

# Twitter Thread by UpSkillYourLife



**UpSkillYourLife**

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## 9 Common Mind Games People Play On You.

### - Behavioral Psychology Thread -

#### 1. Gas Lighting

Using denial, lying, misinformation, and contradiction to make you doubt your sanity, memory and perception.

How to OUTSMART:

Disengage and walk away.

#### 2. Negative Humor

Making critical remarks disguised as sarcasm or humor to make you feel inferior or less secure.

How to OUTSMART:

Remain calm. Smile and put that person in the spotlight by asking questions.

#### 3. Victimhood

Designed to exploit your good will, guilty conscience, protective and nurturing instinct in order to benefit personally.

How to OUTSMART:

Don't get emotionally involved or let go that relationship.

#### 4. Pretend Ignorance

Playing dumb in order to get away with behaviour or things.

How to OUTSMART:

Judge action not intention.

## 5. Projection

Criticizing others for things they do themselves as well.

How to OUTSMART:

Don't take the bait and remove yourself from the arena.

## 6. Guilt Tripping

Passive aggressive way to remind you of something bad you did in order to make them want to make up for it.

How to OUTSMART:

Respond with empathy but trust your intuitions.

## 7. Silent Treatment

Ignoring messages, calls or questions to make you feel uncertain and to make you start doubting yourself.

How to OUTSMART:

Ignore it until it blows over.

## 8. Constant Criticism

Constantly marginalizing, ridiculing and dismissing you to make you feel inferior and to make them feel superior.

How to OUTSMART:

Say thank you and get on with your life.

## 9. Throwing a Tantrum

Raising their voice, using a lot of gestures and sometimes even physical abuse to get whatever they want.

How to OUTSMART:

Stay calm. Set boundaries. Give space.

Get "Live Intentionally" - a 90 Day Self-Improvement project that will help you stop living in auto pilot.

It will change your

- habits,
- daily routine,
- mindset, and
- make you strong and disciplined ■

<https://t.co/r9m8p3qGJl>

Thanks for reading.

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