevant. One may praise someone's good dress sense, and blame their own sense of style for their own dress sense.

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