

A Subtle Sign of Control: When People Do Not Accept Your Yes Or No

Today's podcast is about a subtle sign of control, when people do not accept your yes or no.

Have you ever found yourself in a situation where someone asks you to do something, you are unable to & when you tell them that, they say something like, "Oh come on! All you have to do is rearrange your schedule a bit & then you can do this for me. It's not a big deal! So what do you say?" This is a subtle sign of control, where people manipulate & influence your choices by not accepting your yes or no.

In a healthy relationship or interaction, a simple yes or no will suffice when making decisions or expressing opinions. However, when someone consistently challenges your choices or tries to steer you in a different direction, it can be a red flag for a control tactic. For example, if you express that you are unable to attend an event & the other person insists that you rearrange your schedule to accommodate them, they are attempting to control your actions & decisions.

Trusting your own instincts & judgment are crucial in maintaining your personal independence & healthy boundaries. When someone disregards your intuition & tries to impose their own beliefs on you, it can be a subtle form of control. For instance, if you have a strong conviction about pursuing a particular opportunity, but someone discourages you from doing so citing their own biases, it is important to stand your ground & assert your independence. Remember, you are the expert of your own life & should not let others dictate your choices.

It is important to be aware of the signs of subtle control tactics in order to maintain healthy boundaries & assert your autonomy. Some other common signs include:

- Constant questioning of your decisions, particularly after stating you are standing by those decisions.
- Disregarding your opinions & feelings.
- Making you doubt yourself & your abilities.
- Attempting to manipulate you into changing your choices.

By recognizing these signs, you can take steps to confront such behavior & protect yourself.

Setting clear boundaries is essential in establishing mutual respect & maintaining healthy relationships. If you find yourself in a situation where someone is not accepting your boundaries, such as a simple yes or no, it is important to assert your boundaries firmly & assertively. Communicate your feelings & preferences clearly, & do not hesitate to assert your right to make independent decisions.

If you are not familiar with what it means to have healthy boundaries, like many victims of narcissistic abuse, then it is time to learn about them! Ask God to teach you what you need to learn, & to help you have the courage to enforce your new boundaries. There is information available on my website at www.CynthiaBaileyRug.com on the topic of boundaries, as well as a book study & a course I wrote on the topic.

It is so important to remember that you have the right to expect people to respect your boundaries. Even if they disagree with them, they should respect them. A healthy person may ask questions about why you feel that way, but still will respect your boundaries. A manipulative person will try to finagle the situation so you feel wrong or bad for having your boundaries. An extremely manipulative person will not quit until you give in to what they want from you.

In conclusion, when someone does not accept your yes or no, it is often an indication of subtle control tactics at play. Remember, you have the power to make your own choices & should not let others dictate your decisions.

Also remember, your yes & no are valid - don't let anyone take that away from you!

Thank you for listening to my podcast!