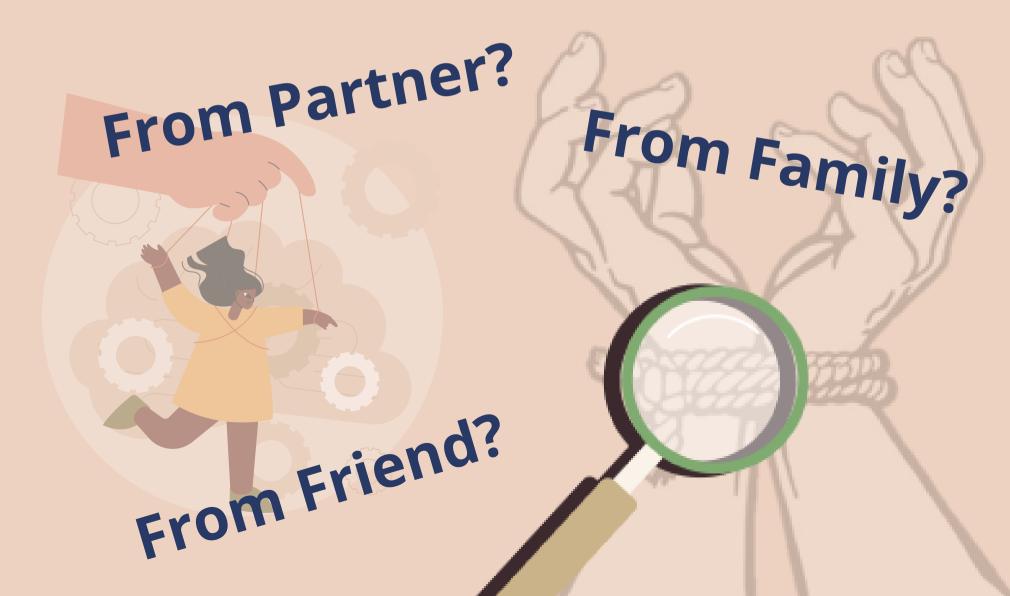




Ways to Stop Emotional Blackmail

DID YOU EXPERIENCE EMOTIONAL BLACKMAIL?







Emotional Blackmail:

way to manipulate someone to do something by making them feel Fear, Obligated, & Guilt







Process of Emotional Blackmail:

Demand

Resistance

Pressure

NO!



Compliance

Awareness leads to Change

Repetition





Who tend to experience Emotional Blackmail?

Tend to Self-Doubt

Overly concern others' feeling

Fear of others' Evaluation

Always wanted to be a good person

Over-obedience to authority

Poor Self-Confidence





Who tend to Use Emotional

Blackmail?

Experienced
Emotional Blackmail
in the past

Passive-aggressive







How to STOP emotional blackmail



Create Space

e.g I am not free right nor, I will fet back to you later.

Observation

e.g Imagine yourself as outsider, evaluate the request objectively

Self-Remind

e.g You DESERVE to be LOVE.

It is not the only way to obtain love



Strategies

e.g Negotiation, Use of humors, & allow the person to understand your needs





STAND FIRM

No Emotional Blackmail



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