

Very Unhealthy Behavior

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The behavior of some people is extremely unhealthy; they will control and injure you. Unfortunately, they bring harm to every situation. Be careful or you will fall prey to their evil ways. Here are some of the characteristics of extremely unhealthy behaviors.

1. They flatter you

They say the nicest things you have ever heard about yourself

They make superfluous statements about you

2. They identify with you

They tell you, "We are soul-mates or comrades on a project"

They emphasize the commonalities, "We have so much in common"

They get you to say "yes" to their demands

3. They make you pity them

They love pity

They use "crocodile tears" to win your pity

4. They over-play their history of pain

They recount their accidents, illnesses, hurts, etc.

They remember everyone who has hurt them in any way

5. They are sensual

They, covertly or overtly, find sensuality in every event

They will misuse you sexually

6. They keep you off-balance

They use obtuse behaviors and/or language

They threaten and/or embarrass you in front of others

They use behind-the-scenes gossip to harm you

They make you feel guilty for challenging them in any way

They act like they are terribly hurt if you do not do what they want

7. They give you the silent treatment

They make you "pay" for any challenges to their plans

They may disappear or refuse to talk for long periods at a time

8. They make you jealous

They make you want them and make you fawn to them

They use language and behaviors to make you jealous

9. They will devalue you

They make sure that you know that they are doing you favors

They will not recognize or appreciate your abilities

10. They will do anything to win you back if you begin to leave them
 - They only do what is needed to keep their system intact
 - They are quick to make adjustments to their comments and behaviors
11. They are classic politicians
 - They will use words to control you
 - They will say or do anything to make themselves look good
 - They will take credit for anything good that happens
 - They will distance themselves from anything that could discredit them
12. They forget their promises and remember yours
 - They make promises that they later “forget” to keep
 - They hold you to your promises and wiggle out of theirs
13. They will hurt you
 - They are dangerous to your health in every way
 - They will use you to make themselves look good
14. They will blame you
 - They make you feel responsible for their wrong behavior
 - They make sure that you know that nothing is ever their fault

How to deal with people who display these types of unhealthy behaviors-
They can be helped if they can be made to see the evil of their ways.
In any case you must protect yourself from the dangers they pose.

- You must realize that their behavior is neither normal nor acceptable
- You must realize that they are deeply hurting and starved for love
- You must realize that only love that is bold and tough can help them
- You must realize that they must be confronted with and by the truth
- You must realize that they are Spiritually sinful people
- You must realize that they are emotionally insecure people
- You must remember that life is always about them, not about you
- You must realize that they will keep you under their control
- You must take charge of any relationship you have with them
- You must not allow them to control you
- Confrontation by a group of strong, healthy persons can help them
- Only God can really change them