

I. 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

Your damage

Sad, depressed
Suicidal feelings
Socially isolated
Drugs or alcohol
Work problems

The Psychopath Code

Hunt → Attack → Capture → Feed → Wreck

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"

Quick Reference & Toolkit

Mallory vs. Your Emotions

Predatory

Hunger
Obsession
Euphoria
Glee
Fury
Bloodlust
Gluttony
Satiation
Blocked

Defense

Surprise
Suspense
Terror
Flight
Anger
Rage
Defeat
Shock
Triumph

Family

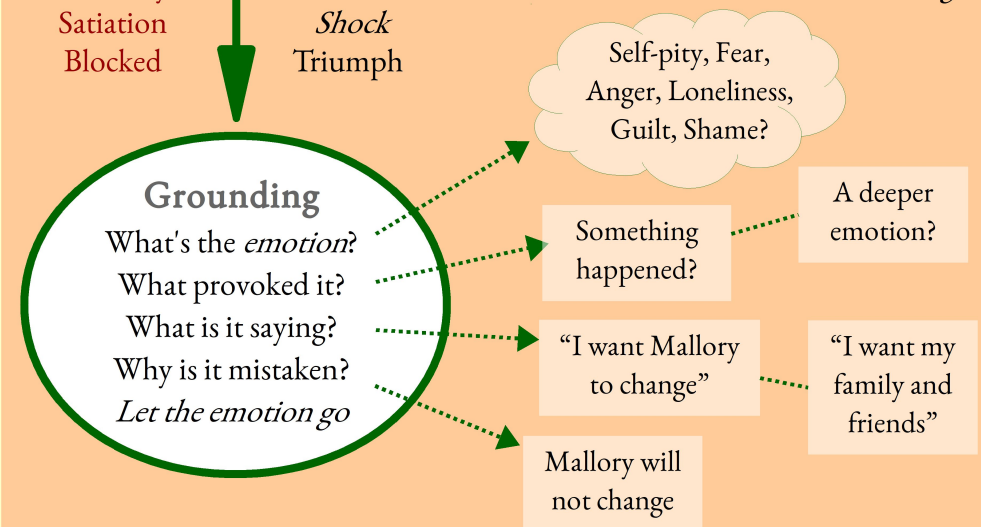
Love, Loss
Longing
Happiness
Sadness, Fear
Distress
Jealousy

Tribal

Loneliness
Belonging
Disgust
Hate
Self-pity
Submission

Social

Like, Dislike
Anxiety
Guilt, Shame
Remorse
Impatience
Amusement
Revenge



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.**