

Taking advantage of trust

Are you counting on someone's naiveté or love for you to control them by being manipulative?

Are you applying some pressure by lying or provoking guilt in them so that they feel like they have to do what you want them to do if they want to keep the peace between the two of you?

Are you taking advantage of their trust in you to get what you want without caring about how it makes them feel?

... Then you're being emotionally abusive.

*You'll probably say that someone who screams and accuses their teenage daughter of being a horrible, abusive child because it's easier to keep her under control this way instead of taking the time to parent their child is a far cry from defrauding an elder out of their house and home just because someone can, but that's not so! **Both** are examples of how we can easily take advantage of another by abusing the other person's trust in us. AND **both** are examples of Emotional Abuse....One is about how it all begins and the other is about how Emotional Abuse has culminated into a form of Emotional Abuse.....Elder Abuse.*

We may all be guilty of trying to manipulate people in our lives, whether it is family or friends. It's basically a matter of wanting what we want and hoping that we can convince the other person to agree with us. The emotional abuser is working on the same principle as he engages in conversation with people. However there is a distinct difference between doing this occasionally and innocently with the people we associate with in our lives, with no real intention to harm anyone in doing so, and doing it with the malicious and criminal intent.

What are the 3 steps to Emotional Abuse?

- For the Emotional Abuser, in order to persuade anyone into doing anything for them they know they have to find something they have in common with their victim. They use the common ground there is to build the trust on. It can be there naturally based on the relationship they have with the other person i.e. the victim being their mother that they can easily take advantage of it, or it can be cultivated. For an Emotional Abuser, it can be easier to accomplish this task if they find a "perfect" victim who is very gullible or needy, or merely very trusting. How this principle works to the Emotional Abuser's advantage is that they know that in most loving and trusting relationships, we want to

please the other person and so, saying “yes” comes a lot more easily when we are dealing with someone we love and trust as opposed to someone we don’t know that well or we don’t have any emotion staked into the relationship.

- The second step after establishing trust is to evoke in conversation a very strong emotion from the victim, i.e. fear, sympathy, guilt, anger or love that provides an emotional connection between the emotional abuser and the victim. The victim will now be emotionally focused on the “manipulator” and fully engaged. Basically what this means is that the victim is at a point where they are ready to take any direction from the “manipulator”, they are ready to trust the “manipulator’s” judgment in every regard and they are ready to give them their permission to do whatever the “manipulator” is suggesting.
- Third step is about being able to persuade anyone to do what you want them to do by planting a seed or suggestion of what you want the other person to do. The internet provides enough information for everyone to perfect the skills of brainwashing, mind control and hypnosis but the Emotional Abuser knows that in order to be able to manipulate another it can all be done very easily now by just “suggesting” what they want and by applying the right kind of pressure.

When dealing with people we trust, issues of morals and ethics and “watching our backside” don’t seem like things we have to worry about.....

However, if we sense that we are being pressured or manipulated by someone who we’re supposed to be able to trust, then chances are we are being emotionally abused.

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