

## **CONTENTS**

|    |                                |     |
|----|--------------------------------|-----|
|    | Introduction                   | 1   |
| 1  | Why Another Book?              | 7   |
| 2  | Three Wise Monkeys             | 21  |
| 3  | The Aftermath                  | 41  |
| 4  | No Contact                     | 59  |
| 5  | The Reality Check              | 83  |
| 6  | Erase, Re-Install, Reprogramme | 109 |
| 7  | Why therapy?                   | 133 |
| 8  | Dealing with Future Dramas     | 149 |
| 9  | Finding Love Again             | 189 |
| 10 | Trusting your Intuition        | 209 |
| 11 | Leaving Pathology              | 223 |
| 12 | Moving On                      | 239 |
|    | Notes                          | 265 |
|    | Recommended Reading            | 271 |

## **Three Wise Monkeys**

Before I wrote *Darks Souls* and met the man I call “Oliver” in the book, I was definitely one of the Three Wise Monkey Brigade. For those who don't know the history behind the proverb, Three Wise Monkeys, it literally means "three monkeys," sometimes called the Three Mystic Apes. They are a pictorial maxim. Together they embody the proverbial principle to "see no evil, hear no evil, speak no evil." The three monkeys are Mizaru, covering his eyes, who sees no evil; Kikazaru, covering his ears, who hears no evil; and Iwazaru, covering his mouth, who speaks no evil. Sometimes there is a fourth monkey depicted with the three others; the last one, Shizaru, symbolizes the principle of "do no evil." He may be shown crossing his arms.

Along with various meanings ascribed to the monkeys, depending on cultural backgrounds, the proverb includes associations with being of good mind, speech and action. In the Western and Italian culture the phrase is often used to refer to those who deal with evil by looking the other way, refusing to acknowledge it, or feigning ignorance.

Up until recently we have all been guilty of turning a blind eye to immoral bankers, corrupt governments, etc.. It's only now that things are starting to slowly change and people are starting to wake up. We certainly live in a culture whereby up until recently most people had their heads in the sand when it came to exposing what we now see as bad deeds or evil doings. Today, "see no evil, hear no evil, speak no evil" is commonly used to describe someone who doesn't want to be involved in a situation, or someone who wilfully turns a blind eye to the immorality of an act in which they are involved.

Society has also been used to turning a blind eye unless someone else is willing to whistle blow and take on the role of the scapegoat. Often the repercussions of such actions make it difficult for people to speak up, least of all having the shame of having a “victim” label tattooed across one's forehead. The Italian version, "Non vedo, non sento, non parlo" (I see nothing, I hear nothing, I say nothing), expresses the Omertà, a code of silence enforced by criminal organizations like the Mafia, 'Ndrangheta and Camorra. This is one of the reasons why abuse of power has prevailed for so long. Unfortunately, this has so often been the mentality of people who have grown up with childhood abuse. Up until recently, this is also the mentality of mainstream media.

In defence of society as a whole, how can anyone know what is dangerous unless someone first points out there is danger? The word "Psychopath" appears to have been a buzzword for the last couple of years. The way in which psychopaths are portrayed in the media still gives us a false impression. News headlines such as “*Boy Psychopath 16 Murders Girlfriend 15 for Free Breakfast*” and “*Psycho killer 26 years on...he gets life for 4 brutal shotgun murders*” does nothing to raise awareness of psychopathy. They may well be psychopaths, but it still gives the false impression that all psychopaths are murderers.

Awareness of psychopaths on the internet suddenly shot up in June 2011 according to Google statistics with the headline “Beware the Workplace Psychopath” citing an incident where a victim had been bullied by a work colleague.

It's through education that people can start to learn what a psychopath is. Sadly, it's through direct experience that many of us educate ourselves. I may be making a huge generalization here but my guess is most people who read books on psychopaths and personality disorders are:

1. Victims
2. Psychology students
3. Those individuals interested in the human mind and what makes people tick
4. Those individuals with the personality disorder themselves who may want to try and change their

behaviour

5. Those insidious psychopathic individuals who in their search to find more “tools” may hope to learn a few more tricks to abuse people

When I wrote *Dark Souls*, an email arrived from a man asking if there were any “tips” in my book on how to manipulate people back. In fact, one of the forums that is run by sociopaths did a long post on empathy and suggested they were sick and tired of reading books by victims referring to them as “stupid empathaths.” They further went on to say what they really wanted to read was a book on “how to get back at a sociopath.” Although we may want to get revenge on them, the best revenge is to become educated, learn how to spot them, leave them, and move on with our lives and be happy, otherwise we become no better than them.

As far as healing is concerned, it's hard enough trying to find a professional therapist that even has any knowledge about personality disorders let alone one that will even believe you. When I was with Oliver, I had some brief counselling with a therapist who I had also gone to see when I first split from my husband. In essence, his advice was quite helpful.

When I returned to see him with Oliver as a couple, he described Oliver as “submissive” and a reasonably nice guy (he was still married at the time,) and suggested that if I changed my behaviour by accepting the situation as it was, since he was clearly not ready to leave his wife because of his young children, we could work things out. At the time we were seeing the counsellor, my ex had just had a dose of cancer, which as most people know in the book, turned out to be non-existent. After Oliver made some excuses as to why he could no longer go, and I continued for a few sessions on my own, I got the impression he didn't quite get that something was wrong with the relationship and stopped seeing him. It was only through further therapy with a therapist who really understood personality disorders that I was able to extricate myself away from the relationship.

Recently, I applied for a degree course and was surprised to find that the same ex counsellor works at the same college. He teaches courses for post-graduate nurses and professionals in personality disorders. What shocked me the most is personality disorders are not even covered on the course. No wonder most people who go to therapy don't stand a chance when they tell their therapist what's been happening to them. Often the therapist has no understanding and worse they won't even believe the victims if their abuser is a master manipulator.

In the interview were two women, and when I was asked what my motivation was for wanting to take the course, I explained I had been in a relationship with a psychopath. They gave me the third degree, asking me lots of questions. I also told them I had been a client of the man who taught their post-graduate courses. They asked how much counselling I'd had and who else I had been to see, and I replied I had lots of counselling both in India and with a man called John Nutting. I explained that one of the reasons I was taking the course was because many therapists have no concept of personality disorders, and having seen the damage they did to victims, I wanted to change that concept and educate people and use it in the work I was already doing to help support victims.

Dr. George Simon talks about this to some degree in an interview I did with him on You Tube when he described colleagues walking out of his lectures when he first published *In Sheep's Clothing*. They didn't want to change their old model of doing things. I explained that he used voice dialogue to help victims and through voice dialogue and with the help of John Nutting who understood personality disorders, I had managed to break free from a relationship. While interrogating me about the therapies I had, they started asking me whether or not the therapy I received had been accredited or not. Interestingly enough, the therapy I had received in India was from a man who has over 30 years experience in counselling and more than 25 years experience dealing with PTSD and used a method called TIR Trauma Incident Recovery, but because both his methods and Voice Dialogue which John Nutting used were not the same as the ones they taught at the college, they implied that if it didn't fit into “their model,” it was of no use.

A week later when I received my refusal letter on acceptance to the course, I called Dr. George Simon and told him what had happened. I said, to some degree, they probably didn't like some of the answers I had given in the interview, but I wanted to be honest. He said he wasn't surprised in the least that I wasn't accepted for the course and that goes back to the “old” model of counselling whereby therapists think the neurotic person needs to change their behaviour, and it's actually something we have done wrong. It's one of the reasons why victims have trouble finding good therapy, because they end up feeling what happened to

them is their fault.

For anyone who has been in a relationship with a personality disordered person, it can take many years before the penny finally drops and the victim “gets it”, that it wasn't actually their fault. Victims may also have to accept that unless they get good therapy or have a network of friends who have been on the receiving end of understanding pathological abuse; it really is a case of the monkey syndrome. Unless someone has experienced directly having shit dumped on their doorstep, no one is really interested. People may notice there's a certain smell around and that something is wrong, but nine times out of ten they don't want to know and will walk away. When the shit lands directly on their own front door, and they, too, become a victim, they can no longer remain in denial. It's far easier to hold one's nose, cover your eyes and pretend it's not there but not easy when it's landed right on your doorstep and you've trodden in it.

Many of the readers who have read *Dark Souls* who wrote to me personally have come from similar backgrounds as me. They have either grown up with pathological parents or are highly empathic. They may be co-dependants, or may have so many traumatic bonds from the past to dysfunctional relationships that mimic the psychopathic bond which make them susceptible to a psychopath. For their own healing, they may have needed to re-enact out one more “story” until they “the victims” finally “get it,” realized the connection, and left the relationship.

For those who did finally get it, I've put in a few quotes from some of the emails I have received over the last two years. Names have been changed where necessary to protect their identity:

“I, too, am an empath. It was actually my 24 year old son who gave a name to what we both were. Being an untrained empath kept me caught up in my toxic relationship for years because of my high level of compassion and understanding and patience and belief that all people have good in them and some just need help to find it and let it grow. Of course, I now know that some people are indeed without a soul, without a conscience, and we should run away from them as fast as we can and not even give consideration to the thought of “helping” or “befriending” them because they will completely and intentionally destroy us.”

*From a woman in USA*

“The NPD relationship in my life is my mom, so this is not something that I can end, as in a marriage or love relationship. But the tools I am learning have given me the POWER to deal with the relationship the best way it works for ME, not the narcissistic person.

I feel like a new woman. I feel free for the first time in my life. I feel like the door has been opened and the heavens have smiled on me! I feel I do not have to wait until my mom 'dies' in order to be myself. I have already claimed myself for myself. The pain over these 56 years has been washed away in the understanding it was NOT ME!!”

*From a woman in America*

“We are made of the same plaster cast; ex-husband (father of my son)—alcoholic. This is the hardest thing I had to realize—he NEVER LOVED ME. I am writing it and crying... It hurts most. We were not loved women but VICTIMS of VIOLENCE. We were only OBJECTS.”

*From a woman in Poland who now runs a blog for victims of psychopaths*

“I don't understand why they are upset unless they were like me years ago and refused to believe in evil, or they never experienced this at all because to me they are evil. I thought people were good.”

*From a woman in the states who has had severe childhood sexual abuse and had been diagnosed with Dissociative Identity Disorder.*

Since psychopaths are adept at knowing exactly which buttons to press on their victims, her ex-psychopath uses this emotional back door as a way of triggering her by using date rape drugs and paralysing

her. The woman had been diagnosed with DID from previous childhood abuse. While he brought in other women to have sex with, he made her lay there and watch and then when she tried to recall memories about it later, he told her it was “all her imagination.” She was locked in the house for weeks with only computer access, and he threatened to kill her when she wanted to escape. After a number of email exchanges where I warned her to leave immediately, she is now living in a safe house.

“I know he is dangerous and harmful for me, yet I am hurt by his lack of contact and by the fact I will probably never see him again.

Walking away from him without looking at him or turning back was one of the hardest things I have ever done. I am still haunted by the fact I feel like a bitch for doing this, even though I also felt very powerful doing this.

I am still struggling with the feeling the breakdown of the relationship and our current situation is my fault.

On top of this, I have my feelings about my husband to work through as well, who has just been diagnosed with Avoidant Personality Disorder.

A huge revelation for me, from reading your book, was that certain immediate family members are narcissistic (my father and one of my sisters.) I had never ever thought this to be the case and even now it is a bit of a shock. I also realize my whole childhood was spent tending to the emotional needs of my parents and their histrionic, roller-coaster, dramatic and unhealthy relationship.”

*From a woman who had an affair with a seductive psychopath*

“I have over the last 30 or so years almost turned myself into a human Pretzel, to “make up” to my girls for having to leave. I was consumed with false guilt, and of course, they capitalized on this, big time! She lies all the time, is a con artist, a user, has no empathy, no conscience, no compassion, no humour, no remorse. She is now 46, is a clever girl, but no sense at all.

Over the last 5 or 6 years, I have given her well over \$10,000 to try to help get her out of her self-induced credit card debt. Last time I spoke to her (two years ago) she was still owing over \$26,000, had lost her flat, had stolen \$62,500 from her employer and put it through the books of another company, and then into her bank account. She has no scruples, no morals and seems to be totally oblivious to the mayhem she creates in everyone's lives.

My other daughter, now 44, I haven't seen in almost 18 years. The “Mother in Law, who bought them a 4 million dollar home, pays all the bills, and the school fees at the expensive college that older kids go to.

Over the last year, I have bought and read every book I can lay my hands on about sociopaths and psychopaths and the games they play. I have learnt a lot, the most important lesson being Total No Contact. It's very hard to do with your own adult kids, but so necessary for my emotional, spiritual, physical and financial survival.

I'm getting there, but it's still hard! I'm finding it hard to forgive them, but most of all forgiving myself for getting used and abused by these sick toxic individuals for so long.”

*A woman in Australia*

“A very painful lesson; however, I can confirm I have certainly learnt more out of this experience than anything else combined in my lifetime. I am not sure if the above is true, but I like the sound of it and it feels good, so I have accepted this as true for me.”

*A woman in New Zealand*

Above are just small selections of some of the stories I receive from people on a daily basis. Intimate stories shared by survivors of abusive relationships that would break most people's hearts. They range from a woman who lost nearly £1m to a woman who has been on the run for nearly six months because her husband

tried to take a hit out on her. A woman in Mexico who had no choice but to run away from her disordered ex due to being stalked and harassed, and he is now in a Canadian prison for abducting her son. I have also spoken to men who have been in relationships with disordered individuals.

Different stories—same outcome—chaos, hurt, pain, manipulation and total annihilation at the end of the day but most ending on a positive note, enlightenment and deep sense of relief that it wasn't their fault. Many, if not all, are strong educated women and men who fall for their charm and get exploited. Yet, as victims, we berate ourselves for being so stupid and falling for it. And, yes, men do fall prey to *Dark Souls* too.

Since I wrote *Dark Souls*, a number of other books have been published, notably George Simon's second book, *Character Disturbance* and Donna Anderson's, *Red Flags of Lovefraud*. More and more authors are coming along sharing their own victim stories. Books such as Sarah Tate's, *Web of Lies* and *Renaissance*, and Claudia Miscovici's, *Dangerous Liaisons* which are written as novels to appeal to a wider audience although both are based on real experiences. In my humble opinion, the more people who write about these disordered individuals to raise awareness the better.

People may read books from targets of psychopaths like mine with an amount of intrigue and interest and feel a certain amount of empathy especially if they have been on the receiving end themselves. Some may even say things like “she had it coming, why was she so stupid,” and yet the general population is being manipulated by psychopaths every single day of the week without even knowing it. The problem is so many psychopaths have felt so invincible for so long they thought they could get away with anything without anyone noticing. I believe the time has come for things to change.

*I am Fishhead*, a new movie with contributions by Robert Hare and Dr. Babiak, both experts in the field of psychopathy, has just been released this year. The film explores the correlation between psychopaths and those who have become almost sociopathic by enabling their behaviour. It's an excellent film and comes up with a few solutions including why we have become so apathetic. It also explains why those who see evil around us now should speak up and say no and not stick our heads in the sand and pretend it doesn't exist. We also need to start taking responsibility for our own part in this psychopathic world we live in, a world where we may have colluded or lived in denial, where Wall Street bankers and the like have robbed millions of people of their hard-earned cash and homes and where corruption thrives in the system like a virus.

It goes on to say “it's our job to help amplify your silent voice and it's your job to take action and say this is wrong! ...so imagine the most charismatic handsome person looks you in the eye and says you can “save the world...” The advantage of being in a “herd” is when as few as 5 to 6 percent of the population becomes aware of danger nearly EVERYONE becomes aware. How close are we to the 5 to 6 percent and what will YOU do?”

Many victims of abuse have kept silent for far too long. Those like myself who decided to speak up and educate people about them haven't done it because it was fun or to get revenge on our psychopathic ex-partners. On the contrary, the amount of headache I have had by merely putting up the website and dealing with stalking from my psychopathic ex alone would be enough to put anyone off wanting to even bother writing a book in the first place, let alone finding time to do posts in my spare time when I am not working to pay off the bills I was left with.

What motivated me to write the book, my blog and my website and get the message out is the same as it was back then. I remember someone asking me why I wrote it. I said “If I can help half a dozen women not have to go through what I went through, I'll have done my bit.” Maybe not much in some people's eyes but imagine those half a dozen women educating another half a dozen and so on. It's because of that ripple effect people like me and others continue to plod along writing our posts and writing even more books about our experiences with sociopaths and psychopaths that eventually the word will spread amongst the mass population.

After all if people don't know what they are dealing with; how can they deal with it?

### ***Evil really does exist but what can we do about it?***

Along the theme of “I am Fishhead,” there are many people like myself “doing their part” but I think the time has come for more conscious people to start working together and upping the volume so the masses start to hear what we have been saying and find a solution. Those who do bad things need to begin getting

exposed, and we need to stop enabling their behaviour. It's all very well blaming the abusers and putting labels on people by saying they are psychopaths but where is the responsibility on everyone else to change. Sure, in the past the main responsibility has been for victims to seek help after being victimized but perhaps there is more to it than that.

Psychopaths can be found anywhere and as more and more people take responsibility that the 5 or 6 percent who become aware increases as they expose wrongdoings such as corruption in governments, banking systems, corrupt religion leaders and so on. The more all of us do this and band together, the more corruption can change.

Just because you haven't had the misfortune of actually sleeping with the devil, or have them shit on your doorstep, doesn't mean you're not having an indirect relationship of sorts with a psychopath right at this very moment. Millions are being indirectly screwed right before their very eyes! This is a direct experience that will have a lasting impact for the rest of your lives and generations to come if awareness of psychopaths does not change.

People are now beginning to realize they are already having a "direct" experience with at least one psychopath in their lives either through the banking system or through their workplace environment, and it's only a matter of time before it will become "their business, too" when the world economy collapses. It's not necessarily because they were "stupid" enough to fall in love with one or get into bed with one.

It's then that everyone will start screaming "wolf!"

People are becoming more aware, but as Dr George Simon who wrote *In Sheep's Clothing* said in an interview he did about those lacking in conscience:

"Sarah, if I might interrupt. Take heart, take heart. This is why we will necessarily wake up. The only question is how late it will be but this is why we will necessarily wake up. There is a most disturbing mega trend. It's worldwide in free societies. The trend is that the responsibility hoisted upon the backs of those who are already responsible grows exponentially daily.

People who are relative neurotic, conscientious, and take their responsibilities seriously are asked to do more and more to make it all work every day. Those who do not take responsibility get away with more and have less actual responsibility placed on them every single day. This trend cannot continue! It will not continue. Nature has built-in safeguards against that kind of thing happening for very long. At some point the people who are carrying the world on their shoulders will say, Enough. They will say that. And they will say about those who will not take any responsibility, they will insist they finally step up and do their fair share. It will happen. The question is, the only question is, how bad is it gonna have to get before that happens?"

Those of us who have been victims or are "in the know" have known something was really fishy for a while now and yet up until recently no one really gave a damn because the smell wasn't right on their doorstep. What's interesting is that psychopaths are just part of a bigger picture. One of the reasons I contacted Dr. George Simon and asked him to contribute to this book is because it's all very well to say a person you were with might be a psychopath but what of all the other people who are being exploited and manipulating every single day. Surely they cannot all be psychopaths and does that make their behaviour excusable? Or is it up to victims to change themselves and not be victimized. Whatever person you are dealing with whether they be a narcissist, sociopath, psychopath or just a covert aggressive, the tools in this book are here to help you to empower yourself to move on from what is essentially an abusive relationship.

I would like to think of myself as a very spiritual person and many people who have had a relationship with a psychopath say that if it was not for the Psychopath they would not have had some kind of spiritual wakeup call. Not in the sense they spend the rest of their lives joining the three monkey brigade, but as a result of what happened to them they became more compassionate with themselves and wiser. Perhaps the hidden fourth monkey which is "do no harm to others" is the part of the puzzle that is missing because we need to start educating ourselves and others and teaching people psychopathic behaviour is wrong.

With so many things in the news about 2012 and a global shift happening on the planet, I am left wondering if this is a global shift of consciousness, a paradigm shift of the old way of thinking, or is it merely as George so eloquently puts it is "nature's way of making us all more aware."

For those of you reading this book, you are probably a survivor of a pathological relationship. You have probably already read every book on the planet about psychopaths and narcissists in your search for answers and some kind of healing. In my first book, I used the word "victim" and "target" to describe the people who these individuals abuse, and go to great lengths to look at the backgrounds of the victims and why they may choose certain victims over others. The bottom line is a psychopath can target anyone. The term "victim" describes a person who is tricked or swindled; duped or conned. It also implies a person who suffers injury, loss, or death as a result of a voluntary undertaking which is one of the reasons Lovefrauders (a website called Lovefraud.com that supports victims) uses the word "target" and not victim. None of us chose to be victimized voluntarily, even though we may have had some trauma in the past that helped get us into the relationship in the first place.

In this new book, I prefer to use the term "survivor" because it takes the victim out of victim mentality. To some people the word "survivor" isn't the right nomenclature either because it implies they were some kind of hero. However, I have used this word because it focuses on the fact we are alive or in existence despite hardships or trauma. Even if we were to meet another psychopath again, given the right tools we will, hopefully, never again become a victim. Prior to writing this new book, I believe I have been in survival mode. It's now the healing has really begun.

Having spent nearly two years out of relationship with the man I call "Oliver," in hindsight, I look back and think perhaps I rushed things and should have taken more time before publishing the book. I made mistakes rushing to get it published with errors which I later rectified, but I did it with a passion to get my message out there. I questioned my own sanity at the time of writing it and even at one point thought perhaps I was wrong and my ex wasn't even disordered at all. I didn't realize until nearly two years on having dealt with his ongoing stalking campaign how disordered he actually was.

I recently returned from Turkey with my son and while I was there, there was an earthquake. Thankfully, we were miles away from the epicentre. Being an intuitive empath, what was noticeable was the night before I was up all night and could not sleep. I felt like something was wrong as I lay in the hotel bed all night tossing and turning. In the past, I have always known when something was about to happen be it a death in the family or bad news the following day, but I am not always able to pinpoint exactly what it is. I can only describe my feelings and bodily sensations as my internal radar was on alert. The following morning I turned on the news and there had been an earthquake. When I first met my ex, I remember having this same feeling. They say when you meet a psychopath the hairs on the back of your neck stand up. In my ignorance, I mistook this for sexual excitement. It's not; it's nature's way of telling you that you need to run away from this person as quickly as possible.

With much reflection and hindsight over the last year or so, I can only describe a relationship with a psychopath as being nothing short of an earthquake. You end the relationship, go into survival mode thankful that you got out alive and sane in the process, and then it is a matter of clearing up the emotional, financial and spiritual debris for months and years after. It's a life changing event that will shake the very foundations of your being and soul. Out of all the turmoil you come out of it a survivor, much stronger and wiser with an internal earthquake radar that works. Animals know when there is an earthquake and learn to move out of danger immediately. It's called intuition, and you may have ignored it in the past but you learn to trust it always so you avoid having a relationship of inevitable harm or worse one of earth-shattering proportions.

Up until recently, no one really believed there was such a thing as a psychopath. They were just mythical creatures from horror stories that killed people. Although *Dark Souls* may have shattered some people's fairy tale illusions that "All people have some good," I still do believe in some *mythological* creatures. I may not believe in the tooth fairy, or they should have hidden the fourth monkey, but some *mythological* beasts really do exist.

During the last few years I have realized that one of them is a beautiful animal that comes to our rescue in times of extreme adversity. It has beautiful coloured wings and is able to overcome all manner of obstacles even risking its own life. Out of the ashes of its own pain, it will awaken into a new spiritual and physical re-birth. It is called the Phoenix. Unfortunately, it takes an interaction with a *mythological* psychopath to resurrect the mythological part of ourselves we also thought never existed. Because in their efforts to destroy us the psychopath unwittingly ignites the flames of our Phoenix spirit and teach us how to fly.

Some of you may be shocked by some of the things I speak of in this book and the strong language I use. In the past I would have stayed silent and been the little mouse that said nothing, however, I make no apologies for my writing style because sometimes it takes strong language to get a point across. This new



book, while not addressing the *character-disordered* individual so much as in *Dark Souls*, will focus in more depth on the practical, spiritual and emotional ways in which a survivor can empower themselves to really move on with their lives and deal with the aftermath of such a life-shattering event and ensure you never have a “three wise monkey” moment again. It will also teach you ways to engage the fourth wise monkey that no one wanted you to know about which involves not colluding in their games by doing no harm unto others especially yourself. The book will allow you to stay in tune with your internal radar system, trust your intuition, enjoy positive fulfilling relationships in the future and learn to trust yourself again.