D. O. I. T.
Diagnose - Observe
Inhibit - Terminate

Mallory is a Psychopath

If (S)he is too good to be true, look again
* Want nothing, accept everything
* Mallory always lies
* Every request is a test, the answer is always “No”

The Psychopath Code

1. Diagnose
Charming
Looks good
Self obsessed
Dominant
Story teller
Hyper social

Predatory
Has no capital
Love bombs you
Gets close, fast
Asks for favors
You’re investing

Chaotic
Unpredictable
Happy in chaos
Bad with money
Poor organizer
Stuff is a mess

Abusive
Sudden rages
Lies about you
Isolates you
Insults you
Assaults you

Secretive
Unknown callers
Hides emails
Several phones
No track record
Moves often

Unempathic
Won’t apologize
Dislikes cooking
No creative spirit
Lacks humor
Kills houseplants

Deceitful
Distorts events
Breaks agreements
Compulsive liar
Empty promises
Always innocent

2. Observe
See impact
On yourself
On groups
On strangers
Talk about it

Record
Keep a daily log
Audio/video
Save emails, chats
Keep backups

3. Inhibit
Fix the Narrative
Fix the economics
Collect evidence
Provide subtitles
Create consequences

4. Terminate
Regain control
Learn to ground
Build alliances
Invest in self
Move to exit

When you end your relationship with Mallory, do it on your own terms, as a whole person.

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