

Is someone exploiting your trust?

You are not imagining it. You are not too sensitive. There is a name for what is happening.

You feel confused and exhausted after conversations

- You question your own memory and perception
- They are charming in public, different in private
- Your friendships have narrowed since they arrived
- You feel guilty without knowing why
- Things improve just when you're about to leave
- Their suffering is always the most urgent thing
- You've been told you're "too sensitive" or "crazy"
- Your body reacts before your mind catches up

If you recognised three or more: you are not imagining it. There is help.

Run to your GP

Ask them to record it in your notes.

Start a diary

Date, time, what happened, exact words.

Tell someone you trust

"I need you to believe me."

Don't confront them

Silence protects your advantage.

Get legal advice

Legal aid is available for abuse cases.

Download free guides

See website below.

FREE CONFIDENTIAL SUPPORT

National Domestic Abuse Helpline	0808 2000 247	24 hours, free
ManKind Initiative (men)	01823 334 244	Mon–Fri 10am–4pm
Galop (LGBT+)	0800 999 5428	Mon–Fri, free
Samaritans	116 123	24 hours, free
Rights of Women (legal advice)	020 7251 6577	Tue–Fri
NCDV (emergency injunctions)	0800 970 2070	24 hours, free

THE GOOD FAITH PROBLEM

Roughly one in twenty people carry the extraction pattern. They are not monsters. They are not rare.

Your brain extends trust and suppresses doubt as a design feature – that is how cooperation works.

The pattern evolved specifically to exploit this. Your vulnerability is your humanity, not your weakness. Villages contained it for 300,000 years through proximity and community memory.

Industrial scale broke that containment. Recognition rebuilds it. You are not alone.

www.trueregard.com

Free downloadable guides · Help directory · Professional toolkits · Support resources

The Extraction Pattern and The Capture: How They Stole America by Vaughan Smith

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