

Summary of Manipulator Tactics and Target's Techniques	
Manipulator's Tactic	Technique to Outwit
Ambiguity Purposely structuring words/sentences to have multiple meanings or interpretations	Be persistent about clarifying questions. Play dumb about implications.
APOPHASIS a rhetorical comment where the manipulator brings up a subject by either denying it or denying that it should be brought up.	Use humor. <i>"HAHA I get it. You are saying that you won't talk about something, BY talking about it. That's funny."</i> Or appeal to the ever-present ego by saying something like, <i>"How clever of you to put it like that."</i>
Bullying Verbal personal attacks that intimidate. Also non-verbal behavior and/or physical posturing with aggressive energy causing a feeling of fear or insecurity.	Cease communication immediately. Hang up, leave the building, and if you can't don't respond.
Blame To hold responsible; find fault with, place the responsibility for something on someone else, or censure.	Broken record technique can be effective here. You simply keep repeating - <i>"I'm not the one to blame here."</i> or <i>"I refuse to accept any blame."</i>

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Calculation and Planning Events Events that are the result of calculation and planning but are perceived by the target/mark to be a coincidence.	In these situations, ask questions. Ask a lot of questions for clarification and justification, and be persistent.
Changing the Subject The manipulator pivots to a different subject, usually one that's more attractive to the target.	In a calm, non-accusatory voice you can say, <i>"I notice that you are changing the subject. Is there a reason for that?"</i> Or, with a stronger voice, ask, <i>"Why are you changing the subject?"</i>
Conflation Mixing two distinct thoughts/events as if they were one.	It is often helpful to ignore the conflation and continue to focus only on the original subject, or point out the conflation and insist on addressing each thing separately.
Creating Self Doubt This method is used by a manipulator in an insidious way often through non-verbal disapproval or verbally packaged as a "joke."	State your opinions declaratively with volume and in a confident tone, ignore their implications to create self-doubt.

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Dictating feelings Interpreting your feelings and telling how you feel	Use humor if you can and correct immediately and consistently.
Gaslighting Denying and/or redefining reality - insisting that something isn't true or didn't happen even though you may have witnessed it first-hand.	Remain calm and state your reality/perception of events in a confident tone with direct eye contact. Agree to disagree, this notifies the manipulator that you are not accepting their narrative.
Grooming (Love bombing) Kindness, romance, flattery, adoration, devotion, fairy-tale, and fun activities all with a hidden agenda to gain control over the target.	It's important that no matter how good the compliments feel, you receive them neutrally, and avoid fawning.
Hurt and Rescue Creating a calculated crisis often used to incite emotions in the target so that the manipulator can then be the hero and rescue the target or solve the problem/crisis.	Avoid receiving the help, solution, or answer from the manipulator who caused the problem.

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Invalidation Minimizing your opinions, feelings, and perceptions, demonstrating disregard for you non-verbally and verbally. See "Creating Self Doubt" above.	It's best to make an "I" statement, short and strong to put the manipulator on notice that you see what's happening. <i>"I won't continue this conversation without you acknowledging my feelings."</i> Then FOLLOW THROUGH!
Irony Meaning anything except the literal meaning of the word, often used as humor, but intended to embarrass.	Don't show embarrassment. Ignore the irony and respond to the words literally, at face value.
Leveraging Others Using a third party to join in overtly or covertly. <i>"Everyone thinks your nuts" or "your brother agrees that no-one in the family likes you."</i>	Ignore the statements. Remember to control your non-verbal reaction (poker face). You will know you are succeeding when the statements escalate.
Name Calling A comparison to people you despise. <i>"You're just like your mother" or just good old-fashioned "You're such a bitch!"</i>	<i>"The next time you call me a name this conversation will end abruptly."</i> Then DO IT by leaving, hanging up, or stop speaking.

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Non-verbal Disapproval and Approval Facial expression and para-language, this is in use constantly with many of the other methods listed here.	Try hard to ignore non-verbal communication. Focus on the face value of the words only, refuse to accept the subtext.
Public Humiliation Threatening to embarrass you in order to control you, using information that will knowingly hurt you, typically gained in confidence about a personal insecurity.	The only way to diffuse it is to REFUSE to feel humiliated no matter what. Avoid disclosing personal information so you don't embolden them.
Reframing a Past Event The manipulator twists and distorts the facts of a past event to benefit their agenda.	The best response is " <i>Hmm I don't remember it that way at all, well to each his own.</i> " Then change the subject. Saying anything more will play into their hands.
Repetition of False Information Confidently repeating false facts until you accept it.	Your denial or rejection will be used against you and will be seen as an admission by observers. Embrace the false information with humor/sarcasm and make a joke of it by adding your own exaggeration to the narrative.

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Sarcasm Words used in distaste often to embarrass others.	Interpret literally or show NO reaction.
Use of a Surrogate Using another person to manipulate.	Recognize that surrogates have been enlisted because the manipulator needs help with their agenda. Ignore the surrogate and/or ask them to stay out of it.
Word Use, Choice, and Inflection Using words and/or their delivery to embarrass.	These statements are designed to make you feel shame. Review the facts and don't internalize this message!
Non Verbal Tactics	Facial expressions and micro-expressions that may only be recognized by your subconscious rather than your conscious mind. Also includes gestures and movements.