

DARK PSYCHOLOGY

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Overview

Most people are usually good at psychologically defending themselves from the predators of the world. However, some of the more vicious humans have adopted some truly diabolical techniques for bending your mind to their will. This book describes five main dark psychology techniques in detail. It describes how brainwashers and cult leaders first utterly destroy their victim's sense of identity before rebuilding it as they see fit. It describes how hypnosis can place victims in receptive states of mind, in which the agent takes advantage of them by implanting strange metaphors that speak directly to the subconscious. It describes how manipulators can directly usurp your mind, and how mass persuaders (including corporations) always give their victims a choice to engender trust. It discusses specific ways people deceive, sometimes for selfless reasons but usually for personal gain. Yet to understand these techniques in depth is to also understand how to guard yourself against them. May this knowledge bring you peace of mind, free from undue external influence.

"Showing subjects the reasons they should change their thoughts is essential in order to persuade them to think or act in a certain way."

Explaining Dark Psychology

The study of the human condition and understanding how to manipulate others is a potential criminal mindset that every human possesses, but which most people choose not to act on.

"With the study of Dark Psychology, it would be easier to comprehend human behaviors, ideas, emotions, perceptions and prejudiced processing systems that cause the victimization of other people."

The people who do go on to commit these acts of dark psychology often have no clear motive in their actions; they are usually sadists who purely enjoy hurting

others and are obsessed with violence. They manipulate in such a way that the victim rarely realizes they've been manipulated until it's too late. They study people's personalities and then use that knowledge to better influence them. Dark psychology techniques are often employed in these 4 settings/spheres of life:

1. Individual
2. Family
3. Professional
4. Romantic

For example, a smart manipulator in the relationship sphere will use weapons such as guilt, or playing on their partner's emotions, to get what they want. There are 4 primary types of people who employ dark psychology. All 4 types are extroverted and sociable, usually making good first impressions despite lacking empathy. Yet they are also different in small but powerfully dangerous ways:

1. **Narcissists:** These "grandiose self-promoters" need attention, vainly craving the spotlight.
2. **Machiavellians:** These superior manipulators will cheat you out of something without you noticing.
3. **Psychopaths:** The most evil of the 4 across the board, these impulsive people love hurting others and lack empathy. Yet they are usually bad at white collar crimes due to their short tempers and impulsiveness. They rarely feel anxious and are great at job interviews due to their extreme self-confidence and their indifferent blasé attitude.
4. **Everyday Sadists:** They are callous but not impulsive like psychopaths nor manipulative like Machiavellians. They enjoy cruelty behind a mask of conformity, concealing their true nature and being drawn to professions in the police or military.

There are several primary dark psychology methods which will be discussed in detail:

1. **Brainwashing:** The act of convincing someone to drop their own belief system and replace it with a

