



Manipulation

Group Question: What is Manipulation? (Discuss)

Answer: to **Manipulate** = to negotiate, control, or influence (something or someone) cleverly, skillfully, or deviously

- **Has anyone here ever been told that they are manipulative? If so, by who and why?**
- **Who do you manipulate and how do you do it? (Give examples)**
- **What does manipulation have to do with drug use?**
- **What is wrong with being manipulative?**

(Hint – What is wrong with being sneaky or dishonest to try to get other people to do what you want them too? – What can happen over time if you keep being manipulative?)

- **What is a better way to try to get other people to see your viewpoint and go along with you without being manipulative?**

(Hint – What does it mean to be a leader? To be influential? To be persuasive? – All of which are much more honest and effective ways to get others to see your viewpoint

- **Does anyone in here believe they have leadership abilities? How do you know? How can you use those abilities in a positive way?**

Drug users for some reason can often be some of the best manipulators in the world. Why?

What is the benefit of learning to be straightforward, honest and assertive instead of sneaky or manipulative?

Play the manipulation game:



The Manipulation Game

Directions: Everyone in the group gets a card with instructions. Your card will instruct you to either manipulate the entire group or a person in the group to do whatever it says on the card.

The group will then discuss a topic as a group. (Any topic – like “relapse” “relationships” “anger” “fear” “Where do you see yourself in 5 years” – ANYTHING the Counselor Chooses or just do this during a normal group discussion or check in) - During the group discussion, your goal is to try to do whatever it says on the manipulation card, with one catch:

Try to be as subtle as possible with your manipulation goal. Do not be obvious about it. Instead, try to be as sneaky as possible so that no one can guess what your goal was. Be sneaky yet manipulative

Once you feel that you have achieved your goal. Just be yourself again in the group

After the Group Follow Up:

Go person by person in the group. Start with the first person:

- Ask everyone else in the group if they know what the manipulation goal was for this person. For every person who could not guess what the manipulation goal was that person gets 2 points
- Now the person reads their card and explains to the group what they did to try to achieve that goal. If the group votes and thinks that manipulation goal was achieved the person gets up to an additional 10 points depending upon how well the goal was achieved.

Do this with each person and see who wins by being the most sneaky and manipulative

Repeat with new cards.



Try to get the entire group really interested in the topic

Try to get the group to laugh about something totally unrelated to what we are talking about

Try to get as many people in the group as you can to share about their childhood

Try to get the one of the counselors or interns to laugh at least once

Tell a wild story about yourself that is really unusual but try to get everyone to believe it

Try to get the group onto a totally different topic for a minute then back to the original topic without them knowing

Try to get convincingly get upset at something at least twice (not mad, just upset) and get someone to apologize

Try to get someone in the group to say something nice about you

Try to get at least two people to make a reference to music

Try to get the group to agree that something unusual is really good



Try to get at least two different people to make funny faces

Try to get the quietest person in the room to share something new about themselves

Make at least 3 strange noises that people hear but no one says anything about

Try to get the group to try to figure out something that has to do with a math problem

Try to get as many people as you can in the room to say a color without asking for their favorite color

Try to get the group to believe one of your favorite things is something really unusual

Try to get as many people as you can to mention a word that starts with Z

Try to get as many people as you can in the group to say something that rhymes

Pick an unusual word and try to get as many people as you can to repeat it

Try to get people to believe something about the town you come from that is completely not true