

MANIPULATION: Techniques in Dark Psychology, Influencing People with Persuasion, NLP, and Mind Control

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Overview

Manipulation is the act and technique of getting someone to do something that they would not necessarily choose to do of their own volition. It is often referred to negatively, a characterization of sociopaths. However, you can learn to manipulate *yourself* positively, for example by asking your negative emotions what they want until they dissipate. Or perhaps tricking yourself into succeeding by assuming it's inevitable. Yet this book also analyzes the signs and red flags that manipulators will use against you, delving into their thinking patterns. For example, one manipulation technique is to intentionally portray yourself as a knowledgeable, trustworthy, expert in order to put others into a more receptive state for a favor. Another example could be giving free favors and then expecting reciprocation at a later date.

"Controlling the mind of another does not mean depriving them of free will and conscious thought. It means knowing what to say to impact the other person so profoundly they cannot see any other way to go but the one proposed."

Manipulating The Mind Through NLP

Neuro Linguistic Programming (NLP) focuses on reprogramming the mind's response to a stimulus experienced by the body. NLP is based upon the presupposition that we already have all the tools we need to succeed, that we are "perfect creations of nature" but simply must learn how to access this deep power. In brainwave analysis, during an alpha state of mind there are lower frequencies being generated, and you experience peace and tranquility. This state of mind is also more receptive, and can be used therapeutically to change how a person views a disturbing or unwanted experience.

NLP Methods / Techniques:

Changing problematic behaviors to positive ones:

If you have a negative feeling that you'd like to transform into a positive feeling, you can ask it what it

wants from you. Keeping asking it until the answer is an emotional response. This will transform it into a positive emotion. Then, next time that negative emotion crops up again, you can shortcut to the positive feeling.

Feedback:

When we experience something, messages are sent to the mind not just from our senses, but also from our feelings and emotional reactions to that experience. By remembering past situations with the emotions included, this allows one to break down the old memory and rebuild it. Intentionally take control of your self-image by redesigning the way you view yourself in relation to your limitations and capabilities.

Anchoring:

If you envision a negative emotion as a colored circle, and a positive emotion as a differently-colored circle, you can then rapidly flit your attention back and forth to blend them and thus mitigate the negative feeling.

Follow the feeling:

When a negative feeling crops up, address it directly. Ask the feeling what you need to do for it to leave you alone. Keep asking until no further answer comes and the feeling is dissipated. Afterwards, enter a deeply relaxed state and send a small mental probe to check if the feeling is really gone. This method can treat:

- **PTSD:** By mentally taking someone through the event chronologically, first start-to-end and then from the end-to-start, the mind can reprogram the feelings. It can learn to feel safer during the part of the story when the traumatic event took place.
- **Anxiety:** Hunt down the tight feelings of anxiety deep within your body and study their characteristics. Pay attention to how anxiety feels physically – knowing it in physical form lets you alter it to look and feel more pleasant or positive.

The Power Of Persuasion

Persuasion is the mental ability to either say something or invoke a certain feeling to get somebody to do

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