

Ways to Stop Emotional Blackmail

DID YOU EXPERIENCE
EMOTIONAL BLACKMAIL?

From Partner?



From Family?



From Friend?

Emotional Blackmail:

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



Process of Emotional Blackmail:

Demand

Resistance

Pressure

Threats

Compliance

Repetition

NO!

Awareness leads to Change



Who tend to experience Emotional Blackmail ?

Tend to Self-Doubt

Fear of others'
Evaluation

Always wanted to be
a good person



Overly concern
others' feeling

Over-obedience
to authority

Poor Self-
Confidence

Who tend to Use Emotional Blackmail ?

Experienced
Emotional Blackmail
in the past

Passive-aggressive

Narcissists

Poor Self-
Confidence/Insecure



How to STOP emotional blackmail



Create Space

e.g I am not free right now, I will get 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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