

Men's Manual

DEFEND YOURSELF FROM HOSTILE WOMEN

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First Free Internet Edition

PREFACE

As the title suggests, this short manual is meant to be a psychological tool for all men, young and adult: what's on the mind of a hostile and manipulating woman? How can her misdeeds be unveiled? How can men counteract?

The last few decades have seen an increase in female aggressiveness within society, school (1) and the family (2), often against men who have found themselves unprepared to oppose this new form of violence.

The simplest and most instructive communication method has been adopted in this manual: a glossary with keywords that have been underlined, textually enhanced and provided with definitions for easier reference.

(1) <http://www.paternita.info/fatherhood/news/news-femaleviolence1.html>

(2) <http://www.paternita.info/fatherhood/news/news-camerani1.html>

note: "She" exclusively refers to that kind of woman using her intelligence and beauty to con "Him" by taking advantage of his good faith and nature.

AGGRESSIVENESS

Her [Aggressiveness](#) is directly proportional to the things [She](#) is hiding from you. It is used alternately with two more tactics: [Victimism](#) and [Escape](#).

ARMY

Group of people whom [She](#) psychologically controls and instructs for warfare. [She](#) actually knows no other end.

BRAIN

For [Her](#) it is nothing more than an electric cell powering the toys [She](#) has on the table. As [She](#) has many toys, [She](#) needs many cells. Not all her toys are equal, so at times [She](#) can make an AAA cell do, while at other times [She](#) needs a 9v PP3 battery. When the toys get broken she throws them away.

CHILDNAPPING

If [She](#) is a mother, and her escaping is not enough to generate in you the above-mentioned feelings ([Fear](#), sadness, anxiety, animosity, etc.), then [She](#) will also try to take the [Children](#) away from you. As we were saying earlier on, [She](#) is cynical and knows no ethics.

CHILDREN

Her blanket term for justifying all her deeds.

CONTEXT

[She](#) is a skillful context observer and transformer. While many people find [Context](#) of little relevance and (sometimes even for naivete) show themselves for what they actually are no matter where they are, [She](#) makes [Context](#) her own home, the spiderweb where [She](#) can move rapidly until some insects get lost in it. [She](#) adapts to [Context](#) very rapidly, [She](#) studies it and exalts it – it is her main mystification tool. [She](#) seems to be a very sociable person. [She](#) knows very many people (whom she calls friends), but she trusts none of them.

CONTROLLED

[He](#) who acts as a [She](#) wishes.

A [Controlled](#) person can be fully or partially used to [Her](#). In the latter case, some of the actions [He](#) performs are still his own or they are in their turn controlled by a different manipulator. So, a [Controlled](#) person can have more than a [She](#) contending [Him](#) or exchanging [Him](#) according to the moment and interest.

A [Controlled](#) person is usually somebody who is still psychologically weak and, owing to a lack of familial and social protection, has fallen into the hands of a [She](#). Over time, the [Controlled](#) person may end up identifying with [Her](#), thus becoming as cynical and ruthless.

DISCUSSION

For [Her](#) it is the way to convince another person that her opinion is right. [She](#) pretends to discuss on equal terms with the person concerned, but she subtly tries everything in her power to get a point and impose it. [She](#) thoroughly rejects the idea that the [Discussion](#) may be a way of openly sharing her view of the world with another person

in order to possibly come to a common conclusion different from the individual premises of each.

ENVY

It is fuel to [Her](#), just as knowledge is to the free man.

ESCAPE

By this technique, [She](#) escapes from any uncomfortable situation [She](#) has been thrown in in order to generate feelings of guilt, loss, anxiety, depression, sadness, animosity, [Fear](#) in whomever [She](#) has abandoned. Her ultimate aim is to be able to gain more control over this person.

ESTEEM

Along with admiration, [She](#) may show [Esteem](#) towards somebody of like or greater intelligence in order to grasp his knowledge and later eliminate [Him](#).

EVIL

It consists of all unhealthy, wicked and destructive principles and actions carried out against man and the environment. It is a concept the human being has formulated in order to safeguard himself/herself and the environment. The greater or lesser mastery of this concept accounts for the exact difference between the human man and the animal man.

[Evil](#) used to be very explicit and physically exerted in the streets out there; nowadays it is forbidden by modern democracies. You can observe, however, that it has by no means disappeared. It is commonly believed that [Evil](#) can be eliminated by laws and decrees. [Evil](#) cannot be eliminated; it can only be observed, explained, interpreted and avoided as a result, by knowledge and awareness of what it is and its continuous comparison with good. [Evil](#)'s actual function is to show us the very value of good. Our mind and brain mainly interpret and elaborate information by comparison and contrast.

In the western cultures today, [Evil](#) has only moved inside from the outside, from overt situations to the inside of our forehead: the [Brain](#). From the [Brain](#), [Evil](#) acquires the necessary power to get back out in the streets. [Evil](#) today does the same things as it used to do yesterday: it kills and destroys, but it does so with greater intelligence, precision and sneakiness than in the past. Many people believe or convince themselves they are exempt from it, perhaps only because they do not steal or kill, and their lives slowly drift towards [Evil](#) and corruption. They do not like to talk about [Evil](#) and feel embarrassed if asked about it. Everyday they coin words to use instead of that exact word. Just like yesterday, even today this taboo shakes the pillars of the human world.

FAKE TEACHER

[She](#) disguises herself as a teacher and abuses her position making her control doctrines pass for valuable instructions or, more subtly, revealing partial [Truths](#) in order to gain some [Trust](#) and use you for sheerly personal or ideological purposes. You can spot this attitude because some months later, instead of seeing an increase in your freedom of awareness, the only thing that increases is your sense of oppression, with doubts and/or feelings of euphoria and a sense of integralism. Healthy, reasonable and clear teaching gradually and firmly leads to independence and freedom, not the other way round.

In some rare cases, instead, the following happens: unable to enact her power over you in a sufficiently effective way, your [She](#) finds a third person that [She](#) trusts who has a certain ascendant on you (perhaps for reminding you of your father or mother or another person who really taught you something useful). She aims at using this person to make an impact on you on points or messages she wishes to inculcate. In this way [She](#) influences you, but [She](#) does it with "clean hands", which will make it all the more difficult to retrace the steps leading back to [Her](#) when you have found it out.

FEAR

Usually one experiences [Fear](#) for what [He/She](#) does not know. [She](#) knows it and does not hesitate to fill us with doubts and insinuations on our certainties. Moreover, [She](#) regards it as a wonderful pastime for every circumstance.

FORCE

The kind of strength [She](#) uses in order to gain power and be able to domineer; the positive and disinterested strength one normally uses to the benefit of others is what [She](#) finds silly, nonsensical and self-harmful.

GIFT

[She](#) never gives gifts or does favors disinterestedly, which would be against her own fundamental principles. [She](#) can do it only out of fear or flattery, in order to ingratiate you, buy your friendship, ask for something in return someday, make you indebted or make you feel indebted, because [She](#) has already thought she is going to take it out on you, because she has already done you wrong and as she knows you are about to find it out [She](#) is hypocritically putting herself back on the safe side, because a [Gift](#) can allure a good-natured or good-hearted person, as well as for many other self-seeking reasons that we have not gone into here.

HAPPINESS

It is the only thing [She](#) does not know, which is the exact reason why [She](#) gets everything. [She](#) is a human being, so [She](#) seeks it as any other human being does. [She](#) is also capable of faking it, and by taking a closer look one can see that her smiling is fake and diplomatic, or shaky and wavering, so much so that even the slightest blow of wind could turn it into grudge or sorrow. Not even a hurricane could break a real happy smile.

HIDDEN BOSS

This is her typical role, as [She](#) does not want to reveal her power and dangerousness, or [She](#) simply does not want to risk her neck by exposing herself in first person. You can spot [Her](#) in a couple, for example, when she pretends to be on equal terms or even accommodating with her partner in order to lead [Him](#) to expose himself so [He](#) can feel the real boss who even takes the reins and makes decisions. By taking a closer look, however, you can see that [He](#) is simply being [Controlled](#) and that [She](#) is the one who actually makes decisions and adopts strategies. Such a technique enables the [Hidden boss](#) to manage it all without [Transparence](#) and perform all sorts of evil deeds in the safest, most concealed and least detectable fashion.

HUMANITY

Clever though [She](#) might be, [She](#) can only, albeit wonderfully, simulate or emulate [Humanity](#). It is a clonation of more or less typical human behaviors and mechanisms which [She](#) has seen in other people. Tears, [Victimism](#), bouts and [Aggressiveness](#), [Escape](#) and silence, sad looks and languid eyes, anger, [sex](#) and seduction, smiles, [Esteem](#) and congratulations, hugs and solidarity, are almost never her own real emotions, but something [She](#) reproduces for the circumstance and very often against her real feelings (in order to mask, disorient or confuse). [She](#) imitates whatever is imitable.

[She](#) has one limit, though: while the healthy human being is really complex and unpredictable, the imitator will sooner or later appear trivial and repetitious. That day will be the beginning of the end for [Her](#) and the beginning of [Liberation](#) for you, as each facet will come out to complete the whole picture of the trap she has lain for you.

However flexible and intelligent [She](#) might be, [She](#) has her own limits as well, and her [Megalomania](#) (playing God with the life of others) will likely lead her to failure and misery on account of her hidden behavior.

HYPERCRITICAL

[She](#) becomes hypercritical when [She](#) meets a person whose level of [Force](#) or intelligence is lesser but still too dangerously close to her own. If this technique is adopted on a daily basis, it reduces the victim's [Trust](#) and self-esteem, as well as his/her [Force](#) and intelligence. Should [She](#) still consider her victim a potential danger, [She](#) would also choose to annihilate [Him](#) forever by keeping on overcriticizing [Him](#) until [He](#) falls into the deepest depression [He](#) has ever experienced.

LIBERATION

It is the process of becoming free. Its difficulty is in direct proportion to the enormity of the [Unconscious](#).

LIES

These are her cartridges. Her firing power depends upon the weapon you have provided [Her](#) with.

MANIPULATION

When one person controls the mind of another, we talk of [Manipulation](#). It ranges from a slight form of influence to a real act of domination. The aim is making the [Controlled](#) person an extension of one's own ego and plans. The manipulator leads his life recruiting people day after day to form a real [Army](#) of subjects of his/her own will. There is no number limit to it. The aim is to annihilate whatever person of like level. This feature is considered a danger, since the manipulator sees anybody else solely as a potential enemy. That is why [He/She](#) accepts only those who subject themselves to his/her own will or those who are no harm at all. The rest must be conquered, or even eliminated or destroyed, if [Need](#) be.

MEGALOMANIA

[She](#) considers herself greater than you and any other person, or [She](#) wants to be so at all costs. Hence her wish to reject or nullify anyone intelligent or talented, lest this person should equal her somehow. [She](#) will dispose of [Him](#) only after she has stolen his knowledge and possessions.

MOBBING

It is exactly what [She](#) does at work.

NEED

The weak point [She](#) will try to find in you, the gap to be filled in order to later control and possess you like an object.

[She](#) will not teach you how to solve a problem; [She](#) will solve it for you, not in order to be useful, but in order to be necessary and acquire power over you. Her initial goodness is by no means disinterested.

[She](#) can also spoil you (by creating new fictitious needs) and often seduce you by using [Sex](#) for the purpose. When [She](#) realizes she has acquired enough power over you, [She](#) will change the way of dealing with you by turning from good to aggressive, from accomodating to domineering, from sensitive to ruthless.

Those who suffer this [Manipulation](#) are in for an even long period of utter tyranny. Coming out of it requires a lot of patience and humility, but also a lot of courage and a tendency to put oneself in question in order to find out the reasons and causes and rebuild one's own identity. In this moment the victim of the [Manipulation](#) must be able to honestly look into it as it is, not as [He](#) wishes [He](#) were (the idea of himself); the sooner, the better. If [He](#) manages to hit this road, at its very end [He](#) will find out many things that were once hidden from [Him](#).

PERSONAL SPACE

That space [She](#) will never leave to her [Controlled](#) person, lest [He](#) should never realize that [He](#) is not the master of his own life.

PSYCHOLOGICAL VIOLENCE

It is the abuse of her own mental [Force](#). The abuse can be either systematic and calculated or impulsive and uncontrolled.

This form of violence can be as destructive as physical violence for the victim of it. The only difference there is is that while physical violence is much more visible (in terms of who and when), mental violence is not so easy to detect, so the victim may suffer more prolonged and chronic consequences.

You can get out of this kind of violence just as well as you would out of any other type, but you will have to face greater difficulty in trying to find out WHO and WHEN, which is what mainly makes [Psychological violence](#) the hardest to eradicate. So many people die without being aware of having suffered it or with the conviction of never having found it out, which makes it impossible to remove its destructive effects.

[Psychological violence](#) can lead to death as easily as physical violence. An abused, disorientated, humiliated and disarmed mind not only loses the control of the victim's life, which makes the victim fall into depression, but it also causes [Him](#) to lose control of some vital functions, such as glandular and immune functions, to name but a few. His human body will thus be particularly subject to common illness and disease and more prone to develop all the various psychic and psychosomatic pathologies.

Notwithstanding the aforesaid, [Psychological violence](#) is not yet recognized as a serious crime in western countries.

We hope that a future superior civilization will envisage that these negative and destructive psychological features be given some form of recognition as substantial as the other acts of violence to the human being, under both civil and criminal law.

RELATIVISM

It is her main defense tool. Should her plots be found out, [She](#) will use [Relativism](#) (along with lies wherever possible) in order to deform the current state of affairs and turn “what it is” into “what [She](#) wants it to be”.

SCORCHED EARTH

The kind of policy [She](#) adopts against stronger and more intelligent people. It is exactly what [She](#) does when her victim is too strong to be faced directly. This is a complex, subtle and time-consuming strategy.

First of all, [She](#) must know her victim's relatives, friends and fellow-workers. As each of one's friends and relatives has at least petty shortcomings, her task is to heighten their importance so as to change her victim's perception of his kin. Her second step is the exact opposite, that is to say, heighten her victim's shortcomings so as to change his kin's perception of [Him](#).

Now, with the same “double” strategy, [She](#) will insinuate negative opinions and actions by some of them into the others. Petty daily things that usually go unheeded if taken one by one will engender mutual antipathy when taken together. At times [She](#) may even “invent” whole sentences some would have said and, say, tell her victim that a friend of his has talked behind his back. It takes great skills to make lies sound credible and [She](#) know that in that very moment [She](#) is running the risk of losing her victim if [He](#) finds it all out, but also that [She](#) can catch [Him](#) like fish if [He](#) believes it all. Therefore, over time (weeks, months or even years), [She](#) creates a distance between her victim and his kin, which will slowly isolate [Him](#) from his social life, from his free life and existence.

At that point, however strong the [Person](#) might be, [He](#) is left alone, apart and easily vulnerable. And it is in that very moment that [She](#) thrusts her powerful blow to conquer this fortress as well.

SELFISHNESS

The meaning of anything ending in -ISM: feminism, corporatism, consumerism, and so on. [She](#) owes much of her survival to -ISMs: ideologies, human homologation, pre-established mental frameworks, are the perfect environment in which [She](#) moves from one place to another without being noticed, by easily recruiting new people to control.

SEX

For [Her](#), it is an instrument of power and control over all those who believe that [Sex](#) is the main factor of their own happiness. Last but not least: a means by which [She](#) can clone herself.

SHE

The female who enacts manipulation in order to control the person [She](#)'s interested in forever.

Her aims are essentially unhealthy, wicked and destructive. [She](#) distinguishes herself by intelligence, psychological [Force](#), communication skills and false sociableness ([She](#) knows everybody, but deep inside herself she does not trust anybody), unscrupulousness, thoughtlessness and ignorance or instant removal of her own evil deeds.

Her [force](#) is directly proportional to her lucidity and ability to seem normal and well balanced, whereas [She](#) actually sees life as a struggle for survival, a continuous state

of emergency in which every single person or object is a target, a danger or some entity [She](#) must control.

SUBJUGATION

By abusing her own dominant position (teacher, mother, manager, wife, girlfriend), which is initially favorable to us in principle, [She](#) uses and manipulates us to her personal interest and advantage.

SUBTLE LINE

There is a subtle line between power and abuse, ego and omnipotence, congratulations and flattery, tradition and constraint, spirituality and dogmatism, [Psychology](#) and [Manipulation](#), mother and possession, obedience and imposition, archetypes and homologation.

[She](#) is clever and gently tips the scales from left to right and viceversa to her own advantage without letting anyone notice it.

SURVIVALISM

Your death, my life. Dominant or dominated. It is her obsession.

TRASPARENCE

Trasparence is to [Her](#) as garlic is to vampire. Surround yourself with it and you will have no problem whatsoever.

TRUST

It is the key to your door in order to steal anything from your home without leaving any sign of breaking in.

TRUTH

Give the least [Truth](#) that's necessary in order to get the most [Trust](#). It is the typical story of the vintner who initially gives you the good wine and then, once you have got drunk, he gives you gallons of bad wine.

[She](#) is generally indifferent to [Truth](#), even more so as a widely accepted fact. Should [She](#) just find herself face to face with [Truth](#), [She](#) dismisses it by treating it as something merely personal and arbitrary.

UNCONSCIOUS

The unconscious is the most vulnerable and expandable part of the [Brain](#). It is as enormous as the number of things that you have not been able to explain logically and understand convincingly. It is the area where traumas, constraints, gaps, hopes, fears, animosities, irrationalities, unresolved family roots and bonds, states of [Need](#) reside, along with traditions, conditional reflexes and all other objects and information that you have incorrectly elaborated or brought to the light of consciousness, that is to say, to yourself. It is some sort of "lost property box" that, if you carry on ignoring it, will later in your life turn into a score of enormous containers filled with unlabeled baggage. As a result, you will find yourself amidst utter chaos.

[She](#) knows it, so [She](#) avidly deepens the unconscious of her victim. When [She](#) finds it necessary, [She](#) will begin to insinuate into [Him](#) a sense of uneasiness and interior conflict growing day after day. As a result, [He](#) will powerlessly witness the gradual dissolution of his own mental stability and inner balance.

[She](#) activates this personality dismantling process in her victim without arousing the slightest suspicion, by means of petty daily attitudes, such as insinuation, doubt, hypercriticism, as well as [Aggression](#) or [Escape](#). On such occasions, [She](#) pretends to be, in her turn, emotionally touched or moved, so as to shed any suspicion of the coldness or cynicism that are actually her weapons.

VICTIMISM

[She](#) simulates states of pain, death, malaise and anguish in order to engender feelings of guilt, loss anxiety, depression, sadness, animosity, [Fear](#). Her ultimate aim is being able to gain more control over her systematic or occasional victim.

ACKNOWLEDGMENTS AND LINKS

The Male Question Italian Forum
<http://questionemaschile.forumfree.net/>

The Wild Male Italian Association
<http://www.maschiselvatici.it>

Claudio Risè, Jungian writer and psychoanalyst
<http://www.claudio-rise.it>

The Italian Fatherhood Portal
<http://www.paternita.info/fatherhood>