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'With the consequences of relationship violence being so dramatic and the statistics alarmingly high, too often the cry goes out "why didn't someone do something sooner"?'

Finally a book that tells it like it is; that peels back the veneer of romance, providing an essential, practical guide to understanding the development of unhealthy relationships.

Confronting, honest, accurately researched and presented in a powerful, easy to read format, author Dina McMillan teaches ways to participate in relationships with confidence, rose-coloured glasses put to one side, forearmed and forewarned.'

– **The Hon. Robyn Parker MLC, Member of the Legislative Council NSW**

'This book illustrates some of the complex dynamics that exist in violent relationships. It is uniquely placed to assist women who are in abusive relationships or to identify a relationship that is potentially abusive.'

– **The Hon. Tanya Plibersek MP, Federal Member for Sydney**

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BUT HE SAYS HE LOVES ME

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BUT HE SAYS HE LOVES ME

How to avoid being trapped in a
manipulative relationship

Dina L. McMillan, Ph.D.



SMOOTH TALK

These women, you know
They'll talk til they're *blue!*
While desire is *pulsing* and *rising* in you,
So say whatever she wants you to –
'Cause a man's gotta do what a man's gotta do!
So, tell her *anything*.

Tell her you'll stay for the rest of your life
And *of course* you're going to leave your wife,
As your hand slides gently between her thighs
'Cause your needs are piercing, as sharp
 as a knife!
So, tell her *anything*.

Say you'll respect her when all this is done.
As you plunge deep inside her say,
'You are *the one!*'
Soon it'll be over, and then you can run,
'Cause to her this was *love*
To you this was *fun!*
So, tell her *anything!*

Broken Vessel

I watch you in secret from the side of my eye
For portents and signs
That my world will turn rightly or split full apart
On an axis of thought or simple turn of phrase

I started out whole, if not wholly complete
In wonderment and fear
You burst through with labels of saviour and keeper
With claims of paradise to be found in your arms

With boldness you focused and pinned me in place
I think I can't breathe
Your words froth through me like acid on stone
Eroding my knowing, my light and my self

I watch as my heart is smashed in your anger
Seared hard at your whim
Now my soul peeks through the poorly glued cracks
And glistens no more, not sacred or fine

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Preface

This is not your normal self-help book. In fact, this book is probably different from anything you have ever read. That is not an egotistical claim by a self-important author. It is a statement to help you understand that these differences are intentional.

Most information designed to help women with bad relationships *starts too late*. Those books offer to help you *after* you realise your relationship is crap. By that stage you are already emotionally, practically and perhaps financially entangled with the man who is hurting you. Your self-esteem is low and you are already used to deferring to his authority. Getting out is difficult and may seem impossible.

You do not have to be in a relationship with a manipulator or an abuser to benefit from this information. In fact, familiarity with this information will keep you out of a relationship with an abuser, as long as you apply what you learn. I believe an ounce of prevention is worth a pound of cure. I would rather women find out what the serious warning signs are *before* they sleep with him, move in with him, marry him or have children with him. And for those who have already done any of these things, knowing how he trapped you can increase your resolve to get out.

Preface

Unlike most books, this is written in two different ‘voices’. The right-hand, odd-numbered pages are written in the voice of the author, a social psychologist who specialises in relationships. The left-hand, even-numbered pages are written in the voice of a man who feels perfectly justified in manipulating his partner, and believes all men should do the same thing. It uses the perspectives, language and outlook that hundreds of self-confessed abusive men have revealed in counselling sessions in my office. It is not pretty or nice. It is, however, useful for women to hear.

Some people will object to this book and the information enclosed. Yet, those who work with abused women will probably recognise that this book is not revealing anything abusers do not already know—and use. This book is designed to help women by *identifying the specific strategies abusers use at the beginning of the relationship to psychologically condition and trap their partners*.

In order to facilitate the ultimate goal of this book—to empower women—I have separated the book into two sections. On the left-hand, even-numbered pages you will find how-to instructions for abusive males, written as though from a more seasoned abuser. I have attempted to tap into the genuine mind-set of abusive men, based on my years of experience working as a relationship counsellor and domestic violence specialist. The right-hand pages have corresponding information *for women* that will help point out the manipulative tactics and give women instructions for protecting themselves.

I would suggest you read the right-hand pages—the pages for women—before attempting to go through the section for abusers. It can be very disturbing to realise how easily you can be sized up and manipulated by a determined predator. After you are armed with information that will help you understand how women are most vulnerable and information to help you protect yourself, then

go back and look inside the abusers' minds. It is a frightening place to be.

The book is not filled with stories presented as examples. It is franker and briefer than that. It guides you through the *strategies abusive men use to manipulate women*, one step at a time. Once you read it, you will not have to guess if a guy is trying to manipulate you (or has tried and either failed or succeeded). *You will know.*

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Introduction: **THE ABUSER'S HANDBOOK**

Over the last 30 years, men have been put down for being men. We have been told lies by the government and the media. This deception has been supported by feminists and others who are threatened by the true order of things. Men are supposed to lead the way. It is really that simple. If you are a man, it is your right and duty to be in charge of your woman and your family.

If you have been deceived by what you have been told recently, do not worry. The purpose of this book is to put things

Introduction: But He Says He Loves Me

As a social psychologist specialising in interpersonal relationships, I am constantly amazed and appalled by the behaviour of abusive men toward their partners. I am also dismayed, disgusted and angered. What I am 'amazed' by is the incredible consistency of these men in finding the most effective ways to manipulate the women who love them. Whether these men live in the outback of Australia or downtown New York, they do the same things—practically word for word and act for act. A colleague of mine commented, 'It's like they all read the same handbook!'¹

Why is it that their behaviour is practically identical? *Because these are the most effective tactics to give these*

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back the way they are supposed to be. *You will be given the important first steps.* You will be taught how to retrain your own thinking and that of your woman so natural order is restored.

Before you begin, prepare yourself mentally. Recall that everything around you was built by men. The foundation of society – headed by men – must be strong with men clearly in charge or everything we love will crumble into dust. Your ability to gain and maintain leadership over your woman will depend on your ability to grasp that you have the RIGHT to be in control. If you act tentative or soft, the women in your life will think *they can dominate you.*

You must always remember who is the most important one – you. You are *the man*. A woman's duty is to serve your needs, to make sure you are happy and content. While it is useful sometimes to do things for your woman, make sure she is always aware that her needs are never as important as yours. She can not be happy if she does not know her place. Her place is beneath you, behind you, serving you.

men control over their intimate partners. Whether they do it intentionally or accidentally, the actions of abusers—their use of a specific range of language and behaviours—trigger particular emotional and psychological reactions in their partners. These manipulations leave their partners emotionally dependent, insecure, needy and lacking in self-esteem. And this gives the abusers power.

Whether or not they plan out their strategy, the similarity in abusers' behaviour is predictable. People suffering from the same range of emotional and psychological issues will behave similarly regardless of their individual circumstances. Those men who have the kinds of personality disorders that underlie most abusive relationships have a compulsive need to dominate and subjugate their intimate partners. This type of relationship makes them feel strong, safe and valuable. They will act in a similar fashion to gain domination and will react in foreseeable ways if their actions are resisted.

There is also cultural support that helps them to do this, because they are *male* and their partners are *female*. Most women in most cultures have been taught that 'masculine' men are driven to take charge, and that this is a good thing (or at least an acceptable thing). Women are taught to please, placate and turn a blind eye in order to keep their man. They are taught to idealise this type of relationship through fairytales, the media, and through the stories shared in their families and communities. *Women are not taught to accept emotional abuse*, per se. However, they are taught to accept the authority

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Do not make the mistake of underestimating women. They may appear soft, but women can be sneaky and underhanded. Some of them will lull you into thinking they have accepted their place and then do something to defy you. Watch your woman closely. Periodically reassert your authority to remind her of the consequences of disobedience.

You must not be afraid to use punishment. Punishment is not a bad thing; it is an effective teaching tool. Few women can be adequately trained without it. For some men, the punishment they inflict takes physical form. However, this is *not* the most reliable way to teach a woman her place – and physical reprimands place men at risk of trouble from outsiders. Rather, you will learn the most effective punishments are emotional and psychological. This book will show you the most efficient punishments, as well as how and when to use them.

This book will instruct you how to gain and maintain *unquestioned* leadership over your woman. Mind you, if you want it to work you have to pay attention and apply consistent effort to your task. But if you

of males, to wait to be selected by a man, to always be nice and to give everyone 'the benefit of the doubt'. They are not taught to be discerning or to stand up for themselves. They are encouraged to compromise and suppress their instincts in order to acquire and keep a romantic partner.

This leaves women vulnerable to abusers. Through a process of trial and error, emotionally dysfunctional young men learn what to say and do to achieve their goals. By the time they reach their twenties most of them know all the steps in the process, including selecting the right woman, manipulating her to gain complete control and then enjoying enormous freedom in their relationship with her. These men are not just seeking to dominate, they are demanding *ownership*. Their partners become slaves in a servitude that never ends, always subject to the moods and whims of their master. The dominant one knows there does not have to be a genuine reason to punish his partner—any reason or none at all will suffice. After all, the master is not accountable to the slave.

Before we go on with the details on protecting yourself against manipulation, it is useful to recognise the underlying reasons why this behaviour is so effective. Men do not have to be geniuses to recognise a general pattern in human behaviour—one that describes most exchanges.

1. Someone has an *intention*—a goal—involving someone else.
2. This person (the first person) decides on a particular course of *action* to help achieve this goal.

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follow the steps closely, you will have your woman waiting on you hand and foot, serving your every need without complaint.

Do not improvise until you have been doing this successfully for some time. Some steps *have* to be performed a certain way and in a particular order. If you change the approach or the order, your attempts to train your woman will only be partially successful. Your woman will consistently defy you and may even leave the relationship.

Sometimes, however, there will be more than one way to do things so you can find the moves that feel most natural for you. Each type of move, firm or flexible, will be clearly indicated in the instructions.

By the way, feminists and those who sympathise with them call these behaviours 'manipulation'. That is an ugly word implying terrible things done to a person against their will. In this handbook, we refer to this conduct as 'smooth manoeuvres'. These are *persuasive actions* that convince your woman to fully accept your leadership.

Some women may resist. Those who genuinely oppose you will back out of

3. The second person *interprets* what is done—what it means.
4. The *outcome* is what the second person does as a result, based upon:
 - a. how they felt about the action(s) of the first person;
 - b. their own intention toward the first person; and
 - c. *their judgment of the first person's intention.*

What the abuser does is *disguise his true intentions*—control and domination—in two ways. First, he performs actions that he knows are interpreted as signs of love and devotion by most women. Second, he convinces the woman that his other actions, the ones that reveal his true intentions, *are also demonstrations of love*. If she does not believe him, he goes back to the first type of action and makes an even larger gesture (a bribe) to convince her *they are all acts of love*. He knows most women will not notice until they are committed that the other actions—the questionable ones—were really the important ones. These other actions ensured he would get the outcome *he* wanted, not the one she was seeking.

Women have to learn not to automatically associate certain actions with positive intentions. It takes time to learn someone's real goals and objectives. Women must also pay attention to everything that happens, not only the part that

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the relationship early, sometimes without giving you their real reasons for going. (Women do not necessarily say what they are thinking.) Even if she objects at first, if a woman stays with you her protests are probably just leftovers from her feminist indoctrination. After a while she will accept your actions as right for both of you and love you more than ever.

fits with their romantic hopes. This book will discuss *the ways in which the abuser's intentions show through*, and how the outcome can be controlled by the woman, rather than the abuser.

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Part I: In the beginning...

1

SELECT YOUR WOMAN

The important first step to getting the relationship you want is to select the right woman. This process is not too complicated, but requires some thoughtful action on your part. Fortunately, most women have already been brought up to submit to the leadership of a truly masculine man. When you show her who you are, she will naturally assume her rightful, submissive place.

1 Chosen by an Abuser

Although you may not realise it, by the time an abusive man reaches his twenties he usually knows simple ways to screen for women who are likely to enter into a relationship with him. First of all, he is aware that society teaches women to want a 'knight in shining armour' to come along and sweep them away. He realises most women are still used to men being in positions of authority and leadership over women. He sees the covers of women's magazines while standing in the checkout at the grocery store and notices that almost

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Be careful not to invest too much of your own emotion at the very beginning. Cast your net wide and put some energy into it, but save your emotions for the later stages when a particular woman has proven herself worthy. Even one who seems a likely prospect at first may not agree to be fully trained. Do not waste your emotions on defiant women.

There are several ways to find the right woman for your relationship: (1) select a woman who is already primed; (2) choose one who is easy to shape; or (3) go for the challenge. The information below can help you decide which is best for you – or you can try a combination.

TYPE ONE: ALREADY PRIMED

For those of you who do not want to start from scratch, the easiest way to find a submissive woman is to get one from a right-minded group. Not only will these women see your leadership as natural, they will gain status within their own group if they are seen to be in a committed relationship with a masculine man. Look for these women in:

every article is about being more sexy and attractive to men. He starts out with a big advantage and he knows it.

His selection process will start before you even open your mouth. He will examine your clothes, your appearance (including your ethnicity) and the way you carry yourself. Do you stand with your shoulders back and head up, looking around with confidence? Or do you sit meekly, hands folded, with your chin toward your chest? Are your clothes expensive and chic, or are you doing your best on a limited budget? Do you look like you come from a country with a traditional cultural background, or are you more modern and Westernised in appearance? Are you wearing a dress below the knees that is loose fitting and modest, or the latest fashion that shows off your figure? He is scoping you like a soldier on a reconnaissance mission.

And guess what? No matter how you dress or how you carry yourself, you are not necessarily eliminated as a potential partner by an abuser. The reason he is scoping is to figure out how to approach you and to see what obvious weaknesses he can exploit. Then he will decide his next step, based upon the type of effort he wants to put in. Some abusers look for a meek woman they can easily overwhelm while others are looking for a woman who requires skill to catch. Believe me, for every two abusers who are looking for an easy capture there is another seeking a challenge.

Type one: traditional background

Women from traditional family backgrounds are often already conditioned to submit to men. That does not mean these

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- cultures that understand that women are supposed to submit to men. If you live in an English-speaking country, you may need to look overseas. The internet makes it possible to find an international bride relatively easily and inexpensively;
- families originally from the cultures mentioned above. It is best if you find women reared in the traditional way who are not too influenced by feminist values. Such women can be found in most cities, where large groups of people from non-Western societies often live together and promote their traditional way of life;
- religious groups that teach women their proper role – that is, submitting to the leadership of their husbands and taking care of their man and their children; or
- traditional families with set roles for men and women. These are harder to find in the Western world, but not impossible. Families that live

women are 'asking' to be abused, nor does it mean they have to accept poor treatment. It does require caution, however, because their traditions often give abusive men more disguises to hide behind. Here are just a few ways in which you might be vulnerable if you grew up in a traditional culture:

- Traditional cultures often teach that men and women are basically different, with different needs and drives. The man's role is to be in control and to make decisions while the woman's role is to care for him and their children. Women are often not taught to see the disadvantages they encounter in traditional structures, or they are taught these problems are unavoidable.
- It is often taught in traditional religions that it is the will of the Creator that men and women have different roles in the family and society. It is also sometimes taught that women must stay with their husbands regardless of the way they are treated, and that women are ultimately to blame if their marriage is not successful.
- Some women are brought up to believe that the woman goes to the man's family after a commitment is made, not the other way around. Therefore, they may travel from another city, state or country to be with him rather than expecting him to leave his home to be with them.

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in rural areas (on farms, ranches, etc.) are often more likely to fit into this category. Sometimes a family is just traditional, other times the father was a true dominant over the mother. Any of these cases is fine for your purposes.

When you choose a woman who has been raised to submit to her man, you will be able to rely upon her family and community to support you if she veers from the path you have set for her.

Note: a woman from another country may not speak English. Ideally, you should learn some of her language so you can communicate. However, it is best if you do not allow her to learn English. If she does not speak English, she will not be able to travel outside of the home without you. Also, her relationship with you will be her sole means for staying in the country. If she does not want to return to her native land she has to comply.

Also keep in mind, women from traditional religious groups may be pressured to marry someone of their own

- Women are often held accountable to a much stricter set of rules, with harsher punishments for violating them, than are men. Women learn to expect a double standard, especially where morals (sex) and the amount of effort made toward the family are concerned.
- Rules for courtship make it more difficult for women to get to know their partners before committing to them. They are expected to remain chaste and follow their family's guidance. The rules often limit the number of ways women can see their suitors outside of chaperoned, formal settings. If a suitor behaves as though he will follow the general rules of the community and he earns a good living, a woman may be encouraged to accept him as a husband even if their instincts are telling them something is not right (and they may be too inexperienced to know).

Abusers know all of this and will exploit it to the fullest. Yet, even if you have been brought up traditionally and still maintain many of the principles of your upbringing, you can still guard against abusers. Below are some guidelines:

- Many of the warning signs in this book will show up even in more traditional courtships. Get the support of your family to use caution in your choice of husband. Tell them what is *real* will hold up under scrutiny—it is only when something is fake that it looks different under closer examination.

religion. This may require your conversion to her religion. As long as the religion is not too far from your own beliefs or too strict you may want to consider it. After all, most traditional religions expect women to conform more than they do men.

By the way, even if women are Western and consider themselves to be modern, keep an eye out for women whose last relationship was like the one you are seeking. These women are already mentally set and have been trained to submit.

Whether or not you select a woman who is already primed and ready for the relationship you want, you should still pay attention to the advice that follows.

TYPE TWO: EASILY SHAPED

Some women are not fully prepared to initially accept your leadership. This is not a problem as long as you choose one who will allow herself to be trained. A woman is more likely to do this if you have *clear advantages* over her. The more advantages you have and the greater distance between you in these areas the better. (If she is traditional, it will

- In cultures that are more traditional, there is also a large place for extended families. Enlist the assistance of a senior family member (aunt, uncle, grandmother, etc.) to help you so that you can refuse the offer of anyone against whom you have doubts, even if he seems okay to other members of your family.
- There is no tradition that says women and children should need to be protected *from* their husband or father. Know this and hold him accountable.
- If you move to another country, learn the language. There could be situations where you get lost or your child becomes ill and you are unable to get help. Find women-only language classes to eliminate his excuses for keeping you in the dark. It is really important that you not have to rely on him to interpret for you.
- Recognise how difficult it is to get out of a relationship with an abuser. Understand you are putting your life and that of your children at risk if you live with one of these men. Keep this foremost in your mind—more than the privileges that accompany getting married. Pay close attention to any suitors and do not give your trust easily.

Type two: abuser above, woman below

Abusers will not just select women from backgrounds that give them an edge or an advantage. They will also position themselves to gain control by having a number of other

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make things easier still for you.) The gap will make it easier to train her to accept your leadership. Some of the most common advantages include the following:

- **Age** – one of the simplest ways to gain leverage is to choose a woman at least seven years younger than you. (In fact, the younger and more inexperienced the better.) This will create a dynamic similar to that between a parent and child, with you more naturally in the leadership role. Sometimes there is a variation on this with a younger man selecting a woman who is at least seven years older (usually an older woman with financial assets). The older woman fears being replaced by a younger woman, making her more likely to submit and less likely to complain or be possessive.
- **Education** – formal education gives women marketable skills and changes the way they are treated in society. Educated women also read more and are more likely to

important advantages over their partner. The following is a list of the most common advantages an abuser seeks:

- **Age**—regardless of the reasons you may hear to the contrary, one of the primary reasons men choose partners who are much younger is that very young women are inexperienced. This makes them more easily convinced and impressed by things that would not so easily fool older women.
- **Education**—the person with the greater knowledge has the greater power. It is one of the reasons that governments seeking to oppress people begin by controlling information. When you date a man with more education (at least four years more), you will be inclined to believe him when he states something, especially if he does so with confidence. Soon you will look to him for all of the decisions that affect both of you.
- **Income**—women are taught to find men who earn a good living. Less emphasis is placed on *women* earning a good living. If a man makes significantly more money than you do, he has more choices and opportunities than you. Your lifestyle together will be dependent upon his earnings, not yours. This gives him power he would not otherwise have.
- **Height**—some of my friends will be angry at me for this one, but size does matter—especially when you

question their man when they are told to do something. Ideally, you want a woman intelligent enough to understand you without thinking she knows more than you do. It helps if you have more education than she does – the greater the difference between you the better.

- **Income** – in spite of the changes over the last twenty years, men still usually earn more than women. The greater the financial difference in your favour, the more she will depend on you to establish and maintain her lifestyle. Even if you begin at the same level, if you get control of the money this will give you some of the same advantages as earning more – she will be unaware of the family assets and will depend on you for her general lifestyle. Knowing she must do things your way or face poverty will make her more open to your training and influence.
- **Attractiveness** – a lot of men resist this one, but there are real

compare his height and girth to yours. Studies have been done to measure interactions between people who differ in size. The results demonstrate a clear power and authority advantage for the person who is 'looked up to'. A considerable difference in size (more than 20 cm) puts him physically in the driver's seat. If he is an abuser, this difference can be catastrophic.²

- **Physical attractiveness**—this one is not discussed often, but some abusers seek women who are not as attractive as themselves. If their partner is noticeably plainer, she is less likely to expect premium treatment. How can you tell who is more attractive? If he gets more attention from other women than you do from other men, he is more attractive than you are. It's that simple.
- **Life experience**—romantic relationships with men who are more experienced and sophisticated put women at a real disadvantage. If you do this, you will feel awkward from the beginning and more likely to give in to his demands as you try to keep his interest and prevent him from thinking you are the local yokel.
- **Sexual experience**—the awkwardness is even more poignant with less sexual experience. If you are relatively inexperienced sexually and link up with a man who is very savvy, he will teach you to have sex the way *he* enjoys it. He will mould you and tell you his way is the best way, even if it includes activities you

benefits to being with a woman who is not as good looking as you. She knows she can easily be replaced by someone prettier. She knows you have more choices for partners than she does. She realises she got lucky this time and the next man she gets, if you leave, will not be as handsome, well dressed, or as desirable. She will enjoy being the envy of her friends. She will therefore make a lot of effort to keep you in her life and will not resist her training.

- **Sophistication/experience** – you do not have to be James Bond; what you are seeking is someone who has not done as much as you have so she feels a little naive or provincial compared to you. This is helped if you have knowledge in a variety of areas where she knows little or nothing.
- **Sexual experience** – first of all, you do not want your woman to be a slut. You have to be able to trust her. If you have more sexual

do not enjoy. You will not know enough to know the difference. That is what he will be counting on.

- **Disadvantaged minority group**—if you are from an ethnic group that is disadvantaged in your society, you are more likely to be self-conscious in relationships with men from the most advantaged group. It requires enormous confidence and self-awareness not to feel vulnerable when your entire group is treated as though they do not belong.
- **Loneliness**—some men seek women who are obviously lonely. They know if you are longing for a relationship you will be less likely to question their motives or leave them when things turn ugly. They also know you will not examine them closely, even at the beginning.
- **Rebellion**—some men seek women who have to defy their family and friends to be in a relationship with them. If others give you a hard time about being with him, you will not want to appear foolish or naive. You will hesitate to end the relationship even when he shows his true colours because you do not want your friends and family to say, 'We told you so!'

Remember, potential abusers gain control whenever women do something I call 'catalogue shop'—when they look for a list of qualities in their romantic partner that they *do not share*. When you ask for someone educated, sophisticated, tall and

experience than her you can train her to do what you like without her expecting you to fully reciprocate. She will also wonder if she is really sufficient to please you, which is all to the good.

- **Ethnicity** – in most societies there is one ethnic group that has the strongest position. In English-speaking countries it is whites (Anglo-Saxons). If you are a white male and she comes from another ethnic group, she is likely to feel at a disadvantage compared to you. This is strengthened even more if she is from a disadvantaged racial minority, or is an immigrant or a child of immigrants.
- **Loneliness** – regardless of her education or income, if she is lonely and you come along she will be desperate to keep you. She will feel awkward and insecure. She will be far more likely to do whatever is necessary to keep you without questioning you too closely.

athletic and you have none of these qualities yourself, you are vulnerable. Instead, you should ask yourself, if he has all of these wonderful characteristics, why doesn't he want a woman on his own level or from his own social group? The fact that you are a nice person is not enough to balance the scales. If he is very accomplished and you are not, he is not just looking for a loving partner. He is seeking someone to control and dominate. Any time a woman is dominated she is vulnerable to being abused.

Type three: strong and independent

Even if two people seem more balanced with regard to general attributes, you can still be in trouble. There are a lot of abusive men looking for a challenge: a strong, confident woman they can 'break' like a spirited horse. There are particular ways these men seek a woman they perceive as a challenge:

- **Loneliness**—even women who seem to have it all may get lonely if they are on their own for a while. If you are feeling lonely and insecure you might not look as closely at a potential suitor as you would otherwise. Abusers know this and depend upon it.
- **Independence**—doing everything for yourself is exhausting. Having a man who wants to lift your burden can be alluring—and can keep you from questioning his motives, especially if he tells you he is a SNAG (sensitive new-age guy) and not afraid of his feminine, nurturing instincts.

- **Rebellion** – this does not quite fit here; however, there is enormous power in the 'Romeo and Juliet' relationship type. If she has to go against her family and friends to be with you she is not likely to back out easily, even if she resents it when you assert leadership over her.

In general, the greater the number of areas in which you have an advantage and the larger the distance between you in those areas (in your favour), the easier it will be to shape your woman to fit what you want.

TYPE THREE: THE CHALLENGE

If you are inclined toward this group, you will have to process a larger number of women or spend more time examining potential candidates before you find a woman you can keep. Moulding a woman who starts off strong and independent requires a lot more time, effort and skill. There are a few things you can look for to make your search easier:

- **Overconfidence**—women who are fairly savvy can sometimes be fooled for this very reason—they believe they are too smart to be manipulated. If their family and friends warn them, they may insist they know what they are doing. This type of thinking plays right into an abuser's hands.
- **Emotional crisis**—the most confident, independent woman in the world will still let down her guard somewhat during an emotional crisis. Although some abusers consciously seek women they know are in this situation, this can also be a 'crime of opportunity', with an abuser taking advantage of a woman he meets who happens to be going through a personal crisis. (This is another reason to be very wary of men who appear while you are going through a separation from an abuser. At that point you are a prime candidate for getting involved with another one.)
- **Single motherhood**—take the work of being an independent woman and multiply it for those who are single mothers. Along with the enormous effort just to keep your household going, you may be feeling guilty that your children do not have their father in the house. Abusers know this and will often seek to make a strong impact on your children.

If women are not careful, there is no effective, all-purpose shield against abusers. Guarding against them requires knowledge of

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- **Loneliness** – this was mentioned in the previous category, too, because it is an important one. Even women who think they are feminists or modern can be moulded if they are lonely and need a man. Your ability to work this area is increased if you improve your sexual skill. Being sexually attentive to a lonely woman will probably get you the keys to the kingdom. She will do whatever you say so you will keep coming back to her.
- **Excessive independence** – if she has to do everything for herself, sometimes you can get in by helping out where no one else does. Do not let appearances fool you – most 'independent' women are still searching for a real man to take care of them. Offering assistance will get even these ball-busters to let you in.
- **Pride/stubbornness** – this is harder to spot, but worth looking out for. Women who are very proud think they are too smart to be

their tactics *and* consistent application of protective measures. In the early days, these protections include the following:

- **Understand** you are not too smart to get caught. Always be wary.
- **Do not believe** everything a man says is true. Abusers are more than willing to lie, either outright or by omission, to get what they want.
- **Pay attention** to *how* you are approached. A man who approaches you even if you show him you are not interested is trouble. Do not allow yourself to be bullied into dating someone.
- **Look to see** if there is a discrepancy between what he says and how he behaves. I have lost count of the abusive men who label themselves 'feminists' and 'sensitive'. They expect women not to notice the discrepancy.
- **Recognise your judgment** is faulty when you are going through a crisis and do not make commitments or long-term decisions with a man you meet at that time. At best he may be someone who will not interest you when your life is back on track. At worst he may be an abuser. Wait until your emotions have levelled.
- **Do not trust** a man who tries to get to you through your children. Abusers would not use this trick if it were not so effective. If he is genuine and respectful he will know not to bond with your kids without your permission and until he gets to know you.

Smooth Manoeuvred, and are unlikely to admit, even to themselves, that they have been influenced. Once you can get your foot in the door, they will often continue on rather than acknowledge that you are the one making the decisions. They will not realise it when they have been trained by you – they may even think it was their own idea (which is good for a laugh).

- **Emotional crisis** – modern, independent women who are experiencing a personal crisis are temporarily open to being moulded. Much of the guard they keep around themselves will be lowered and they will be grateful for a shoulder to cry on. A crisis can be everything from a job loss to a divorce to a death in the family. You have to pay attention to find this one.
- **Bonding with their children** – independent women with children are often exhausted and need a man to help them with their little ones. If you are able to get their children to

- *Do not believe everything a man says is true!* Just because an attractive man tells you something in a convincing fashion does not make it fact. Abusers are very adept at manipulating women through lies. They will lie about their backgrounds, their experiences and the reasons they act the way they do. Stay wary until you have had time to see what you are getting into.

Regardless of a woman's background or circumstances, almost every kind of abuser will use particular tactics at the very first stages of courtship. Two of the key tools he uses at this point are *focus* and *intensity*. Both of these are designed to get under your radar and allow him to manipulate you without you noticing.

Focus: For many abusers, once they approach you they will turn their attention onto you like a laser. You will feel flattered and like you are the centre of the universe. Looking deep into your eyes, these guys will listen to every word you utter as though it is of enormous importance and worth committing to memory.

These guys are not faking. The information you speak *is important* and *they* are going to remember it—you are handing them the critical information they will need to manipulate you. They will watch how you speak, what gets you excited, what you say you love and what you say you hate. They want you to feel validated so you will continue to give them increasingly revealing and intimate facts about yourself. They use this information to 'package' their promised rewards and punishments. The more they match your desires in their promised rewards and dredge

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trust you, these women will often be swayed in ways they would not if you approached them directly.

If you go for the challenge, you have to be very attentive, not to mention convincing. These women are often wary and on the alert for men who want to mould them. There are easier women to find. However, transforming a 'modern woman' into 'the little woman' can be supremely satisfying and worth the additional effort.

For any woman you consider, make sure she is seeking a *committed relationship* with a man. If she is looking for something casual or seems tentative about commitment, she is not worth the work you will put into training her. Move on to the next one.

Once you have selected a woman, *make the experience intense*. Talk to her and see her as often as possible – every day if you can. Whenever you speak with her use all of your persuasion to keep her from hanging up or going home. Make sure

up your deepest fears in their punishments, the more control they gain and maintain.

Throughout your relationship with an abuser, he will be able to get a smile on your face and make your heart flutter with pleasure. He will also know how to make your stomach clench in dread and sweat break out on your brow. He was given the means of doing both of these things *by you* in the early stages of your relationship.

Intensity: Some abusers are too egotistical to pay close attention to the woman during the early phases of courtship (especially those seeking to dominate through tradition or through having advantages over a woman). But what does not normally vary is the *intensity and rapid pacing* of the relationship, even with these men.

For most abusers, the courting phase is incredibly uncomfortable. Most have a psychological need for certainty together with a deep-rooted fear of abandonment. These combine to make intensity the tool of choice. They are driven to get you committed and under their control as quickly as possible. By contacting you often and making sure each contact is as long as possible, an abuser will not give you sufficient time to reflect upon what is happening. You will be tired and your thinking will be muddled. Still, he will try to keep you from hanging up or going home. He does this by flattering you, humouring you, or asking about something that excites you. Or maybe he just pressures you. So you stay and the interaction continues.

Especially at the beginning, he may let you keep talking until you run out of things to say. He knows that what is important

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each interaction lasts as long as possible (sometimes called 'marathoning'). Keep her focused on you and she will soon see you as the centre of her universe.

Be responsive and listen more than you speak. Bring up topics she feels emotional about, then ask her for details. Keep her talking by validating her feelings and interjecting agreement once in a while. Encourage her to tell you everything and pour her heart out to you. Always take her side in support about anything that has happened to her or anything she believes (you can correct her wrong-thinking later). Keep her going until she is wrung out.

And make sure you are accessible to her. At this stage, it is critical for you respond to her immediately if she attempts to contact you. Without going to the point of excess (no more than three contacts by you per day) let her see what a priority she is to you. As she begins to feel reassured and close to you, continue her training.

is not what you say, but that you keep talking and that you stay with him. Even if his strategy comes from his own compulsive drives, it is effective—you become immersed in your experience with him and he gains influence over you. Every time you want to do something and he gets you to do it *his* way, he gains influence over you. This gain in influence may seem small or insignificant. *It is not.* It is the bedrock of his enormous power.

Some abusers will not bother letting you talk on and on. Yet, even if these guys talk a lot about themselves, they will still find time to ask you very personal questions and demand completely honest answers. This is more common when an abuser believes he has enough advantages over you that you will want him regardless, even if he makes very little effort. Instead, he gains his power from getting you to do what he asks, every time he asks, without question or hesitation on your part.

If either type of abuser notices that you are holding back or are getting scared, they will reassure you so you will allow the process to continue. You tell yourself it will be okay because he is so genuinely interested in you. You are too overwhelmed to ask yourself why he wants to do everything so fast and so completely. *He tells you it is passion. It is not—it is training.* He is psychologically training you to submit to his emotional control and the abuse that will accompany it very soon.

2

TESTING AND CONTINUED TRAINING

The last chapter discussed the importance of *intensity*. This is a critical part of the training process. You have to be attentive, fixed and concentrated upon her. Every interaction between the two of you should last as long as possible. Use your powers of persuasion to keep her from breaking off contact. If she wants to hang up or go home, begin talking about something that interests her to get her

2

Focused Manipulation

It would be easy to assume that abusers get all of their information from trial and error—they figure out what works and just keep doing it. This is usually true, but you may be surprised how many abusers also spend time and energy researching their 'craft'. Many of the abusers I interviewed and counselled have read the full range of self-help books that tell them how to be more effective in getting their way. Starting with books like *How to Win Friends and Influence People*,³ they keep up on all of the latest works on leadership, influence, coercive persuasion and hypno-persuasion. Some even find

to continue. She may be tired, but *fatigue is part of your aim*. People are easier to train when they are tired – the more exhausted the better.

And pay attention to what she says. While the intensity has power and importance, so does the information she is revealing.

SMOOTH MANOEUVRE 1: STOP, LOOK AND LISTEN

Your ability to persuade and mould a woman relies on your ability to understand how she thinks and feels. You are specifically aiming to find out what she *wants*, what she *fears* and what she *values*. You must get as much information as you can in all of these areas – and you *must remember it*, not just pretend to pay attention during the early days of the relationship.

Luckily, with most women there is some important information that can help you. Most women's wants, fears and values include these things:

useful tips in books about abusive relationships! In every area of their lives these guys want to know how to get what they want without compromise.

Part of what they learn is the power of concentration and fatigue. This is why your bond to him increases after those six-hour telephone conversations or when you sit and talk until 4 a.m. Spending long periods of uninterrupted time with someone, especially when you are either talking to them or listening to them, can stir feelings of closeness. You begin to feel you have known that person for a long time and to feel attached. In fact, they are still a stranger to you. What you feel is the *illusion* of intimacy. An abuser will then use those feelings to begin establishing his control.

An abuser is doing his best to understand what you feel about yourself. This is probably not terribly complicated—especially if you are not trying to be mysterious or aloof. All of your life you have been taught that certain things make you more valuable as a woman. If you are like most women:

You want:	You fear:	You value:
to be pretty	you are not attractive	feeling beautiful
to be adored	you are not loveable	feeling special
to feel safe	you are vulnerable	being protected
to be skilful	you are inadequate	feeling adept
to be important	you are insignificant	feeling exceptional
to be a mother	being a single parent	feeling like a good mother

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She wants:	She fears:	She values:
to be pretty	she is not attractive	feeling beautiful
to be adored	she is not loveable	feeling special
to feel safe	she is vulnerable	feeling protected
to be skilful	she is inadequate	feeling adept
to be important	she is insignificant	feeling exceptional
to be a mother	being a single parent	feeling like a good mother

You start off having a general idea what she wants, fears and values. Your future success will depend upon you getting a detailed, *specific* grasp on the woman you are pursuing. Learn how your woman thinks and feels about things. Pay particular attention to the following things:

- What she wants in her life, especially with regard to her relationship with a man. Does she want to be rescued? Does she want a man she feels she can save? Does she believe she wants an equal partner?

A clever abuser will not stop with a general list of insecurities shared by most women. This does not give him enough information to really hold on to *you*. He will use the general model in the very early days based on what has worked in the past for him and what he believes about women. He will give you what he thinks you want and tell you what he believes you want to hear.

It does not end there. Manipulative abusers know something therapists discovered in the days of Sigmund Freud: a bond is established when someone shares information about themselves, especially if they share hopes, dreams, fears and deep shame or guilt. This is another reason the abuser wants you to open up. If you tell him intimate things you will feel closer to him, even if all he does is sit and listen.

And he will ask you things or tell you things and watch your reactions. He wants to know the specifics. What do you believe in and how much? What gets you excited when you talk about it? What brings you to tears? What do you dream about for your future? This is the information he really wants. It lets him know you *well*.

It would be nice if the interest he showed was only due to romance. *It is not*. It is about gaining control through manipulation. He will begin manipulating you from the first date based upon assumptions he makes about you. If he thinks you want to be beautiful, he will continuously tell you how impressed he is with your looks. If he believes you want to be smart, he will flatter your intellect. He will tell you over and over how marvellous you are. If you open up and give him personal

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- Where she has made mistakes in her life. What does she feel guilt or remorse about? Old relationships are usually a good place to start, as are the teen years or when she first moved away from home.
- Areas of her body, mind or experience where she is least confident: her looks, her intelligence, her social class, her sexuality, her social skills, her family, and so on. What is she most self-conscious about? How easily does she get embarrassed?
- Her ideals, goals and dreams. What does she want so much that she is willing to risk everything to have it? What has she always wanted and feared she would never get?
- What she is afraid of most. Growing old? Being lonely? Being poor or homeless? Never having children, or rearing them as a single mother?

information about yourself, he will be even more effective in manipulating you because he will know exactly what you want to hear. He will only be able to do this because you placed complete trust in a stranger.

He will try to mimic your words and beliefs and use them to describe his own experiences (it is called 'mirroring'). This will make you feel that the two of you are totally in sync. He will also make a habit of remembering what you say and how you say it. This will be useful when he begins coercing you into doing things that make you uncomfortable. He will quote your own words back to you if you later resist doing something he wants. You will feel like a bad person, and a dishonest one, if you refuse him. That is his plan all along.

Abusers realise most women are flattered when a man pays such close attention to them. They know most women will see this as a sign of romance and will not ask why a man wants so much detail. So, at the risk of repeating myself again, here are some tips for the early days of dating:

- You do not have to be a hard woman or a bitch to ***be careful***. Even if you seem to really 'click' with a guy, keep in mind that bad men exist. Do not assume a man is okay because he tells you he is, or because he is physically attractive, well educated, financially successful, or the friend of a friend.
- ***Limit your interaction time*** during the early days of dating—no phone conversations that last for more than an hour, no dates that go from 5 p.m. until 3 a.m.

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- How she has been hurt. Who did it? How did it happen? Is that person still around or is it someone from her past?

You can set about gathering this information in two ways: by asking a lot of questions, or by watching her reactions. Listen to her closely when she speaks and try to remember as much as possible. Also, watch *how* she says it. Look for topics that inspire passion and emotion in her.

Your attentiveness will separate you from most of the men she knows. This will make you more attractive to her, regardless of your looks, profession or bank account. Most men make the mistake of talking too much and only about themselves. You will be smarter than that – what you want is information *about her*. Keep the information about yourself to a minimum at first, other than basic facts about yourself and sympathetic assurances to her.

Remember *what* she says and exactly *how* she says it! Pay close attention and practise memorising every interaction. You will soon need to recall specific details,

If he is genuine he will value you more highly if you seem to have a life. If he is an abuser he will use every persuasive method he can come up with to keep you from hanging up or going home.

- ***Stop giving everything away about yourself!*** Do not tell your intimate secrets to a stranger unless they have a diploma on the wall, together with a confidentiality agreement and an hourly rate. Talk if you want to, but do not tell him things about your sexual experiences, what you hate about your body or your most embarrassing moments.
- ***Take all information with a grain of salt.*** Abusers lie. Keep that in mind. Just because a man tells you something does not mean it is true. Abusers base their compliments on what they think you want to hear.
- ***Do not allow yourself to be dazzled by a fictional future.*** Does he try to sell you on a fantastic future together when you have only known him for a short time? Does he keep telling you that the problems you have experienced will never happen if you are with him?
- ***Pay attention to how he speaks about women.*** Does he put down the women in his past and say how horrible they were? Does he hate his mother—or did he have to rescue her from an abusive father? Many abusers have enormous hostility toward women that becomes obvious after you are involved with them (or if you pay attention to what they say about other

so the better your memory, the simpler it will be for you.

After she tells you all of her hopes, fears, dreams and experiences, do your best to convince her that the two of you as a couple will heal her hurts from the past. Make her believe the secret to getting everything she wants and values is having a relationship with you. Assure her that what she fears will not happen if she is with you. The more she wants to believe this and the better you are at convincing her, the more leeway you will have in the process of training her. Repeat it often until her resistance is gone.

SMOOTH MANOEUVRE 2: GET UNDER THE RADAR

While the woman is pouring out her heart, there are certain things you should say in return to help her lower her guard and keep it down. Most women respond positively to the statements below.

However, it is up to you to watch your woman and notice which statements really seem to touch her and make her feel close to you. They will encourage her

women in the early days of courtship). Due to the high intergenerational transmission of abuse, men who come from abusive families are at high risk of being abusive themselves, even if they profess that they never want to behave that way.

- Look at the following few pages for abusers. There is a list of *lines that abusers use to get women to lower their resistance* and tell them everything. If you hear him use any of these statements, put up your guard and be more careful.
- *Pay attention to how he responds to attractive women.* Does he say you are gorgeous and still ogle every female that passes? Follow his eyes. If he cannot keep himself from lusting after other women while he is dating you, he may not only be abusive but will probably cheat on you as well.
- *Do not fall for excessive compliments.* Does he tell you how wonderful you are without sufficient information to even know? Many abusers just pile on the flattery without taking the time to know where a particular woman excels. They think women are desperate to be admired. Do not prove him right.
- *Watch out for substance abuse.* Does he drink a lot or get really high on your dates? Does his behaviour change and become hostile when he gets inebriated? Excessive substance use during your early dates probably indicates an alcohol or drug problem (unless

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to continue to open up and follow your direction. They will also persuade her to ignore suggestions from her own intuition or from her friends or family that could otherwise prompt her to question you or your motives.

These statements do not have to be the whole truth. Think of them as 'white lies'. The point is to make her feel good about herself and her relationship with you. Speak with as much sincerity as possible when you tell her:

- I've never felt like this before.
- You're fascinating. I want to know all about you.
- You're the most incredible person I've ever known.
- I've been waiting all of my life for you.
- I'm afraid I'll fall too much in love with you.
- If you were with me I'd spoil you completely.

it is a holiday or special occasion). Anger that reveals itself after he imbibes can be far more serious.

- ***Listen for what he says about 'men' in general.*** Often men will expose their real flaws when they make statements about their gender. Even if he qualifies it by saying, 'But I'm not like that', a guy that tells you, 'all men [fill in the blank]' is telling you about *himself*. After all, he is a man, too. He only tries to qualify it so you will not reject him outright.
- ***Pay attention to what he says that you do not like*** or comments that make you uncomfortable. Do not just dismiss them or tell yourself everyone has flaws. Some of these comments can indicate a serious abuser. Abusers can only work their 'magic' if you ignore the signs that he is trying to manipulate you and focus on the rewards he is offering. Promises are easy to make. There is no guarantee they will be kept.
- ***Be careful of a man who gives you orders or criticises you*** early in the relationship. Abusers will test you as soon as possible to see how much you are willing to take of their 'instruction'. Even a well-meant suggestion should only be offered after you request it (many abusers will tell you they were only trying to help, or were just making a suggestion). You are not a child. Do not allow a man to treat you like one.
- ***Watch to see if he angers easily.*** Does he complain a lot about his ex, his boss, his neighbours? Many abusers

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- I don't even notice when other women are in the room.
- I'd love to take care of you so you'll never have to worry about anything again.
- I'll never make you cry except from happiness.
- You'll make such a beautiful bride.
- I can imagine what our children will be like.
- I'm more open with you than I've ever been.
- I've told you secrets I've never told anyone.
- I trust you and want you to know you can trust me.
- I'm looking for a relationship that lasts a lifetime.
- I don't care if it's been a short time – when it's right it's right. Let's make it official.

get mad very quickly and make very harsh judgments about others. They cannot help themselves. They also cannot help being absolute about everything and stating their opinions as though they are facts. Abusers get very attached to anything they think or believe. They will become annoyed with anyone whose view differs from their own.

- ***Listen to see who he holds responsible for his life.*** Does he blame everything on other people? If he admits a mistake, does he minimise it as though it was not a big deal, even if it had devastating consequences for the injured party? These are critical features of abusers—narcissism and an external locus of control.⁴ They do not take responsibility for their own actions and blame outside forces for what happens to them.
- ***Do not allow yourself to be his 'girlfriend' after a few dates.*** Did he invite you to take a holiday with him before you had even been dating a month? Has he proposed marriage already or brought it up in conversation? Abusers want to move as quickly as possible. They want you to be locked in so they can stop trying so hard and go back to being themselves—angry and controlling.

Pay attention to your own reactions during the early days of courtship. One of the most compelling motivations for the way the abuser behaves is to get you to ignore your instincts. If you do certain things, you make this easier for him. To protect yourself:

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- You're the most important thing in my life.
- I don't care about myself. You're all that matters.
- I'll do anything to make you happy.
- My life began when we got together.

Some of these may seem corny, but they work. Women want to feel special. They want it so much they will believe it when you say nice things, even if they know in their hearts these things are not true. Once they feel good they will tell you anything and everything you want to know.

You can even tell her a lot about yourself as a way of encouraging her to open up. If you have had a hard life and you tell her about it, her compassion for you will make her feel even closer to you. Her natural maternal instincts will kick in and she will want to heal your pain.

The difference between you is she will believe the reason for your declarations is a desire for intimacy. It may be, but you will also keep in mind that this is

- ***Do not talk yourself out of feeling uncomfortable and talk yourself into giving him 'one more chance'.*** There are a lot of men in the world. There is no reason to choose one who makes you uneasy.
- ***Do not wait too long to act.*** Because of the power of the psychological manipulations abusers use, the longer you are with him the more insecure you become and the harder it will be to get away. Pay attention from the beginning. As soon as you see indications he may be an abuser, you will save yourself a lot of pain if you sever all ties and move on.
- ***Do not make excuses*** for ignoring the warning signs by telling yourself (and other people), 'I'm a nice person!'. Being nice does not mean you have to be naive and leave yourself vulnerable to someone who will hurt you.
- ***Do not continue dating someone because you feel sorry for him.*** ('He's had a hard life.') If you feel sorry for disadvantaged people, volunteer to do counselling work in your spare time. Do not give away your life.
- ***Do not focus only on the good things*** (the promises, good times and 'rewards') and ignore the seriousness of the warning signs! Excessive control, anger, negativity and all of the other indicators are critically important. They could literally be the difference between life and death for you and your children. Keep reminding yourself that *everything* counts.

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all part of her training. The more she reveals about herself, especially if it is painful or humiliating, the greater the power she will be handing you. Her trust in you is essential if you want to build and maintain leadership over her.

- *Do not believe it if he says you have to justify yourself* if you want to end the relationship. He does not have to believe you or say your reasons are valid. Your own feelings are sufficient. Some guys will keep asking for reasons as a way to keep you involved (and in the hope they will get you back).

Know that your instincts may *not* necessarily warn you if you are with an abuser. Not everyone has the ability to pick up the warning signs. That is why you should use the information in this book. Reading the book and learning the information about abusers is good. It is useless, however, if you do not apply it each and every time you date someone.

3

SET THE FOUNDATION

In order for you to move forward and continue training the woman you have chosen, she must learn to accept your authority over her. What this means is she must learn to trust *your* thoughts, feelings, interpretations and recall of events *more than her own*. This authority is crucial to your leadership.

This would have been simpler in the past. However, even today, in more

3

Spinning His Web

We have discussed the manner in which abusers pull you close to them from the beginning, moving so fast you have little time to think. Even more critical than the pace, however, is the way he will manoeuvre you under his thumb. He has to gain authority over you—power and influence—in order to establish the type of relationship he is seeking.

He will gain this authority in small steps, not all at once. That is what is so frightening about this strategy and why so many women do not see it coming. From the first encounter he will move you around like a chess piece, square by square, until

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traditional societies, women are taught that it is right and proper for men to be in charge. In Western societies this social model has largely been chipped away by the women's movement and media hype about equal rights. Therefore, you will need to continue exercising your Smooth Manoeuvres to regain your natural place in the relationship. To do this:

- Assert your leadership from the beginning to test her response. Keep in mind that you are the one in charge, and act that way. Decide where the two of you will go and what you will do. If she suggests something to do on a date, firmly and politely suggest something else. When you meet her, make sure you decide where the two of you sit, not her. Let her see that you are in charge. *Note:* some women get nervous going alone with a man they do not know. That is fine. If she wants to bring a friend along, agree and do not act stressed about it. Just make sure that you, your lady and the friend go somewhere you choose.

you are somewhere you never thought you would go. If you do not protect yourself you will start believing what he tells you more than you believe what you know. You will start using *his* reasons to explain his actions and plan your future. You will not trust yourself to make a decision without checking with your abusive partner first. You will look up one day and ask, 'How did I get here?'

The length of the steps the abuser will take in establishing dominance is based on his need for control. The other aspect is your degree of compliance and the ease with which you give in to him. During your earliest dates, he will make suggestions, comments and decisions about the two of you and then gauge your reactions. Do you tense up if he asks to move to another table? Do your eyes harden if he orders the wine without asking? Do you let him order for you and smile, or does the attempt make you bristle? He is watching to see what you will let him do without complaint.

He will try to be nice, but he must establish control to get the relationship he wants. If you suggest a restaurant, he may suggest another one, instead. He will try to decide where the two of you sit in the restaurant. He may arrange a time and then change it at the last minute. He will not feel comfortable unless he is the one making all of the decisions. He wants to show you who is in charge from the very first days. He wants to be sure you will let him do it.

You may go along to be polite. Be careful not to be too nice about these things. Abusers realise that every time you go along with their directions, you are setting yourself up to submit

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- Whenever possible, take her to places where people know and respect you. Let her see you are a man worthy of notice.
- Take her to the nicest places you can afford. You want to impress her. What is more important than the money, however, is the attention. Pay close attention to her. Do not allow your eye to follow the sexy waitress or keep slipping over to the hot babe at the next table. You have to make her feel special if you want her to agree to your leadership and stick with you through the training.
- Show her your masculine protectiveness. If she does not like the meal she is served at a restaurant, immediately call the server over and order something else. If someone is rude to her, take care of it. Do not be obnoxious to anyone, but make sure she feels taken care of by you.
- While you are getting information from her be sure to tell her all of the things you do well. If you have any areas of expertise show them from the beginning of the relationship.

completely to their authority. If you keep dating the abuser it will soon become a habit. Then he can take bigger steps and move even faster. You may not even realise how much control you have given him until you are far down the road to an abusive relationship.

Once you go out with him the abuser will work non-stop to increase his power over you. In addition to deciding where you will eat on your early dates, a clever abuser will also do the following:

- Take you to his favourite 'haunts' and hang-outs. You will meet a lot of people who know him. If he is a loner, then he may take you somewhere he knows you cannot afford and will spend a lot of money to assure good service. In either case he is trying to impress you with his importance or popularity.
- Along with the words telling you how much better your life will be with him, he will be very protective and solicitous of your needs. He will confront anyone who seems to have slighted you and do whatever he can think of so you see him as masculine and protective.
- Abusers are aware of the power of money. As much as he is able, he will begin trying to get you financially dependent upon him (and emotionally indebted to him for helping you). If he does not have money, he will do things for you, instead. In either case, he knows the more he does for you the more grateful you will be and the less likely it is you will just walk away.

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Do not be modest. She needs to know you have something to offer that is also recognised by others.

- Start taking care of her. If you can afford it, buy her things or pay her bills. If money cannot be spared, do things around her house to improve her living situation (this can be as simple as taking out the trash). Let her see that her life will improve if you are in it.
- Make sure you decide when phone conversations or dates end. If she wants to end things before you are ready use assertiveness or humour to encourage her to continue. From the beginning do everything on your terms, not hers.
- Begin training her to be accountable to you. Ask a lot of questions regarding her movements during the day and the people she sees. Be nice, but let her get used to answering to you for what she gets up to.

Reflect on the point made last chapter about details. It cannot be stressed too much! Your leadership ability throughout

- The control around your interactions will appear here, too. He will be the one to decide when and where the two of you get together. He will extend the dates until you are exhausted, contact you at unexpected times and pressure you to see him, change the meeting times to be later or much earlier on a frequent basis, and do anything that gets you dancing to his tune.
- Abusers will also test to see how easily you are willing to answer to them, even after only a short relationship. They will ask a lot of questions about your activities during the day, including who you see. He will not necessarily be angry or demanding. He may ask in a nice way, or explain he is just interested in everything about you. The truth is he wants you to get used to being accountable to him.

Remember, the abuser can not *take control* over you—you must *give it to him*. And you do not have to do it all at once for it to be effective. If he demanded or expected it all at once, this would probably set up loud warning bells. You might decide then and there that you do not want to be involved with him. What he does is far more clever—he will continue to ask you for *small instalments* of control and intimate information. As he does, he will provide you with reasonable-sounding explanations for why he wants it.

As mentioned before, he will use your own beliefs about yourself to coerce you into giving him the information or authority he demands. If during your long talks with him

the relationship depends on two things: your level of authority and your ability to recall what she says and does. Take a course in memory improvement if necessary. You will be surprised, however, how much you will be able to remember simply because you know how important the information is and how long you are going to need it (forever). Never be truly caught up in the moment – save your effort for your future. Think of it as part of the price of leadership, and remember there are far more privileges in leadership than there are duties.

Note: if she indicates discomfort or disagreement with anything you are saying or doing encourage her to see things from your perspective. Then explain what you said or did in a way that seems harmless or driven by passion (discussed in detail in the next chapter). Use the right terms – linked with masculinity or romance – and she will probably stop criticising.

If that doesn't work another approach is to tell her she is being 'overly sensitive', 'judgmental', 'cruel', 'racist' or 'unfair'. Women hate to think of themselves this way, so your accusation will put her on the defensive. She will

you indicated it is important to be a nice person, he will probably accuse you of being 'cruel' or 'mean' if you object to his behaviour. If you have told him justice is important to you, he will probably accuse you of being 'unfair'. What matters is not so much the words as the emotional response it evokes in you. Your initial reaction to these accusations will probably be to concede and give him what he wants.

He will also have practised responses to answer your criticisms. After all, he has to sound reasonable or you may question whether to be with him. The sharper and more manipulative the abuser, the more skilfully he will explain his behaviour. He may even turn things back on you and try to make you feel guilty for questioning him.

What you have to decide is how you will respond. If you are going to avoid being in an abusive relationship, it is critical for you to learn to stand up for yourself—consistently—when the man you are dating tries to gain control over you. Watch out for men who use any of the tactics described in this book as an attempt to gain authority over you. Keep the blinders off even during your first interactions so you can tell what type of man you are getting. If he tries to tell you what to do, asks you for information that is too intimate or inappropriate, or does anything that asserts authority over you (such as ordering your meal without asking you first) you do not have to shout or leave in an angry huff. Just start pulling back from him and looking for other signs of controlling attitudes or manipulative behaviour. Unless he has a good reason for his actions—and

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then get distracted trying to prove she is *not* any of those things and her focus on what you did will be lost.

If none of these strategies work, try humour. Tell her she is taking things too seriously and get her to smile or laugh. Once she laughs she will have a tough time staying mad at you.

If she *still* does not back down and you want to keep her (you might want to seriously reconsider at this point), tell her she is right and she is a good influence on you. Tell her this is why your future together will be so incredible. Then put more effort into the Smooth Manoeuvres below to increase your level of authority over her. A woman who fully accepts a man's leadership is not argumentative.

Pay close attention to the instructions. Your ability to get her to change her mind or ignore her own feelings of discomfort is directly based upon your skill at Smooth Manoeuvring. If you have successfully enticed her with promises for your future, gained a significant amount of influence and made her doubt herself or her opinions, she should back down. She will not realise that every time she does she is increasing your authority over her.

even if he does, be wary—spare yourself years of heartache and do not go out with him again.

If he is an abuser, all of those wonderful promises he makes about your future together will never happen. Those promises are just tools to lure you in and distract you so you do not notice his serious flaws. Sure, you may have a relationship with him, and may even get that beautiful wedding you have dreamed of since you were a girl. But if he is an abuser you will then spend the rest of your life paying for it emotionally, psychologically and even physically.

If you stand up for yourself, he will use some of those emotionally evocative terms to get his way, especially if you decide to stop seeing him. How you respond when he does this is up to you. Let him criticise you or unjustly accuse you. You do not owe him an explanation for your behaviour—you have just been socialised to think you do, *and he is counting on that*. Instead, you can refuse to back down. You *do not* have to keep explaining until you give him a reason he finds 'acceptable' (if your reason or standpoint is not valid to him, that is *his* problem, not yours). 'I don't want to', is a good enough reason not to see him again.

Being firm does not make you a bad person, a bitch or any of the names he may call you. Abusers rely on their ability to stir your emotions to manipulate you. If you do not allow yourself to care about his opinion of you, he will not be able to manoeuvre you. Keep this in mind, take a deep breath and walk firmly away.

4

BUILD YOUR AUTHORITY

You will not be able to lead your woman unless you have clear authority over her. She must learn to accept your thoughts, feelings and impressions without question. Once she is trained she must see you as being right about whatever you say – and your evaluation of things must be more important to her than her own. It is not difficult to build this authority. However, it must start from the first stages of dating.

4

The Chains Emerge

Perhaps you are reluctant to stop dating a guy simply because he seems too bossy. After all, you have been socialised to believe masculine men like to be in charge (and the older you are, the more you will probably believe this). You may need more information to classify him as an abuser. This chapter is aimed to show you more of the particular behaviours used by abusers in the early courting process. They do these things specifically to get the woman they are dating suitably submissive and unsure of herself. This will help you decide if you have been manipulated (or if he is

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A vital aspect in building your authority is the *push-pull process*: on one hand you emphasise all of the advantages you have over her (maximising distance). On the other hand you pay close attention to her, attend to her needs and make her feel special. She will soon admire and look up to you, and not want to do anything to make you reject her as unworthy.

Another way to strengthen your authority is to use the information she gave you about herself to push her outside of her comfort zone. Require her participation both physically and mentally in things she has never done before or has told you she does poorly (as long as you are more adept in these areas). This will make her feel awkward and unsure of herself. She will look to you for guidance and instruction. This will help cement the power dynamic you are establishing with your other Smooth Manoeuvres.

Do not promote equality in this. Do not verbally disagree or say you are unwilling, but resist going into her comfort zone or into situations where she is more experienced or skilled than

trying to manipulate you) so you can be more confident about your decisions.

One of the most prominent behaviour patterns used by abusers is the *push-pull process*. It is actually quite simple and very effective. It only requires the abuser to emphasise all of the advantages he has over you while at the same time telling you how marvellous you are. With one hand he pushes you away, making you feel unworthy. With the other hand he pulls you closer, making you feel special.

Of course, clever abusers know how important this step is in domination. He will not just draw attention to his advantages and leave it at that. Throughout your relationship he will constantly point out and highlight any errors, shortfalls or disadvantages you have compared to him. The distance between you will seem to grow until it is glaringly obvious. He will pressure you to go outside of your comfort zone (and away from your skills) so you experience the pain of uncertainty and awkwardness. He knows that intellectual understanding is good, but emotional experience lasts longer. He wants you to suffer and see him as your saviour.

His goal is to make you as insecure as possible while he pursues a relationship with you. When it works, this method leaves you grateful for his attention and willing to do whatever is necessary to keep him from replacing you with someone more worthy.

How can you tell he is doing this and not just sharing a growing experience with you (something he may claim he is doing)? One of the simplest ways is to notice whether or not he is willing to go with you into situations where *you* really

you. The point is to assert your right to leadership, not hers.

PUSH-PULL SMOOTH MANOEUVRES

In order to continue encouraging openness and minimise resistance, it is crucial for you to feed her ego while you are getting to know her, then play on her insecurities to weaken her resistance and establish your authority.

Feed her ego. Tell her how fantastic she is and how proud you are of her. Everyone wants to be admired, especially women. If you compliment her she will like you and trust you more easily. But be clever about it. Compliment her on *specific* traits, like her lovely eyes, rather than just saying she is pretty. Flatter her about the characteristics she would like to have but fears are not true (see how helpful it is to know things?). If she fears she is unattractive, tell her she is beautiful. If she fears she is not bright, tell her how smart she is. Make your compliments sound as sincere as possible.

Let her know she is part of a special, select group. Tell her how rare it is to find someone like her. Indicate how unique

shine. There are also other indicators that he may be doing the push–pull. Ask yourself:

- Does he put you in circumstances where you have to notice how capable or accomplished he is? Does he then find excuses not to go into circumstances where *you* excel or your talents are highlighted?
- If you go into circumstances where your abilities are the focus of attention (or you happen to mention something special you have done) does he act bored or unimpressed? Does he find some way to minimise your accomplishments? Does he criticise you or compare you unfavourably to someone else? Does he advise you to be more modest—while being anything but modest himself?
- Does he flatter you to an excess sometimes? Does he go on about how fantastic you are and how rare you are, even if you know you have not done anything exceptional?
- Does he let you know how every other woman in his life has disappointed him? Does he go into detail about all the ways he has been let down?
- If he belongs to a more advantaged group than you, does he tell you how unacceptable the women from his own group have been?
- Does he let you know that you will have to measure up to his particular standards before he will choose you as a permanent partner?

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your feelings are for her. Express how different she is from other women. If possible, take her around other women from your past or women who find you attractive to make her a bit insecure. Then tell her those other women do not measure up to her.

As your investment in the relationship increases, continue to maximise your advantages. Say and do as much as possible to emphasise your positive assets while increasing her willingness to accept your leadership. Here are some suggestions to knock down her defences:

- While you are telling her she belongs to an elite group (chosen by you) also show some uncertainty whether she will make it to the final goal – a committed relationship with you. Let her see your devotion still has to be earned.
- Begin using the words 'we' and 'us' as soon as you can. Let her start to see a wonderful future, and make sure she knows it is dependent upon her having a relationship with you.

It is the contrast between his behaviours that gives the abuser such a psychological advantage. On one hand you will be stroked and coddled. He will tell you how fantastic you are and how he wants to take care of you and protect you. On the other hand he treats you as though you are inferior to him and not really worthy of his full respect. In case this is not sufficiently confusing, he uses language that indicates he considers the two of you a couple very early on, using 'we' a lot in conversation. You may feel like you are in a fairy tale to be selected by this man, especially as he obviously notices all of your flaws. You may not even notice your confidence beginning to slip as you become more immersed in the relationship.

This early stage of the relationship is critical for the abuser. It is make-or-break time for him. If the abuser is unable to condition you to ignore the way he is manipulating you, there is a good possibility you will decide he is too emotionally risky and head for the door. He cannot let that happen! He has to keep you from noticing what he is doing—or at least keep you from reacting, even if you *do* notice. Your focus must shift from him to you and your shortcomings. He has to keep you emotionally raw and unsure of your worth. You must not only feel inferior to him, you must also feel second-rate in comparison to other women. Otherwise, you may become obviously uncomfortable when you see what he is trying to do to you.

He will take you to places where you stand out in a negative fashion, say things to you to keep you from adapting to this new environment and emphasise how poorly you fit in. He will compare you negatively to other women, especially those with qualities that would be difficult or impossible for you to acquire.

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- Use her insecurities to weaken her resistance (these will be uncertainties about herself that she revealed to you earlier in the relationship). Try to figure out which are her weakest spots. Pay attention to her reactions when you ask questions, tease her or make jokes about these areas – if she seems hurt, angry or uncomfortable, you have hit your mark. Then throw one or two of these insecurities into arguments. Vary the material you use and the situations you use it in: arguments, teasing, as jokes when the two of you are out with friends. Do this less at the beginning of the relationship, then increase the frequency and severity of this manoeuvre as her commitment to the relationship increases. Use it whenever she defies your leadership or wants to do something that will make her feel she is your equal.
- Show some admiration for women who are unlike her, particularly those

He will be loving and generous one day, and cold and distant another. And sometimes he will make beautiful promises for your future so you will not want the bubble to burst. You will do whatever you can to make sure it happens.

The abuser is an illusionist with a sparkly scarf in one hand, moving it seductively back and forth. He does this so you do not notice the trick that he is conducting with the other hand. He uses this *misdirection*—purposely drawing your attention away from the more important activity taking place—to keep you off-balance. Misdirection requires a good set-up to be effective. The illusionist must get the audience to be in the right mood before they will believe the trick. In this case, the abuser sets you up by doing whatever he can to draw attention to the areas where he has advantages over you. He then exaggerates the distance in these areas by making you feel less capable and worthy than you are. Then you will be ready for him to perform his tricks and be amazed.

All that is required for you to protect yourself is to pay attention to the behaviours that he does not want you to notice. Do not allow him to explain away his hurtful or deceitful behaviour. Pay attention to how you feel with him. Are you happy or on your guard?

Are you completely comfortable with him or afraid to make a mistake? Does he seem to have a practised explanation for every negative thing he does? Is he cold to you sometimes without explanation? Does he make a comment or draw attention to your mistakes but get really upset if you notice his? Does he gaze admiringly at other women when he is with you—and make sure you see him do it? Does he rant at you

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females with attributes about which your woman feels self-conscious or lacking. Let her see that she is expendable.

- Take her into environments where she is not accepted or is ignored while you are welcomed and praised (even if this is only among your family).
- Notice every mistake and error she makes and comment on it. Tease her about it again at a later time. Do whatever you can to make every little mistake a tool for gentle humiliation. She will soon start to think she is seriously flawed.
- *Keep her off-balance.* Be open and honest one day, and deep and mysterious the next. Let her see she has not conquered you yet.

You may not want to do some of these things, especially when you notice her feelings are hurt. You are not a bad man who is trying to hurt her. You are preparing her for the role she is to play in her life. Training is uncomfortable – but if it is done correctly, it is worthwhile. Keep going.

angrily then apologise, expecting complete forgiveness? Does he hold any little error you make against you forever and bring it up every time he is upset?

One of the biggest indicators of an unhealthy relationship is a *double standard*. Does he say or do things that would result in explosive anger if you did the same to him? Go over the things he has done that have hurt you. How would he respond if you did them to him? Would he forgive you or believe it was grounds for severing all ties?

What about other women? Does he have a healthy relationship with his exes? Are there a lot of them? Are any of them still around and obviously in love with him? Does he love his mother? Does he get phone calls from women that he will not explain to you—while he expects you to account for any male you speak with (including your brother and your boss)?

Does he make comments about your looks, body, background or life experience that compare you unfavourably to other women? Does he tease you about things that he knows make you feel sensitive or self-conscious? Does he do things to embarrass you in front of other people?

The information in this book will show you what he is doing and why. *It is up to you to pay attention* and recognise the seriousness of the early warning signs. Even at the first stages of dating he will show his true colours. You need to see those colours and not allow him to minimise their importance (he realises how serious they are, too, even if he will never admit it to you). Just hold onto your trust and commitment until you can be confident what type of man you are getting. It is the most important decision of your life.

5

STRENGTHEN YOUR POSITION

As you are gathering as much information as possible and building your authority, you must also strengthen your position. You must cement the power dynamic you are establishing with her, with you in the leadership position.

REWARD AND PUNISHMENT

It is never too early to begin putting reward and punishment into the mix.

5

Closing the Box

If you decide to remain in the relationship after the abuser begins his manipulative techniques, he will increase his efforts to consolidate his power over you. He will not necessarily sit down with a pen and paper and plan this—his emotional issues will compel him to act this way. He will feel extremely uncomfortable interacting with you when he has not completely dominated you. Deep fear will fill his gut when he sees you defy his control. It will hurt him and make him angry. If he is still unsure of you, he will try to hide how much he is bothered. This need to conceal his negativity and anger will disappear once he has you fully under his thumb.

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Whenever she submits to your authority by changing her opinions to match yours, doing what she is told, forgiving you for something you did wrong (when she catches you), or when she is good in any other way, reward her with compliments, affection and discussions about your future together.

When she resists you in any way or tries to keep her own outlook on things you must punish her by being emotionally distant, bringing up her faults or insecurities, making yourself scarce for a while, or backing out of something she wants you to do. Later in the relationship, the severity of the punishment will increase. Yet even at the early stages she must learn submission equals reward, and defiance equals punishment. Be very consistent in doing this or your training will be weakened. It must be strong if it is to last.

Keep in mind – it is important not to give too much reward too quickly, regardless of how fully your woman complies. Even if you are offering the ultimate commitment as incentive

Reward and punishment

For better or worse, conditioning someone is not rocket science. With a little trial and error almost anyone can figure out the basic formula needed to manipulate another person (or an animal). All it requires is consistent reward for doing the desired behaviour and consistent punishment for not doing it. That is the process. As time passes the desired behaviour will continue, even without the reward. The dye will be set.

What is more complicated with humans is figuring out what the reward should be. The more the reward is desired by the person and the more the punishment is hated or feared, the more quickly the conditioning will establish itself.

From your first days together, the abuser will use this basic technique to lure you into a relationship with him. In his lengthy discussions with you, he will make note of what you say you desire. He will see what you react to, positively and negatively. He will then know how to teach you to do what he wants. He will reward you (or promise to reward you) whenever you submit to his conditioning and emotionally hurt you whenever you resist.

What makes this a little more challenging is the ability of the person being conditioned to get the reward somewhere else (and avoid the punishment). If the person being conditioned realises the reward is readily available somewhere else, they may not be willing to put up with the emotional expense of being with the abuser. They may also recognise the abuser is not really going to provide the reward, but is luring them with false promises (after all, he loses power over you once

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(marriage), let her see that receiving rewards will always be dependent upon her making you happy. Never let your woman think she has your complete devotion with no further effort required.

She must also learn that accountability is *not* a two-way street. Whenever possible, *do not* admit you have made a mistake! First, tell her she remembers it incorrectly (she will be used to your superior memory by now). If this is not possible, minimise its importance and find some way to lay the fault back at her feet (saying you would not have done it if *she* had done what she was supposed to do). If all else fails, apologise and say it will never happen again. If she brings it up later you must punish her.

It must never work the other way around. You should feel justified to punish her harshly for any mistake, however small. Put it on a list of infractions that you remember to bring up at every argument or whenever she needs bringing down a peg. She must learn not to displease you, or pay the price for it forever.

he actually gives you what you want). Or they may decide the punishment for not complying is too harsh and not worth the reward he is offering.

The abuser is aware of these challenges. That is why, from the first interactions, he is doing what he can to sell you on certain beliefs that will help him condition you. He will try and make you believe:

- the reward he is offering is fantastic—better than you had hoped;
- the reward he is offering will be easier to get if you stay with him;
- the reward will be much harder or impossible to get elsewhere; and
- you do not really deserve the reward.

If you are willing to believe all of these things the abuser's power over you will be unlimited. Otherwise, he can not guarantee you will stay with him once his true emotions and personality emerge. Remember, much of his initial behaviour is *acting*—he has deep emotional issues that are hard for him to control for any length of time. This means he will not feel gratified by the relationship or be able to relax until he knows you have completely submitted to his domination.

Most abusers are particularly aware of the power of the final point above—you do not really deserve the reward. They intuitively know there is a link between a person's self-esteem

ISOLATE HER FROM OTHER INFLUENCES

It is also never too early to get her away from anyone who would persuade her to defy you or who would take time away from her new priority (her relationship with you). Use both flattery and punishment to encourage this. Tell her how much you miss her when she is away from you. Insist on accompanying her everywhere she goes. Ask a lot of questions about her movements during the day and check in with her often.

If you have to go to a place chosen by her or in the company of her friends, family or co-workers, you have to be strong and in control. Do not allow her to enjoy herself too much. Depending on how you want to handle it, you have to teach her to stay away from those people. To do this you can:

- show a noticeable lack of enthusiasm. This can range from refusing to get involved to yawning with boredom;
- flirt with her friends or family members. Try to find family members

and their general expectations of reward (emotional, physical, financial, etc.). The less confident you feel as a woman, the less reward you believe you deserve in your romantic relationship.

One of the cornerstones of your self-esteem is your self-efficacy. This is your ability to learn, think, choose, make appropriate decisions and handle change effectively. The other cornerstone is your sense of self-worth—your belief in your *right* to be happy and have success, friendship, love and fulfillment. Self-esteem is not based on how confident you say you are. It can only be measured by looking at your life, your expectations and how you respond when things go wrong.

When you look at what makes up self-esteem, it is easy to see why the abuser works so hard to make you feel both incapable and unlovable. He knows exaggerating the importance of your every mistake will lower your sense of self-efficacy. He understands that pointing out your personal flaws will lower your sense of self-worth. Even if he has never read a book about it, simple observation shows a link between a person's self-esteem and their expectations in a relationship. People with poor self-esteem do not expect loving, respectful treatment from their partner. If an abuser is able to diminish your self-esteem he will not have to provide you with much reward to get you to stay with him. You will be more grateful for his presence, less likely to resist his will, and very unlikely to pack your bags and go, even when the punishments become more severe.

There is another aspect to this conditioning that every cult leader also knows—the importance of isolating you from other

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who are more attractive or the ones she told you are competitive with her;

- hold back on the finances so she is not able to fully participate;
- be loud or abrasive if everyone else is being quiet and polite. Make sure the attention you receive is not positive;
- embarrass her with inappropriate comments or behaviour; and
- criticise everyone extensively afterwards.

Use whatever methods necessary to clearly show her that pleasure will be available only if she goes where you choose and with the people you select. The poor impression you make will also give you ammunition for not going again – not only will she be unsure how you will behave, you can claim your resistance is due to her family and friends not liking you.

If she notices you are doing these things, deny it. Say she is making it up

influences. The abuser wants to keep you away from anyone who is not firmly behind him. These other people may:

- draw your attention to the abuser's unhealthy demands for control;
- rebuild your self-esteem;
- remind you that you can find happiness elsewhere;
- convince you to be cautious in placing your trust in him;
- offer emotional support so you are less dependent upon the abuser;
- offer practical support as an alternative to what you receive from the abuser; and
- inform you of the seriousness of the warning signs displayed by the abuser.

Until you are in a committed relationship with the abuser, he realises you would probably be alarmed if he simply forbade you to spend time with anyone else. Instead, he uses a variety of methods to keep you close to him. First, he uses flattery. He tells you how much he misses you when you are away from him, even for a short time. He says he cannot cook or take care of himself like you can. If you point out that he goes places without you, he will say it is not the same and give you a reason. Remember, he is practised at giving you reasons why you should do what he says and accept his double standard.

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to excuse her mistakes, insensitivity or just to be obnoxious. Then punish her for defying you.

Do not always be tough on her. You can be more fun and cooperative when the two of you go somewhere you select or when you are around your friends and family. Make sure when you go to these places they give you more attention than they do her. If she is a consistent scene-stealer, even at places you choose, you will have to leave her at home.

Move into the relationship quickly and as completely as you can. Your leadership is dependent upon your ability to keep her from questioning you or your methods. This is easier if you move fast and make her feel 'swept away'. When she feels overwhelmed she will not have much time to think about things.

Reducing her resistance will also be easier if you get her to give up as much as possible as quickly as possible. This includes her job (if you can afford it), her house, her friends and her regular visits to her family. She must centre her life around you and your relationship with her. Your happiness must become her only

If you do not agree, he moves on to tougher tactics. He throws a temper tantrum and leaves you with the choice of going out with a tear-streaked face or staying home. If you give in and stay home he turns on the charm. After all, it is an important part of your conditioning to reward you for giving in to his control.

Or he insists that you only see people in the home the two of you share. If you are living with him (and he will try to get this to happen as soon as possible), he will be unpleasant if you go out alone and nicer if you bring the people to your home instead. Of course, this also means you have no privacy and so your friends and family are unable to say what they really think of your relationship. This also prevents you from relaying any fears or concerns of your own, with him standing close by and listening in.

Another means of isolating you is to insist on going with you whenever you go out. With all of his talk of being a couple and spending your life together, he will try to make it seem normal to accompany you wherever you go—even if he is the only man there. Whatever the event, the real drama may begin after you get there.

Some abusers are more subtle in their manipulations and are perfectly charming and pleasant when they go out with you and your friends and family. Especially in the early days, when he knows you are not sufficiently under his control, he may be kind and generous and willing to do things for everyone in order to convince them all that he is great. Then, once you are completely dependent upon him, he 'changes'. (Actually, he

concern. She must understand this is what you deserve as her man.

This is also the time to get her to agree to things outside of her comfort zone (discussed earlier). Get her when she's tired and feeling especially close to you. Then ask her to do something difficult for her – be as persuasive as possible. If she thinks about it later and tries to back out, stress the importance of her promise to you (use her exact wording if you can recall it). If she still refuses, you and she will both know you are correct to punish her.

SUMMARY

These last few chapters have covered a lot of information. The early part of the training process is intense. You have to be ready to charge in and do whatever is necessary to reach your goal. You have to get your woman involved and committed to you as quickly as you can. To recap:

- Learn everything you can about her. Get her to trust you as you gather information you will need to conduct her training.

does not really change, he just reveals what he was all along.) When this happens, your friends and family may not believe you when you tell them how he treats you behind closed doors.⁵

Most abusers do not have this level of confidence. Most want to separate their partners from their support system as soon as possible. When this guy accompanies you to an event, he will make it as emotionally expensive as possible for you. He wants to be sure you do not do it again in a hurry. Some of their strategies for doing this include:

- Showing no enthusiasm for what is happening for you. This can range from not interacting with other people to yawning with boredom. He will count on you being aware of his disinterest. He hopes it will distract you.
- Flirting with your friends or family members—especially if he's aware you have problems with one of them. He will shower that woman with attention, knowing it will make you seethe with anger.
- Holding back on the finances so you are not able to fully participate. This can be everything from not allowing you to buy popcorn at a movie to keeping you from buying an appropriate dress for a special occasion.
- Being loud and drawing negative attention to himself. A common tactic is to get really drunk and rowdy among people who do not approve of this kind of behaviour.

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- Establish your authority. Get her to look up to you and want to please you. Let her see with your words and actions that you are a man who is to be respected at all times.
- Increase her insecurity. Let her see a growing distance between you, with you in the lead position. Strengthen your hold and your advantages over her.
- Start rewarding her for submitting to you and punishing her for standing up to you. This is a pattern you will maintain throughout the relationship.
- Admit your mistakes only as a last resort. Try to deny it first. Then accuse her of over-reaction or not remembering the event correctly. Only if you are backed into a corner do you admit a mistake. Then just promise not to do it again.
- Get her away from other people. They will only confuse her and interrupt your training. Make sure you know where she is at all times and who she sees.

- Embarrassing you with inappropriate comments or behaviour. This can be everything from racist statements (to socially conscious people) to sexually explicit jokes in mixed company. He may even start a loud argument or use bad language to make you feel like hiding your head under the table.
- Criticising everyone extensively afterwards. Some abusers may even behave well in company, then make nasty remarks about everyone once the two of you are alone. Others will do both—make the experience as unpleasant as possible and then criticise your loved ones in the meanest way possible.

It does not really matter how it is done. What matters is whether it works. Do you permit his behaviour to keep you from spending time with other people? Do you feel obligated to bring him along even though he makes the experience painful for you? Do you feel guilty for having a good time without him?

The solution to this is pretty simple—I did not say easy, I said simple. Do not allow anyone to take over your life. There is no healthy love that will not withstand some time apart. If he is uncomfortable with your loved ones, or if he makes them uncomfortable, see them alone. Under no circumstances should you give up loving support for a romantic partner. A real Prince Charming would not ask you to do that—and he would not try to manipulate you away from your other sources of emotional support.

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- Keep up the pace. Do not give her time to think too much or change her mind. Teach her to focus only on her new life with you.
- Consistently work on her re-education. Teach her where her thinking and feelings have been flawed while you build your authority. Correct her when necessary. Punish her if she resists.

All of this requires effort and attention on your part, but it is not complicated. You just have to follow the steps. Now let us move on to another area of primary importance – sex.

Spending time with your family and friends is not the only thing happening at this stage. By this time the abuser will also be putting a lot of pressure on you to go outside your comfort zone. He wants you to join him in places where you do not fit in and to try things where you have no skills. He wants you to feel inadequate.

One of the most clever and insidious tactics in the abuser's arsenal is the manner in which he will get you to agree to uncomfortable things. This occurs when the two of you are feeling especially close, or when he has pressed you relentlessly until you are exhausted. He will try his best to get you to agree to something that he knows you dislike. Later, if you think about it and change your mind, he will become very angry. He will quote your exact words back to you. He will insult your character. He will ignore you or make cruel comments. He will use your decision as an excuse for not doing something *he* promised to do. He will try to make you feel terrible. As with every act of defiance, he will make you *pay*.

But the abuser does more than pressure you to do things that make you uneasy. His efforts are constantly directed to manipulate you until you are firmly under his control. One place where he directs a lot of this effort is your sex life.

6

LET'S TALK ABOUT SEX

Sex is something a man should never be expected to live without. It is also an important tool for training your woman and keeping her in her place. When, where and how sex occurs will have a major influence on your management of your woman. It is one of the primary keys to obtaining your leadership role and keeping it.

6

In the Bedroom

When you are in a relationship with an abuser, one of the areas where the domination is usually particularly blatant is your sex life. For some women, this domination is at the extreme, with forced sex occurring at the hands of the abuser.⁶ For others it is more subtle and requires at least verbal agreement. In either case it is incredibly damaging.

Sex is more than the sharing of bodies. It is literally an opening up, an exposure that brings people closer together. Attitudes and emotions are revealed during sex that may otherwise be

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Part I: When you first begin dating, be patient. Do not pressure her for sex (unless you know she does not have sex easily, so sex will increase her attachment to you). If you feel you can hold off, do without sex for a little while. Let her see how different you are from most men. In the same way, your attentiveness toward her makes her feel special and will separate you from the crowd. It will also make her curious as to whether or not you find her attractive. She will begin to wonder what is wrong with her.

Once sex happens, the Smoothest Manoeuvre is to start by being a very considerate lover. Take the time to address her needs and make sure she is satisfied. It is important for her to feel desired and cherished. If you please her sexually, this is another area where you will gain power over her. She will walk around with a glow and be willing to do whatever you ask so you will do it again. If you please her, she will also feel selfish if she does not reciprocate. This is an effective way to get her to try things she has not done before. If she

invisible in a person's life. The acts that occur during sex are therefore the most intimate aspects of a relationship. This is also where the abuser must sooner or later remove his mask, and where his need for absolute control will shine brightly.

Abusers understand the power of sex. In order to gain submission from a woman some will consider the woman's desires and needs and put great effort into pleasing their partner. They expect her to be open about what she likes and show a willingness to experiment. Other abusers focus only on their own pleasure, regardless of their partner's preferences. They have little concern for the woman's sexual preferences, and may even feel that sexually open women are immoral.

Regardless of sexual style, what varies little with abusers is the demand that you must give him *what* he wants, *the way* he wants it and *when* he wants it. If you resist him or do not participate fully he will become very angry. An angry abuser will punish you directly (by acting out against you) or through others (by threatening or actually cheating on you).

Abusers are not exceptional in subscribing to the cultural ideology that says men are entitled to sex. Most women believe it too, and will make excuses for male promiscuity because they believe that men need sex like they need oxygen. There is no biological evidence that men have more of a need for sex than women. The fact that men have a more obvious indicator (an erection) does not mean women do not become aroused often as well. Studies have found many women will deny their arousal, even when the physical signs are evident. Other women are just oblivious to the indicators or will say it is something else.

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resists after you have been so unselfish, this is another situation where it is appropriate to punish her.

Some of you may not want to be bothered with spending so much energy sexually pleasing your woman – after all it is *your* needs that are important. This is true, and will not be a problem if she is:

- sexually inexperienced;
- really lonely;
- feeling unattractive (naturally or due to your training);
- desperate for your approval;
- anxious for a commitment; or
- guilty about enjoying sex.

Part II: Once you start having sex, it is easy to use it to strengthen your authority. One of the most efficient ways to do this is to pressure her to do things sexually that she does not like. For some women, this might be as simple as having sex even when they are not in the mood.

Women have been taught to ignore their sexual arousal and to believe they can control their sexual expression. They are not taught to expect the same from men, even when they are in a supposedly monogamous relationship such as marriage.

Because cultural values provide men with an excuse for their sexual behaviour, abusers latch onto this with both hands. They expect their partners to provide them with sex whenever they want it, believing they are entitled to be sexually satisfied. They expect to be forgiven for any sexual behaviour that took place before they entered into the relationship simply because they are men and not to be held accountable. Similarly, some abusers are avid cheaters and expect their partners to turn a blind eye to their 'indiscretions'. (They will say all men cheat.) Most will find some way to blame their partners for their infidelity, insisting they only do what is natural because they are not satisfied at home.

It is rare for the power dynamic of an abusive relationship to skip the bedroom. Abusers know women are vulnerable to men, both physically and due to the sexual double standard. Your sex life is too powerful a tool for an abuser to allow it to remain unused in their arsenal. Even if the sex is good, most abusers are uncomfortable with a woman who demands sex from them, or refuses sex when he wants it.

Also, the use of sex as a weapon for humiliation is very common. Many abusers tease their partner about sexual matters in situations where he may be overheard, such as in front of children, family members or co-workers. Sometimes female partners are coerced into taking sexually explicit pictures or

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For others it might mean performing oral sex, having anal sex or watching dirty movies. It can mean having sex in places where you risk getting caught or going to nudist camps. Use your imagination.

What is important is that you find something you enjoy but which she likes less or not at all. If she seems agreeable to everything you can come up with think hard to find something she does not like. Then get her to do it without complaint whenever you ask. This is about a lot more than your personal pleasure – sexual intimacy is a great way to cement your leadership and authority over her. You must find something that she will do only to please you.

Let her know when she has succeeded in pleasing you, but do not let her feel too confident. If she resists at all (or just to keep her from being too full of herself) mention how great the sex was in your past relationships. Let her know she has to work at it if she wants to measure up to your other women. Women are competitive and this should get her to wake up. She will not just give in, she will try hard to be exceptional.

videos that can be used by the abuser to humiliate them. (One abuser sent pictures of his estranged wife performing oral sex on him to her teenage son and her son's friends.) Your sex life may remain private, yet the abuser will expect you to give in to his sexual demands, even if you are ill or tired. If he allows you to say no without argument an abuser will find a way to punish you for refusing him. He may seem calm and then later use your illness or fatigue as the basis for cruel comments or behaviour.

In addition, most abusers get aroused by the power that comes from convincing a woman to have sex against her will and participating in sexual acts she dislikes. Two of the most common behaviours demanded from reluctant women are oral sex or anal sex (for those who dislike these things). It can also include risky behaviours such as having sex in public places, watching pornography, or other acts that make the woman feel diminished.

Most abusers do not just demand these behaviours. They convince their partners that the women in their past relationships were willing to participate and fully enjoyed these activities. They accuse their reluctant partners of being frigid or selfish or wrong. They imply, or state outright, that giving in to them is required for a long-term relationship. They leave their partners afraid of the repercussions of refusing.

If you give in and later mention your unhappiness to the abuser, he will use this as further evidence of your inadequacy as a woman and your lack of integrity (because you gave in at the time). If his demands are especially troublesome he may say

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Do not make the mistake of allowing her to think she can refuse your sexual demands. No excuses are to be accepted! If she begins to question you in the bedroom she will question your authority everywhere. Then you will have a very different relationship than the one you require.

Continue getting her to do things over her objections. This is a powerful tool in the entire process, not only in regard to sex. Every time you convince her to do something she dislikes or disagrees with she adapts to being under your authority. She will even find herself using your explanations for doing things your way.

Note: Most men would like to have some variety once in a while. Part of the reason you are establishing your leadership is so you will have some degree of freedom – both in your bedroom and someone else's. Your woman must learn to do what pleases you and not question you about what happens when you are outside of the house. You do not want a woman interrogating you, telling you where you can go, or demanding to know

he needs this because he is a man. He will tell you that, if you love him you will agree. He may insist that you will learn to like it as much as his past girlfriends.

The intimacy that is a central component to your sexuality is another tool that a skilful abuser learns to manipulate. When two people make love there are ways of touching and sharing that are incredibly private. When the abuser demands increasingly uncomfortable behaviours your discomfort adds the additional element of secrecy to the mix. It is another manner in which the way that you behave during the day is not reflected in your 'night-time' persona. Your bond with him will strengthen because he knows your secret. Even if he never tells, it psychologically increases your attachment to him.

In addition to the obvious objections, other aspects of this sexual coercion are especially alarming. Due to the intimacy of the acts themselves and the emotions women often develop toward their sexual partners, the incentive to psychologically adapt to these sexual demands is especially powerful. What this means is that women will often convince themselves that they are willing participants in behaviours that make them feel used, dirty or cheapened. It is too emotionally painful to continually participate in activities that emphasise their vulnerability. Their brains will dampen the pain to make it bearable. If you are in a relationship with an abuser you may not admit, even to yourself, how much you resent what he asks you to do in the bedroom. You will go along with it, telling yourself it is okay or even enjoyable, until you leave the abusive relationship. If you leave him you may be surprised by the outpouring of hurt

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where and how you spend your money. A man is entitled to entertainments. A well-trained woman understands that. She feels better when she knows her place in your life and does not worry about what you do elsewhere. After all, your happiness keeps you coming home to her.

and resentment toward him in response to his demanding your participation in these activities. Once you know you are not going back your brain can remove the emotional anaesthesia that allowed you to endure living with him. Your true attitudes toward your sex life will come pouring out, along with your genuine feelings toward many aspects of your relationship with your partner.

Until then, the abuser will continue using your sex life as a means of cementing his power over you. He will expect you to accommodate him in the way he likes. He will not be fully accountable to you for his sexual behaviour outside of your relationship, even if he says he is. After all, abusers lie, and often lie well. Most abusers also eventually cheat, although you may not find out unless he leaves you for another woman or contracts a sexually transmitted disease. Even then, he will find a way to make his actions your fault.

7

OVERCOME RESISTANCE

As you continue to strengthen your relationship there will inevitably be areas where you and your woman disagree. Some of her training will be uncomfortable for her, especially if she did not grow up accepting men's leadership. How you respond to this is another aspect of the Smooth Manoeuvre process.

Every true leader knows how to apply balm to reduce resistance. People want to

7

Overcoming Your Objections

It is important to realise the abuser's methods do not depend upon you being passive and agreeable to everything he says. Even women from very traditional backgrounds are taught to have opinions, which most feel free to voice in their relationships. What is critical, then, is how abusers will respond to your objections or concerns and so minimise their importance. If you do not recognise the significance of his actions and requests, you may go along to be nice or because you like him. You will not realise until much later that you have been effectively manipulated.

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obey; sometimes they just need a way to overcome past conditioning. It is the same in your personal relationship. You need to be able to offer reasonable explanations for whatever may cause objections from her. Base the explanations on *her* beliefs, not yours. Use whatever is effective to calm her and minimise her defiance.

Below is a list of responses that can help you, based upon the way most women think. You may also find some of these suggestions helpful at the beginning of the relationship when you are establishing your authority. All of them are numbered – for every complaint she has there is at least one explanation or behaviour you can use to calm her. Try to be as convincing as possible. Say them until you almost believe them yourself.

In the meantime, use these if she tries to resist her training:

1. She accuses you of being too jealous.
 - Tell her it's because you are so in love with her.
 - Tell her your last woman cheated on you.

Most fields that deal in human behaviour, from experimental psychology to basic leadership courses, teach methods to reduce resistance. These methods have been tested for years and are often effective. What they are *not* is completely honest or open. Their effectiveness relies upon your willingness to believe what the abuser is saying without question. They will only work if you are not wary or willing to withhold judgment until you know him well.

If there is one thing you can take away from reading this book it is that you should reserve your assessment of what a man is like, what his motives are and how your future will be with him until you know him well. Continue to tell him what you really think and pay close attention to his responses.

Included below are some of the abuser's most frequently used responses to your objections. When you hear them you can choose to be reassured, or you can sharpen your attention. Abusers rely upon you hearing these and relaxing instead of standing up for yourself.

1. You do not like his jealousy and you tell him as much. Instead of backing down, he:
 - tells you he's jealous because he's so in love with you. (Nice try.);
 - tells you his last partner cheated on him. (Red Flag. Find out why.);
 - tells you it's because you're so wonderful—he can't believe you're with him. (He has just admitted you are too good for him. Believe him!);

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- Say it's because she's so wonderful that you can't believe she is real.
 - Tell her it's how people from your background behave (if she is of another ethnicity or from somewhere else).
 - Say your last girlfriend/wife didn't mind.
2. She complains you are too controlling.
- Say it is because you want to take care of her.
 - Say you don't feel right unless you know things are done properly for her.
 - Say it isn't *control*, it's concern.
3. She does not like you demanding to know where she is at all times or questioning her about what she does.
- Say you need to make sure she is all right.
 - Tell her she wouldn't mind if she wasn't doing anything wrong.
 - Ask her if she'd prefer someone who doesn't care about her – like her last partner.

- claims it's the way men from his culture behave. (He has just told you that you will have no personal freedom if you remain involved with him. Believe this, too.);
 - says the last woman he was involved with did not mind. (Another red flag. Even if it is true, you are *not* that woman. You have a right to your feelings without being negatively compared to someone else.); or
 - tells you he thinks you're wonderful and he knows other men will think so, too. (This is not a valid excuse. You are allowed to decide for yourself.)
2. He tries to take over your life and you complain that he is too controlling. He:
- insists he just wants to take care of you. (Remember, *you are an adult and can take care of yourself*. Believe it. This is the most important thing you can do to protect yourself from an abuser.);
 - claims he doesn't feel right unless he knows things are done properly for you. (This sounds nice, but it is actually an insult. He is assuming he is able to do everything better than you can. Even if it's true, it is a real red flag. It tells you he feels superior to you.); or
 - tells you he isn't trying to control you, he's just concerned about you. (Do not allow him to put a nice label on a negative behaviour. Calling it concern does not make it less controlling.)

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4. She feels some of the things you ask are too personal.
 - Say you just want to know all about her.
 - Tell her people in love shouldn't have secrets.
 - Say that someone who's confident isn't ashamed of who they are or what they've done.
 - Tell her you'll share the same information with her.

5. She is bothered by your expressions of anger.
 - Say you react that way because you're so passionate.
 - Tell her you will not tolerate... (whatever it is that made you angry).
 - Blame it on something that happened to you that day.

6. She acts hurt because of your criticism.
 - Tell her you're only trying to help her.
 - Say it's important the person you spend your life with be able to take loving criticism.

3. He wants to know where you are at all times and starts questioning you about everything you do. When you tell him you do not like it, he:
 - says he just wants be sure you're all right. (Tell him that is nice. However, it feels too intrusive. If his motive is in fact concern, he will back off.);
 - says that you wouldn't mind if you weren't doing anything wrong. (This is a big red flag. This type of defensiveness should alert you to the fact that he will accuse you of wrongdoing if you try to hold him accountable.); or
 - asks if you'd prefer someone who didn't care about you—like your previous partner, for instance. (Of course not, but that does not mean you have to accept this level of control. This is hitting below the belt and is another big red flag.)
4. He asks questions that are too personal and which make you uncomfortable. He:
 - says he just wants to know all about you. (Pay attention. Too much information too soon leaves you vulnerable.);
 - says people in love should not have secrets. (This is used so much it is ridiculous. Being in love does not mean turning off your brain. Remind him people should also take the time to get to know each other. Then *do not tell him* the answer to what he is asking.);

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- Tell her she has to toughen up.
7. She resists having all your interactions last so long and says she feels overwhelmed.
- Say you don't have the heart to hang up, go home, be away from her, and so on.
 - Agree and change your behaviour for a few days, then work back up to the longer sessions (it's for her training, after all).
 - Ask her if she would prefer a man who isn't so crazy about her.
8. She wants to spend more time with her friends and family.
- Tell her, fine – and then insist on going along, too. (Then do what was discussed earlier to make her uncomfortable.)
 - Admit you don't think her friends and family like you.
 - Insist that they always meet at your house (if you live with her) and make sure you're there, too.

- claims someone who is confident should not be ashamed of what they have done. (Remind him that privacy is also permitted, and that you will share the information if and when you feel comfortable doing so.); or
 - says he will share the same information with you. (Do not ask him to do so. Remember, even if he tells you the truth—and there is no guarantee he will—he will use your information against you if he is an abuser.)
5. He gets really angry and you worry what it may say about his personality. He:
- says he is just a passionate man. (This is a common label abusers ascribe to themselves. Passionate people are not necessarily angry people. This is a big red flag.);
 - says he will just not put up with . . . whatever it is that made him angry. (Unless the behaviour in question is cruelty or injustice to vulnerable people you should be careful.); or
 - blames it on something that happened to him that day. (Remember, abusers do not take responsibility for their actions. To them, it is always someone else's fault. This is also a red flag.)
6. He criticises you in a very mean way and you tell him he is being cruel. He:
- tells you he's only trying to help you improve.

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9. She wants to end the relationship because of something you've done.
 - Tell her you did it because you're scared of losing her.
 - Say you won't do it again, you want to be a better person and ask her to help you.
 - Propose marriage.

10. She wants to slow the pace of your relationship.
 - Tell her when it's right it's right – why wait?
 - Say you agree – you've been thinking you should see other people.
 - Tell her you were thinking just the opposite, and propose marriage.

If you are stuck finding a believable reason to explain your behaviour you can always tell her, 'This is how *real* men behave!' or 'Boys will be boys' (slightly less effective). Then flatter her, tell her you love her and say how much you want to be with her. Distract her with words, with flowers or gifts, or with sex – or a combination of all three.

(A big red flag. He's already seeing himself as your teacher or parent.);

- claims it's important for the woman he spends his life with to be able to take loving criticism. (This is trying to distract you with an implied promise of a bright future together. This is sidetracking—and misdirection.);
- insists you need to toughen up. (Big, big red flag. He is already treating you like property.);
- asks if you want to waste all the time and effort the two of you have already put into the relationship. (This is an implied threat to leave you for standing up to him. Another enormous flag.);
or
- apologises and says he will change. (Remember, talk is cheap. Pay closer attention to his behaviour to see if he really means it.)

7. He tries to get every contact between the two of you to last a long time. You tell him you feel overwhelmed. He:

- says he can't stand to be away from you. (Remember what you've learned about psychological conditioning and demand he pull back.);
- reluctantly agrees and changes for a few days, then goes back to his old ways. (He has just shown you he does not respect your opinion and/or he does not have any discipline to do what he says. Both are big red flags.); or

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Keep in mind that your goal is to get her to accept *your* behaviour and change *her* reactions, not for you to act differently. She is the one that requires training, not you. Stick to the following to increase your effectiveness:

1. Your first response to her objections should always be to say something to explain away what you have done. Base your explanations on what she believes about men or romance. Never just admit you are wrong and apologise. Have a set of these explanations handy and practised so you can pull them out and use them when needed.
2. Your second recourse is to find a way to blame her for what happened. Turn it around and say if she had been more (fill in the blank) you would have acted differently. Put some emotion behind it. Do what you can to make her feel guilty for your mistake.
3. The best defence is often counteroffence. If she says you have

- asks you if you would prefer a man less in love with you. (You can surprise him by saying, 'Yes', and ask him again to stop it.)
8. You tell him that you want to spend more time with your friends and family. He:
- agrees—but then he insists on going along and does whatever he can to make the experience uncomfortable for you. (Think about a lifetime of these experiences. If he does not even try, he is attempting to pull you away from your loved ones. Do not let him—go alone next time.);
 - says he doesn't think your friends and family like him. (If he is an abuser, he is probably right. Go alone and pay attention to what they say. Make sure, though, it is not just your family's resistance to your choice of man.); or
 - insists that you only meet friends or family members at the house you share with him. (He is trying to control the territory. This is an enormous red flag.)
9. You want to end the relationship because of something terrible he has done. He:
- insists he only did it because he was scared of losing you. (Even if this is true, to get to this stage you have not been paying close enough attention. Be careful of this guy.); or
 - says he will never do it again—he wants to be a better person. Usually he will ask you to help him

done something, say her suspicions are due to her own behaviour. Tell her she is 'projecting' her own intentions onto you. Be forceful in refusing responsibility. Over the next few days tell her you have asked people who know you and they agree that you would never act the way she has accused you of. Use your superior memory to convince her she is mistaken. With both this and the strategy above in step (2), the person who remains angry longest wins. She will soon find it is too much trouble to keep pressing the point and will drop it.

4. If Steps (1), (2) and (3) do not work, admit you may have been wrong, but minimise the importance of what happened. Accuse her of exaggeration or blowing things out of proportion. Get her into a long discussion about what occurred, letting her do most of the talking. She will feel 'listened to' and will forgive you. Then promise to do better – without actually changing your behaviour.

to become a better person. (To be honest, this transformation rarely occurs. Abusers always say this when you have your bags in your hand and then quickly forget once they are sure you will stay. You have a right to leave. Do not forget that. He *does not* have the right to stop you!)

10. You want to slow the pace of your relationship and he resists. He says:
 - when it's right it's right—why wait? (A simple response is, because you need time to be sure how you feel. If he does not respect that, he has just given you another important bit of information about himself.);
 - he agrees—he's been thinking the two of you should see other people. (This is outright blackmail. He is giving you the ultimatum—either do things his way or he will find another woman. If you want to protect yourself, let him do it.); or
 - he was thinking just the opposite, and proposes marriage. (This is also another piece of very effective manipulation. Remember, he chose you because you indicated you wanted to get married. Recall that you do not want to be married to an abuser and resist him and the ring.)

It is important to remember that an abuser does not believe your objections to his behaviour are valid. He feels he has a right to treat you however he likes. He also assumes he can

5. If she is ready to walk away from the relationship you may have to change your behaviour for a short period (especially if you have been a really bad boy). Back off for a little while if you have to. Then slowly begin working on her training again so you no longer have the threat of her leaving hanging over your head. And do not forgive her for putting you through all of this trauma! Once she is retrained she must be punished for hurting you like this.

Do not feel sorry for her and give in too easily just because she cries or seems really upset. If you do, you will be paying for it for the rest of your relationship with her. She must be trained to give you the relationship you require; one that provides you with the love and support you deserve as a man. Remind yourself that you do not want the kind of modern, nagging partnership that has become so common in Western society.

Remember, *you are only doing these things to protect yourself.* You

outsmart you if you notice things are not right about his behaviour. He will usually deliver a smooth response to your objections that sounds logical and rational. Afterwards you may agree with him that you have over-reacted and been foolish or hysterical. That is his goal.

If you do not give in so easily, he may try to use humour or say something nice to placate you. He may offer you something he knows you want. He may try to get you to feel sorry for him. He does not want to admit he is wrong. If he does admit it, you may notice his insincerity if you pay attention to his tone. You may also notice the aggression just beneath the surface that is a result of being held accountable by you. He may calm down as long as you also say you forgive him and agree to continue the relationship.

If you stick strongly by your objections to what he has done he will probably become aggressive and angry with you. He will even find a way to blame you for what occurred. He may say that, if you had satisfied him more, been more feminine, acted with more genuine affection, the act would not have occurred.

Even this is an admission, though, and most abusers will resist admitting they are wrong with everything in their power (especially when the act in question is exceptionally cruel or psychologically troublesome). Many of them will accuse you of 'projecting' your own intentions onto them, or say you are confusing their actions with someone else's. Many abusers will later tell you they have asked people who know them well, and these others agree the abuser would never have done what it

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are entitled to a strong, healthy relationship. If you let her get in the lead, she will dominate you until you are no longer a man. Put some effort into training her and your future will be rosy.

is you are accusing him of. (These others are rarely consulted—and even if they do back him up it is only because they are afraid of his bullying tactics, not because the act was inconceivable.)

The abuser may quote things that occurred just prior to the incident to impress you with his superior memory and so he can convince you that you are mistaken. He will stay very angry about your accusation and make it very emotionally expensive. If you are not ready to walk out the door you may think it is just too much trouble and will subsequently drop it or verbally agree to the abuser's interpretation of events.

Another tactic the abuser will use is to accuse you of blowing things out of proportion. He will try to draw you into a long discussion about what occurred, letting you do most of the talking. He will want you to feel validated, as though he is receptive to your needs. He is not. This is a ploy to calm you without him being forced to actually change his behaviour.

If you are ready to call it quits, this is when the abuser will panic and swear he will change. He may enter counselling or see your religious leader or read books on abuse. He may even put some genuine effort into it for a while. But changing this type of behaviour requires consistent effort over *years*. It requires not only altering behaviour but also changing beliefs, values and expectations. It depends upon healing the emotional and psychological trauma the abuser has had for most of his life. Even with the best of intentions, only a small percentage of abusers (less than 10 per cent) will fundamentally change their ways. The rest will try hard only until they have you back and then revert to their old ways. Some will even get worse.

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Part II:
After You Are Committed . . .

8

A FINAL WORD

Once you are in a committed relationship with your woman things should get easier. If you have trained her correctly, you should no longer have to worry about her defiance. There are a few points that you should keep in mind.

Her training will need to be reinforced periodically. Punish her without warning from time to time just to keep her from getting too comfortable. This will remind her how important it is to please you. When you punish her, make it harsher than during the dating stage of your relationship.

8

Tying the Noose

If, in spite of everything, you decide to have a committed relationship with an abuser, things will probably begin to shift once you firm the commitment (by moving in with him or, especially, by getting married). He will have been working on you from the first stages of your relationship and the following things will be evident by now.

You will be very dependent upon him. If he can afford it, he will make sure he brings in all or most of the money and handles as much as possible of the finances. Even if he 'allows' you to pay the bills, he will probably have financial resources he keeps separate from you. (You will not discover these unless the two of you separate.) If you have a separate account, he will try to gain

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Keep her sweet with promises. Then keep some of them and not others. You never want her to feel she can predict what you will do or that her behaviour is good enough to deserve reward. She must stay vigilant and constantly seek new ways to please you.

Use the power of intimidation. Let her know that defiance on her part will not be tolerated. Make sure you have privacy when you use words or actions to show what will happen if she disobeys you. After you have been together a while a certain expression on your face will be enough to get her to back down.

Start minimising both the rewards she receives for submitting to you and the ones you give as an apology for your bad behaviour. Once she is sufficiently trained she will not leave, no matter what you do. Save your effort – and your money.

Make sure you control her as much as possible. This point can not be stressed enough. She has to be dependent on you financially, emotionally and practically. Be especially vigilant about finances. Get her to account to you for every penny she spends, even if you both earn. It's more

access to your password and any other information that will let him get to your money if he feels the need to punish you.

He will isolate you with words and behaviour; not all of which will be negative. He will speak constantly of the two of you as a single person, saying 'we' and 'us' as frequently as possible. He will try to convince you the outside world does not understand your relationship or the depth of your commitment to each other. He knows the more you rely upon your future together as a couple, the less likely you will be to leave when he begins displaying more of his emotionally troublesome behaviour.

He will do whatever he can to ensure you feel safe only when you are with him. However, because of his need to dominate and punish, you will not feel safe with him either. If you decide to stay with him you will have to minimise this by convincing yourself you are safer with him than elsewhere. You will adapt to not feeling safe anywhere.

By this time you will regularly use *his* words and perceptions to explain things to other people as well as to yourself. He will have gained control of your thoughts, ideas and beliefs along with control of your actions. You will try to convince yourself he is right and that doing things his way is your idea. (It is only after you leave that you will be able to acknowledge this as a fallacy.)

You know that dream wedding you always wanted? You may get it—and then again you may not. Many abusers want to dominate everything, including the wedding. He may work to convince you that his taste is better or more appropriate than yours. By this time, you will be used to giving in to his demands and may not press the point, especially at such a vulnerable

effort for you to keep on top of things, but your leadership demands you pay attention.

Be sure to continue to keep her away from harmful influences. Keep a close eye on family, friends and associates, especially if she continues to work outside of the home. Always question her closely about what she does and who she sees. Minimise her privacy so she can not sneak around and hide things from you. Make sure locked doors are not possible and her phone calls are not private. You must continue to monitor her throughout your relationship.

Keep up the training. Use the following tools as often as necessary to keep her well within her feminine role:

- **Threats:** tell her you will inflict some type of harm against her, her loved ones, her co-workers or anyone else she values. A variation is to threaten to destroy something she owns, or to cancel something that has been planned or promised.
- **Criticism:** always notice and comment on any mistakes or missteps she

time. If he gives in to your desires about the wedding he will hold this up for the rest of your marriage as an example of his reasonable nature.

Once you are committed to him he will not feel the need to make the effort he put in when you were dating. He will keep fewer of his promises and do less to please you. His demands will increase and they will be more obviously *orders*, not requests. You will be afraid of defying him because the emotional price will be too high.

The perception of you as property will increase dramatically once you have a wedding ring on your finger. He will see this as all the justification necessary to tell you what to do. He will consider you *his* wife to do with as *he* pleases, and will not be impressed if you still believe the obligation is mutual.

You will see more domination regarding your relationships with others. Abusers are severely jealous and possessive. Many women are surprised that these feelings of jealousy extend even to their children, once they have them. When the children are old enough he may emotionally usurp them, teaching them through punishment and reward to defer to him over you. Until then, he will resent any time and attention you give them. They take away from *his* needs and he will resent that to an enormous extent.

You will begin to see more of the deep anger he tried to keep in check when you were dating. For many women, it is after the commitment is made that physical abuse first appears or escalates beyond pushing and slapping into the type of assault that results in injuries. He will probably still be sorry for his

makes. Also notice any errors made by the people she admires. Be as specific as possible. Criticise less at first and then more as time goes on. Let her see she is unable to accurately judge anyone or anything.

- **Insults:** make comments about her or her loved ones that are cruel and designed to hurt her feelings. If you feel you have gone too far you can always claim you were only joking.
- **Accusations:** periodically point the finger at her for doing something wrong. As your relationship goes on do this more often. The accusation can be true or false, it really does not matter. It will still keep her off-balance and prevent her from questioning your actions too closely.
- **Humiliation or embarrassment:** say things that will make her blush and feel inadequate. Mock things she is sensitive about or believes are too intimate to discuss. Say

actions after he calms down, but the longer you remain with him the shorter the period of remorse will become. Even when the assaults result in injuries and even when he is sorry afterwards, he will soon find ways to minimise the significance of the damage he inflicted and blame you for the event. I have counselled hundreds of abusers and have seen very few who, several months on, continue to take full responsibility for their actions. As the weeks pass, almost every one tries to present the damage as unimportant, tries to insist their partner could have stopped them by doing something differently (such as telling him she loved him). Almost all insist that it was, after all, her fault, even if they admitted responsibility at the time of the event. Most abusers also have a selective memory. They recall the actions leading up to the incident and the event itself quite differently than their partner—and differently than they had previously admitted immediately after it occurred.

Most abusers are prone to periodic tirades that their partners come to learn to expect. After the storm blows over, part of your implied contract for being in this relationship is that you accept an apology (if he bothers to offer one), and both forgive *and* forget. Of course, you will be given no such leeway. Your every error is remembered and thrown in your face repeatedly. In addition, you will be subjected to:

- **Intimidation:** once you have been with the abuser for a while, he will be able to use a certain expression or mannerism to let you know he is angry. You will brace yourself for punishment. If you are in public

inappropriate things in front of company. Keep her humble.

- **Lies:** use lies in two ways. (1) to keep from being held accountable for something you have done, and (2) to make your woman doubt her memory of events. For the first type of lie you do it to prevent drama from her. For the second type of lie your goal is to increase her insecurity and inability to trust her own mind. Both types are quite useful in a relationship.
- **Undermining confidence:** there are two ways to do this. (1) say you really want or desire something in a woman that your partner does *not* have, and (2) state you desire something only if it is totally *different* from what your partner has to offer. Both of these tools will prevent her from believing she is better than she is and becoming overly confident.
- **Hurtful disclosures:** be open about information that will hurt her feelings or make her doubt herself

when this occurs, he will probably wait until you are alone before he vents his anger.

- **Threats:** these will increase in frequency and intensity. Most abusers threaten to harm you, themselves, your children, your family, your friends, your pets and your property if you defy them or leave them. Once they calm down they may try to assure you that these threats were empty. Most women are too smart to believe this but may go along to keep the peace.
- **Criticism:** these remarks will increase in frequency and cruelty. As his wife, he believes you represent him so he will feel justified in making harsh comments about everything you do, say, wear or eat.
- **Accusations:** most abusers are terrified their partner will one day gather support from others and leave them. They are also incredibly jealous of other people—especially other men, even if they themselves are chronic cheaters. You will often find yourself accused of flirting or having affairs behind your partner's back. Your denials will not appease him. He may mean it when he makes these accusations and be saying it out of genuine insecurity. Or he may do it to keep you from noticing what he is up to when he is away from home.
- **Humiliation and embarrassment:** after you are married, the abuser will continue to use the twin tools of humiliation and embarrassment to keep your self-esteem low and to discourage you from spending time

(such as an attraction to her best friend or a close relative). This can be useful to keep her modest and to drive a wedge between her and other women.

TURNING IT UP A NOTCH

In addition to the manoeuvres above there are other things you can do to increase your ability to determine the future of your relationship.

Tell her everything that goes wrong is *her* fault. If you can do so, point out specifically what she did or did not do that triggered the relevant chain of events. If she tries to say that some part of what happened was your fault, remind her you would not have acted that way if she were a worthwhile woman. Then punish her harshly for defying you.

Gaslighting – this may be a little extreme, but it is very effective if you decide to use it. If you have an impressive memory – or she thinks you do – start as early as you can with this technique. Randomly select events and start insisting things did or did not happen the way she remembers. If you

outside of the household. Even if his control becomes extreme (and he does things like forbid you to leave the house), he will want to be sure that you are sufficiently cowed so that you will not seek out the company of others.

All of these tactics increase your reliance upon your abusive husband and minimise your ability to maintain outside relationships that will help you get away from him. In spite of his insistence that he loves you, he will also do things that will keep you uncertain of your ability to keep his attention. These include:

- **Undermining confidence:** he will make you well aware of how much he desires something you do not have and cannot acquire. He will reveal his contempt for you and his scorn for your abilities. He will tell you these things on a regular basis, even if you tell him that you find such revelations hurtful. That is the intention of the comments. These remarks are designed to keep you depressed and lacking in confidence.
- **Hurtful disclosures:** while these admissions are also designed to hurt, they are primarily used to keep you from forming bonds with other women. Without your asking, your husband will tell you about his attraction to other women (especially women who are close to you). He does this to make you feel competitive with these women and to prompt you to question their

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like, you can even move things around in the house and tell her they were never placed where she thought they were. She will begin to feel foolish and doubt both her memory and her sanity. She will then become even more dependent on you. It will also reduce her credibility if she gets upset about her punishment and calls in outsiders, or if she tries to leave you. She will not be confident about her recall of what happened and how.

That's it! If you follow the Smooth Manoeuvres outlined in this guide you will soon have a strong relationship with a good woman who is waiting on you hand and foot. Forget about this 'modern woman' nonsense – this training will give you a relationship like men enjoyed in the past. Good luck.

loyalty. This keeps you isolated and insecure. Nothing makes the abuser happier than that.

In addition, two other methods of emotional abuse commonly used by abusive partners include:

- **Displacing blame:** I cannot state this one often enough. A relationship with an abuser means accepting blame for what goes wrong, forgiving easily (even if you are not forgiven) and putting up with a total double standard. You will not be able to expect reciprocity. His demands upon you are just that, demands. Your actions will not reflect what you can expect in return.
- **Gaslighting:** this psychological manoeuvre, not as common perhaps as displacing blame, has the abuser convincing you that events did not occur the way you remember. He will insist that objects you recall being in a particular place in your home were never there. The purpose of this behaviour is to decrease your confidence and reduce your credibility, even to yourself. You will doubt your recollection of events and he will easily be able to fluster you if you try to hold him accountable. It is a powerful and sinister technique.

Although physical abuse is strongly correlated with emotionally abusive relationships, violence has not been emphasised in this book. There is a wealth of information available on violent relationships, including knowledge of risk factors

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for serious injury or homicide.⁷ Instead, this book focuses on the manner in which *emotional and psychological abuse* is established. It highlights the ways an abuser behaves from the beginning of the relationship: how he targets women, establishes authority, and uses intensity and rapid pacing to psychologically coerce and then cement this unhealthy dynamic. It focuses on the strategy of emotional manipulation.

Now that you have read the female portion of this book, go back and look at the information for abusive men. I have tried to keep the tone and language consistent with what I have heard over the years from self-confessed abusers. It is disturbing, but necessary. Understanding this is important if you are going to learn how to protect yourself. *You must be willing to protect yourself because no one else can truly do it for you.*

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Appendix

According to much of the research on domestic violence, there are several psychological underpinnings to the abuser's personality.⁸ Much of this work has been attributed to Donald G. Dutton and others who have used psychological profiles to note the general emotional foundations of abusive men.

Central among these characteristics found among abusers is a cluster identified as a 'Borderline Personality Organisation' or BPO (Oldham, 2004). This is combined with particular attachment elements and risk factors from the family of origin. This combination was first referred to by Dutton as an 'Abusive Personality'.⁹

BPO includes: (1) an inclination toward intense, unstable personal relationships with sporadic undermining of their intimate partners, manipulative behaviour and masked dependency; (2) an unstable sense of self with an intolerance of being alone and anxiety about abandonment; and (3) intense anger, a demanding nature and impulsive behaviour that may also be tied to substance abuse or promiscuity. Clinical levels of narcissism are also evident. BPO is on the same continuum as Borderline Personality Disorder (BPD), with BPD at the most extreme end of the spectrum.

Appendix

The attachment anxiety experienced by abusers is especially significant, with abusers desiring an intimate bonding with another person and yet terrified of the emotional dependency that will follow. They experience high levels of distrust and fear of rejection as well as excessive anxiety, anger and jealousy toward their partners. This poor attachment style is also characterised by discomfort with any degree of independence displayed by their partners and an unrealistic fear of being abandoned.

Also, men with experience of childhood abuse, whether directed toward them or a parent, have a far greater risk of developing an Abusive Personality. This childhood trauma also raises the levels at which the Abusive Personality is evidenced.

Notes

- 1 Robyn Brookes, Director of the Centre for Women's Health, Campbelltown, NSW, Australia.
- 2 For more details on height difference and interactions see: Henley, N. and Freeman, J., 1995; Huczynski, A., 2004; Hatfield, E. and Sprecher, S., 1986; and Ellis, L. (ed), 1994.
- 3 Carnegie, D., 1937 (later editions published in 1961 and 1981), Simon & Schuster, New York, NY.
- 4 'Locus of control' refers to who or what you believe is responsible for what happens in your life. An external locus of control means you believe what happens to you is someone else's fault or responsibility.
- 5 With this type of abuser, the indicator of something wrong is that *he does too much too soon*. He sweeps in, this attractive, accomplished guy, and wants to help your family and friends when he barely knows them. Confident people do not need to buy affection. Watch out for this!
- 6 Forced sex is not a private issue. If you have *ever* been forced to have sex by a current or former partner your homicide risk with that partner increases *7.6 times* (Campbell, 2003).
- 7 See the Resources section at the end of the book.

Notes

- 8 Lawson, David M., 2001, 'The Development of Abusive Personality: A Trauma Response', *Journal of Counseling and Development*, vol. 79, no. 4, p. 505.
- 9 If you would like to know more about Dutton's 'Abusive Personality' see Dutton, Donald G., 1998.

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