

Who tends to be the victim of Emotional Blackmail?

Tend to self-doubt

Overly concerned
about others' feeling

Excessive fear of
others' evaluation

Difficulty in rejecting
others

Over-obedience
to authority

Poor self-
confidence/
insecure



Who tend to Use Emotional Blackmail ?

Experienced
emotional blackmail in
the past/ victim of
emotional blackmail

Poor self-
confidence/Insecure

Narcissistic



Limited self-
awareness

How to deal with emotional blackmail

Create Space



e.g I am not free right now, I will get back to you later.

Observation



e.g Imagine yourself as outsider, evaluate the request objectively

Self-Remind

e.g You DESERVE to be LOVED.
It is not the only way to obtain love.



Strategies

e.g Negotiation, Use of humor, & allow the person to understand your needs



STAND FIRM

No Emotional Blackmail



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