



Dark Psychology Defense

WORKBOOK

Name: _____

Step 1:

Reflection: Identify times you felt manipulated or confused in your relationship.

A series of horizontal lines for handwriting practice, consisting of a solid top line, a dashed middle line, and a solid bottom line, repeated across the width of the page.

Activity: Break down the tactics your partner used and how they affected you. How did it make you feel?

[illegible]

Journal Prompt: How does understanding these tactics change your perception of your experience?

[illegible]

Step 2:

Reflection: Consider previous relationships and note any recurring patterns. Reflect on instances where emotional ups and downs clouded your judgment.

Create a list of "red flags" you will use to recognize toxic behaviors

How has your attachment style influenced your behavior in relationships and how you've handled manipulation? How will you use a better understanding of your attachment style to do things differently in relationships?

Step 3:

Consider moments where someone's behavior felt dual or inconsistent. Or write about a time you felt "love-bombed" or devalued. How did it make you feel?

[illegible]

Create a "defense toolkit" for responding to love-bombing, triangulation or devaluation.

This image shows a full page of primary-ruled paper. It features multiple sets of horizontal lines designed to guide handwriting. Each set consists of three lines: a solid top line, a dashed middle line, and a solid bottom line. These sets are repeated down the entire page, providing ample space for practicing letter formation and alignment. The lines are evenly spaced and extend across the width of the page.

Step 4:

Identify your vulnerabilities and list ways to safeguard them. Reflect on how empathy can be used constructively without compromising boundaries.

[illegible]

Create a "resilience plan" with strategies for managing emotions in challenging situations.

[illegible]

Step 5:

What are the areas where your boundaries feel weakest?

Develop a "boundary blueprint" outlining firm boundaries and how you will practice enforcing them.

When you enforced your boundaries, what was your partner's reaction? How did you feel?

Step 6:

Identify manipulative language patterns you've encountered.

Consider challenging scenarios and how you will respond using "conversational judo."

Practice "strategic silence." Track times when silence deflected manipulation or deescalated a situation.

Daily - Practice asking intentional questions and paraphrasing to clarify others; intentions.

Step 7:

Reflect on how manipulation affected your self-perception.

Draft a "personal narrative" that reclaims your story on YOUR terms.

List affirmations you will use that reinforce resilience and self-worth.

Note moments of personal strength and growth as you've worked to regain your strength and confidence.

Step 8:

Consider online interactions that felt "off" or left you drained.

Develop a "digital boundaries" plan to limit time or energy spent on toxic online interactions.

What red flags have you encountered online? How quickly did you recognize them? How did you respond? What will you do differently now, with greater understanding?

Step 9:

Identify moments from survivor stories that resonate with you.

Write a letter to one of the survivors sharing your own experiences and lessons learned

[illegible]

Step 10:

Identify areas where you can continue to grow and build resilience

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Write a "personal resilience pledge" to maintain vigilance against manipulation.

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