

# My Emotional Manipulation Trip



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I did a play in Graduate school. It was called “The Game” and it was about a woman who was emotionally manipulated and pushed to leave her own party so that two of the guests could have a clandestine meeting. By the end of the play my character stormed off stage in a state of anger. Perhaps that is why I have not been completely manipulated into giving my manipulators what they want.

I realized today that there has been a kind of scary pattern with things in my life. Some people are trying to make me angry. They are intentionally doing things to push my buttons. It is sad. I am a beautiful person when I am at peace. I would like to be making art out of my photography. I would like to be able to focus and finish the stories I have written and focus on getting acting jobs. I am sorry but I need acting.

You see I am certain that people are trying to make me angry. I do not have a history of having anger issues. Though anger can often be mistaken with other emotions. Anger comes from, after all, pain. To me anger is a sign something is not right. It is a sign someone has done me a disservice or injustice. My anger is not often laced with guilt unless I find I was wrong. At that point though my anger turns to embarrassment and guilt, not more anger.

Someone has hacked my phone causing my computer systems not to work right. It is actually hindering me getting things done. It may be a neighbor not wanting to hear my music. I kind of understand that. For that last half hour a neighbor has been playing the same song over and

over. “I am in love with the shape of you” has played at least 5 times so far.

Someone keeps sending me messages on Facebook but when I look there are no messages. I have had a twitter stalker on line who has pushed my limits. I just kicked some one out of my life. Actually I pushed them out, on purpose. I felt like they were not trustworthy. Well when it happened he tells me I have “anger issues” and he knew that. Yet after we got into an email exchange about it, he confesses he does not know me. I told him I think he was saying that to slander me and manipulate me. I also should have pointed out if I have “anger issues” why agree to be on my Facebook?

I realize that is the plan. Make me angry. But my father is the one with the anger. I can get angry. When I am I have a reason to be. But I have realized that anger is not seen as healthy or as a sign of insanity. Is it really crazy or bad or just a part of life? I show my anger. I am not an emotional manipulator. Emotional manipulators show one emotions but you know they are hiding something.

I do not need people in my life who want only happy positive emotions. Life these days is not easy or positive or one hundred percent happy. When someone says to me “I want positive people in my life,” it tells me they want easy relationships but they can not be counted on when things go bad. They will jump ship if your having the worst day of your life. They are not the kind of friend I need.

Bad things happen. They do. Good things happen to. Life is about learning to stand alone through them and deal with the worst of it, without succumbing to the pain to the point you dish it back. Unfortunately that last part is very hard. Sometimes I feel like I know what life must be like to a dog that has been kicked by accident. I did not ask for the pain, but it is there and I have to deal with it.

Lately I feel as if the world is dishing out nothing but pain and I am being kicked over and over and this time it is intentional. At times like this, the last thing I need is people who only want pretty and perfect. The last thing i need are people who want me to be someone I am not or want to add to the pain and anger by pushing my buttons. I need and deserve honest loving contact. My pain and anxiety does not need the

turbulence of the emotional manipulator looking for the Achilles' heel of my heart.

We all need peace. We all need to find compassion for ourselves and others. We need to stop the madness of deceit. I do not have anger issues. What I have is people trying to cover up what they did to me by pushing me to anger. What I have are little boys and girls using my anger to destroy my life. I need to find a way to continue without them convincing anymore people that I deserved what they did. I may not believe in their God, but I know using pain to manipulate must be a sin. It is not right.

