



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