

The Tricks of Love

Avoiding the Games and Traps of Manipulation, Stonewalling, and Guilt Trips

We play lots of games in our relationships, most the time unknowingly. When we play some of those games, we're actually tricking our partner; the stakes are high, and "winning" can actually lead to losing at love. So how do you know if you're a Gamer ... or hooked up with one? Here are a few clues: One or both of you ...

- Frequently withdraws when frustrated or angry.
- Responds to a complaint with a complaint of your own.
- Uses threats to end a conversation.
- Uses sarcasm to communicate.
- Brings up something the other feels guilt or regret over in order to get your way or make a point.
- Consistently puts off dealing with issues.
- Responds to the other in explosive tirades.
- Uses criticism to communicate disapproval.

Because we are imperfect, it's likely all of us use at least one of these gaming techniques. But good news - there's a better way to win! [Contact Us](#) to find out how! 😊