

HYPER SELF-HELP RESOURCES

A NEED TO DOMINATE AND CONTROL OTHERS

Presented by The Rural Hub

Sometime when
our lives feel
outside of our
control, we try to
harness control
elsewhere.



Maybe you struggle to keep up with deadlines in school, to meet the responsibilities of your job or to maintain friendships and family relations. This can result in a feeling of anxiety and it is possible to become overwhelmed by a feeling of not being good enough.



Perhaps you are someone who set standards too high for yourself. You feel under constant pressure to be the best. You want everything to be perfect and are constantly looking for ways to validate yourself. This too can result in a feeling of anxiety and it is possible to become overwhelmed by a feeling of failure.



Occasionally, these feelings can lead to an impulse to control or manipulate others in a bid to feel in charge.



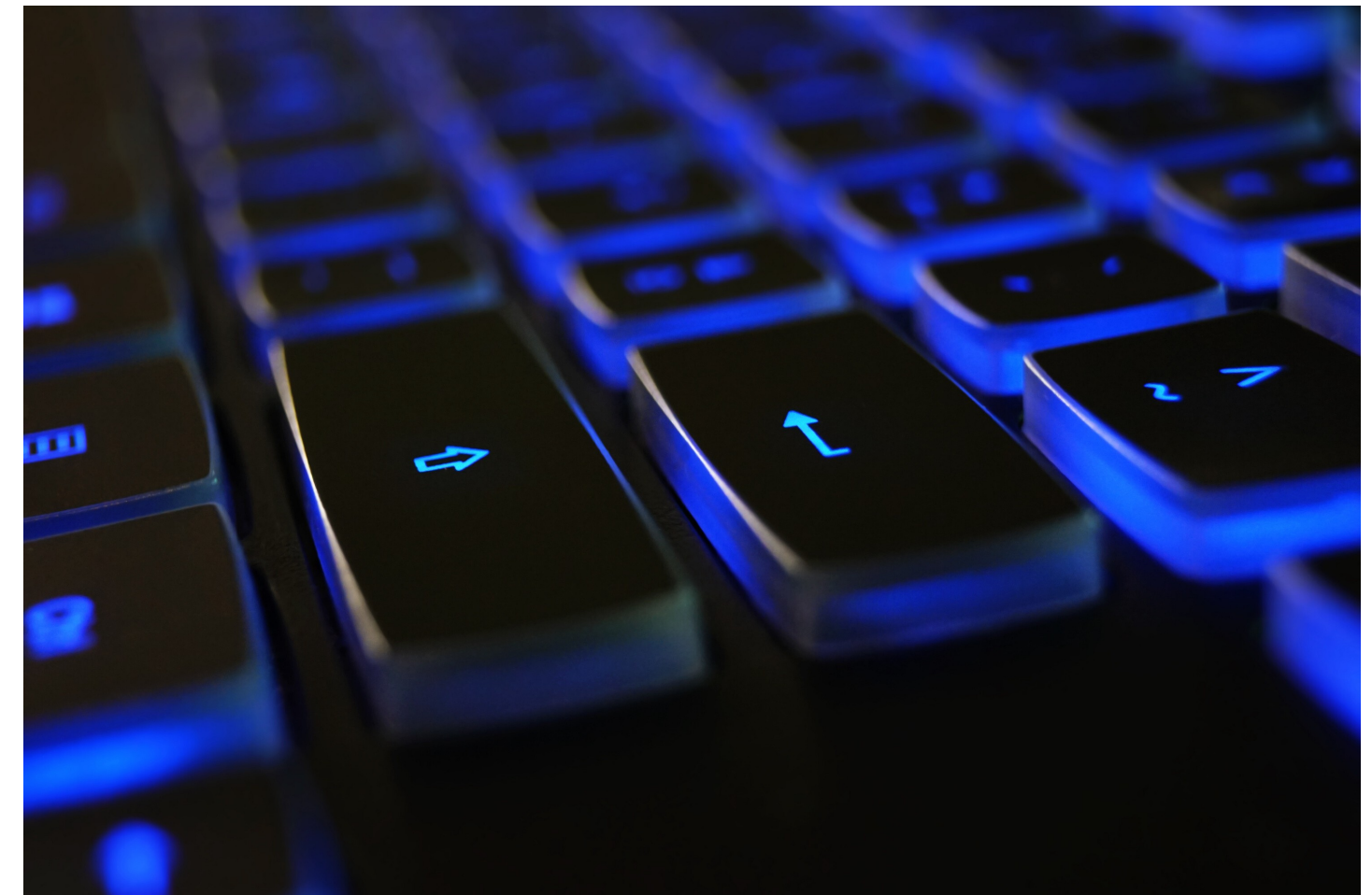
This isn't always done with a negative intention. It can come in the form of advising, obsessing over or monitoring people's behaviour. It becomes a way to manage anxiety or feelings of displacement and inadequacy. However, when left unchecked these impulses may become dangerous and can turn to manipulation, control and even bullying.



Worryingly, research developed in the United Kingdom has highlighted several personality traits where individuals might be more vulnerable to the threat of radicalisation and ‘a need to dominate and control others’ is one of them.

The disposition described above can make you an ideal target for dangerous people who you may encounter online.

These can include groomers, radicalisers and recruiters for extremist groups. These individuals and groups prey on young people with this trait by appealing to your desire to control others. They may offer you a leading role and promise you authority.



This may seem like an opportunity to indulge in qualities that are otherwise seen as unpopular, but it is important to see the bigger picture. In this scenario you are the one being controlled, and you will only be valued while you subscribe to the exact ideals set by the extremist. There are countless other, and better ways for you to lead, influence and inspire others. There is also a wealth of support to help manage those controlling impulses.

Here are some tips to effectively deal with the need to dominate and control others so that you can protect yourself from online threats and dangers.

No.1

Learn more about anxiety and how to manage it. Rather than fighting with feelings of uncertainty by deflecting them on others, learn where these feelings come from and figure out the best way for you to process them. You might find help in a book or with a counsellor but make sure you're getting information from credible sources.



No.2

Apply some self-awareness to your behaviour. Attempt to actively assess your actions throughout the day and catch yourself when you give in to a controlling impulse. Ask yourself why you are doing it and what effect it may have on the other person. Over time this will foster empathy in your actions and your interactions.



No.3

Meditate. Sit or lie in a comfortable position. Take a few deep breaths and close your eyes. Allow your breath to normalise and focus on its rhythm. Follow the breath in and out, note as it fills your chest and feel the slight rise and fall in your shoulders. Try to do this every day for 5 to 10 minutes. There are lots of apps available to help you with this. Meditation is widely reported to help with stress and anxiety and improve emotional intelligence. Over time it will help you to unwind and let go of the need to control



DON'T LET ANYONE CONTROL YOU

HYPER

How Young People are Engaged by Radicals



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