



Romeo's Sensation LLC

Life's New Possibilities

## Breaking the Cycle (For Manipulators)

### 1. The Cost/Benefit Swap

- Old manipulation tactic: \_\_\_\_\_
- What it *actually* costs you (e.g., loneliness, legal risk): \_\_\_\_\_
- Healthier alternative (e.g., direct communication): \_\_\_\_\_

### 2. Accountability Drill:

- Next time you feel the urge to manipulate:
  - **Pause.** Ask: "*Will this destroy a relationship I value?*"
  - **Verbalize need directly:** "*I need \_\_\_\_\_ because \_\_\_\_\_.*" (No lies, no blame)