

THE EXTRACTION PATTERN

# Personal Protection Toolkit

Daily tools for recognising and documenting extraction patterns

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## CONTENTS

Pattern Journal · Morning Check · 48-Hour Challenge · Weekly Synthesis

Four practical worksheets for daily use. Thirty seconds to three minutes each. The accumulation reveals what individual incidents obscure.

Vaughan Smith

Author of The Extraction Pattern and The Capture: How They Stole America

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Person C: \_\_\_\_\_ entries

**Pattern emerging:** \_\_\_\_\_

**Notes:**

One entry is data point.

Ten entries show pattern.

Fifty entries become evidence that defeats gaslighting completely.

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# THE EXTRACTION PATTERN

## Morning Check

Three minutes. Before phone. Before email. Before the day begins.

Complete each morning before checking devices. The practice strengthens recognition capacity through daily repetition. Keep completed sheets for pattern review.

Date: \_\_\_\_\_

### 1. Who extracted yesterday?

Name(s): \_\_\_\_\_

What happened: \_\_\_\_\_

\_\_\_\_\_

### 2. What patterns were visible?

Reality rewriting

Credit theft

Triangulation

Guilt induction

Boundary violation

Love bombing

Hoover attempt

Crisis creation

Victim posture

Gaslighting

Silent treatment

Rage

Other: \_\_\_\_\_

### 3. What did my body detect that my mind dismissed?

Physical sensation: \_\_\_\_\_

What I told myself instead: \_\_\_\_\_

What it probably meant: \_\_\_\_\_

### 4. Who validates my reality today?

Name: \_\_\_\_\_

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How I'll check in: \_\_\_\_\_

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**5. Any boundary I need to hold today?** \_\_\_\_\_

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*Three minutes invested. Recognition capacity strengthened.*

# THE EXTRACTION PATTERN

48-Hour Challenge

Start where you are. Use what you have. Begin now.

Started: \_\_\_\_\_ (date/time)

Complete by: \_\_\_\_\_ (48 hours later)

## HOURS 1-4: Calculate Your Extraction

Monthly income (after tax): £ \_\_\_\_\_

Monthly extraction (payment beyond value received):

Category	Amount
Rent/mortgage interest beyond property value	£ _____
Bank fees and charges	£ _____
Insurance beyond actuarial risk	£ _____
Unused subscriptions	£ _____
Hidden fees (utilities, phone, internet)	£ _____
Credit card interest	£ _____
Payday loan costs	£ _____
Other extraction: _____	£ _____
<b>TOTAL MONTHLY EXTRACTION</b>	<b>£ _____</b>

Extraction rate: \_\_\_\_\_ % (Total extraction ÷ Monthly income × 100)

## HOURS 5-8: Identify Your Three

### PERSONAL EXTRACTOR

Name: \_\_\_\_\_

Primary pattern (Cold / Grand / Hidden / Chaotic): \_\_\_\_\_

How extraction manifests: \_\_\_\_\_

### PROFESSIONAL EXTRACTOR

Name/Role: \_\_\_\_\_

Primary pattern (Cold / Grand / Hidden / Chaotic): \_\_\_\_\_

How extraction manifests: \_\_\_\_\_

### INSTITUTIONAL EXTRACTOR

Organisation: \_\_\_\_\_

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How extraction manifests: \_\_\_\_\_

## **HOURS 9-16: Begin Documentation**

### **First pattern journal entry:**

Date: \_\_\_\_\_ Person: \_\_\_\_\_

Physical response: \_\_\_\_\_

Pattern type: \_\_\_\_\_

Morning check commitment: I will complete the morning check tomorrow at \_\_\_\_\_ am

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## HOURS 17-24: Find Your Coalition

Three people I'll share this framework with:

1. Name: \_\_\_\_\_ Relationship: \_\_\_\_\_

2. Name: \_\_\_\_\_ Relationship: \_\_\_\_\_

3. Name: \_\_\_\_\_ Relationship: \_\_\_\_\_

**Responses received:**

Person 1:  Relief/Recognition  Defensive dismissal  Neutral  Not yet shared

Person 2:  Relief/Recognition  Defensive dismissal  Neutral  Not yet shared

Person 3:  Relief/Recognition  Defensive dismissal  Neutral  Not yet shared

Coalition forming with: \_\_\_\_\_

## HOURS 25-32: Research Your Exit

**PERSONAL EXIT - If I had to leave this relationship in 48 hours:**

Where would I stay? \_\_\_\_\_

Do I have access to my own money?  Yes  No  Partially

Important documents secured?  Yes  No  Partially

Gap to address: \_\_\_\_\_

**PROFESSIONAL EXIT - If I had to leave this job in 48 hours: Is my CV current?**  Yes  No

Financial runway (weeks/months): \_\_\_\_\_

Gap to address: \_\_\_\_\_

**INSTITUTIONAL EXIT**

Can I switch providers?  Yes  No  Researching

Exit cost: £ \_\_\_\_\_

Gap to address: \_\_\_\_\_

## HOURS 33-48: Set One Boundary

Extractor chosen (most containable): \_\_\_\_\_

Specific boundary I will set: \_\_\_\_\_

\_\_\_\_\_

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When I will implement: \_\_\_\_\_

**BOUNDARY OUTCOME**

Date implemented: \_\_\_\_\_

What happened: \_\_\_\_\_

Their response:  Accepted  Tested  Escalated  Redirected

Boundary held:  Yes  No

What I learned: \_\_\_\_\_

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**CHALLENGE COMPLETE**

Date/time finished: \_\_\_\_\_

Extraction rate calculated

Three extractors identified

Documentation begun

Coalition forming

Exit researched

One boundary set

*The 48 hours weren't the work. They were the beginning.*

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# THE EXTRACTION PATTERN

Weekly Synthesis

Five minutes. Sunday evening. Review what the week revealed.

Week of: \_\_\_\_\_

## SECTION 1: Pattern Journal Review

Total entries this week: \_\_\_\_\_ Frequency by person:

Person	Number of Entries	Primary Pattern

Who appeared most frequently? \_\_\_\_\_

What does the accumulation reveal? \_\_\_\_\_

## SECTION 2: Morning Check Review

Days completed: \_\_\_\_\_ / 7 Recurring

physical responses:

- Stomach tight       Chest heavy       Racing heart       Exhaustion  
 Confusion       Anger       Freeze       Urge to flee

Most common trigger: \_\_\_\_\_

Body signal I dismissed most often: \_\_\_\_\_

## SECTION 3: Reality Anchoring Review

Emails sent to self this week: \_\_\_\_\_

Any attempts to rewrite documented reality?  Yes  No

If yes, what happened: \_\_\_\_\_

## SECTION 4: Coalition Check

Reality checks completed this week: \_\_\_\_\_

Who validated my perception? \_\_\_\_\_

Anyone who dismissed or minimised? \_\_\_\_\_

Coalition strength:  Strong  Adequate  Needs building

## SECTION 5: Boundary Review

Boundary	By Whom	Held?	Notes
		<input type="checkbox"/> Yes <input type="checkbox"/> No	
		<input type="checkbox"/> Yes <input type="checkbox"/> No	
		<input type="checkbox"/> Yes <input type="checkbox"/> No	

Boundaries that need strengthening: \_\_\_\_\_

## SECTION 6: Response Level Assessment

Person	Current Level	Appropriate?	Adjustment
	<input type="checkbox"/> Grey Rock <input type="checkbox"/> Low Contact <input type="checkbox"/> No Contact	<input type="checkbox"/> Yes <input type="checkbox"/> No	
	<input type="checkbox"/> Grey Rock <input type="checkbox"/> Low Contact <input type="checkbox"/> No Contact	<input type="checkbox"/> Yes <input type="checkbox"/> No	

## SECTION 7: Week Ahead

Priority boundary to hold: \_\_\_\_\_

Reality anchor I'll definitely create: \_\_\_\_\_

Coalition check I'll complete: \_\_\_\_\_

One thing I learned this week: \_\_\_\_\_

**Monthly Note:** At month end, review four weekly syntheses together. Patterns visible weekly become undeniable monthly.



# THE EXTRACTION PATTERN

Vaughan Smith

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

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# THE CAPTURE

Vaughan Smith

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

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