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unnecessary. They aren't lying because they're afraid and guilty, but to... Denial. This isn't denial that's unconscious, like not realizing you've been abused, have an addiction, or are avoiding... Avoidance. Manipulators ...

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30. Your feelings. After a run-in with a psychopath, you will feel insane, exhausted, drained, shocked, suicidal, and empty. You will tear apart your entire life—spending money, ending friendships, and searching for some sort of reason behind it all. Note: These Red Flags have been updated, based on survey responses from more than 1,000

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Covert abuse tactics are psychological and emotional in nature. Covert abusers cloak these tactics in concern, love, charm, praise, fake empathy, trustworthiness, smiles and pretending to be your biggest supporter. And they speak with total conviction and confidence. The tactics are under the

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radar and hidden so that you, the target,  
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manipulation is at play in your  
relationships. It will open your eyes. You  
will learn thirty tactics manipulators use  
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Favorite covert weapons of manipulators

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are: guilt, complaining, comparing, lying, denying, feigning ignorance or innocence (e.g. "Who me!?"), blame, bribery, undermining, mind games, assumptions, "foot-in-the-door," reversals, emotional blackmail, evasiveness, forgetting, inattention, fake concern, sympathy, apologies, flattery, and gifts and favors. See "How to Spot



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