



DID YOU KNOW THE

MEANING



Different Forms of Manipulation



1. Negging

Negging occurs when a person tries to manipulate you into feeling bad about yourself.

The following are some examples of Negging:

- Backhanded compliments:
“Well, don’t you look fabulous? I would never be brave enough to wear that short dress, with your round body”.
- They compare you to other people:
“My ex-partner was really in great shape; you should take a cue from them and start working out”.
- They’re always ‘just joking’ when you call them out:
“Haibo! Lighten up!; Kanti where’s your sense of humour?”
- They insult you under the guise of ‘constructive criticism’. for example
“I know you put a lot into writing that assignment, but clearly the topic is way above your understanding.”
- They disguise insults as questions.
“Don’t take this wrong, but are you really going to wear that?”
- They make you feel sorry for voicing concerns by minimising their mistreatment of you. Negging is usually done when in the company of others, to increase your sense of shame, embarrassment and humiliation.

Haibo! Lighten up!; Kanti where’s your sense of humour?

2. Emotional Blackmail

Emotional blackmail is a dysfunctional form of manipulation that people use to place demands on others and to threaten them to get what they want. Emotional blackmail may sound something like:

- “If you don’t do what I want, when I want it, you don’t really love me.”
- “If you ever stop loving me, I will kill myself.”
- “How can you say you love me but still be friends with them?”
- “If you don’t go with me to this function, it is over between us.”



3. Love Bombing

Love bombing is a manipulation tactic that happens when someone overwhelms you with affection, adoration, gifts, and love to gain control of your behaviours.

Someone trying to love bomb you may:

- Lavish you with gifts (this often includes over the top gestures to make you feel as if you owe them something).
- Want to be in constant communication with you (constant calls, texts, and messaging over social media all day long).
- Get upset when you set boundaries within the relationship (they may declare that you don't care about them/that you don't love them).
- Only want you to spend time with them to the exclusion of your friends.



4. Gaslighting

Gaslighting is a manipulation tactic used by an abuser to create a false narrative in order to make their partner question their own judgement, emotions, reality or sanity.

Behaviours associated with gaslighting include:

- Telling lies to/about you to/about others.
- Denial of the fact that they ever said or did something, even though you have proof.
- Making you question your own reality.
- Using what is near and dear to you as ammunition.
- Throwing in positive reinforcement to confuse you.
- Using confusion to make you doubt yourself
- Telling others that you are crazy.
- Telling you everyone else is a liar.
- Telling you that the way you were raised is abnormal.



MY REALITY?

Gaslighting only works when a victim/survivor isn't aware of what's going on. Once you are aware of this pattern of abuse, you are able to counter it when you recognise the behaviour.

5. Guilt-tripping

Guilt trip manipulation occurs when the abuser uses guilt as a tool to get the other person to feel guilty/bad in order for that person to change their behaviour/decision/opinion. This type of manipulation usually occurs in close relationships (romantic partnerships, friendships, professional relationships, or family relationships).

Guilt-tripping may include:

- Pointing out their own efforts and hard work to make you feel as if you've fallen short.
- Keeping tabs on all the 'favours' that had been done.
- Making sarcastic or passive-aggressive remarks about the situation.
- Ignoring your efforts to talk about the problem.
- Giving you the silent treatment.
- Denying their irritation, although their actions tell you otherwise.

Calling out guilt-tripping when you notice it is one of the most effective ways of combating it.

6. Grooming

Grooming is a cycle of abuse used by abusers/predators to gain the trust of a target, and ultimately manipulate that trust to gain sexual, monetary, or other advantages. Ultimately the target is isolated, dependent and more vulnerable to exploitation by the abuser/predator.

Grooming may initially appear to be for the benefit of the 'target', but the overall aim of the abuser/predator is to establish a psychological and/or material dependence between the abuser and their 'target' in order to facilitate sexual, monetary or other gains.

Once one recognises grooming for what it is, it can help one avoid that pattern of manipulation by the abuser/predator.



How to deal with manipulative people:

1. Disengage.

If someone is trying to get a particular emotional response from you, choose not to give it to them. For example, if a manipulative friend is known to flatter you before asking a favour, do not play along. Rather, reply politely and shift the conversation.

2. Be confident and stop compromising.

Sometimes, manipulation may include one person's attempts to cause another person to doubt their abilities, intuition, or even reality. This can wear people down over time and cause them to question these things in themselves. If this happens often in a close relationship, it's best you step away.

3. Address the situation and be very specific in the details, don't allow generalisations.

Call out manipulative behaviour as it is happening. Keeping the focus on how the other person's actions are affecting you rather than starting an accusatory statement may also help you reach a resolution while emphasizing that their manipulative tactics won't work on you.

You *are not* alone:

1. Trust your gut.

If you feel like you are being manipulated, TRUST YOUR GUT! Many times, manipulators can make one question one's own reality. Try to harness how you are feeling; do this by keeping a journal to express your own feelings. You may also share your thought with a close friend who you trust, to check an objective perspective.

2. Reach out to a professional.

Sharing your emotions with someone who can help you process and validate what you are going through can help you see light even in the darkest time.

3. Confide in someone you trust.

The benefits of confiding in someone in your life are twofold: you can find an ally in your corner to process what you're going through and you can spend more quality time away from the manipulator. Try joining a support group.

To find a **Support Group** in your area, please phone SADAG on 0800 21 22 23.

For emergencies during evenings, weekends, and public holidays, please contact:



- Higher Health 24-hour Tollfree Mental Health Helpline:
0800 36 36 36 or SMS 43336

- Suicide Emergency Lines:
0800 21 22 23 (08:00-20:00) / 0800 12 13 14 (20:00-08:00) / 0800 567 567
or SMS 31393

- Substance Abuse:
0800 12 13 14 or SMS 32312

- Cipla 24hr Mental Health Helpline:
0800 456 789

- Gender-based Violence Support:
0800 428 428 or SMS for call back *120*7867#

- LifeLine:
0861 322 322 (Counselling available 24/7)
or www.lifelinesa.co.za

Student Health Services Medical Care:



Campus clinic bookings can be made during office hours (08:00 - 16:00)

- South Campus - 041 504 2174

- North Campus - 041 504 1149

- North Campus - 041 504 11 • Missionvale Campus - 041 504 1374

- 2nd Avenue Campus - 041 504 3762

- George Campus: 041 504 5062

After hours (16:00 - 08:00) **Medical Emergencies ONLY**

- Port Elizabeth - 041 504 2009

- George - 072 138 1280

- Please report harassment and discrimination by visiting the Nelson Mandela University Reporting Page: <https://onl.mandela.ac.za/PublicReportingPage/>
- To join the GBV Female support group please contact: Vuyolwethu.ndita@mandela.ac.za
- To join the GBV Male support group please contact: Bonganin@mandela.ac.za
- To join the Queer support group please contact: Vuyolwethu.ngcofe@mandela.ac.za

For staff members:

- Individual counselling available via Zoom or Face to Face at the discretion of the counsellor.
- Telephonic Support and counselling (Psychosocial, Legal, Health and Financial).
- Contact the **Care Centre at 0800 205 333 or email: info@wellwork.co.za.**



Self-screening tools to assist you:

Zone Check: Substance Abuse	YES	NO
1. Are you concerned about your use of drugs and/or alcohol at times?		
2. Have you tried to stop using or cut down the amount of substances you use when alone, but have not been successful?		
3. Are your family members and loved ones concerned about the amount of alcohol and/or drugs you use?		
4. Do you have legal, financial and/or relationship issues which are directly and indirectly related to your usage of alcohol and/or drugs?		
5. Are you unable to function normally without taking alcohol and/or drugs, and have you experienced feeling extremely down when you don't take them?		
6. Has your usage of drugs and alcohol affected your work/academic performance negatively?		

If any of your answers place you in a YES square, you are in the RED ZONE. This might mean you are at risk for substance abuse and addiction. Please refer to the contact list for help with counselling, care, and support as soon as possible.

Note that this self-assessment quiz is not a diagnostic tool. It is simply one of the ways to assist you to begin thinking about your current mood and symptoms. We urge you to share your responses with a licensed professional.

The questionnaire is provided by E4 Health Inc.© www.e4healthinc.com.

Zone Check: Depression	YES	NO
1. I have seen a steady change in my appetite and eating patterns, such as a loss or eating much more than normal.		
2. I have lost interest in activities that I typically enjoy.		
3. Sometimes I just feel like crying.		
4. I am having difficulty sleeping, sleeping too much, waking up very early in the morning and/or having difficulty falling and staying asleep.		
5. I have had more thoughts about dying and suicide. Sometimes I feel as if people would be better off without me in their lives.		
6. I feel as if I have very little energy.		
7. I am having more difficulty concentrating on things.		
8. I have little interest in sexual intimacy.		
9. I get much more irritable or angry lately.		
10. The future seems bleak to me.		

Now count the number of "YES" answers. If you have answered "YES" to three or more of these questions, there is a good chance that you may be experiencing some type of depression. However, even one "Yes" answer could signal serious depression that requires professional help.

We suggest that you discuss your answers with a licensed counsellor. Remember, there are different types of depression and different levels of severity. Obtaining an accurate diagnosis from a professional is a necessary first step to matching an appropriate treatment.

Zone Check: Domestic Violence	YES	NO
1. Are you in a relationship with a jealous and/or possessive partner or family member?		
2. Do you feel dominated and controlled by someone you live with?		
3. Do you feel anxious and afraid when your partner/family member is in your presence?		
4. Are you always trying to please your partner/family member to keep the peace?		
5. Does your partner/family member isolate you by keeping you away from family and friends/your support network?		
6. Do you feel like you always have to watch what you say and/or do so that you do not upset you partner/family member?		
7. Do you feel put down/criticised and/or humiliated in public by your partner/family member?		
8. Do you feel bullied, harassed, physically harmed or pushed around and abused by someone in your home?		
9. Does your partner/family member control all decisions about money, relationships/friendships, and personal life decisions?		
10. Do you experience anxiety, depression, low self-esteem, isolation largely because of the relationship you are in with your partner/family member?		
11. Are you reluctant to leave your partner/family member even though you are afraid to continue in that relationship?		
12. Have you ever been threatened with harm or death by someone you live with?		

If you have answered mostly "Yes" to the questions you are in the RED ZONE. This means you are at risk for domestic violence and abuse. Please refer to the contact list for help when it comes to reporting, counselling, care, and receiving support as soon as possible.

Zone Check: Gender-based Violence (GBV)	YES	NO
1. Has your partner withheld money, emotional support, material goods from you as a means of persuading you towards their perspective/behaviour?		
2. In the past 12 months, have you been threatened with physical or sexual violence by someone in your home or outside of your home?		
3. Have you ever been hit, punched, kicked, slapped, choked, hurt with a weapon, or otherwise physically hurt by someone in your house or outside of your house?		
4. Have you been forced to have sex against your will?		
5. Were you ever forced to have sex in exchange for a reward such as (food, job, a place at the university, good test and exam marks or money to support your family)?		
6. Has anyone ever forced you to lose a pregnancy (i.e. forced you to take medication, go to a clinic, or physically hurt you to lose your pregnancy)?		
7. Are you always trying to please someone to keep them calm and prevent them from harming you in some way?		
8. Does someone in your home or outside of your home isolate you by keeping you away from your family, friend and/or support network?		
9. Are you being harassed, bullied/stalked, or victimised by someone in your home or outside of your home?		

If you have answered mostly "Yes" to the questions you are in the RED ZONE. This means you are at risk for domestic violence and abuse. Please refer to the contact list for help when it comes to reporting, counselling, care, and receiving support as soon as possible.



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