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Covert emotional manipulation tactics are underhanded methods of control. Emotional manipulation methodically wears down your self-worth and damages your trust in your own perceptions. It can make you unwittingly compromise your personal boundaries and lose your self-respect, and even lead to a warped concept of yourself and of reality.

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30. Your feelings. After a run-in with a psychopath, you will feel insane, exhausted, drained, shocked, suicidal, and empty. You will tear apart your entire life-spending money, ending friendships, and searching for some sort of reason behind it all. Note: These Red Flags

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Psychological manipulation is a type of social influence that aims to change the behavior or perception of others through indirect, deceptive, or underhanded tactics. By advancing the interests of the manipulator, often at another's expense, such methods could be considered exploitative and devious.

Psychological manipulation - Wikipedia

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Covert emotional manipulation occurs when a person who wants to gain power and control over you uses deceptive and underhanded tactics to change your thinking, behavior and perceptions. Emotional manipulation operates under the level of your conscious awareness. It holds you psychologically captive. Victims usually don't realize what's going on while it's happening.

About Covert Emotional Manipulation | Psychopaths and Love

Covert emotional manipulation tactics are underhanded methods of control. Emotional manipulation methodically wears down your self-worth and damages your trust in your own perceptions. It can make you unwittingly compromise your personal boundaries and lose your self-respect, and even lead to a warped concept of yourself and of reality.

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