

TACTICS MANIPULATORS USE TO MAINTAIN POWER AND CONTROL

Dr. Simon and domestic violence expert Lundy Bancroft each identify numerous specific tactics that manipulators use to maintain their power and control in their relationships.

- 1. Minimizing**
 - 2. Lying by omission**
 - 3. Denying**
 - 4. Attending selectively (Actively ignoring warnings and pleas or wishes of others)**
 - 5. Rationalizing**
 - 6. Diverting attention**
 - 7. Evading detection**
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- 1. Intimidating subtly**
 - 2. Provoking guilt**
 - 3. Shaming**
 - 4. Playing victim role**
 - 5. Playing the servant role (Cloaking a self-serving agenda in a noble cause)**
 - 6. Seducing**
 - 7. Projecting blame**
 - 8. Feigning innocence (Pretending to be unaware of what he or she is doing)**
 - 9. Feigning ignorance or confusion (Acting as if he or she doesn't know what the other person is talking about)**
 - 10. Brandishing anger (Deliberately displaying anger to intimidate and coerce others)**

- 11. Distorting what the other person is saying or doing**
- 12. Withdrawing love and approval**
- 13. Indicating contempt for the other person (Mocking, ridiculing, rolling eyes, etc.. showing they have no respect for the others thoughts or feelings)**
- 14. Acting as the final authority**
- 15. Criticizing in a harsh and uncalled-for manner**
- 16. Not listening, interrupting**

Amy J. L., Baker and Paul R. Fine, editors, Surviving Parental Alienation, a journey of hope and healing (Lanham, Maryland: Rowan & Littlefield, 2014) pgs. 47 to 50.