

Coercion Strategies and Manipulations

- Forced Teaming
- Typecasting
- Loansharking
- Too many details
- Unsolicited Promise
- Charm and Niceness
- Discounting “NO”
- Guilt
- Gaslighting
- Only space for their needs
- You are always wrong
- You end up apologizing
- Everything you say is interpreted in the worst possible way
- Scapegoating

PREPARE

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