



# CAUSES OF BEING MANIPULATED

Cutting the Strings of Control

## MANIPULATION 3 OF 4

Those who are repeatedly manipulated ultimately resent their manipulators. Yet because of misplaced dependencies, those being manipulated rarely interrupt their pattern of accepting unfair treatment.

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Walking Christian on Manipulation

## A. Misplaced Dependencies

### Misplaced \_\_\_\_\_

- What others think is more important than it should be.
- At times, going against better judgment.
- At times, going against the conscience.

### \_\_\_\_\_ misplaced in the manipulator

- “I must have you in my life.”
- “I can’t live without you.”
- “I have to have your approval.”

### Scared of \_\_\_\_\_

- “I can’t say no.”
- “I’m afraid I’ll be rejected.”
- “I can’t take a stand.”

### \_\_\_\_\_ -based acceptance

- “I am accepted only because of what I do.”
- “I have value only if my work is acceptable.”
- “I have worth only if I please others.”

### Loss of \_\_\_\_\_

- Not allowed to make independent plans.
- Not permitted to have “alone time.”
- Not encouraged to spend money or time separately.
- \_\_\_\_\_ • Toward the manipulator.
- Toward the manipulative situations.
- Toward yourself for allowing the manipulation.

### Controlled by the manipulator’s \_\_\_\_\_ or \_\_\_\_\_

- Consumed by what the manipulator does.
- Consumed by what the manipulator doesn’t do.
- Consumed by what the manipulator plans to do.

### \_\_\_\_\_ the manipulator

- “He/she doesn’t mean to act that way.”
- “He/she can’t help being that way.”
- “His/her actions don’t bother me.”

### \_\_\_\_\_ about the relationship

- Not seeing objectively that the relationship is unhealthy.
- Not facing reality of the need for change.
- Not willing to do anything about changing the relationship.

*“Fear of man will prove to be a snare, but whoever trusts in the LORD is kept safe.”  
(Proverbs 29:25)*

Q “How is my dependency misplaced if I am being manipulated?”

*“This is what the LORD says: ‘Cursed is the one who trusts in man, who depends on flesh for his strength and whose heart turns away from the LORD... But blessed is the man who trusts in the LORD, whose confidence is in him.’ ” (Jeremiah 17:5, 7)*

### B. Root Cause of Being Manipulated

**WRONG BELIEF:**

“I must have the approval of others in order to feel good about myself.”

**RIGHT BELIEF:**

*“The LORD will guide you always; he will satisfy your needs in a sun-scorched land and will strengthen your frame. You will be like a well-watered garden, like a spring whose waters never fail.” (Isaiah 58:11)<sup>1</sup>*

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<sup>1</sup> Hunt, J. (2008). [Biblical Counseling Keys on Manipulation: Cutting the Strings of Control](#) (pp. 6–7). Dallas, TX: Hope For The Heart.