

THE PROTECTIVE GUIDE

DARK PSYCHOLOGY

DECODED

Spot Manipulation. Protect Yourself.

33 Manipulation Tactics • Dark Triad • Self-Test Workbook • Defense Scripts

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Spot Manipulation. Protect Yourself.

Dark Triad • 33 Tactic Cards • Body Language
Defense Techniques • Mental Strength • Workbook • Cheat Sheet

READ THIS FIRST

A Word of Honesty

This book was written so that you can recognise the psychological tricks people use to control others, and protect yourself, your family and your friends from them.

The concepts here are based on well-known psychological research and books, which are mentioned wherever it felt necessary. All names and stories in the examples are fictional; any resemblance to a real person is purely coincidental.

DISCLAIMER

- ◆ This book is for education and awareness. It is not a substitute for the advice of a psychologist, doctor, lawyer or counsellor.
- ◆ Do not use it to slap labels like “narcissist” or “psychopath” on anyone. Only professionals can make a diagnosis.
- ◆ If you are in danger, call 112 immediately or reach out to someone you trust.

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START HERE

How to Use This Book

- 1 Read Chapters 1–2 first**
They give you the foundations of dark psychology and the Dark Triad. Everything else builds on them.
- 2 Tactic cards: start with the ones that feel familiar**
Each card stands on its own. You don't need to read them in order.
- 3 Learn the boxes**
The three colours below mean the same thing throughout the book.
- 4 Fill in the workbook**
Pick up a pen (or print it out). The truth, written down, is your strongest shield.
- 5 Save the cheat sheet**
Keep a screenshot of the last two pages on your phone. It will help in a difficult moment.

REAL STORY

A scene taken from everyday life. All names and stories are fictional.

RED FLAGS

The signs that help you recognise the tactic.

COUNTER MOVE

A calm, sensible and safe response to the tactic.

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END OF FREE SAMPLE

You've read the first 5 pages.

The full book has 77 pages:

33 tactic cards, defence scripts,
body language, workbook & cheat sheet.

Get the full edition on our website.