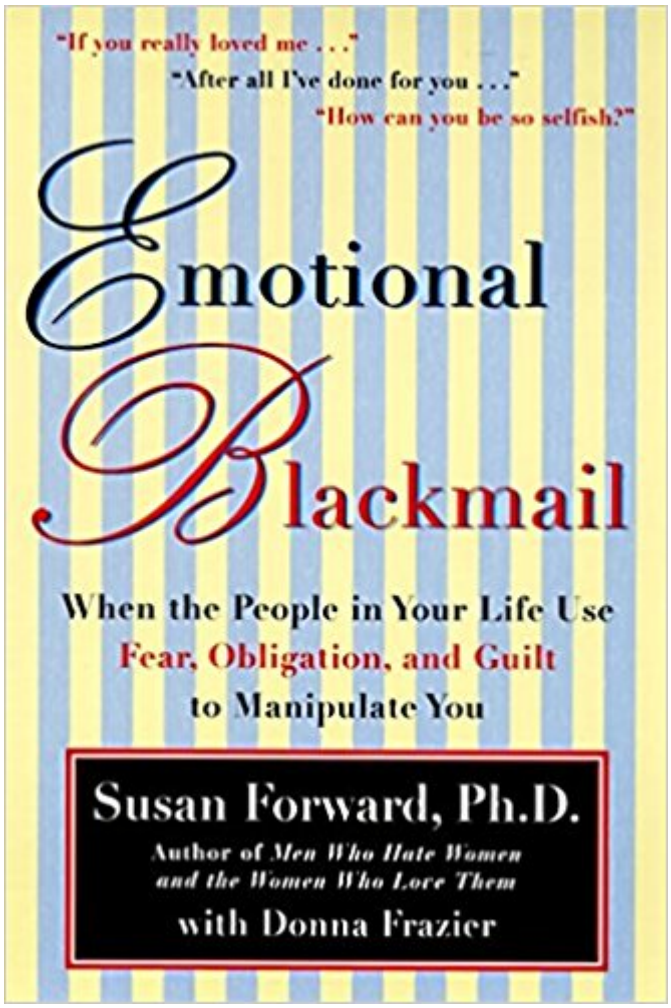
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Emotional Blackmail: When The People In Your Life Use Fear, Obligation, And Guilt To Manipulate You



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Synopsis

A practical guide to better communication that will break the blackmail cycle for good, by one of the nation’s leading therapists, Susan Forward. "If you really loved me...""After all I’ve done for you...""How can you be so selfish..."Do any of the above sound familiar? They’re all examples of emotional blackmail, a powerful form of manipulation in which people close to us threaten to punish us for not doing what they want. Emotional blackmailers know how much we value our relationships with them. They know our vulnerabilities and our deepest secrets. They are our mothers, our partners, our bosses and coworkers, our friends and our lovers. And no matter how much they care about us, they use this intimate knowledge to give themselves the payoff they want: our compliance.Susan Forward knows what pushes our hot buttons. Just as John Gray illuminates the communications gap between the sexes inÃ Â Men Are from Mars, Women Are from Venus,Ã Â and Harriet Lerner describes an intricate dynamic inÃ Â The Dance of Anger,Ã Â so Susan Forward presents the anatomy of a relationship damaged by manipulation, and gives readers an arsenal of tools to fight back.

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Customer Reviews

Forward, who gave us the best-selling The Men Who Hate Women, and the Women Who Love Them, offers a course on self-defense for anyone manipulated by guilt.Copyright 1997 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

"Breathe a sigh of relief! Susan Forward helps you identify and correct an intensely destructive and confusing pattern of relating with those you love. I highly recommend this important book!"--Susan Jeffers, Ph.D., author of "Feel the Fear and Do It Anyway

Great book, I bought this because I have a family member that has been a toxic person since I was a child. Happens to be my mother’s sister and the amount of manipulation and making your feel guilty and a host of other things she does is ridiculous. She also tries to brainwash my mother against me, some pretty twisted crap to say the least. The book gives all these emample stories and I got frustrated thinking "but this doesn’t apply to me " keep reading, swear to God you have to. Towards the end it uses all the stories to explain the "why" of these behaviors. It all comes together and makes sense and if you hadn’t stuck with it and read all the examples you would be lost. Very helpful book, you may never find out what truly drives their behavior but you will find out how they manipulate and hurt you and what you need to do to stop it. I’ve since leant this book to my mother in hopes she will start standing up for herself. Because she takes way too much crap from her sister than she ever should. I do not anticipate you will get nothing from this book, you will gain knowledge, but you to put it to use. Stop taking people’s bs. End the headaches, stress and anxiety these types of people cause. Be good to yourself. Best of luck to you all if you are considering this book you be in OR know someone in a horrible situation.

This is a very good book. It is clearly written, and does not try to portray a "victim/victimizer" stance. It gives much food for thought and causes one to evaluate oneself and see that probably all of us have been on the receiving and giving end of this one. What is especially helpful is that it gives practical suggestions and support on how to identify and change the dynamics of relationships we find ourselves in that may have some of these characteristics.

At 55..this book is so enlightening, I have learned more at this age than ever. Pay attention to those who are doing the manipulation and this book can change how you react to it. I would buy this book for everyone , but not everyone should have this book ! Its great. Love it.

This book defines what emotional blackmail is and the reasons for why people do this to others. It will give you insight into different types of behavior of people that like to use fear and intimidation to get you to do things the way that they want them done. One of the oldest lines with emotional blackmail is, "I’m going to kill myself if...." It is a bunch of crap when somebody is threatening suicide

if they don’t get what they want from you. More times than none it’s only used as a way to manipulate you and unfortunately people fall for that line time after time. If you are looking to learn about manipulative people and the methods they use then this is a good read for you.

Very insightful book. Like another book I read it picks up on subtle and not so subtle ways narcissists and emotional cripples use to make one knuckle under their tactics. Whether it is a family member, boss, co worker or someone in a relationship it keys in to their methods and gives vital clues on how to pick up on them and head them off at the pass. It also gives insightful glimpses on how NOT to choose them as lovers and partners and recognize the familial ties that created the attraction to controlling, narcissistic people who cause great harm to their victims. It teaches one how to recognize them, and their tactics and how to keep them from harming you or running you over emotionally. Would recommend to anyone.

Dr. Forward clearly states what is and isn’t abuse. This book helped me through a dark time. Profound revelations occurred while reading this book.

Opens the mind for a great deal of insight. I recommend it to anyone who is confused about one or more relationships, even if emotional blackmail is not involved. It’s one of those books that can be helpful in simply making observations, discernments, and choices that help us get through life as well as possible.

I was looking for help in dealing with a manipulative individual in my life. I found this book, and almost didn’t buy it, but I am so glad I did. I thought the author did an excellent job communicating what emotional blackmail is, what it looks like in its many forms and what to do about it. I isn’t a - cut blackmailers out of your life - kind of book, but it gave me tools with which I could use to negotiate with this person and to set rules of engagement. It helped me see when my emotions were mine and when they were instilled by another and when that was ok and when that other person just wanted to make me do what they wanted. It gives examples of situations, conversations and family dynamics to illustrate and explain emotional blackmail. There were examples of work, marital, parent-child and friendship blackmailers. There were male and female blackmailers and so on. I am so glad I found this book. I have learned great tools to help me deal with my own blackmailers. I feel like I can be more assertive and diplomatic. It was a great learning experience.

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