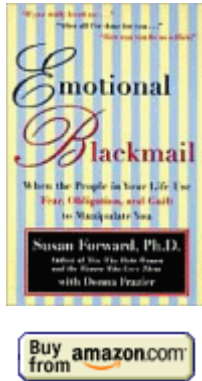


## ***Emotional Blackmail***

*When People in Your Life Use Fear, Obligation and Guilt to Manipulate You*

Susan Forward, Ph.D. with Dona Frazier

**12 CEHs**



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## **Examination Questions**

### **Introduction**

1. Emotional blackmail:
  - a. is a powerful form of manipulation
  - b. can be a direct or indirect threat of punishment if we don't do what they want
  - c. can be expressed in many different ways
  - d. all of the above
  
2. FOG is a shorthand way of referring to:
  - a. Fantasy, Obedience and Guilt
  - b. Forgiving, Obligation and aGreement
  - c. Fear, Obligation and Guilt
  - d. none of the above

### **Chapter 1: Diagnosis: Emotional Blackmail**

3. Emotional blackmail can be confusing because:
  - a. it is far more subtle
  - b. can occur in the context of a relationship where much is good and positive
  - c. it can creep up over the line from normal to elements that compromise our well-being
  - d. all of the above
  
4. According to the author, one of the six deadly symptoms of emotional blackmail is:
  - a. criticism
  - b. resistance
  - c. confusion
  - d. all of the above
  
5. According to the author, one of the ways to set healthy boundaries is to:
  - a. define your position
  - b. lay out what you will and will not accept
  - c. give the other person the choice of yes or no
  - d. all of the above

**Chapter 2: The Four Faces of Blackmail**

6. According to the author, the people who state what they want and state the consequences we'll face if we don't give it to them are called:
- punishers
  - self-punishers
  - sufferers
  - tantalizers
7. According to the author, people who often interpret your inability to read their mind as proof that you don't care enough about them are called:
- punishers
  - self-punishers
  - sufferers
  - tantalizers
8. According to the author, the most subtle blackmailers are called:
- punishers
  - self-punishers
  - sufferers
  - tantalizers

**Chapter 3: A Blinding FOG**

9. According to the author, Josh is playing the dangerous game called:
- I'm Right, You're Wrong
  - It's Not Fair
  - Peace at Any Price
  - none of the above
10. According to the author, The Everlasting IOU describes how some blackmailers look selectively at the past to find a reason why you owe them whatever they want.
- True
  - False
11. According to the author, giving in once or twice to the blackmailer's demands will effectively end blackmail.
- True
  - False

**Chapter 4: Tool of the Trade**

12. Blackmailers who interpret their desires in glowingly positive terms and your resistance in darkly negative terms are using the tool:
- Pathologizing
  - Negative Comparisons
  - The Spin
  - none of the above
13. According to the author, it is typical for families with a history of child abuse or alcoholism to brand a family member, who dares to discuss their secrets, as crazy and a family wrecker.
- True
  - False

**Chapter 5: The Inner World of the Blackmailer**

14. According to the author, emotional blackmailers \_\_\_\_ tolerate frustration.
- can
  - cannot

15. According to the author, emotional blackmailers believe that:
- I never get what I want
  - I don't trust other people to care about what I want
  - I always lose anyone I care about
  - all of the above
16. According to the author, the blackmailer's belief that they will not get what they vitally need "unless they play hardball" is the common denominator underlying all emotional blackmail.
- True
  - False
17. Jay was an example of someone who had a charmed existence and believed that whatever he wanted would fall into his lap.
- True
  - False
18. Emotional blackmailers:
- focus on their needs and desires
  - do not seem concerned about other people's needs or how their pressure is affecting others
  - often behave as though each disagreement is the make-or-break factor in the relationship
  - all of the above
19. According to the author, a common tactic for angry blackmailers trying to reduce the pain of losing someone is called:
- diminution
  - reduction
  - devaluation
  - none of the above
20. According to the author, the use of children as a weapon against the noncustodial parent is one of the oldest and cruelest forms of emotional blackmail.
- True
  - False

## **Chapter 6: It Takes Two**

21. According to the author, emotional blackmail cannot work without the target's active participation.
- True
  - False
22. One of the "protective" qualities that makes someone vulnerable to emotional abuse is:
- an excessive need for approval
  - an intense fear of anger
  - a high level of self-doubt
  - all of the above
23. The author describes people who believe that they alone must fix everyone's feelings and problems as people with the:
- Bleeding Heart Syndrome
  - Good Girl Syndrome
  - Atlas Syndrome
  - none of the above

**Chapter 7: The Impact of Blackmail**

24. The impact of blackmail can be:

- a. loss of integrity and self-respect
- b. loss of our well-being
- c. a betrayal of the people we care about
- d. all of the above

25. One of the paradoxes of emotional blackmail is that the more we feel the blackmailer demanding our time, our attention or our affection, the less we feel free to give.

- a. True
- b. False

**Chapter 8: Before You Get Started**

26. According to the author, the first three steps in the change process (SOS) is:

- a. Signal, Own it, Separate
- b. Stop, Observe, Strategize
- c. Strategize, Organize, Stabilize
- d. none of the above

27. According to the author, it is wise to use time-buying statements as soon as a demand is made.

- a. True
- b. False

**Chapter 9: A Time for Decision**

28. Many targets of emotional blackmail, like the example of Leigh, tend to underreact by:

- a. minimizing their uncomfortable feelings
- b. denying that anything is bothering them
- c. rationalizing that their objections to other people's requests are groundless
- d. all of the above

29. According to the author, sometimes what's most objectionable about a demand the emotional blackmailer makes is the way it is presented.

- a. True
- b. False

**Chapter 10: Strategy**

30. According to the author, it is important to defend and explain your decision to the blackmailer in response to pressure.

- a. True
- b. False

31. According to the author, one of the strategies to use when standing your ground with a blackmailer is:

- a. enlisting the blackmailer as an ally
- b. bartering
- c. using humor
- d. all of the above

32. A strategy of encouraging the other person to imagine with you what change might feel like or how a problem might be solved is what the author calls the:

- a. Supposition Method
- b. Deduction Device
- c. Wonder Tool
- d. none of the above

**Chapter 11: Cutting Through the FOG**

- 33.** According to the author, an effective technique to help you disconnect your fear button is:
- a.** rewriting the scene
  - b.** play the blackmailer's part
  - c.** thought-stopping
  - d.** all of the above
- 34.** According to the author, an effective technique to help you disconnect your obligation button is to ask:
- a.** How much can I give?
  - b.** What would happen if...?
  - c.** Where is it written...?
  - d.** none of the above
- 35.** According to the author, an effective technique to help you disconnect your guilt button is:
- a.** Opinion, Not Facts
  - b.** Return to Sender
  - c.** Paradoxical Therapy
  - d.** all of the above
- 36.** According to the author, fighting guilt with imagination describes writing a fairy tale about the relationship with the blackmailer.
- a.** True
  - b.** False