

Fill in the gaps with the words from the box:

hidden agenda molehill faux pas venting culprit trivialize derive soft spots benign tidbits seek

The Manipulator

These individuals suck time and energy out of your life under the façade of friendship. They are experts at **pushing your buttons** and playing mind games to serve their own interests. Whether through guilt-tripping, gaslighting, or emotional blackmail, they will prey on your _____ to get you to **fall into line**. They know what makes you happy, and use this knowledge as a _____. They always want something from you, and give little or nothing _____ in _____ return.

The Gossip

These individuals derive pleasure from sharing juicy _____ about other people's personal life. It might be fun to peer into somebody else's personal or professional _____ at first, but over time, it makes you feel **gross**. They may say that they don't mean to hurt anybody's feelings, but the reality is that this toxic behaviour is a **sneaky** way to manipulate and harm others.

The victim

People who play this role are tough to identify because you initially empathize with their problems. But as time passes, you begin to realize that their "time of need" is all the time. They actively push away any personal responsibility by making every _____ they encounter into an impassable mountain. To them, the whole world is a **malignant** place where everyone is out there to exploit and hurt them. They are incapable of **finding faults** in themselves. They merely _____ sympathy from others while they never acknowledge their own mistakes. Habitual blamers.

Negative Nancy

No matter how positive or happy you are, these emotional vampires will eventually **drag you down**. They know how to **put a damper on** your life and turn your joy to depression. Their viewpoints are always glass half-empty, and they can inject fear and concern into even the most _____ situations. These people may appear paranoid, bitter, and unforgiving.

The Envious

To these people, the grass is always greener somewhere else. Even when something great happens to them, they don't _____ any satisfaction from it. This is because they measure their fortune against the world's when they should be deriving their satisfaction from within. They may **begrudge** your success and feel that you don't deserve it. Spending time around these people is unpleasant because they constantly try to **one-up** you and _____ your accomplishments by making **backhanded** comments.

The Temperamental

Some people can't control their feelings. They will **lash out at** you and project their negative feelings onto you, all the while thinking that you're the _____ of their problems. By _____ their anger on others, they feel relieved. **When push comes to shove**, temperamental people will use you as their emotional outlet and should be avoided at all costs.