



MX Sydney
Wednesday 15/12/2010

Page: 5
Section: General News
Region: Sydney, AU
Circulation: 98811
Type: Capital City Daily
Size: 126.44 sq.cms.



slice
slicemedia.com

press clip

It's manipulation time

Cathy Morris

The festive season is not always fun and games, with relationships and family ties often taking a battering over Christmas.

And many of the conflicts are caused by manipulative behaviour, says Dr Mary Casey, of health and education organisation the Casey Centre.

Gossipy siblings, critical parents and needy "so-called friends" can all leave people feeling helpless.

Casey said people often felt pressure during the festive sea-

son, from what presents they should buy to where they should spend Christmas Day.

But she said people should not be swayed by guilt.

"If people feel they have to be somewhere on Christmas they don't want to be, they have a problem," she said.

"Sit down and think about what you want, then communicate it to the important people."

Casey said manipulative people aimed to control other people's behaviour.

They may deny they have done anything wrong, foster guilt, shift the blame to others, be deceptive or use charm to gain the trust and confidence of others.

Casey advised people to be assertive, but not aggressive, when trying to put across their point of view.

She said manipulators often wouldn't take no for an answer, but you should stand your ground and repeat your position.

But don't keep quiet: silence

is often taken as agreement.

Casey said controlling your emotions was crucial because manipulators used your anger or frustration as evidence that you were the abuser.

You should be clear and ask for exactly what you want and accept no excuses for inappropriate behaviour.

Casey recently released a DVD and workbook *How to Deal with Master Manipulators*.