

Instead, tell her that you completely agree and that you yourself even felt that waiting would be the best idea. The majority of the time, she does want to; she's just waiting for you to make the first move or to fight her into it. By agreeing with her, she will almost always come back and say that she changed her mind.

Use it at Work

Using reverse psychology is especially useful if you are in sales of any kind. While you probably do not want to use it on your boss or superiors, you can put it to work on your clients and customers. The idea is basically to get your customers interested right away by making them believe that they absolutely need your product or service; that their lives simply are not complete without it. Also, by using this technique to make your customers think that your loss is their gain, or that you have much more to lose than they do, it suddenly seems to them as if you are doing them a favor and makes them much more eager to seal the deal.

Use it as a Parent

Parents on the whole are armed and dangerous with a variety of techniques to teach and discipline their children. If you haven't used reverse psychology on your children yet (or maybe just don't realize that you have), it's time to add it to your parenting skills repertoire. It's a well-known fact that children are notorious for waiting for you to tell them something and then doing the exact opposite. Nobody knows why, but children thrive on doing the opposite of whatever they know is expected of them; that may very well be a version of reverse psychology in and of itself!

So, being the brilliant parent that you are, try putting some reverse psychology of your own to work. By telling your children the opposite of what you want them to do they may (after being slightly confused) do exactly what you want them to. It's important to keep in mind, however, that children are impressionable little beings. Only use reverse psychology in special circumstances and avoid using it in ways that could harm your child's comprehension or self-esteem.

One important thing to remember no matter when or how you decide to use reverse psychology is that there is a major difference between psychology and manipulation. Using reverse psychology every once in a while is okay so long as no one is going to be injured by it. If you take it too far, don't have a firm understanding, or try to use it too often, you will quickly become known as a manipulator. Remember that once tarnished, your reputation is something you can never get back; no matter what kind of psychology you try to use.