



CONTROLLING BEHAVIORS

Listed below are some of the behaviors that can be used to control other people. As should be apparent, many of the behaviors below are not automatically controlling, but can be controlling depending on how they are used. This is only a partial list--there are many other ways of being controlling not listed here.

1. Abusing the other person
2. Accessing their electronic devices
3. Acting forgetful
4. Agreeing insincerely
5. Apologizing
6. Arguing
7. Asking leading questions
8. Asking rhetorical questions
9. Backseat driving
10. Badgering
11. Being contrary
12. Being defensive
13. Being impatient
14. Being overly sensitive
15. Being overprotective
16. Being sarcastic
17. Being superficially polite or nice
18. Being willfully incompetent
19. Blackmailing
20. Blaming
21. Blowing up
22. Bringing up the past
23. Brown-nosing
24. Calling excessively
25. Changing the subject
26. Correcting them repeatedly
27. Criticizing
28. Doing their tasks
29. Dominating the conversation
30. Eavesdropping
31. Exaggerating
32. Flattering
33. Gaslighting
34. Gesturing dismissively
35. Getting the last word
36. Giving gifts
37. Giving the silent treatment
38. Giving the third degree
39. Giving unsolicited advice
40. Going off the deep end
41. Going over their head
42. Gossiping
43. Handling their belongings
44. Hanging up on them
45. Having a short fuse
46. Hiding their things
47. Humiliating them in public
48. Hurrying them
49. Ignoring
50. Ingratiating yourself
51. Interrogating
52. Interrupting
53. Intimidating
54. Invoking a higher authority
55. Invoking your experience or expertise
56. Isolating
57. Joking or kidding insincerely
58. Keeping items exclusively in your name
59. Keeping them ignorant or uneducated
60. Limiting access to shared items
61. Limiting access to finances or financial information
62. Listening selectively
63. Looking at them intensely
64. Lying
65. Making demands
66. Making dismissive sounds
67. Making faces
68. Making fun
69. Making promises you don't intend to keep
70. Making secret purchases
71. Making them feel sorry for you
72. Making unilateral decisions
73. Making wild statements
74. Managing impressions
75. Manipulating
76. Micromanaging
77. Mimicking
78. Mischaracterizing what others say
79. Misusing material from this book or your group
80. Monopolizing their time
81. Nagging
82. Negating them repeatedly
83. Not passing on messages
84. Offering unreasonable choices or alternatives
85. Ordering them around
86. Pausing extensively
87. Playing dumb
88. Playing mind games



89. Playing the expert
90. Playing the victim
91. Pretending to listen
92. Psyching them out
93. Pushing their buttons
94. Raising your voice
95. Rationalizing
96. Requiring your approval
97. Requiring your permission
98. Responding ambiguously
99. Rewarding them
100. Sabotaging their belongings
101. Scaring
102. Shaming
103. Showing up late on purpose
104. Speaking for them
105. Stalking or following them
106. Staring
107. Stonewalling
108. Taking things away
109. Taking things out of context
110. Talking down to them
111. Teasing
112. Telling them how to behave
113. Telling them what they are thinking or feeling
114. Texting them excessively
115. Threatening
116. Trivializing
117. Using children
118. Using courts or the legal system
119. Using fear
120. Using friends
121. Using guilt
122. Using illness or symptoms
123. Using inappropriate humor
124. Using intoxication
125. Using money
126. Using physical size
127. Using privilege
128. Using quid pro quo
129. Using silence
130. Walking away
131. Whining
132. Withholding belongings
133. Withholding information
134. Withholding sex or affection