

## Ways To Identify Controlling People

Controlling people are very difficult to deal with. It's best to avoid them as much as you can, but unfortunately avoiding them entirely is impossible.

Controlling people come on too strong. When you first meet someone & they immediately want to be your best friend or start talking of marriage right away, this is a bad sign. I once had a friend who upon meeting said we were going to be best friends. A man I once dated started talking marriage in less than a month of meeting. Both were very controlling people.

They expect you to read their minds. If the person is acting unhappy, you're supposed to know why & what they want you to do to make it all better. If you don't, they claim that you aren't a good friend or you don't love them.

Narcissists in particular enjoy the silent treatment, but all controlling people will use it if it gets them what they want. The silent treatment means refusing to speak to you or acknowledge you rather than discuss the problem. Withdrawing their love is designed to make you feel as if you have done something terribly wrong, whether you have or not, & to make you want to make it up to them. It keeps you off balance, & until you realize what is happening, working hard to make the person giving you the silent treatment happy with you again.

Controlling people also talk around the problem at hand rather than addressing the problem. This distraction technique removes your focus from the real problem & puts it wherever the controller wants it. Usually on you & your flaws, either real or imagined.

Constant talking is another useful tactic for controlling people. Narcissists love to brag about themselves & never tire of the sound of their own voices. Other controlling people talk constantly as well. This tactic keeps the attention on the controller & the victim giving the controller their full attention.

Accusing a victim of a behavior that the abuser does is projection, & it's a very effective weapon for control freaks. The goal is to change the behavior of the victim while allowing the accuser to be mad about the bad behavior & not accepting responsibility for it.

A controlling person has very definite opinions of things they think you should do while they don't do those behaviors. For example, they believe that your home should be so clean at all times, when you clean it, it's hard to tell anything was done because it was that clean before you started. Yet, their house has enough dust on the tables to write your name in. And, don't you dare say a word about it lest you face their wrath.

Guilt trips are supposed to make you feel so bad, you'll never do that action again, which is what makes them an effective weapon. Healthy guilt is a good thing. It keeps you from doing things like stealing or cheating on your spouse. You know doing such things would make you feel miserable, so you avoid doing them. Guilt trips, however, are about control & not necessarily about you doing something bad.

Bullies come across quite scary & intimidating, which is why bullying is another effective weapon of controlling people. The truth however is that they really are cowards. They try to make themselves look scary by acting intimidating so they'll get their way. Refusing to be intimidated makes bullies stop their ridiculous behavior.

Urgency is another common weapon of controlling people. By creating a false sense of urgency, it means the victim feels she has no time to think about things, she must act & act right now. Urgency eliminates the chance to consider the situation & evaluate choices. If a controlling person can make you feel you don't have time to think about the situation, you'll give in & do whatever they want.

The most effective way you can deal with controlling people is to have good, healthy boundaries & self esteem. The healthier you are, the less attracted controlling people will be to you. You'll be too hard to control that way.