



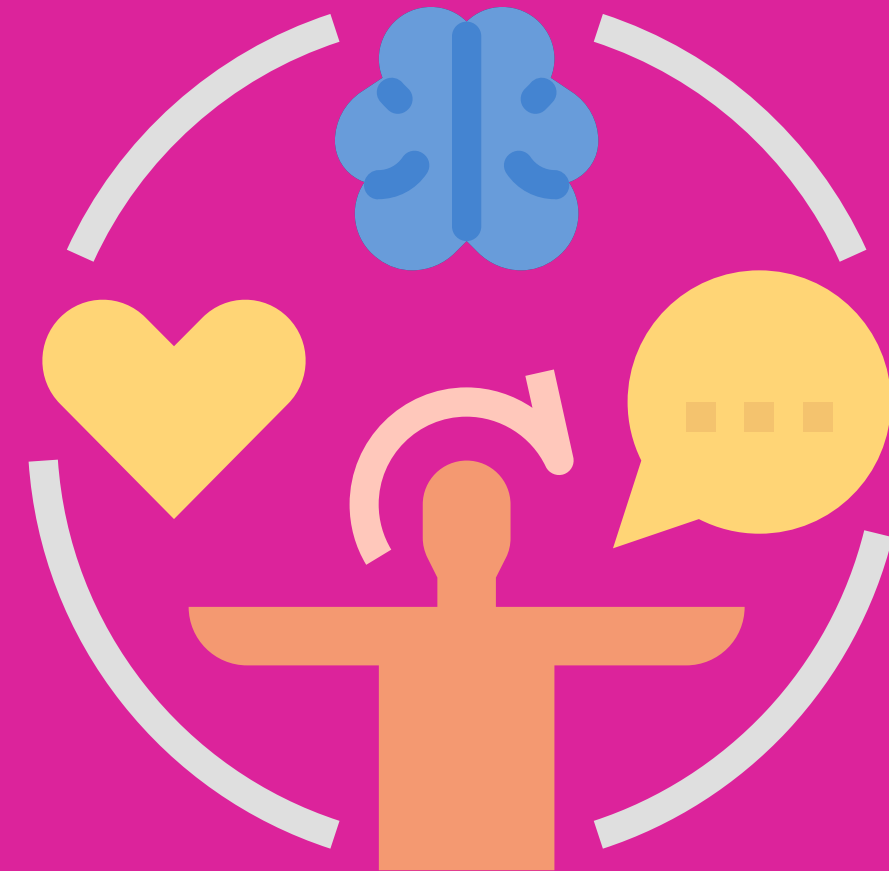
Aggressive, manipulative and submissive behaviour

What exactly stands for the term behavior?



According Oxford Languages behavior is:

- the way in which one acts or conducts oneself, especially towards others;
- the way in which an animal or person behaves in response to a particular situation or stimulus;
- the way in which a machine or natural phenomenon works or functions.



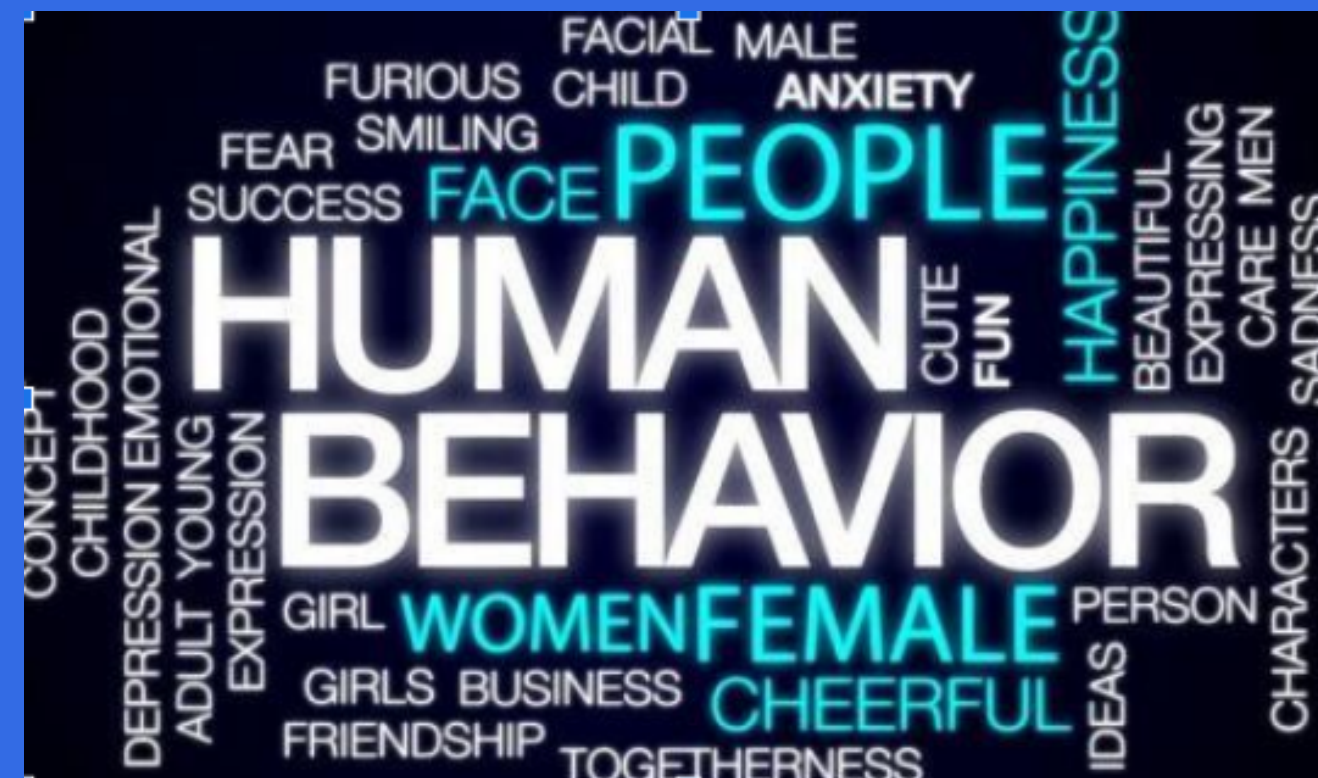
What is good and bad behavior for you?



Human behavior



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What Is Aggression?

In psychology, the term "aggression" refers to a range of behaviors that can result in both physical and psychological harm to yourself, others, or objects in the environment. Aggression centers on hurting another person either physically or mentally.

Signs of Aggression

- Physical, like beating, hitting, kicking, or stabbing another person. Damaging property is also a form of physical aggression;
- Verbal, which may include mocking, name-calling, and yelling;
- Relational, which is intended to harm another person's relationships. This can include spreading rumors and telling lies about someone else;
- Passive-aggressive, like ignoring someone during a social event or offering back-handed compliments. Passive-aggressive behavior is usually intended to allow harm to come to someone, rather than causing harm directly.



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Types of Aggression

- Impulsive Aggression
- Instrumental Aggression





Types of Aggression

PHYSICAL AGGRESSION

- Harm through damage or threat of damage to another's physical well being.

VERBAL AGGRESSION

- Obvious and/or hidden verbal acts of aggression toward another, such as threat putdowns, and name calling.

Relational Aggression

- Behavior that is intended to harm someone by damaging or manipulating his or her relationships with other.

All types of aggression can damage friendships!

Causes:

- Biological Factors
- Environmental Factors
- Psychological Factors



How to manage aggression? (1)

- Being mindful of your anger warning signs, like clenching your jaw, a fast pulse, or sweating;
- Practicing relaxation techniques like deep breathing, meditation, or progressive muscle relaxation (PMR);
- Engaging with your senses by focusing on things you can see, smell, hear, touch, or taste;
- Walking away from the situation;



How to manage aggression? (2)

- Exercising to burn off excess energy;
- Reaching out to a trusted friend or family member for social support;
- Distracting yourself with another activity;
- Reframing negative thoughts;
- Learning to explore and accept the emotions underlying the aggression.





How to Deal With Passive-Aggressive Behavior



2. Keep your anger in check

3. Engage in a non-judgmental way



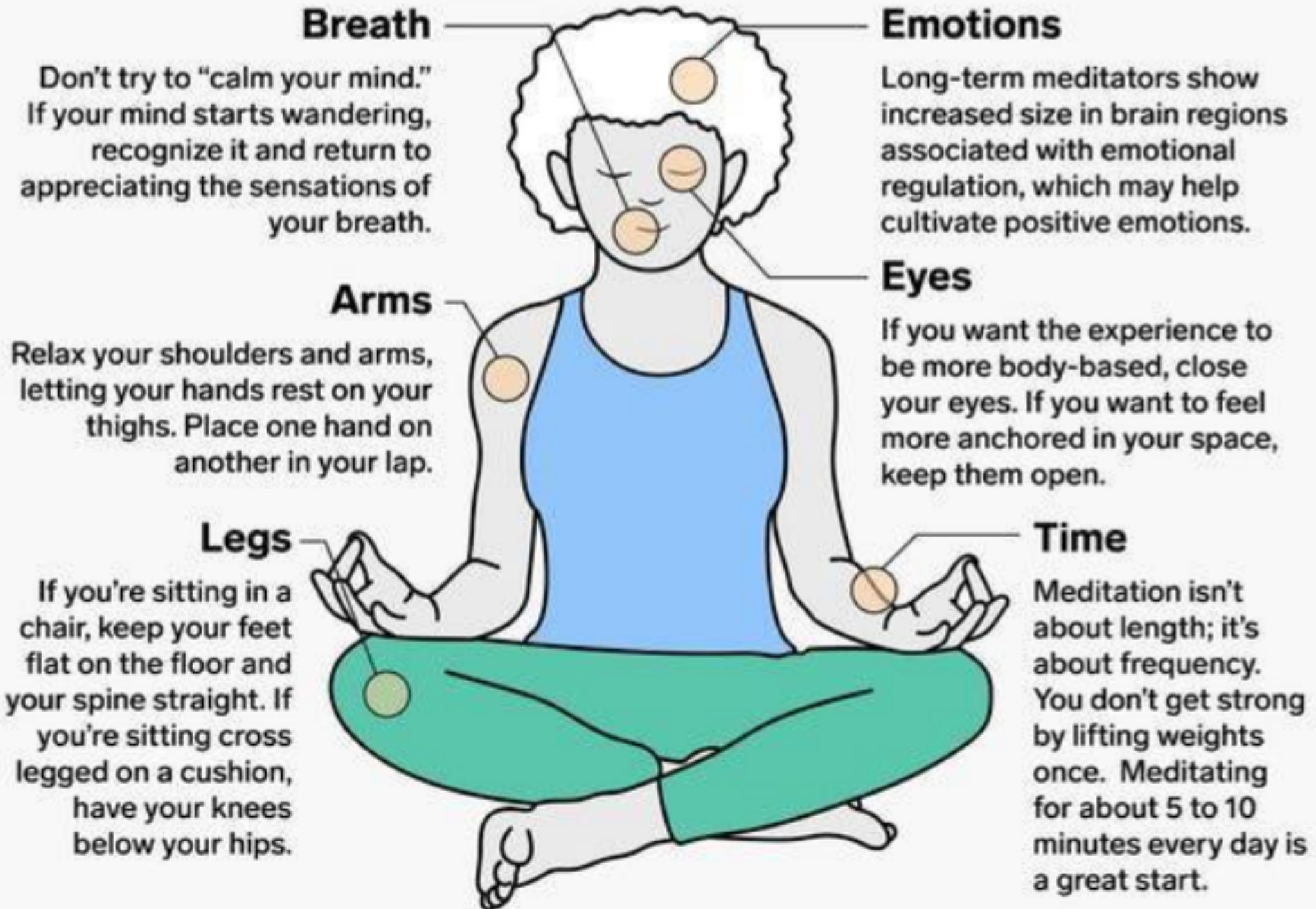
4. Allow the person to work through their feelings





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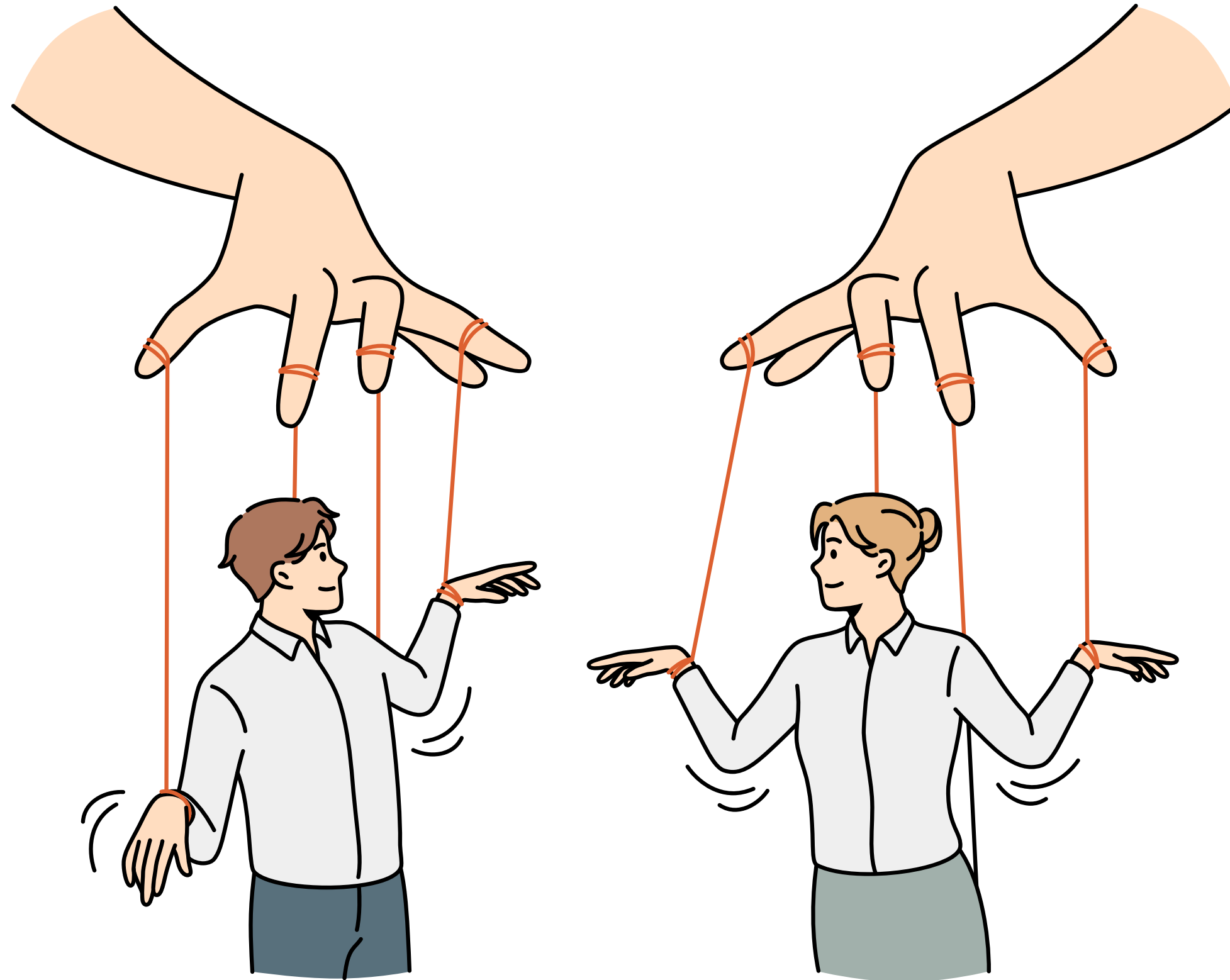
6 tips to help you start meditating



Source: Pema Chodron; Thich Nhat Hanh; Dan Harris

INSIDER

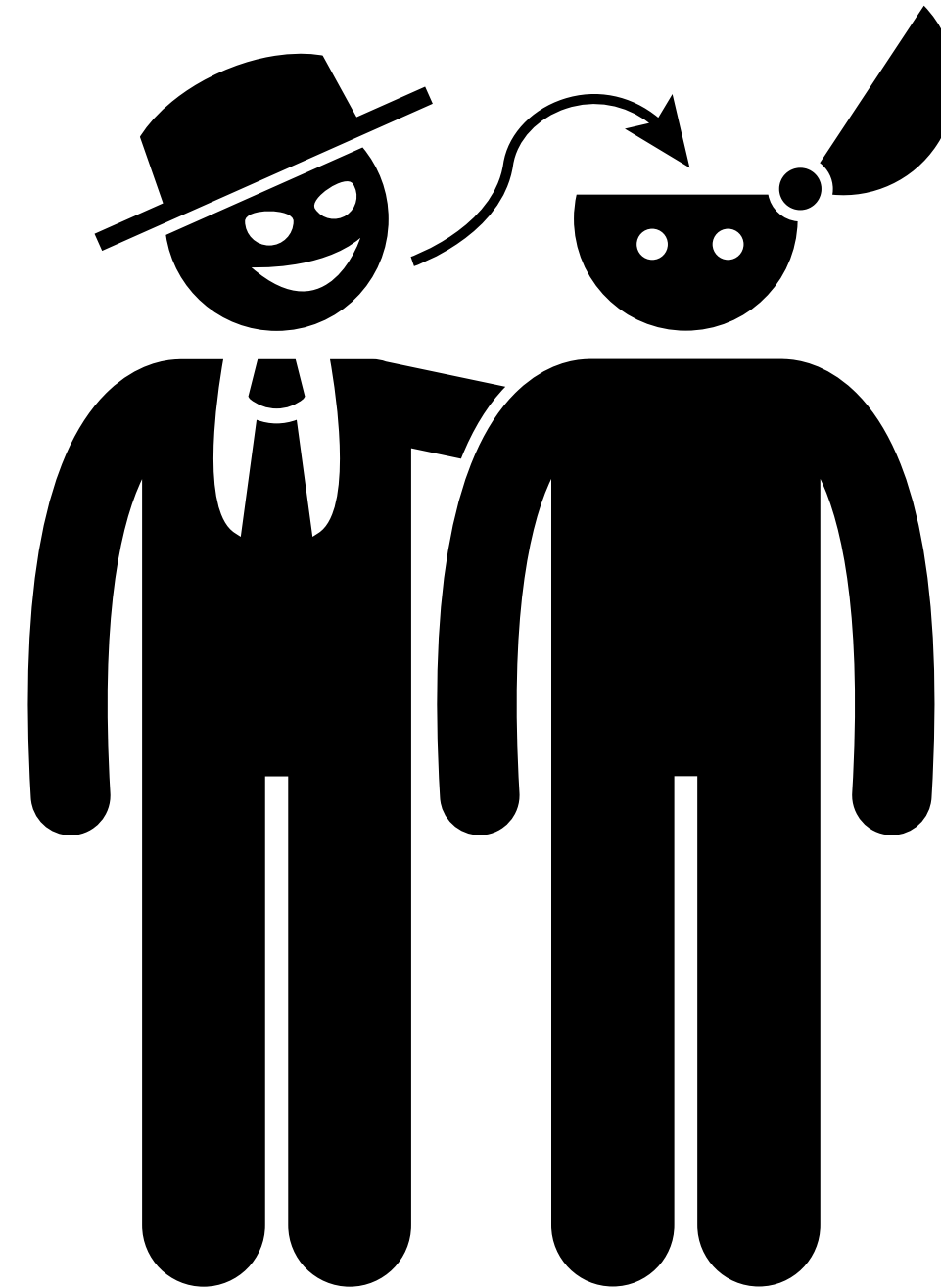
What means manipulation for you?

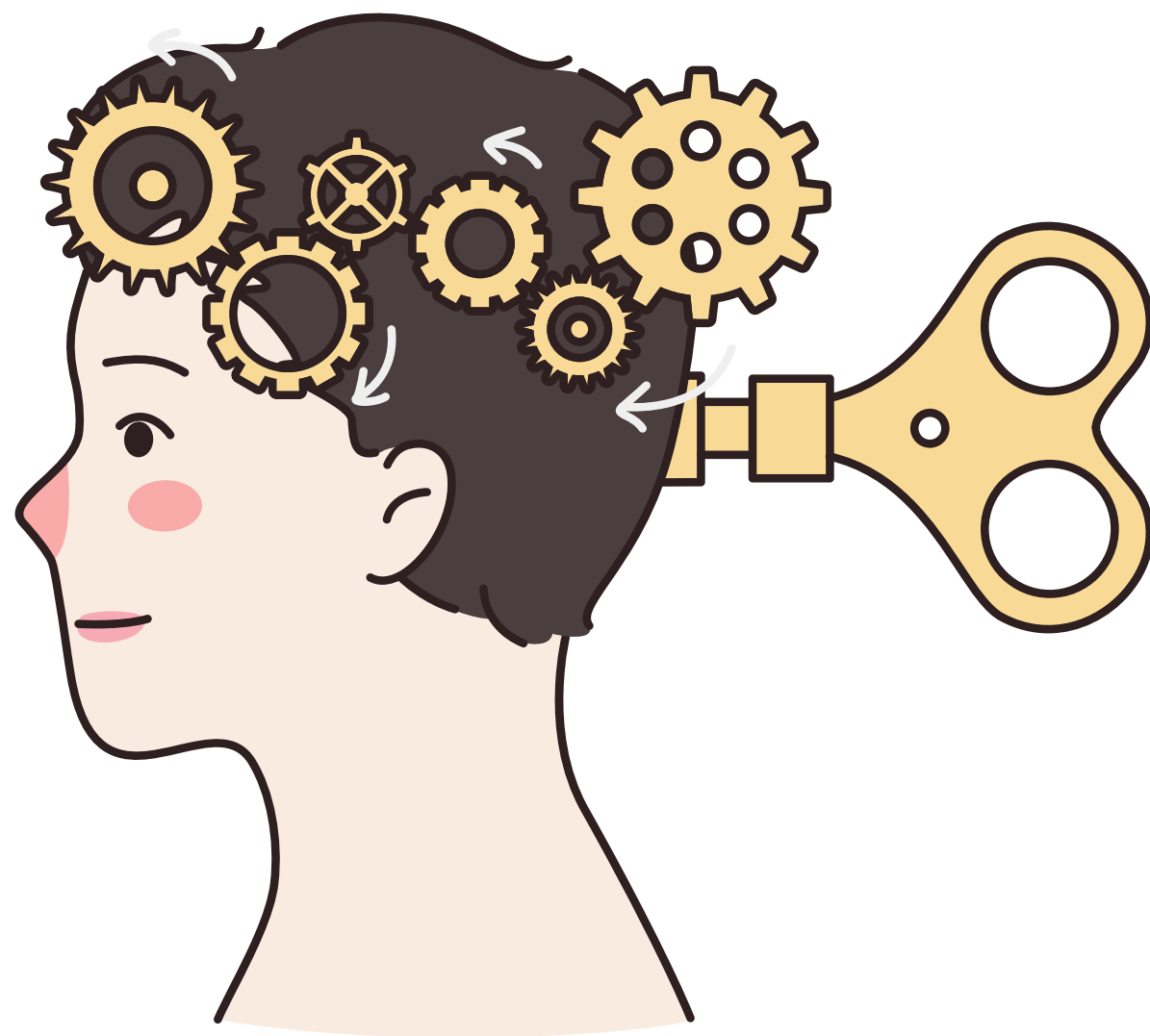


What means manipulation?

According the Cambridge dictionary manipulation means:

- controlling someone or something to your own advantage, often unfairly or dishonestly;
- the action of influencing or controlling someone or something to your advantage, often without anyone knowing it.





Signs Of Manipulation

- They use your weakness against you
- They are witty and ready to argue
- They are persistent until they get a "Yes"
- They use guilt trips
- They gaslight you to create self-doubt
- They project their feelings onto you
- They give you the silent treatment
- They judge and criticize their victims
- They play the victim

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How Do You Know When A person is Manipulating You?

- They use **guilt** to get you to do things for them.
- They over flatter you in a way that does not seem sincere.
- When you confront them with something they did wrong, they tell you something you did wrong in the past, and they take the focus off of what they did, and onto what you did.
- They use your words against you. They twist everything you say, to their benefit. And you find yourself defending yourself, while they are off the hook.
- They are cold, or distant and they take away things, when you don't do what they want you to do.
- They do or say horrible things, and then they say it's a joke, or you are too sensitive, or that is not what they meant.



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what's the
opposite of
manipulative?

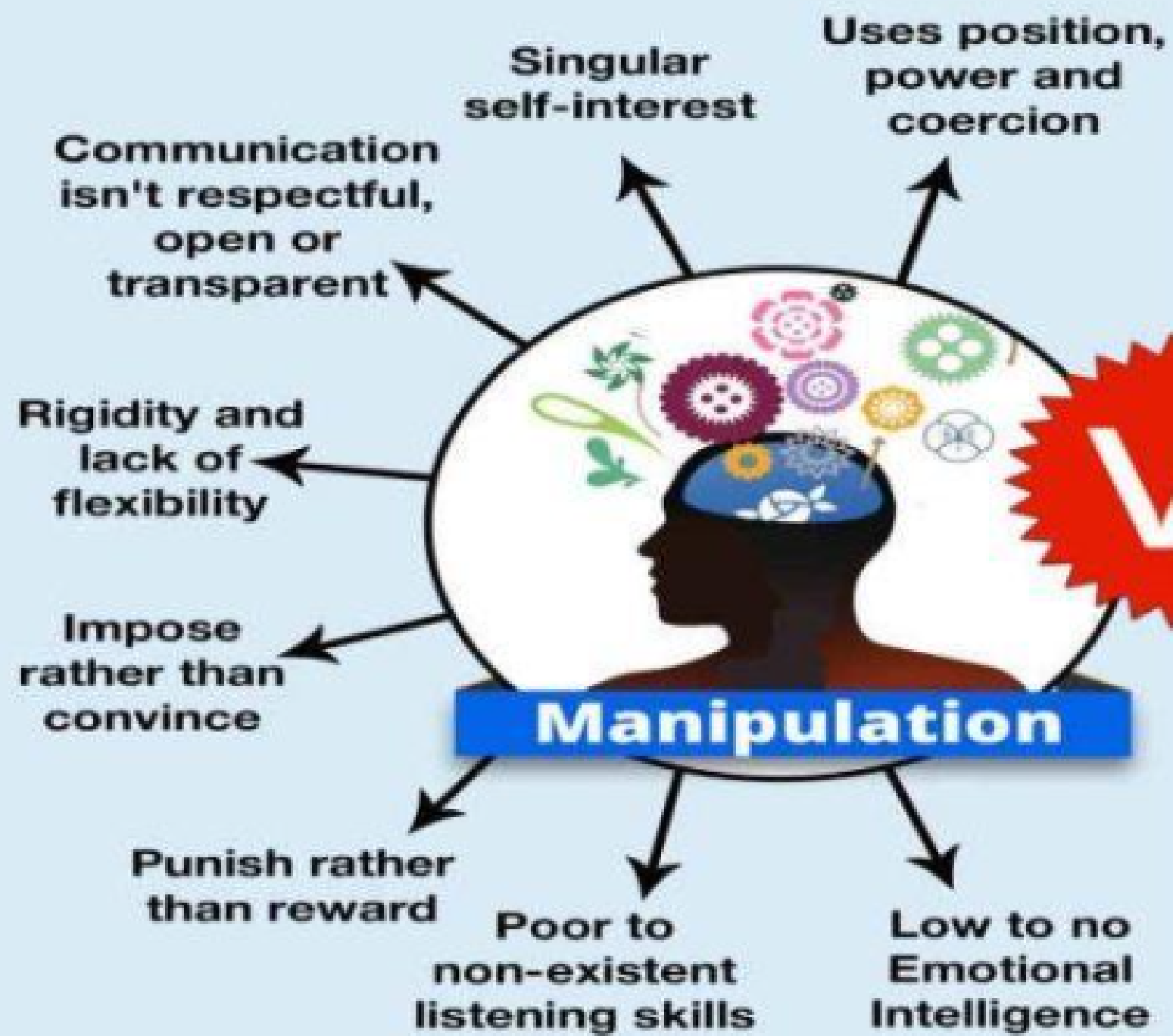


honest, artless, foolish, open,
naive, unassuming,
uncalculating, ingenuous

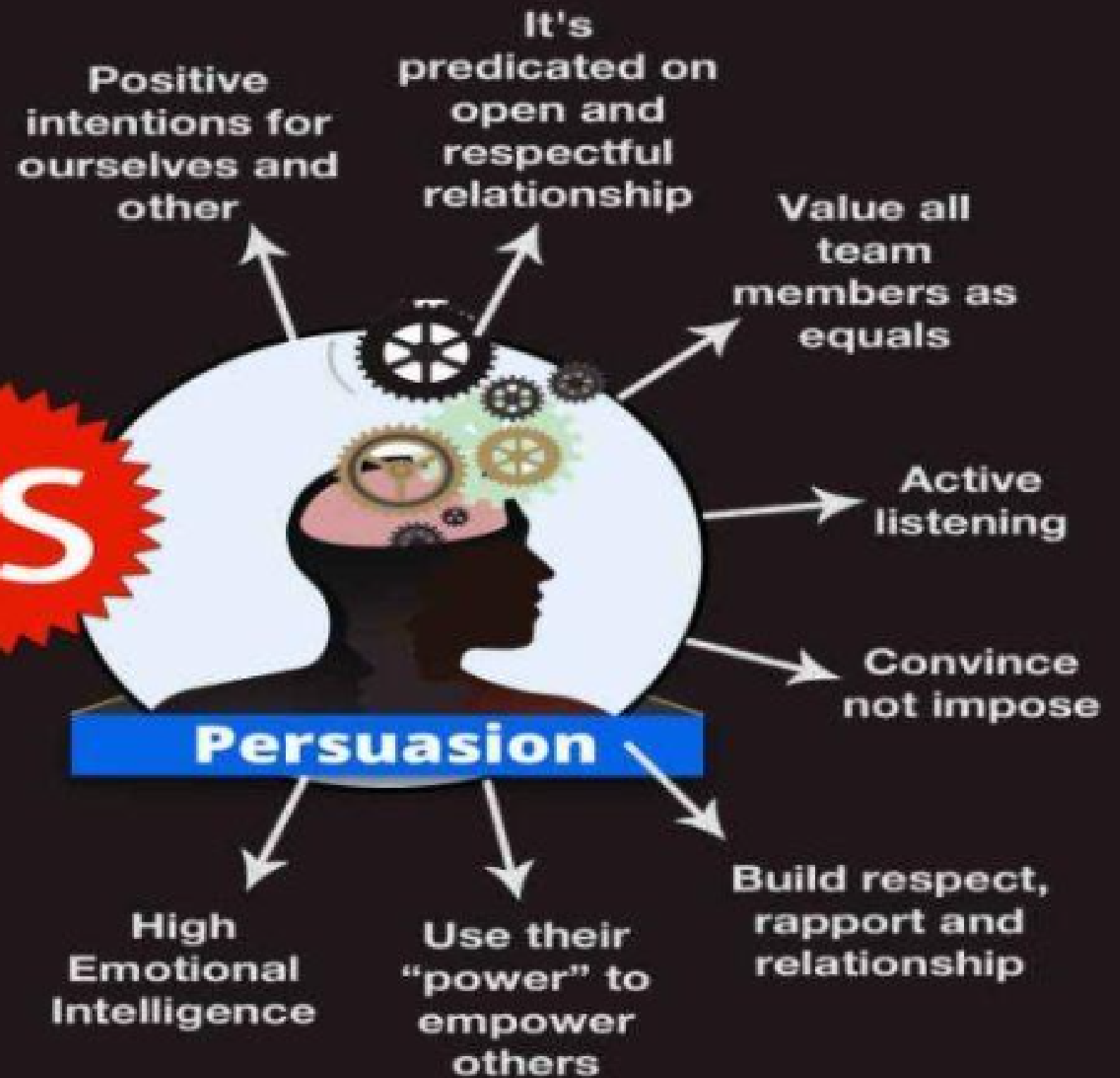




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VS



15 Red Flags Of **MANIPULATIVE PEOPLE**

01. Showers you with love, praise, and attention
02. Displays excessive affection on the public platform
03. Favoritizes you as their soul mate
04. Devalues you through comparisons with others
05. Withholds attention to trample your self-esteem
06. Lies and excuses galore
07. Bilittles you, insults you with a condescending attitude
08. Uses social media to evoke jealousy and insecurity
09. You are slowly turning into a detective
10. Constantly makes you question your value in their life
11. You are the only one who is able to see through their farce
12. Never empathizes with you
13. Points out your mistakes while ignoring their own
14. Gaslights you
15. Make you feel like your relationship is a tightrope walk



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THE RED FLAGS OF MANIPULATION

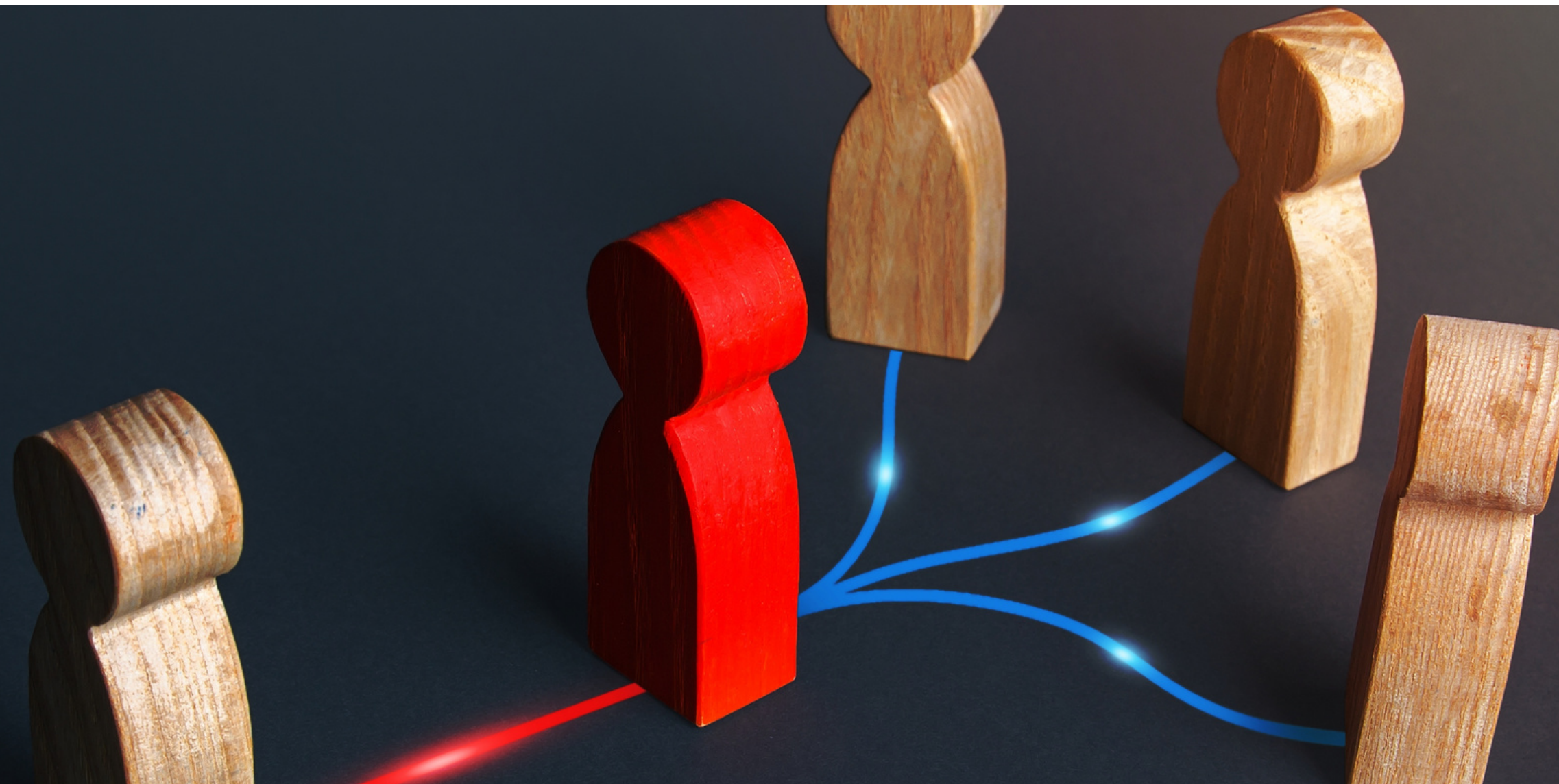
-  your words are used against you;
-  they pose as helpers but their help leaves you feeling miserable;
-  they make a disturbing statement, then claim you misunderstood what they said;
-  they make you feel guilty;
-  they make you question your own sanity;
-  if you don't give them what they want, they will withdraw their love and affection;
-  you are unhappy in this relationship, and yet you fear losing it;
-  your relationship feels very complex;
-  you always feel you are falling short of their expectations;
-  you feel like you are walking on eggshells;
-  they are trying to isolate you.



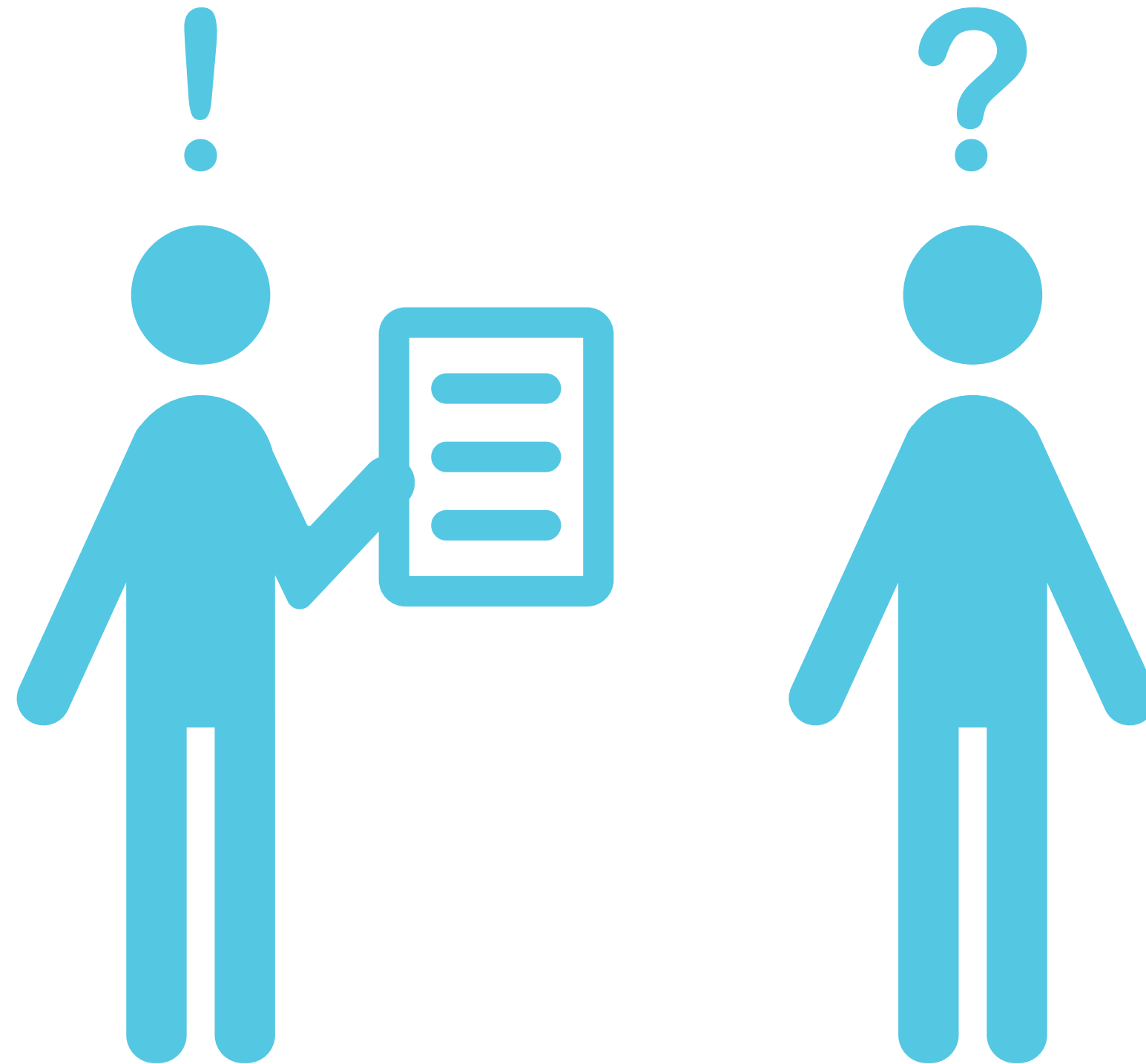
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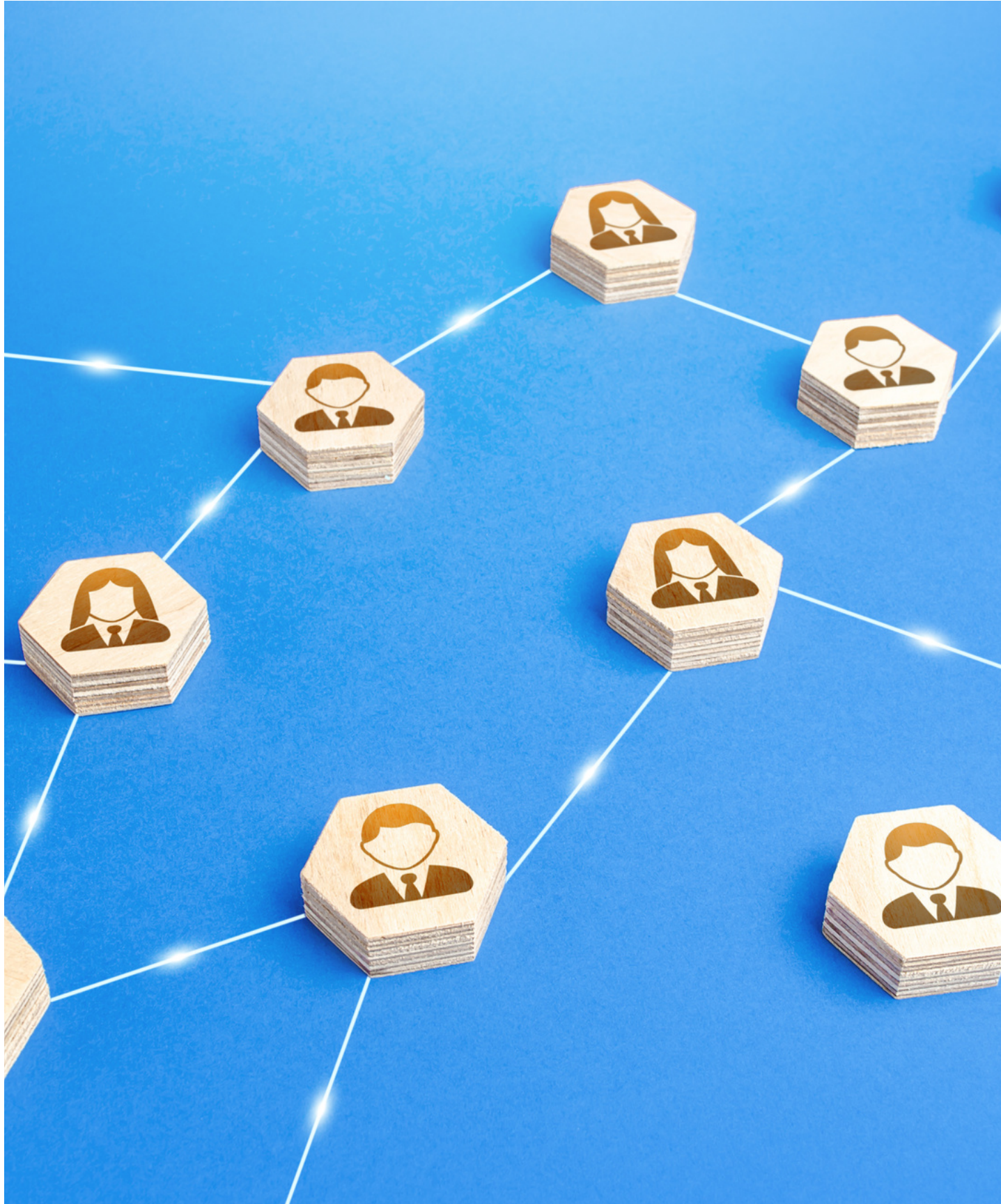
5 lesser-known types of manipulative behavior

- Gaslighting;
- The silent treatment;
- Love bombing;
- Flattery;
- Guilt tripping.



What means submission for you?





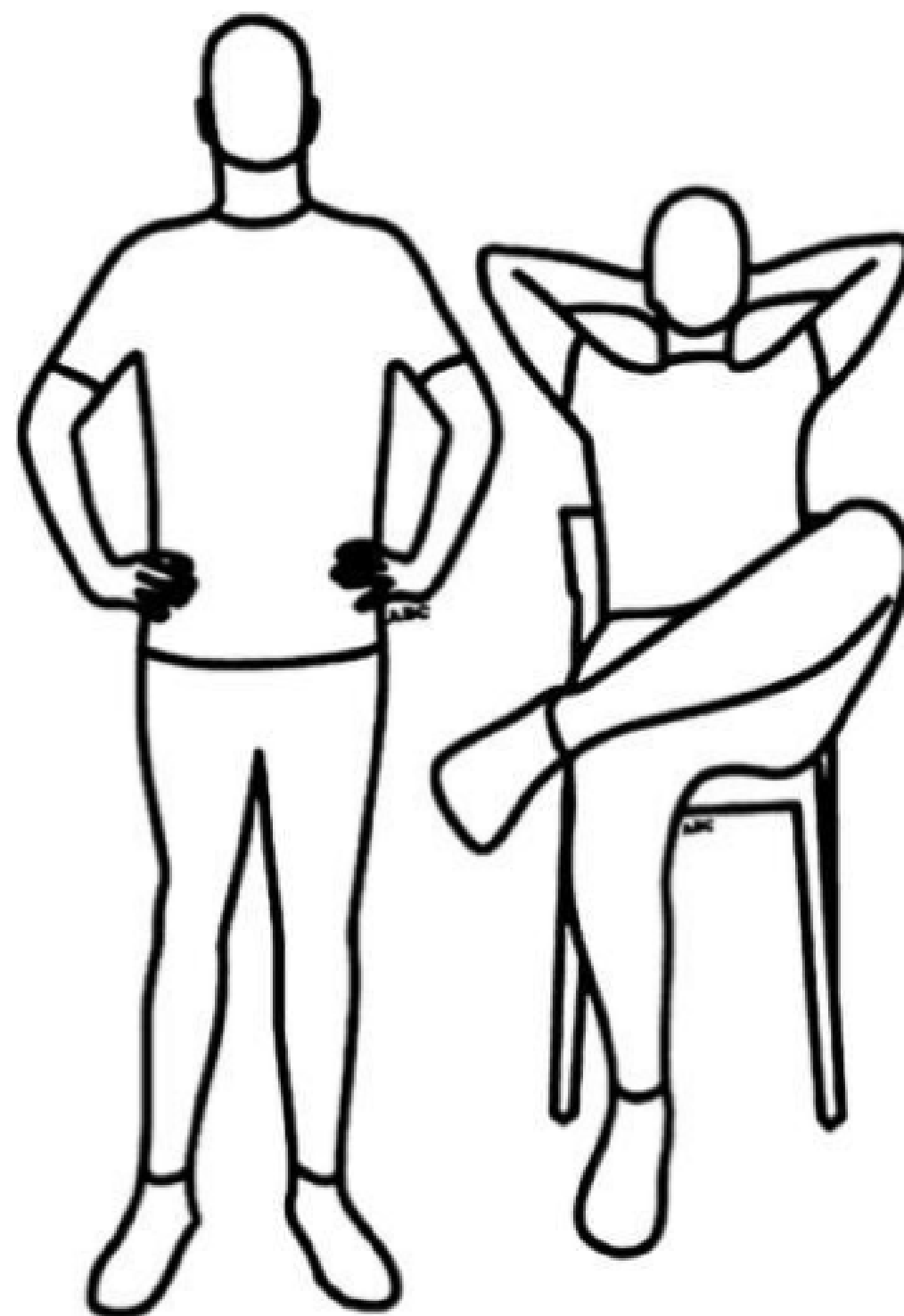
What means submission?

According the Cambridge dictionary submission means:

- the act of giving something for a decision to be made by others, or a document formally given in this way
- the act of allowing someone or something to have power over you:
- the act of offering something for a decision to be made by others, or the thing that is offered



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Dominant Postures



Submissive Postures



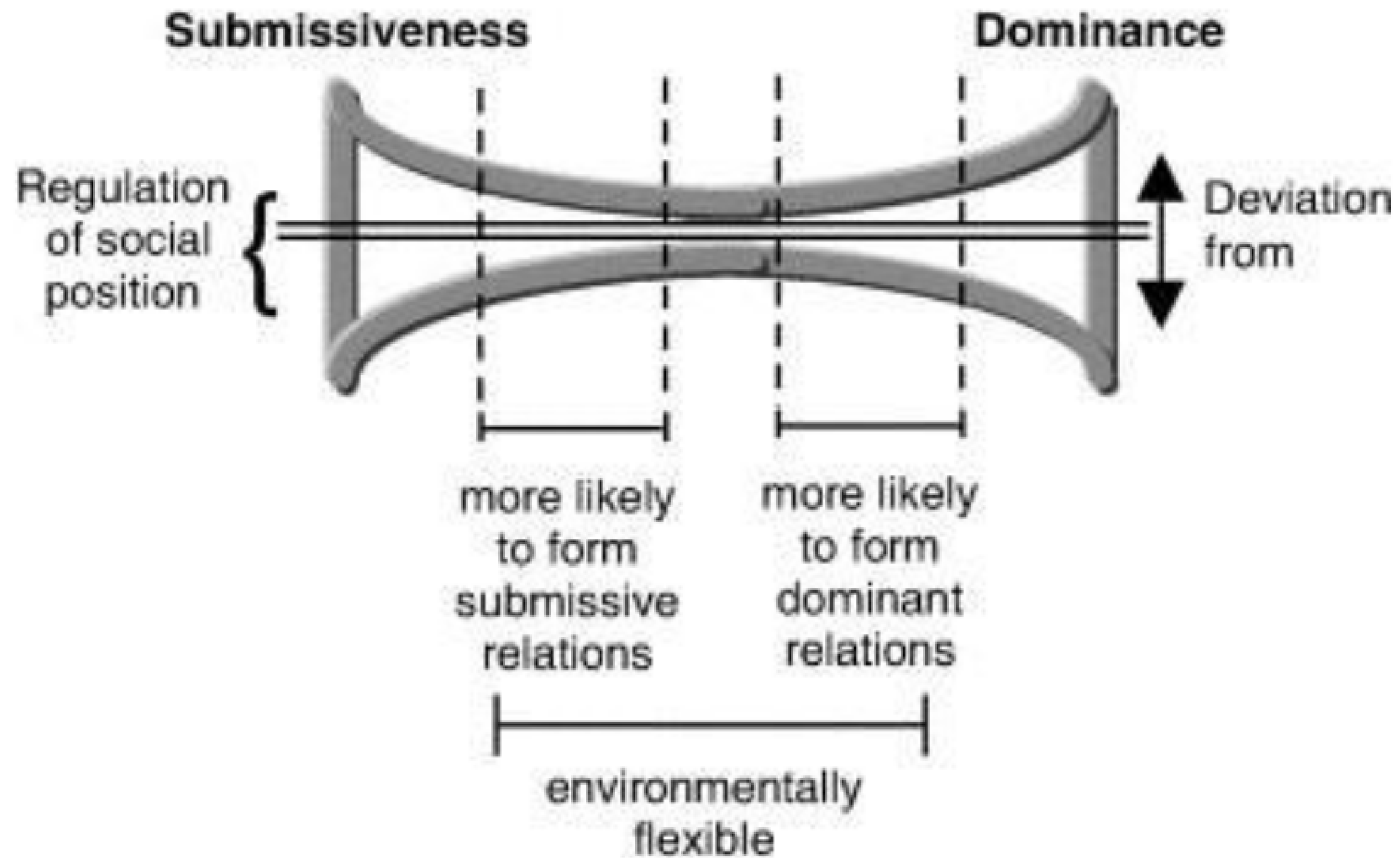
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dominant



submissive







SUBMISSION VERSUS SURRENDER

SUBMISSION

Submission refers to the act of giving something for a decision to be made by others

One may accept yielding to another due to compulsion, so this may not be a willing acceptance of someone's authority

SURRENDER

Surrender refers to stop resisting an enemy or opponent and submit to their authority

Typically involves willingly yielding to someone's authority

Thank you for your attention.

More information about the project on the website:

<https://kreatywnidlabiznesu.pl/develop-your-creativity/>

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