

## 4 Control Dramas (Dr. Jody Janati)

- **Intimidator – quick to argue/yell, arrogant/superior, controlling**
  - Don't put yourself in a position where you have to rely on an intimidator
  - Ask directly about their need to repeat their point after you've expressed yours.\*
  - Avoid defending yourself. Be silent. Possibly repeat back what they said. \*
  - Limit topics, especially personal disclosures; they will use against you
- **Poor Me – Mentions their unfortunate circumstances but refuse help**
  - Ask about their reluctance to accept help
  - Tell them you are willing to help them solve their problems vs rehash them
  - Tell them you hold positive thoughts for them and change the subject



**Relationships Come F.I.R.S.T.**

(Formula for Improving Relationship Success Tools)

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- **Interrogator – must do it “their way,” know-it-all, teaches/preaches, critical**
  - Ask about their reason for questioning you
  - Respond to questions with questions (what do you mean?)
  - Make certain topics off limits
  - Request they delegate tasks to others
- **Aloof = passive verbal and nonverbal, detached, walks away, needs space, won’t make commitments, indecisive, distant, focuses on self**
  - Ask about their reluctance to respond
  - Avoid defensiveness; it fuels their anxiety and fear and they’ll withdraw more
  - Name their game by describing their behavior. They’ll admit it or withdraw.



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