



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 controlling depending on how they are used. This is only a partial list--there are many other ways of being controlling not listed here.

1. Abuse
2. In-genuine **agreeing**
3. Giving **alcohol or other drugs**
4. Ambiguous responses
5. Apologizing
6. Argumentativeness
7. Requiring **authorization/approval**
8. Back seat driving
9. Badgering
10. Blackmailing
11. Blaming
12. Blowing up/going off the deep end
13. Bringing up the past
14. Changing the subject
15. Using **children**
16. Contrariness
17. Repeated **correcting/negating**
18. Using the **courts/legal system**
19. Defensiveness
20. Making **demands**
21. Disconnecting/taking the phone
22. Dismissive gestures
23. Dismissive sounds (e.g. 'tsk', sighs)
24. Doing someone's tasks without their consent
25. Dominating the conversation
26. Eavesdropping
27. Playing the **expert**
28. Extended pauses
29. Facial expressions (rolling eyes, insincere smiles)
30. Fear
31. Making them **feel sorry** for you
32. Flattering/brown-nosing
33. Forgetfulness
34. Using **friends**
35. Giving permission
36. Giving rewards/gifts
37. Going over someone's head
38. Going to a higher authority
39. Gossip
40. Using **guilt**
41. Handling someone else's belongings
42. Hanging up on them
43. Hiding items that don't belong to you
44. Inappropriate humor
45. Keeping the other person **ignorant/uneducated**
46. Ignoring
47. Impatience/hurrying someone
48. Willful **incompetence**
49. Interrupting
50. Intimidating
51. Invoking experience/expertise
52. Isolating
53. "Just joking/kidding"
54. Keeping items in your name only
55. Getting the **last word**
56. Leading questions
57. Limiting access to items (e.g., car keys)
58. Looks/stares
59. Lying
60. Making fun of
61. Using **male privilege** ('man of the house')
62. Manipulating
63. Not passing on **messages**
64. Micromanaging
65. Mimicking
66. Money
67. Monopolizing the time
68. Nagging
69. Offering unreasonable choices/alternatives
70. Orders
71. Over protective ('for your own good')
72. Being **overly sensitive**
73. Physical illness/symptoms
74. Physical size
75. Playing dumb
76. Superficially **polite/nice**
77. Pretending to be listening
78. Promises
79. Psyching-out/mind games
80. Public humiliation
81. Pushing buttons
82. Quid pro quo
83. Raising your voice
84. Rationalizing
85. Rhetorical questions
86. Sabotaging the car or other items
87. Sarcasm
88. Secret purchases
89. Selective listening
90. Shaming
91. Short fuse
92. Showing up late on purpose
93. Silence
94. Silent treatment
95. Speaking for someone
96. Stone-walling
97. Threatening suicide
98. Taking things away
99. Talking down to
100. Talking for someone
101. Teasing
102. Telling the other what they're thinking/feeling
103. Telling them how to behave
104. Giving the **third degree**
105. Threats
106. Time-outs (when misused)
107. Trivializing
108. Making **unilateral decisions**
109. Unsolicited advice
110. Vigilance/stalking/following
111. Walking away
112. Whining
113. Wild statements
114. Withholding information
115. Withholding sex/affection
116. Yelling