

# HOW TO STOP CAVING IN TO MANIPULATION

## Don't confuse loving someone with pleasing them.

Jesus often said "no" to people in order to say "yes" to His Father (Gal. 1:10).



## Learn to recognize power struggles and walk away.

We become slaves of the one we obey (Rom. 6:16). Obey the Holy Spirit.

## Take charge of your response.

Don't waste time wishing the manipulator would change. If others blame you for their bad moods, remember their attitudes are their problem. The fruit of the Spirit is self-control (Gal. 5:22-23).



## Screaming obscenities is mean; saying "No," is not.

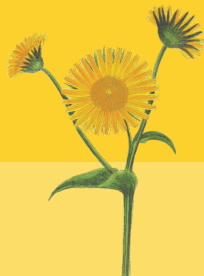
Practice giving and receiving "no." Your needs matter because you matter to God (1 Pet. 5:7).

## Look at your situation from the outside.

Would you ask someone to do what this person is pressuring you to do?

## Set boundaries.

Do you say no like you mean it? Or are you sending a mixed message? Limit your time with boundary busters.



## Give yourself grace.

Discernment develops through practice (Heb. 5:14). Look at these encounters as opportunities for growth. God is for you (Rom. 8:31)!