

Signs that you are being manipulated

- Too much flattery
- Showering you with superficial charm
- False Sympathy
- One sided Negotiations which benefit them
- Verbal Intimidation
- Passive Agression
- Left in the dark till the end
- Blame Shifting
- Team projects where you take more responsibility and they somehow don't

Dark Triad Traits

Narcissism	Machiavellianism	Psychopathy
Think only of themselves, lack empathy ,cannot take criticism. Aggressive when- Ego threatened	Lack morality and empathy , manipulative only for their self interest Aggressive when - Self interest at stake (and risk is low to them)	Antisocial , hostile, volatile Aggressive when - Specific Purpose

People using Laws of manipulation

- They Build your confidence only to tear it down
- They make you question your reality
- They Start to digress (distracting the convo)
- They Belittle you (and also Gaslighting your decision making)
- They love extreme labelling
- They never appreciate you
- They Make you feel bad



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