

## THE MANIPULATOR

In the world of match-fixing we constantly try and identify the perpetrators and their objective, which may vary from sporting manipulation, monetary gain, intimidation and blackmail. At the end of the line we may start thinking about the vital cog in the match-fixing mechanism; the players and match officials, without whose assistance the machine would stall.



Detecting manipulators may sometimes be difficult, but it is an easy task if well-meaning individuals are honestly prepared to do so.

The following article by *Dott. Edward Curmi*, a clinical psychologist and psychotherapist, explains how manipulators go about their business:

*"We generally love to be surrounded by positive and supportive people, who can possibly help us feel happier and more fulfilled. However, we can also come across people we think are genuinely interested in us, but with time, realise are using and possibly manipulating us. So, how can we recognise and handle a manipulative person?"*

**Characteristics** - \* They always get what they want with minimal effort and at a great price for others. \* They are constantly able to reinvent themselves as long as others do the dirty work. \* They spend their time making sure their needs are met. \* They love to control others as long as no one tries to control them. \* They will never do you a favour unless there is some personal secondary gain for them. \* They are extremely good talkers and persuasive in nature. \* They meticulously study what other people's weakness are so that they can take full advantage of them. \* They can be very dramatic and expect others to be at their beck and call.

### **How to deal with a manipulator.**

**Recognise them** - This is one of the hardest and crucial first steps. Once you identify a manipulative person, you can start noticing how they behave; there is always a constant negative pattern. Also, it is possible that your genuine friends will notice before you as they are able to see right through them. **Play their game** – Manipulative people always place never-ending demands on others and make them feel privileged that they have asked them. So all you need to do is switch roles and start being as demanding as them while making them feel "special". **Be more confrontational** – You can choose a more confrontational style by asking more probing questions that clearly show you know what type of person they are. For example: "I see how this demand helps you, but what is in it for me?" Or you could ask: "Does it seem fair to you that you are asking me to do this?" Once you take such an approach, they are likely to back off. **Learn to say no** – Being assertive is a must around a manipulator. Most of the time, they will go to great lengths to make you feel guilty for saying 'no'. Just remember, it's a tactic, and do not allow shame or guilt to change your mind. Be cordial, firm and respectful towards yourself and others. **Use art of postponement** – Whenever they ask you to do something, learn how to postpone the chore. If they call you and ask you to do something, invite them to write to you, or say that you want to think about it. Usually such an attitude is likely to trigger their frustration as they just love instant gratification.

*It may be hard to put all these tactics into practice, especially if you have been pleasing a manipulator for quite some time. If you feel weak while trying to do this, just remind yourself that the time has come for you to please yourself."*

The above is basically what we have been saying on our Integrity Tour. Our mutual target is the manipulator who is ruining our assets; the game, the players and the officials. Let's all be part of the eradication of the manipulators within our circles.

Shut them out. ft