

## **A Few Common Phrases Abusers Use To Manipulate Their Victims**

Today's podcast includes a few common phrases abusers use to manipulate their victims.

Manipulative people are experts at using subtle phrases to manipulate their victims. These phrases may not sound harmful on the surface, but they are actually cruel tools used to control & manipulate others. In this post, we will explore some of the common phrases that abusers use to manipulate their victims.

**"I know you better than you know yourself."** This phrase is frequently used by manipulative people to dismiss the feelings & thoughts of their victims. By claiming to know the victim better than they know themselves, the abuser invalidates the victim's emotions, likes, & dislikes. This can lead the victim to doubt their own perceptions & reality, making them more susceptible to manipulation. My narcissistic mother told me this constantly when I was growing up, & I can tell you from experience, it is a powerful tool.

**"I was just kidding."** Manipulative people often use this phrase as a way to downplay insulting & cruel comments. By claiming that their hurtful words were only a joke, the abuser tries to make the victim feel oversensitive or even crazy for being hurt by them. This tactic is used to shame the victim into tolerating more mistreatment.

**"You're too sensitive/You're overreacting."** Sensitivity is far from a weakness, but manipulators use this phrase to make their victims feel like it is. By accusing the victim of being overly sensitive or overreacting, the abuser tries to discount their feelings & make them more compliant to further manipulation.

**"If you would just.../If you loved me you would... things would be better between us."** This phrase is used to guilt trip the victim into doing whatever the abuser wants. By leveraging the victim's love for them, the manipulator tries to exert control over the victim's actions & decisions. This can lead the victim to prioritize the abuser's happiness over their own well being.

**"No one else will love you like I do."** This manipulative phrase is used to make the victim feel dependent on the abuser for love & validation. By planting the seed of doubt that no one else will ever love the victim, the abuser aims to keep them trapped in the relationship out of fear of being alone & unloved. My ex husband told me this when I broke our engagement, & it was partly why I married him in spite of knowing it was a mistake.

**"I don't want to live without you."** This phrase is a powerful guilt trip that manipulators use to make the victim feel responsible for their happiness. By claiming that they cannot live without the victim, the manipulator forces the victim to prioritize their needs over their own desires.

**"After all I've done for you..."** Abusers use this phrase to create a sense of obligation in their victims. By reminding the victim of past favors or sacrifices, the abuser tries to manipulate the victim into doing what they want in return. Anyone who uses this phrase is proving that they did nothing for you out of genuine love but instead out of selfishness, aiming to get something from you in return.

**“I’m doing this for your own good.”** This phrase is used to justify abuse & control. By claiming that their harmful actions are for the victim’s benefit, the abuser tries to shift blame onto the victim & make them feel guilty for objecting to the abuse. My narcissistic mother used this phrase after her cruelest abuse, & all these years later, I still fail to see how any of that was done for my own good.

In conclusion, abusers use these subtle phrases to manipulate their victims & exert control over them. It is important for everyone to recognize these manipulative tactics to help them avoid abusive relationships or recognize if they are currently in one.

Thank you for listening to my podcast!