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# The Psychologies of Malice

Extracted from the new book

## **That Bitch: Protect Yourself Against Women with Malicious Intent**

by Roy Sheppard and Mary T Cleary

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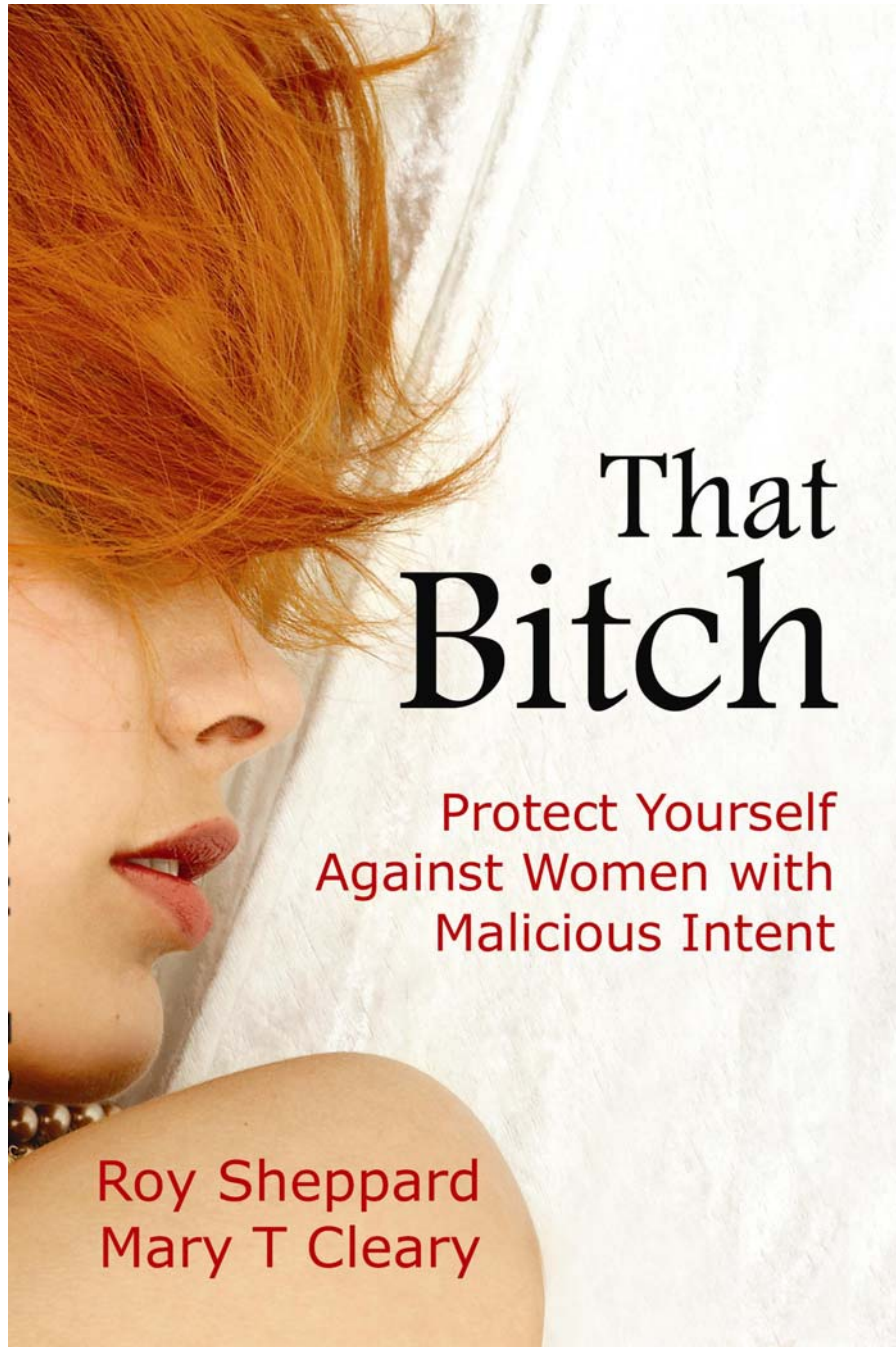
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Topics include:

- “What every man must find out before he gets married”
- “How to survive divorce when your wife is being truly vindictive”
- “Children as weapons of male destruction”

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She Gets You,  
Your Best Friend or Your Son**



You can view the book's back cover at the end of this document.

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### The Psychologies of Malice

The case studies in previous chapters detail a range of psychological or behavioural disorders. Some of these women may be mentally ill, whilst others have learned sets of behaviours that work for them but cause untold misery for the men, women and children in their lives. Knowing at least something about these different conditions could help you to understand a little more about how a difficult woman in your life may operate, or alert you to possible problems from those you have yet to meet. Men, it must be said, also suffer from the same psychological conditions.

It would be impossible in the space available to define accurately all the symptoms of all mental or emotional disorders, so the following are very simplistic descriptions, intended to offer only a basic understanding. These definitions are insufficient to base a clinical diagnosis.

It is most likely that you are dealing with a woman who does

not have a specific disorder, but possesses a dominant personality which may have been learned in childhood. If she was brought up in a household where a parent seemed to get their way by being a bully, she may have realised this was the way to get more of what she wanted. Possibly, she has become domineering as a means of protecting herself from being bullied by others. Her targets may not be bullies, but her self-protection instinct may be so deeply rooted that she doesn't distinguish between people who are threats and those who are not. She may choose partners who are mild-mannered and non-confrontational and who increase the likelihood that she can maintain the dominant position within the relationship, thus improving her chances of protecting herself. She may be any variation of the following: a normal 'strong', independent woman; she may exhibit some domineering traits or; she could be an extreme 'control freak'.

Most normal people occasionally experience at least some of the following symptoms. However, when an individual exhibits 'clusters' of these behaviour traits on a very regular basis, they may be suffering from a combination of any one of these emotional disorders.

The intention here is to help you recognise patterns of behaviour so that you can become more aware of what is happening and so you can better cope with your situation. It is not intended as a way to 'pigeon-hole' someone.

### **Narcissistic personality disorder (NPD)**

This condition was named after the mythical Greek youth Narcissus, who fell in love with his own reflection. The disorder was named in 1971 by Heinz Kohut in *The Analysis of Self*. Symptoms exhibited by those with the condition include:

- An extreme and grandiose sense of their own importance.
- An assumption of very high levels of their own talent, success, good looks, power and beauty, even when these qualities are absent or would not be recognised by people they know.
- An insistence on excessive and constant admiration.
- A belief that they have a high degree of 'entitlement'. Because they believe they are special, they demand special treatment.
- Selfish, self-serving and arrogant tendencies.

- A readiness to take advantage of others in any ways they see fit.
- An inability to feel empathy for others. They often find it difficult to love others. Love for themselves will always come first.
- A conviction that others envy them.
- High maintenance.

### **Borderline personality disorder (BPD)**

How many of the following behaviours apply to your abusive wife or girlfriend?

- At the beginning of the relationship it is now obvious that she was on her best behaviour. She seemed to be your perfect partner, but have you found that the more she has relaxed into the relationship with you, especially if you married her, the more of the real woman has been revealed? In the safe environment of the marital home, is she now letting out years, or even decades, of anger that she has had to suppress until now?
- Are you now the focus of these intense, even violent, rages that seem to leap out of nowhere? And do these alternate with periods when she acts perfectly normally and is so loving towards you?
- Are you walking on eggshells most of the time, knowing that, no matter what you say or do, it will get twisted and used against you? Are you blamed or criticised for just about everything that's wrong in the relationship, even when the criticism doesn't make much sense?
- Do you find yourself concealing what you really think or feel because you're afraid of her possible reaction, and it just doesn't seem worth the confrontation, a horrible fight or hurt feelings that will inevitably follow? Has this become so automatic that you have a hard time even understanding what you think or feel any more?
- Does this woman who you care about appear to see you as either all good or all bad, with nothing in between? Do you

find yourself wishing she would act the way she once did, when she seemed to love you and everything was wonderful?

- Do you feel she is *Dr Jekyll* and *Mr Hyde*? Is she a loving, caring woman one moment, and someone so vicious that you barely recognise her the next? Do you wonder which one is real? Do you hope it's a phase that one day will go away but shows no signs of going?
- Do you feel you're on an emotional roller coaster with high highs, when things are incredible and fantastic, and very low lows, consisting of feelings of despair, depression and grief for the relationship you thought you had?
- Are you afraid to ask for things in the relationship because you will be told you're too demanding or there is something wrong with you? Are you repeatedly told your needs are wrong or unimportant?
- Do you feel nothing you do is ever right, or when you do manage to do what she wants she suddenly presents new expectations? The rules keep changing and, no matter what you do, you can't win. Do you feel helpless and trapped every time this happens?
- Are you constantly accused of doing things you didn't do and saying things you didn't say? Do you feel misunderstood a great deal of the time, and when you try to explain she doesn't believe you or want to listen?
- Are you constantly put-down, yet when you try to leave the relationship she tries to prevent you in a variety of ways? She tries declarations of love, promises to change, or implicit or explicit threats such as "*You'll never see the children again*" or "*Nobody but me will ever want or love you.*"
- Do you have evidence of being lied to? Does she violently deny lying and deflect any conversation away from the topic when you raise it, or does she seem to manufacture accusations to 'prove' you are the liar? Do you feel you're being manipulated or controlled?
- Do you regularly wonder whether you're losing your grip on reality because she is always putting you down, or denying your right to a point of view? Does she tend to act normally

- in front of others, so that nobody would believe it if you revealed what was going on between you?
- Does she insist that you don't have contact with family or friends?
  - If she drinks or takes mood-altering drugs, does her behaviour become more erratic and obnoxious?
  - Is it next to impossible to plan anything, such as a social engagement, because of her moodiness, impulsiveness or unpredictability? Sometimes you find yourself having to make excuses for her.
  - How often have you tried to convince yourself that this is normal behaviour?

Perhaps you've read this list and thought: *"Oh, my God, I had no idea that other people go through exactly the same thing."* If you did, you might like to know this has a name - borderline personality disorder (BPD).

BPD was once thought to 'border' on schizophrenia, although it is now regarded as more closely related to mood disorders such as depression or Bipolar (see below). The cause of BPD is still unknown. Sufferers experience dramatic mood swings where one moment their partner is fantastic, to the next when they are the object of their hatred. Some sufferers also have a history of eating disorders such as anorexia and bulimia. Threats to commit suicide are sometimes carried out. Extreme fears of abandonment may stem from childhood trauma, yet their irrational intense behaviour often encourages the very rejection they fear the most.

### **Bipolar disorder**

This relatively common disorder, also known as manic depression, affects about 2.5 per cent of the population and runs in families. Those with bipolar disorder switch between deep depressions, when they are barely able to function, to euphoric, manic highs.

It's a treatable condition, but a significant proportion of sufferers choose not to take their medication because they actually like the highs - the increased energy, the creativity, the fast focused thinking and even spending sprees, all without feeling the need to sleep.

The highest highs swing to the lowest lows. When the lows arrive, spells in hospital are often needed to protect bipolar sufferers against self-harm and suicide. Many turn to the excessive use of recreational drugs and alcohol, causing mayhem for their partners and children.

### Schizophrenia

The symptoms are clear, but correct diagnosis is complex and lengthy. Sufferers experience visual and auditory hallucinations; seeing and hearing things that don't exist. Some have delusions that they are being persecuted and are ultra-suspicious of everyone. They sometimes feel someone is out to get them. They hear 'personal messages' via radio and TV broadcasts. They may imagine they are someone famous. Their speech may be disorganised, rambling or nonsensical at times while they talk to invisible people. They often refuse to accept there is anything wrong with them and refuse to see a doctor or psychiatrist.

### DID (dissociative identity disorder)

This was formerly referred to as MPD, or multiple personality disorder. Sufferers evolve additional personalities called 'alters' as a means of self-protection after a personal trauma such as rape or sustained childhood abuse. These alters can be aggressive if they perceive you as a threat.

The condition is controversial. Some doctors still question whether it is a real condition. Anyone in a relationship with a woman suffering from DID will tell you the condition is very real, and incredibly unsettling.

The sufferer can switch between her personalities at any moment. She may see a totally different person when she looks in the mirror.

Actress Sally Field won an Emmy for her remarkable portrayal of *Sybil*, in a TV movie of the same name, about a woman who suffered from this condition.

“ *When you are wrapped up in yourself - you make for a very small package.* Anon. ”

### **Munchhausen's syndrome and Munchhausen's by proxy**

A woman suffering from Munchhausen's syndrome will exaggerate or fabricate the symptoms of illnesses to attract attention to herself and elicit sympathy from family and friends. Munchhausen's by proxy is the condition in which somebody caring for a child, usually a mother, convinces doctors that the child has specific illnesses that she has deliberately induced or made up. She may falsify physical symptoms by suffocation or poisoning to make the child vomit. Mothers who spend most of their time with children have the opportunity to harm them in this way. The mother benefits from sympathy and being seen to be a loving, dedicated, highly compassionate parent. Even when she isn't.

It is thought that up to nine per cent of children with mothers who suffer from Munchhausen's by proxy die as a result of their mother's behaviour. The condition is very difficult to prove, but there are telltale indications, including a higher incidence of illness or 'accidents' while in the sufferer's sole care. A child may have many different illnesses within a short time and may not respond to treatment, or may develop side-effects to medication that should not have been administered. If the child recovers, the problems return. It has been known for a mother to harm a child deliberately in order to pull a failing marriage back together.

There are many more personality disorders and variations but these seem to be the most widely experienced by unsuspecting men, women and children.

Some of the women described below have 'unfixable' pathological problems. Even if they wanted to change, some can't.

“ *Did you hear about the woman who stabbed her husband thirty seven times? I admire her restraint.* ”  
Roseanne Barr

### **Sociopaths and psychopaths**

A sociopath is defined as an individual who knows the difference between right and wrong but is afflicted with a personality disorder marked by antisocial behaviour. Sociopaths are rarely physically violent but are often unscrupulously cruel and ruthless with their victims.

Male and female sociopaths are estimated to account for about 4 per cent of the adult population. About 70 per cent of sociopaths grow up without a father. As an increasing proportion of divorced fathers are being denied contact with their children while mothers are being given the primary care role by family courts, expect the number of sociopaths to increase in the next few decades. UK teenagers have been described as the worst behaved in Europe.

An estimated 1 per cent of the population are psychopaths. These are men or women with an antisocial personality disorder that manifests itself in aggressive, criminal or immoral behaviour.

Sociopaths and psychopaths both lack conscience, empathy, guilt and remorse. They don't care about anybody else and sometimes they don't care about themselves either, or what happens to them.

Most diseases and disorders harm the person suffering from them, but these conditions are perverse in that the innocent bystanders, family members, partners and colleagues invariably suffer even more through coming into contact with them.

Most people with these disorders refuse point blank to accept that there is anything wrong with them. Denial is one of the symptoms of a sociopathic or psychopathic disorder. Refusing to accept any treatment or cure is another symptom. They don't want to be treated because they either feel so great about being who they are, or dismiss their condition as somebody else's problem. They are like the reckless driver who claims never to have had an accident but who has seen many. It won't occur to these drivers that they were almost certainly the cause of the accidents!

Don't confuse sociopaths and psychopaths with neurotics. Quite simply, neurotic men and women tend to turn in on themselves emotionally or physically and are more likely to harm themselves, while sociopaths and psychopaths tend to harm others physically or psychologically.

Now that we've looked at the different personality disorders you may be dealing with, let's consider some of the traits and tactics you could encounter; deliberate deception, clever manipulation, convincing and plausible stories and even jaw-dropping lies.

Always remember the chances are that this is all being done by

someone who is probably not only highly intelligent, but who also has convinced herself that she has truth, justice and fairness on her side, and that it's only right and proper that you should suffer.

It is fairly safe to say that if you have seen more than a few of the characteristics outlined in this chapter, you are advised to tread carefully with such a woman. You will not win against her, so don't even try. Confrontation is not recommended. A low-key approach that helps her to decide to move on is often your best option.

### **Appearances can be deceptive**

Sociopaths are notoriously difficult to spot because most of them are incredibly adept at hiding their true self and their motives. Since childhood the female sociopath may have developed complex and often subconscious methods to deceive her targets. On the surface she appears excessively friendly and charming. In fact, an early warning sign is that you suspect she is too good to be true. She probably is.

Occasionally she may let the mask slip. In isolation these behaviour traits are unreliable indicators, but if you witness a number of them, a queen of manipulation may be operating on you.

She is an aggressor and she picks fights with opponents who have been duped into believing she is a friend or a lover. Once she befriends her victims, she relies on their reasonableness to forgive her transgressions. However, most of her actions are hidden, because she has learnt to fight with invisible weapons and wields them with the deadliness and accuracy of a samurai warrior. Invariably, you don't see anything until the fight is over and she has won.

She is capable of being furious if she is ignored or is not given what she wants. She has mastered the art of expressing an opinion so forcibly and convincingly that it takes on the appearance of being a fact.

Her regular tantrums involve swearing, shouting, intimidation and threatens. She will wear people down until, for a quieter life, they agree with her. Interestingly, what she threatens to inflict on others is what she would find most damaging and hurtful to herself. Equally interestingly, she feels criticism and humiliation intensely, even if none is intended or given, and she will fight ferociously to defend what she sees as an attack, whether or not there is one.

Sometimes she will create a threat in her mind merely to defend and excuse what she knows to be her own dreadful behaviour.

She will expect you to keep quiet about her conduct towards you, assuming you will feel shame or embarrassment because you tolerate it. If you collude by maintaining your silence, it perpetuates her behaviour. She needs her victims to stay quiet about her. Beware of allowing yourself to get sucked into this game. She'll take delight in knocking you down a peg or two - for your own good, of course!

This attitude demonstrates a lack of concern for other people's wishes, welfare and rights, and she matter-of-factly shows a blatant disregard for society's rules, regulations and laws. A petty but common example of this is her blasé attitude towards parking her car. Parking restrictions simply don't apply to her and parking tickets are stuffed in the glove compartment to be forgotten and left unpaid.

Parking fines are not the only unpaid bills that mount up. When the bailiffs call she spins her sob story and plays the victim. Yet the moment they have been persuaded to leave she feels nothing more than contempt for those to whom she owes money. Her definition of a personal loan is often more like a donation; so don't expect to see your cash again. Don't ever open a joint bank account with her. She defaults on formal loans, and will almost certainly have a poor credit rating. She may even have stacks of County Court Judgments (CCJs) against her.

She routinely fails to honour other promises and commitments. The consequences of her behaviour are always somebody else's problem, not hers. She is never to blame for anything and is highly likely to be one of life's complainers. Because she's out to control, she manipulates and punishes at will. She is the witness, the judge, the lawyer, the jury, the executioner - but never the accused.

She may believe that antisocial behaviour is justified because of her 'difficult' circumstances, even though she may have contributed to them. She will break the rules without a second thought, if the end justifies the means.

She believes she is entitled to everything she desires. With an overdeveloped sense of self, working for what she wants is an inconvenience. Hard work is for everybody else. She wants the fast buck and the short-cut to success. Becoming a social parasite is quicker

than toiling for anything. And when she pulls it off, she can then congratulate herself on cheating, conning or defrauding others who may be more intelligent or successful than she is.

Her every whim must be accommodated. Humility is alien to her. She is self-centred, opinionated and over-confident, and expects to be pampered and treated as superior.

She has possibly dabbled at shoplifting to feed her sense of entitlement for whatever she wants and for the 'buzz'. So obsessed with what she wants, she will ignore or neglect her children while claiming the opposite. She plays the martyr and expects constant attention. Her demanding behaviour almost guarantees it.

If she is divorced, she may have grown to hate her ex-husband more than she loves her children. She abuses the children by depriving them of access to their father, because she's punishing him for not delivering what she wanted in a husband. She refuses to consider that she played any role in the marriage break-up.

“ *There's nothing wrong with a woman welcoming a man's advances - so long as they are in cash.* Zsa Zsa Gabor ”

She expects her man to do what she wants to prove his 'commitment' to her, and will try to control all aspects of her victim's life. She insists on choosing his friends, making him account for every moment of his day, making decisions for him, telling him what he can and cannot wear. She may even insist on watching her victims go to the bathroom.

Some women are genuinely unaware of the emotional pain and suffering they cause, but others know exactly what they are doing. They derive pleasure from putting others down and humiliating friends, colleagues, lovers and ex-partners. For some, revenge consumes their lives.

If there are any times when you start to suspect that you are being used, she is equally skilled at making you feel bad for thinking such thoughts. Mind you, she will probably never tell you explicitly that you are wrong, except perhaps if you confront her. She may feign shock and surprise that you could possibly think such unkind thoughts.

Unreliability goes hand-in-hand with her desire to control. Things always seem to crop up at the last minute making it *'impossible'* to do what she promised. She is often brilliant at providing rational excuses rather than reasons for her behaviour. She makes promises about a bright future but they are always promises of 'jam tomorrow'.

You find, too, that these women are stimulation junkies known for sexual promiscuity, gambling and taking illegal recreational drugs. If something gives the sociopath an adrenaline rush or makes her feel good, even in the short term, she'll probably give it a try or become addicted to it. This could lead to high-risk behaviour, with a reckless disregard for her own safety and that of others. She rarely thinks about the possible or probable consequences of her actions.

“ *A successful man is one who makes more money than his wife can spend. A successful woman is one who can find such a man.* Lana Turner ”

These women want to create the illusion of intimacy quickly and are prepared to take short-cuts. They are full-on and their friendliness positively gushes. They often smile too much, but with their teeth, not their eyes. The woman will say all the right things and appear keen to be seen to make plans with you, but it's a ploy to gain your affection quickly and hook you in.

She will seem very loving and capable of intimacy and will pretend to care. However the intimacy, depth and commitment are illusions. They merely enable her to collect what she wants. Her true colours show only when all other tactics fail.

She's quite happy to steal her best friend's boyfriend. It's a great way to prove she has what it takes to be desirable, and simultaneously to prove the shallowness of the man and the delusion of her friend.

The picture is emerging of a woman who must get what she desires at all costs and must always be right. Sometimes she will deliberately claim to misunderstand something to justify doing what she wants, even though she knows it is against your wishes. She may cause problems just to attract attention to herself, because she likes to feel important.

Creating self-doubt in her victims' minds is an integral part of

her approach. She plays on their reasonableness to give her the benefit of any doubts they may have. She knows that reasonable people don't like to think badly of others and will often beat themselves up for thinking uncharitable thoughts. She always sounds so convincing. Her approach is intended to make you question whether you were correct in your thoughts about her. It slows you down. It's meant to.

The sociopath seeks positions of authority for herself to ensure that she is never challenged. If you meet someone who you suspect fits this profile and discover she has a position of authority; maybe she's a police officer or a judge, don't fall into the trap of accepting her behaviour because of that authority. Don't assume she is trustworthy and should have the benefit of the doubt. Be more on your guard, not less.

Alternatively, she may target and associate with high-status and wealthy people. This gives her prestige or financial gain through 'gold-digging', conning or both.

It gets worse. Because she has no conscience, remorse, guilt or shame, she will use others mercilessly, ruthlessly and callously to get what she wants. If this involves bullying or humiliation, so be it. Her lack of feeling offers her enormous freedom to say or do whatever she wishes to whom she chooses. What is more, she gets away with it, and this is, to her at least, 'proof' that her victims are weak and gullible. In her eyes, they get what they deserve.

Another word of caution. Her victims are rarely aware of what is happening to them. It's rather like the instructions for boiling a frog. You put the frog in a pan of cold water, where it will sit comfortably. You turn on a slow heat and the frog will continue to sit there as the heat increases slowly and imperceptibly. That is, until the water gets too hot, but by then it's too late. One boiled frog.

Men have even been known to commit suicide because of her.

She lives for the moment and is incapable of delaying gratification or controlling her impulses. What she wants, she wants *now*. She conveniently forgets anything good you have done for her in the past, and despite making grand gestures about the future she does not plan. Her way of life is hand-to-mouth.

Martha Stout, author of *The Sociopath Next Door* says, "*The most*

*universal behaviour of unscrupulous people is not directed, as one might imagine, at our fearfulness. It is, perversely, an appeal to our sympathy.”*

This is a key point. If you take only one message from this book, make it this one. She is probably brilliant at eliciting pity and knows precisely how to do it.

She may have learned these skills from a young age. Treated like a little princess by her father, she learns to wrap him (and others) around her finger. By learning to get her own way, she perfects the illusion of appearing fragile. She is anything but....

She also appears so wonderful, sweet and demure, as if butter wouldn't melt in her mouth. Of course, she is a chameleon, capable of becoming exactly who her victim needs her to be.

She is meticulously turned out, expertly masking her inner personality cracks with flawless make-up, perfect hair and an extensive wardrobe, often paid for by past boyfriends. She may have learnt to cover up who she really is by appearing confident and self-assured. Yet underneath this confident and highly manicured exterior may lie an insecure, inadequate and ultra-needy woman.

How dysfunctional is the rest of her family? If she looks like the only sane one, she may be the only one who has managed to cover it up!

The disguise is so good that nobody would ever suspect that she could do anything unscrupulous. Beware the woman who flatters without offering sincere compliments. Flattery has been described as '*counterfeit charm*' and is usually a little over the top. She's probably setting you up to make demands on you or to manipulate you in some other way.

She holds grudges too. Her revenge and retribution can be savage and harsh. Surprise is her weapon. Expect the worst, then double it.

This woman doesn't think twice about destroying the reputations, health and well-being or the livelihood of others if they represent obstacles to getting what she wants. She's the sort who will force you to get down on bended knee to beg forgiveness and then take delight in saying "No". She makes you feel bad to '*keep you on your toes*'.

Such women will not be happy until they have ripped the very heart and soul out of their victim. Even then, there is no guarantee they will be any happier.

Sadly, most men ignore what their gut instinct is trying to tell them about her, because they think she wants them.

### How she chooses her target

The sociopath has a remarkable ability to spot weaknesses in people, and use them to get her way to improve her position, and increase her power over them. She counts on most people being trusting and forgiving. When (not if) she cheats on you, she banks on you forgiving her.

“ *Smart girls know how to play tennis, piano and dumb.* ”  
Lynne Redgrave

She prefers the path of least resistance, her victims are the most easily deceived, manipulated and entrapped with fake charm and charisma.

What is it that attracts you to these personality types, and what is your attraction to them? Are you drawn to women with issues? And to what extent might you be contributing to your situation?

Do you like trying to ‘fix’ people? Are you a ‘people-pleaser’? Are you a good samaritan? Are you addicted to intense relationships? Do you have a history of being in co-dependent relationships? The classic example of this is the person married to an alcoholic who cleans up and looks after them so well that there seems no need for the alcoholic to stop drinking. Perversely, the ‘carer’ needs their partner to continue drinking to maintain their identity within that relationship. Perhaps you have stayed in relationships where you were unhappy but kept thinking, *‘Maybe she will change.’* Some of these women cannot change. Are you someone who has a habit of thinking too much, or are you a bit neurotic at times? Or maybe you’re just too *‘nice’* for your own good?

Sociopathic women go for these personality types in preference to any other men or women. They sometimes string them along, claiming they want to be helped. The so-called carer tries so hard to help but keeps failing to please. The blunt truth is that the sociopath doesn’t want anything to change or improve. If the circumstances did improve, she’d lose her power over you. In fact, creating failure is

fantastic for the sociopath because it helps the carer to feel bad about their abilities. It's part of the sociopathic scam.

Sometimes the carer unwittingly achieves the objective they had supposedly agreed, only to find the sociopath turns on him. Why? By solving the problem, the carer proves the sociopath is inadequate for not being able to sort it out for herself.

### **Liar, liar**

The sociopathic woman can and does lie through her teeth. In fact, if lying was an Olympic sport, sociopaths would win all the medals. And if not, they'd say they did!

A sociopath is almost incapable of not lying; lying to others; lying about others; lying about herself and even lying to herself. Lying is her core skill. She will sound extremely convincing and her inability to feel or express real emotions helps with this. Most normal people experience some degree of guilt about lying, but not her.

She is quick-thinking and flexible and has an outstandingly good memory (a necessary trait for any accomplished liar). Along with the lying and deception, she is secretive and insists on password-protecting her computers and phones from prying eyes because she knows how much she has to hide.

She will lie to you by saying whatever is the most appropriate thing at that moment to rescue her from a situation. She may flatly deny any wrongdoing. You may have unquestionable evidence to the contrary, but she will look you straight in the eye and, without flinching or batting an eyelid, lie superbly.

Lying by omission may be one of her specialities too. She doesn't tell you the full story, omitting important facts rather than saying something that enables you to prove she is lying. If she is ever challenged about anything she has said that doesn't seem to ring true, her initial responses could be particularly vague. She expects what she says to be taken at face value and believed. If a vague response is not accepted, she may then feign memory loss or skilfully change the subject to deflect the conversation away from what you're trying to discuss. If that doesn't work, she will probably resort to attacking you verbally to push you into defending yourself against her false allegation. She already knows it's false but it's a distraction tactic.

After this she may actually claim she had been mistaken. Her victim, however, will rarely bring up the topic again, because he is so relieved to have won his argument.

Particularly poisonous and vindictive women have resorted to total fabrications and outrageous allegations that could destroy a reputation to get their own back on a man who has simply refused to give her what she wants.

Some sociopaths are known to use false names to hide their identity. Her life story could well be pure fantasy. Many of these lies are deliberately made difficult to prove or challenge. If, for example, she lies about being raped by a stepfather (who may or may not have even existed), you will appear insensitive if you ask her to prove it. If it helps her to gain sympathy, she'll say anything.

If you have any doubts about what she tells you, ask for more detail. Ask for specifics. Precisely *when* did something happen, who was involved, how *old* was she, where was she living at the time? Then remember what she said. If necessary write everything down in your journal (see Chapter 8). Ask yourself whether she became more guarded or secretive. Use an interviewing technique by creating silence to see how she fills it. Does she change the subject?

She routinely refuses to accept what she has done, and will simply ignore specific information because it's not convenient for her to know. If she *did* accept the truth, she would not then be able to justify her behaviour.

These sociopathic, lying women often formulate complex rationales for what they do based on relatively minor indiscretions by others, which she exaggerates out of all proportion. Thus they can conduct a sleight-of-hand trick on their own brain to support and justify feelings of deep anger and bitterness.

What is generally referred to as 'flakiness' indicates typical traits of sociopathic behaviour. Some, although not all, are related to a poor attitude towards work. She exhibits a low level of conscientiousness, she may have a record of poor timekeeping, or she takes lots of days off. She isn't a finisher and constantly craves change. She may switch jobs regularly and she may use fake credentials to land a higher-paid job than she is qualified for.

### Relationships

It is difficult for her to make and keep friends. She may have a string of short, intense relationships that are no more than liaisons. She will never be drawn on how many men she has slept with. She will accuse a man of having an affair, when the likelihood is that she is the one committing adultery or infidelity, possibly with more than one lover at any time. She may end relationships for the most spurious of reasons.

She may boast lots of male friends. She usually has fewer female friends. Other women are more likely to see through her, and she knows this. Men, however, are more easily deceived and they give her more attention; so men are her focus. What girlfriends she claims to have will almost always be less attractive than she is. She also chooses to spend time with losers to make her feel better about herself. She is a fair-weather friend. Often attracted to someone who is sensible and responsible, she realises these are qualities she lacks in herself.

### Her fighting tactics

She will tie you up in emotional knots. The expert manipulator can perform this trickery so well that, no matter what you do, you cannot possibly do the right thing for her. She may set you impossible tasks and move the goal posts if there is a possibility that you will succeed.

She will keep you guessing. One moment she is loving and affectionate, the next she is abusive, angry and out of control. This erratic behaviour makes it impossible for the victim to know where he stands.

Watch for her skill at making non-threatening threats. These are innocent sounding remarks that seem to hurt. The sort of comment that if she was challenged on, she could offer a plausible explanation and then add "*No I didn't mean that, how stupid of you to think such a thing*". Ouch, she did it again! She will push her partner as far as she can to exert maximum control. If she feels she has gone too far, she will try to salvage the situation by becoming intensely loving. This causes further confusion and increases any self-doubt you had. Every time she gets you to back down, she wins. Watch for her 'advance and retreat seduction'. She gives affection and withdraws it. It's a power thing.

She is capable of appearing intensely angry at someone's minor misdemeanours to distract attention away from her own more serious bad behaviour. This destabilises her victims and it's often part of her 'show'.

The silent treatment is another of her weapons. It's unnerving and cruel and an effective strategy that she has used many times to cripple her opponents. Encouraging colleagues and 'friends' to join her in punishing you is also a favoured strategy. It's non-aggressive aggression.

If she isn't getting what she wants, the sociopath uses her charm and persuasion skills to enlist others to do her dirty work for her. She will seek out the people closest to you, and try to get them on her side - or at least make you think she's done so. She'll recruit your close family, even your parents. She will choose to interpret innocent behaviour as a threat.

She needs to be seen as a victim so that she has a twisted, valid reason for her revenge and her outrageous behaviour. Furthermore, she actually *wants* a crisis. If things are working well, she may feel the need to disrupt everything and everyone.

Don't become complacent. She knows from experience that revenge is a dish best served cold and one day she will get her own back. Specific strategies and practical ideas to help you cope with her covert fighting are dealt with in Chapters 8 and 9.

### Being found out

Eventually she may be found out, but even with incontrovertible evidence of her guilt, she will lie brazenly to convince you that you are wrong. You will be awe-struck at her audacity. She may machine-gun you verbally, believing that attack is the best form of defence. Much of the time it works for her because she always appears so convincing.

“ *In future, I'm going to find a woman I hate - then just give her a house.* Lewis Grizzard ”

A well-used ploy is to interrupt whatever you say. Psychologically she doesn't want to hear the truth and will therefore talk over you to delete it from her mind.

Another favourite trick is to dismiss the wrongdoing by trying to convince you that it was trivial. By this she means it is your fault for over-reacting. It's a tactic to make you redirect your thinking and forget about what she has been accused of.

All the while, a little voice in your head may say: "*What if I am wrong about her? Perhaps I am over-reacting.*" Oh, she's good at this!

You'd think that being found out would put a stop to her behaviour. Not at all. She simply doesn't learn from her experiences. She *can't* stop. There will be no change in her behaviour even if she is ever punished; by you or by the law.

She will latch on to something - just about anything - you said or did (perhaps a very long time ago) to justify the vitriolic hatred and abuse she hands out. No matter what she does, she will say or do whatever she can think of to justify it. Often this appears to be a way of getting others to be convinced. In reality, she's trying to convince herself.

When all else fails, she can turn on the tears and claim to be a victim of whatever she can think of.

### When to let her go

Everybody screws up at least some of the time. Learning to trust an individual takes time, especially if your trust has ever been abused. Therefore, you need to learn this lesson: never allow yourself to trust someone based on what you are told, only on her actual behaviour.

Secondly, as in rounders or baseball, it could be a case of three strikes and you're out. If she breaks promises or lies to you three times, give serious consideration to getting her out of your life.

In reality, doing this is rarely that simple. She may make it extremely clear that you are unworthy of her, but she may also make it very difficult for you to walk away from her. If you decide to end the relationship, do not engage in prolonged discussions about why you have reached your decision. She may try to argue with you to prove you wrong. It's a fight, and you are her adversary. She will say anything to convince you that you are being unreasonable, unkind or cruel, or that your grievances are petty or insignificant. It's a ploy to keep you.

She may insist that there is a future for the relationship. If you resist, she may force herself on you. Some are obsessive. However, reject-

ed women of this type will sometimes decide: "*If I can't have him, I'll destroy him by making his life a misery.*" To give you a flavour of what we mean, watch the movies *Fatal Attraction* and *Play Misty for Me*.

### Why did she do it?

Some of these women are in a kind of relay race that lasts longer than their own lifetime. They pass on a baton of hatred, abuse and pain received from others, who in turn probably received it from a previous generation.

There is a strong possibility that the sociopathic woman was neglected as a child. If a woman has been harmed or abused in her early life, at a time when she had no power, she may misuse her power as an adult by devoting herself to 'getting back' at everyone, because she feels society has let her down badly. A spell of juvenile delinquency is sometimes a small indicator that she had used her growing power to rebel against authority.

If you have ever come into contact with a sociopath, eventually you will be forced to accept that you have been used and abused by her. Yet the legacy of her deceit, dishonesty and ruthlessness can last far longer than her actions. Victims will devote hours, weeks, months, even years, lying awake at night trying to work out just why she did what she did. When they fail to come up with a rational explanation, as they invariably do, they turn their thinking against themselves, beating themselves up for being so stupid and naïve.

Asking yourself questions such as "*Why didn't I see this coming? Why didn't I listen to my gut instinct?*" won't actually help you, so don't bother. She's not worth any more of your energy. It's over.

The short answer to why she treated you the way she did is that she is not logical. She simply made a decision to do it to you and probably to others. It is a futile waste of your time and energy to think there was any logic in her actions.

Whenever you find yourself slipping back into thinking more about what she did to you, as difficult as it may be, tell your mind (preferably not out loud!) to stop doing this and think about more useful stuff.

When she is caught lying or cheating, she expects you to forgive her '*just one more time*'. She will stay with you for as long as she thinks

she can continue to get away with her behaviour. But the moment she realises she has been rumbled she'll probably leave. Then it's a case of *'Next!'*

She will never change. She doesn't want to, even if she tells you otherwise. It is highly unlikely that she will ever be the reliable and honest person you are looking for or deserve.

She may have been a victim who suffered abuse or abandonment in the past. She only claims to be abused today. The hurt lingers and spreads. She is not a victim. She merely wants to be *thought* of as one so that people feel sorry for her. But no one will ever feel sorry enough. A self-defined victim can never be happy. Yet she refuses to accept any alternatives to playing the victim role. She has boxed herself into a corner. This is her identity which she believes she must maintain. If she can't remain as a victim, she loses her superiority over her chosen victims. She would then become a nobody. It's a deception; to herself and others.

If she defines herself as a victim, by definition she has to find a 'victimiser'. If there isn't one - YOU get the job.

She may have experienced severe abuse in her past, but similarly, her behaviour today is creating long-term innocent victims in order to feed her compulsive desires to punish and control. Her abuse is carefully orchestrated to trigger a reaction in her target. As part of her behaviour, she will deliberately create problems and step back to watch everyone deal with the ensuing chaos. When you are seen to respond angrily, this becomes her 'proof' that you are the unreasonable one! This reaction is the basis of her cries of abuse. She conveniently ignores or violently denies what she starts.

She somehow manages to twist your enjoyment for something innocent by interpreting it as a way of punishing her or making her feel sad or upset.

She perfects the appearance that she has to 'defend' herself against you, when there is nothing to defend. You are not abusing her. As far as she is concerned, *you* are the person who needs therapy. It's NEVER her, although she may insist on attending counselling sessions to 'prove' her need for help against you, and to convey the appearance that she is willing to *'support you'* to overcome your problem.

When you are not an abuser, you will be made to feel that you are.

It has been said that abusive women steal *'peace of mind'* from their victims. She poisons your personal and professional relationships with others by spreading convincing lies and deliberate half-truths. Their combined effects are deeply damaging and undeserved. She is assassinating you. She is spreading cancer of your character.

If you are accused of being abusive and you know you have not been; this is the beginning of the end. You WILL be made to suffer more and more as her desperation to maintain control over you intensifies.

One thing is certain. You'll never have a dull relationship with any of the women described in this chapter. However, becoming emotionally attached to such a woman is a recipe for disaster, as the next three chapters will show.

Just make sure you never marry, or have children with one of them.

“ *However tough and hard and independent you may be, there are times when you have to have help.* ”  
Lord Tebbit.

Category: Self-Help/Relationships

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### **Tell Us Your Stories**

Please share your stories with us. Unfortunately, we cannot enter into personal correspondence or offer counselling. However, Mary Cleary's organisation Amen, specialises in helping male victims of domestic violence. If you are, or have been such a victim – visit [www.Amen.ie](http://www.Amen.ie) where you will find additional information which may help you.

In the meantime, send us an email with your experiences to: [story@ThatBitchBook.com](mailto:story@ThatBitchBook.com)

### **More About Amen**

Amen is a voluntary organisation that was set up 1997. To coincide with the publication of the paperback version of "That Bitch: Women with Malicious Intent", in September 2007, we are embarking on a global campaign to raise the awareness of male victims of domestic violence and raise funds. Amen is a global thought-leader in this area. Amen is looking to offer more of its services via the web – and are seeking more funding to achieve their global aspirations to help male victims everywhere.

### **Amen "Good Guys"**

The myth is perpetuated that men are always the perpetrators of violence and women are always the victims. Sadly, in these politically correct days – women receive almost 100% of all public funding when it comes to domestic violence.

Do you know any wealthy men who would like to become part of "The Good Guys", a global team of men who identify with the issues facing male victims of domestic violence and are prepared to make a donation to Amen.

To learn more, or to make a donation visit [www.Amen.ie/goodguys.htm](http://www.Amen.ie/goodguys.htm) . Alternatively, you can make your donation directly to the Amen bank account:

Bank: Allied Irish Banks

Branch: Kennedy Road, Navan, Co. Meath, Ireland.

Account name: Amen Administration Account

Account number: 00086440

National sort code: 93-21-83

IBAN: IE18AIBK93218300086440 (BIC: AIBKIE2D).

Amen is a registered charity.

On behalf of Amen and the men they help – thank you.

# For Men Who Adore Women – WowCardz

See someone who evokes a ‘Wow’!! Just pass them one of these fun cards and keep walking. It will make her week!

Most women positively ‘glow’ when given these cards. It means more because nothing is expected in return.

Of course, if you are a woman and would like to hand one of these cards to guy that gets your ‘wow’ – please do!

On the back of the card it says

**“Something special about you has compelled someone to give you this ‘wow’. Pass on this card or keep it to remind yourself that you have been appreciated  
(space below for a personal message)**

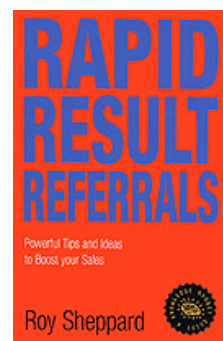
**Remember – the card giver can’t talk to you unless you choose to talk to them”**

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