



Emotional Blackmail: When the People in Your Life Use Fear, Obligation, and Guilt to Manipulate You

Susan Forward, Donna Frazier

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"If you really loved me. . ."

"After all I've done for you. . ."

"How can you be so selfish. . ."

Do any of the above sound familiar? They're all examples of emotional blackmail, a powerful form of manipulation in which people close to us threaten to punish us for not doing what they want. Emotional blackmailers know how much we value our relationships with them. They know our vulnerabilities and our deepest secrets. They are our mothers, our partners, our bosses and coworkers, our friends and our lovers. And no matter how much they care about us, they use this intimate knowledge to give themselves the payoff they want: our compliance.

Susan Forward knows what pushes our hot buttons. Just as John Gray illuminates the communications gap between the sexes in *Men Are from Mars, Women Are from Venus*, and Harriet Lerner describes an intricate dynamic in *The Dance of Anger*, so Susan Forward presents the anatomy of a relationship damaged by manipulation, and gives readers an arsenal of tools to fight back. In her clear, no-nonsense style, Forward provides powerful, practical strategies for blackmail targets, including checklists, practice scenarios and concrete communications techniques that will strengthen relationships and break the blackmail cycle for good.

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