

THE EXTRACTION PATTERN

Life After

Trust, new relationships and the
long road back to yourself

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The person the pattern tried to erase is still in there.

This guide is for the person who is out. Months or years out. Safe, mostly. Recovering, slowly. But struggling with the long tail: trust, new relationships, self-doubt, the pattern you see everywhere now that you know what to look for.

1. Trust

Your trust was exploited, not disproved. The fact that one person weaponised your good faith does not mean your good faith is broken. It means one person targeted it. Rebuilding trust takes time and it takes practice – small risks with safe people. Not everyone needs to earn your trust the hard way. Most people are not the pattern.

2. New Relationships

You may find yourself suspicious of everyone. You may find yourself falling for the same pattern again – because the pattern targets the same wound. Both are normal. Neither is permanent.

The warning signs you know now are your protection. Charm that arrives too fast. Investment that seems disproportionate. Questions about your vulnerabilities that feel like reconnaissance rather than interest. Your body will tell you before your mind. Trust it.

When you do meet someone healthy, it may feel unfamiliar. Calm feels boring after chaos. Reliability feels suspicious after intermittent reinforcement. Kindness without agenda feels like a setup. This is the recalibration. It means your system is adjusting to something genuine. Give it time.

3. Seeing the Pattern Everywhere

Once you know what to look for, you see it in colleagues, friends, public figures, family members you hadn't examined before. Some of this is accurate recognition. Some of it is hypervigilance. The test: does the pattern repeat across contexts, across time, across different relationships? Or are you looking at someone who is simply difficult?

If you find yourself recognising the extraction pattern in everyone around you, stop. The problem is more likely your filter than your environment. Most difficult people are just difficult. Normal human variance. The framework is a recognition tool, not a universal explanation.

4. The Bitterness Trap

The anger is legitimate. What happened to you was real. But bitterness is the pattern's last weapon. It keeps you attached to the person who harmed you. It consumes energy you need for rebuilding. It changes how people see you. Fierce protection with maintained dignity. That is the line.

Forgiveness is not required. Understanding is not the same as forgiving. You can comprehend the architecture without absolving the architect. What matters is that the anger stops running your decisions.

5. The Unexpected Gift

Something happens after the worst of the recovery: you discover that you see things other people miss. Patterns in organisations, in relationships, in public life. You recognise what most people cannot. This is not paranoia. It is competence. The worst thing that happened to you produced the most useful thing you know.

You are harder to fool. Not cynical – calibrated. Your trust is no longer blind, but it is still generous. That generosity is yours. The pattern didn't take it.

Where to go next

If you are in immediate danger: call 999 or the National Domestic Abuse Helpline on 0808 2000 247 (24 hours, free).

Free guides at www.trueregard.com: The Good Faith Problem · Recognising Covert Narcissism · Waking Up · What Is Happening to You · Family Court Survival Guide · Personal Protection Toolkit · Professional Toolkits.

The full framework: *The Extraction Pattern* and *The Capture: How They Stole America* by Vaughan Smith. www.trueregard.com/the-books.

Share this. The pattern survives through isolation. Every copy shared rebuilds the grandmother.

THE EXTRACTION PATTERN

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The five per cent who design extraction. The ninety-five per cent who live inside it. The architecture that could contain it.

THE CAPTURE

Vaughan Smith

How They Stole America. The extraction pattern captured democracy, economy, healthcare, media and accountability – domain by domain.

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