

Controlling Behaviors

Listed below are some of the behaviors that can be used to control other people. As should be apparent, many of the behaviors below are not automatically controlling, but can be used to control others. This list is intended to help you become more aware of your own controlling behaviors, many of which you may not have been previously aware.

1. Orders
2. Threats
3. Promises
4. Psyching-out/mind games
5. Manipulating
6. Blowing up/going off the deep end
7. Physical illness/symptoms
8. Time-outs (when misused)
9. Blaming
10. Intimidating
11. Withholding
12. Violence
13. Yelling
14. Going to a higher authority
15. Taking things away
16. Making unilateral decisions
17. Vigilance/stalking/following
18. Being overly sensitive
19. Wild statements
20. Over protective ('for your own good')
21. Giving alcohol or other drugs
22. Making them feel sorry for you
23. Keeping the other person ignorant/uneducated
24. Using 'male privilege' ('man of the house')
25. Withholding sex/affection
26. Limiting access to items (e.g., car keys)
27. Monopolizing the time
28. Dominating the conversation
29. Superficially polite/nice
30. Handling someone else's belongings
31. Rationalizing
32. Black mailing
33. Shaming
34. Apologizing
35. Walking away
36. Sarcasm
37. Pushing buttons
38. Nagging
39. Interrupting
40. Raising your voice
41. Ignoring
42. Using friends
43. Playing Dumb/Acting "confused"
44. "Just Joking"/"Just Kidding"
45. Bringing up the past
46. Making demands
47. Looks/stares
48. Whining
49. Using children
50. Changing the subject
51. Lying
52. Isolating
53. Fear
54. Money
55. Getting the last word
56. Badgering
57. Silent treatment
58. Threatening suicide
59. Giving rewards/gifts
60. Giving the third degree
61. Short fuse
62. Flattering
63. Requiring authorization/approval
64. Secret purchases
65. Defensiveness
66. Impatience/hurrying someone
67. Silence
68. Quid pro quo
69. Dismissive sounds (e.g. 'tsk')
70. Contrariness
71. Argumentativeness
72. Repeated correcting/negating
73. Unsolicited advice
74. Sabotaging the car or other items
75. Taking/disconnecting the phone
76. Hiding items that don't belong to you
77. Playing the expert
78. Extended pauses
79. Rhetorical questions
80. Talking down to
81. Inappropriate humor
82. Physical size
83. Talking for someone
84. Giving permission
85. Micromanaging
86. Back seat driving
87. Making fun of/Teasing
88. Quoting Scripture
89. Offering unreasonable choices/alternatives