

OGU BABAFEMI OKECHUKWU

20 DIRTIEST TRICKS WOMEN PLAY



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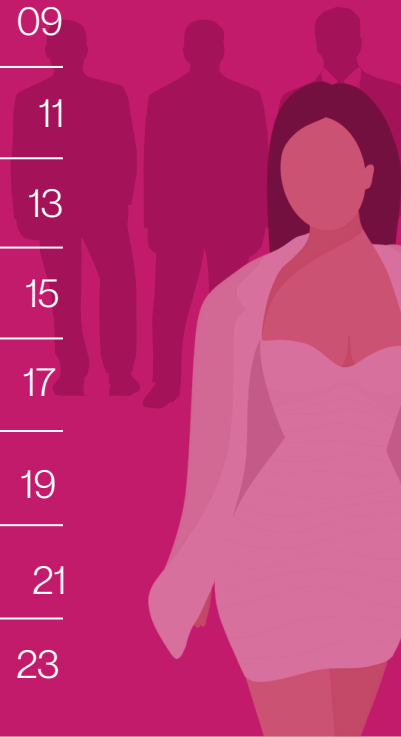
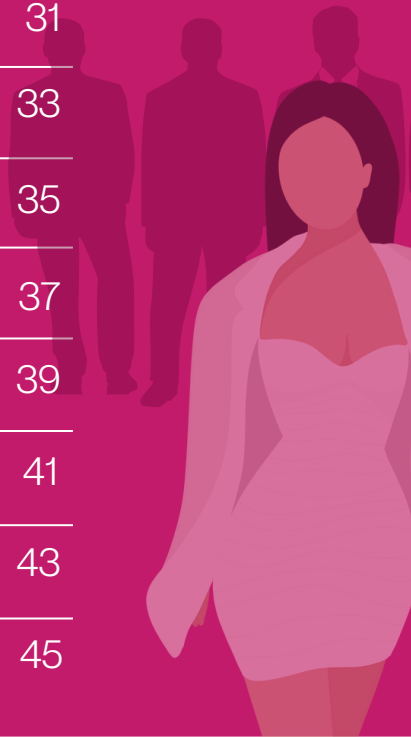


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INTRODUCTION

20 Dirtiest Tricks Women Play is your essential guide to understanding and navigating some of the sneakiest manipulation tactics that can arise in relationships.

This book reveals the hidden strategies that can create confusion, control, and frustration, leaving you feeling stuck or unsure. Through clear explanations and real-life examples, you'll learn about various tactics, such as emotional blackmail, playing dumb, and using ultimatums.

Each chapter breaks down these behaviors, showing how they work and how you can recognize them.

Whether you're looking to build stronger relationships or simply want to understand these dynamics better, this book offers valuable insights and practical advice.

Empower yourself with the knowledge to set boundaries, communicate effectively, and foster connections based on mutual respect and honesty.

CHAPTER ONE

GASLIGHTING

Gaslighting is a way someone makes their partner doubt their own memory or perception of events. In dating, it often happens when a girlfriend makes her boyfriend question what he knows to be true.

For instance, imagine a boyfriend clearly remembers having a conversation about their plans for a weekend trip. He recalls agreeing that they would visit his family.

Later, when he mentions this plan, his girlfriend insists they never talked about it and that he must be mistaken. Over time, if she frequently denies his recollections, he might start to doubt his own memory and feel unsure of himself. I've seen this kind of behavior in relationships.

There was a guy I knew who was certain his girlfriend had promised to spend a special day together.

However, whenever he brought it up, she would deny ever making such plans and say he was imagining things. This constant denial made him feel like he was losing his grip on reality.

CHAPTER ONE

GASLIGHTING

In another case, a friend had a girlfriend who would change her story about past events. She would insist that he misunderstood or remembered things incorrectly, even though he was confident about what had happened.

This manipulation made him question his own perceptions and feelings about their relationship.

Gaslighting can have a significant impact on someone's mental well-being. It can lead to confusion, anxiety, and a lack of confidence in one's own judgment.

If you find yourself constantly doubting your reality because your partner denies things that are clear to you, it's important to seek support from trusted friends or professionals to help you regain clarity and confidence.

CHAPTER TWO

BAIT AND SWITCH

Bait and switch is when someone tricks you by showing you something great but then changing it to something not as good. In relationships, this happens when a girlfriend promises one thing to her boyfriend but then does something different after he's committed.

For example, imagine a girlfriend tells her boyfriend that they'll be going on lots of fun trips together. He gets excited and starts planning for these adventures.

But once they're in a relationship, she decides she doesn't want to go on trips anymore and just wants to stay home all the time. He feels disappointed because what she promised wasn't what he got.

There's a guy I knew who was happy when his girlfriend promised they'd go out and do fun things often. But after he was more serious about the relationship, she stopped making plans and wanted to stay home all the time. This change made him feel tricked and let down.

CHAPTER TWO

BAIT AND SWITCH

In another case, a friend's girlfriend said she would help him with his career goals. Once he was fully invested in their relationship, she started discouraging him from working on his dreams and focused on her own needs instead.

He felt misled because she wasn't supportive like she had promised.

Bait and switch can be really frustrating because it means you end up with something different from what was promised.

It's important to be clear about what you both want in a relationship to avoid these kinds of letdowns.

CHAPTER THREE

LOVE BOMBING

Love bombing is when someone overwhelms you with excessive affection, attention, and gifts to win you over quickly.

In relationships, this often happens when a girlfriend showers her boyfriend with constant praise, compliments, and romantic gestures to make him feel special and loved.

For example, imagine a girlfriend who constantly gives her boyfriend expensive gifts, writes him long love letters, and always wants to be with him. She makes him feel like he's the most important person in the world. But once she has gained his trust and commitment, her behavior might change.

She may become less attentive and start taking him for granted, leaving him feeling confused about what was real.

I've seen this happen in relationships. A guy I knew had a girlfriend who was very affectionate at first, always calling him, sending him gifts, and planning elaborate dates.

CHAPTER THREE

LOVE BOMBING

He felt incredibly loved and valued. But once they were serious, her behavior changed. She stopped putting in the effort and became distant, which made him question the sincerity of her initial affection.

In another case, a friend's girlfriend would constantly praise him and tell him he was perfect. She would plan surprise dates and talk about their future together.

After he was fully committed, she began to criticize him more and showed less interest in maintaining the same level of romance, making him wonder if the early excitement was genuine.

Love bombing can be confusing because it initially feels amazing, but when the excessive attention fades, it can leave you questioning the authenticity of the affection you received.

It's important to look for consistent behavior over time and be cautious of relationships that start with overwhelming displays of affection.

CHAPTER FOUR

VICTIM PLAYING

Victim playing is when someone pretends to be the one who's always hurt or wronged, even when they're actually at fault.

In relationships, this often happens when a girlfriend who has cheated on her boyfriend acts as if she's the one being mistreated or misunderstood to avoid taking responsibility.

For example, imagine a girlfriend who cheats on her boyfriend but then turns the situation around by acting as if he's the one who has hurt her.

When he confronts her about the betrayal, she might say that he's being too harsh or that he's always accusing her of things without reason. This way, she avoids taking responsibility for her actions and makes him feel guilty for confronting her.

Another guy had a girlfriend who cheated on him but then played the victim by saying that he was too controlling or didn't give her enough attention.

CHAPTER FOUR

VICTIM PLAYING

Instead of owning up to her actions, she made him feel like he was the problem, causing him to question his own behavior and feel guilty.

In another case, a friend's girlfriend was unfaithful but managed to shift the focus to how he had supposedly neglected her needs.

She portrayed herself as the victim of his supposed lack of support, which made him feel like he was responsible for her infidelity and unfairly blamed for their issues.

Victim playing can be particularly damaging because it shifts the blame away from the person who is actually at fault, making you feel responsible for their actions.

It's important to recognize when someone is using this tactic to manipulate you and to focus on addressing the real issues in the relationship.

CHAPTER FIVE

THE JEALOUSY GAME

The jealousy game is when someone intentionally tries to make their partner feel jealous to gain control or test their feelings. In relationships, this often happens when a girlfriend creates situations that make her boyfriend feel insecure or envious to manipulate his behavior or reaffirm his commitment.

For example, imagine a girlfriend who frequently talks about her interactions with other guys, or she might flirt with others in front of her boyfriend. She does this to make him feel jealous and prove that he still cares about her. By stirring up jealousy, she gets reassurance and attention from him, even though the behavior is hurtful and unfair.

A girlfriend who would post pictures with other guys on social media and mention them often in conversations. She would say it was just friendly, but she knew it made him uncomfortable. This was her way of making him feel jealous and insecure, which she used to get more attention and affection from him.

CHAPTER FIVE

THE JEALOUSY GAME

In another case, a friend's girlfriend would frequently bring up her past relationships or make comments about how other men found her attractive. She would do this to make him feel jealous and worried that he might not be good enough.

This constant game of jealousy created unnecessary tension and made him feel anxious about the relationship.

The jealousy game can be harmful because it manipulates emotions to create insecurity and doubt. Instead of building trust, it undermines it and causes unnecessary conflict.

It's important to address these behaviors directly and work on building a relationship based on trust and respect rather than playing games with feelings.

CHAPTER SIX

WITHHOLDING AFFECTION

Withholding affection is when someone purposely stops showing love or attention to control or punish their partner. In relationships, a girlfriend might use this tactic to get her boyfriend to do what she wants or to make him feel guilty.

For example, if a girlfriend suddenly stops being affectionate—like not giving hugs or saying nice things—when she wants her boyfriend to agree to something or change his behavior, she’s using withholding affection.

She hopes that by pulling back, he’ll feel upset and do what she’s asking to get her affection back.

Consider a guy whose girlfriend becomes distant and unkind whenever they argue. She stops giving him compliments and avoids physical closeness until he apologizes or agrees with her. This makes him feel insecure and desperate to fix things just to receive her affection again.

CHAPTER SIX

WITHHOLDING AFFECTION

In another case, a friend noticed that his girlfriend would only be affectionate and supportive when he agreed to her plans or made changes she wanted.

When he didn't meet her demands, she would cut off affection, making him feel like he had to comply just to get back the love and attention he valued.

Withholding affection can hurt because it uses love and attention as a way to control or punish. It creates feelings of insecurity and can damage trust in the relationship.

It's important to talk openly about these issues and ensure that affection is shared honestly, not used as a tool for manipulation.

CHAPTER SEVEN

THE SILENT TREATMENT

The silent treatment is when someone stops talking to their partner or ignores them as a way to punish or manipulate. In relationships, a girlfriend might use silence to express displeasure, control her boyfriend, or make him feel guilty.

For example, if a girlfriend is upset with her boyfriend but instead of discussing the issue, she stops talking to him and avoids interaction, she's using the silent treatment. She hopes that by ignoring him, he will feel uncomfortable and come to her to apologize or make things right, even though the issue hasn't been openly addressed.

Imagine a guy whose girlfriend suddenly stops responding to his texts and calls after a small argument. She won't talk to him or acknowledge his presence, leaving him feeling confused and anxious about what's wrong. This silence is meant to make him feel guilty and eager to fix the problem, even if he's unsure what he did wrong.

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