



VAMPIRE HUNT

*manipulation in interpersonal relationships
and groups*



{FREE}

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THE PROJECT

This zine is just a blurb, at the state of larva. Please send an email at manipulationhunt@yahoo.co.uk so you'll get the new versions of the zine !

This blurb is mostly about vampires but the next versions will cover the topic more widely : manipulation techniques, stories of radical groups, manipulation from cops, what to do when we have to deal with it collectively, etc.

Even a french version of it has been started. It might be slightly different from the english one.

And I hope to get lots of feedbacks so we can make these new versions richer of diverse approaches to the topic. So please, send your questions, stories, or thanks (it's always good to know people read it).

Also, please check the blog for updates, links, and details :
==> manipulationhunt.wordpress.com <==

And if you need any help, don't hesitate to ask me.

manipulationhunt@yahoo.co.uk

The same way I would advise people to investigate what's in their food, I would advise people to investigate what's in their relationships. Especially if they are not great.

It's easy to get bad quality psychology around, in the pub, feminine magazines or in University. Or to get hallucinating interpretations of people's feelings and attitudes through psychoanalysis. Here we're just going to speak about something that everyone can see, rationalize, and experience everyday if they're unlucky.

However, I might be referring to the work of professionals like psychoanalysts etc. Just take what you like and leave the rest.

We experience manipulation all the time. Through medias, of course, but this topic has been treated a lot already so I won't do it. Through interpersonal relationships, especially with people close to us. In groups. In institutions, with teachers, cops, bosses...

I'd like to speak about all of them. And try to find answers to that.

This booklet is designed especially, but not exclusively, for people who get involved in community based projects or radical politics, and who, therefore, can face surprising levels of manipulation.

Is everyone really here to help ? To bring change ? That's what this text will be about. And I think we really need to bring that issue in our groups.

So please learn to speak and raise your voice !

What's manipulation ?

Someone is being manipulative when they make someone do something that they wouldn't have done by themselves. Of course, they can also convince them that they did it by their own will.

But it implies more than that and they can be really dangerous and bring people to suicide. They are poisonous people you have to stay away of. It can be a question of survival.

The three kinds of manipulation (cf J. Regard)

Positive manipulation

The intention is good. Example : a surprise Birthday party .

Egocentric manipulation

It serves selfish interests. The person doesn't really care about its consequences. Example : « I will pay you tomorrow ».

Pathologic manipulation

The intention is destructive and has a narcissistic and paranoid character. Some call them sociopaths, I call them *vampires*. This paper will focus on this specific kind of manipulation.

I have started a vampire hunt. And hope you will join me !

VAMPIRES

For many of them, it is strongly printed in their *identity*.

I could also see through my personal experience that some healthy people can behave like this temporarily, but it was probably actually when they needed to find a common language to communicate with some of them.

All their life, their identity is based on what they look like. If they are nothing to you, they don't exist. They kind of exist through you because you are their puppet. They are proud of themselves, of being so smart and able to use people so well. They sometimes betray themselves, once in 10 years (« *I am so good at manipulating!* »). If you can catch that sentence, then you're fixed !

They seem to be very strong, they can do a lot. But they are very weak inside, and I have met someone whom husband committed suicide to make the whole family feel guilty.

All that is a big drama, as all our social interactions. But how is it set ?

Vampires have targets. There is a typical victim of the vampire. With the others, they just try to look serious to them. Get their confidence. Sometimes people don't find you perfect or to their taste but still reliable. That's at least what they try to get. They also use intermediate people a lot to hide their game.

They scan you in the beginning.

How does the vampire look like ?

They don't need to have all these traits but I guess that can help you to spot them :

- *Popular* : part of a band.
- Have some sort of *power*. If they don't and you do, they can make you think they do ! Otherwise they can be a parent, a teacher...
- « *Cool* »: you want to be their friend.
- They can be *dealers* around people who take drugs, or make you start, they know it makes people dependent.
- *Resourceful* : they can do your plumbing - the same reason.
- *Charismatic*
- Most of the time, they're very *smart* and *knowledgeable*
- *Seducers*
- « *Rich* » : they might be homeless and without a penny, they will still spend and look rich. Or even better, they will make you spend for them ! They are very stingy and don't give much. When they give, they make it an event : you *deserved* it (will you next time?). But, they like to take from you, and forget to give it back. Or just steal (keeping the house that you paid after the divorce, for example).

It's hard to describe the way they look or they dress. They can be of very different social classes, belonging to very different groups. But after you meet a few ones, you will see their common points.

They might seem rebellious sometimes in their speech, they *always look good*. Conformist, they won't stick out. Or if they do, it's to be fabulous. They can also have dramatic

attitudes that make them look like they are the leader.

So basically, they really master their look so they don't stick out of the crowd too much (they're scared of looking crazy or inappropriate) but they can still bring attention to them sometimes (or often – some are more discreet, some are more eccentric), and that happens *only* in a positive way. They can be good seducers too, but smart ones, they don't want to look superficial. They might even not look that great, they will often have some sort of charm.

To conclude, you can't spot them with a glance. It would be too easy. They spend their life acting and hiding. What's just described here is that they are more normal than the most normal person you've met.

Maybe try to spot bad manipulators first so you can see their tricks. That will help you to spot the smarter ones.

Spotting them : how does it feel to be around a vampire ?

If you are particularly sensitive to them, a *good way to spot them* is actually to look at your own reactions. If you start having *intense feelings* for no obvious reason, there is maybe something going on.

The first time you meet them you feel great. You want to be their friend. They are beautiful and smart, all you dreamt of for so many years. And you would do anything for them. Then you start to get confused and that's when the spiral starts. One day they won't say « *Hi !* » to you, and the next day they'll be your best friend.

They love to make you feel *guilty*. That's a very

powerful tool. Here is the solution I found to that. Whenever I feel bad, I think « *It is not coming from me, where is it coming from ? Is there someone around making me feel bad ? Why ?* » etc. You will discover a lot ! Especially when people don't speak and that makes you feel awkward. Then you realize there is something odd going on. Not always but very often. Staying silent is not a 100% sign, it happened to me to think someone shy or with aspergers syndrome was one. Because they didn't say « *Hi !* » to me I thought they were trying to snob me.

Just a comment. I would say that *you should never feel like shit*. You only know who you are and how great you are so don't let them put into your mind that you are shit. Feeling guilty never brought anything. Even if you are (or I would say *if you were*, because it's obviously not the case), you should never ever *feel* guilty. Catholics have used it to control people for centuries. It is stopping you from having rewarding experiences and it's just a whole vicious circle. *Feel positive* and you'll be successful !

Not only guiltiness, but *fear* or *shame* are tools they are good at using. Despite what you thought when you first met them (they looked very reasonable), they can become very *violent* and *threaten* you. Anyone would be more likely to obey to someone who is threatening them.

It can be but doesn't have to be threat of death. It can be threatening you to not make you pass your exam, or even just an awkward threat in the air that will make you wonder what else they could imagine to make your life a hell !

How does a vampire speak ? And how should we react ?

One thing that helped me a lot discovering them is the way they speak. They are confusing. You never really know where they want to get. I have a passion for the language so I can tell when people don't have a grammatically correct sentence. It's not about not being educated, it's about using complicated formulations. And then looking at you with that challenging sight : « *We'll see if you got it.* ». That gives them authority. In that case for example, instead of feeling ashamed of not knowing that book, you can just say « *No, I never heard of it, is it good ?* ». One cannot know everything ! They actually do it so you focus on your weaknesses and don't really realize that they know a lot less than they are pretending to.

They like to *play* with words. They make you say what you haven't said. And if we look at it, it is the opposite of being communicating. If anyone is trying to do that, just end the discussion straight away. They might say it is your fault and harass you for a minute, saying that you are proving how much it is hard to communicate with you. Just think of your vampire hunt and smile.

Or, you always think you will get somewhere, you've defined them the whole dictionary, and they suddenly say something completely absurd that forces you to explain all from the beginning again. The same, just end that bad faith and don't listen to their insults when you do so.

They like to make you angry. Sincerely. That's how they get their joy. My brother once tried four or five times to trigger me with racist and sexist comments. He used different ones,

one after the other. I had to tell him each time : « *Why are you speaking about this ? We'll get into an argument again. Let's speak about something that we share.* » Mad.

They can also be very smart. Have good advices. Maybe they even saved your life once ? That would give you a debt towards them. Or they will know everything about your favourite topic. That gives them importance and power. They kind of scanned you when they first met you so they know what you like to hear.

The way they blur what they say can also create a mystery around them that we can find seducing.

They never finish their sentences. That leaves them an exit door for later. They can also use ambiguous terms. All that is done so they don't involve themselves too much and can come back on what they previously said.

In conclusion, prefer *clear* people. If someone is not clear, make them repeat until they say something clear. Then you will see what their true intentions are.

They also *lie* a lot. Change the reality. Re-invent things. They manage to make you doubt about really obvious things, such as what one of you has just said. You get completely confused. They like to play the smart. And see you getting upset. They actually love to trigger people.

As I said before, I have met someone who had a vampire husband who committed suicide. But also, when my uncle died, my brother tried all he could to make me feel guilty of it. He said that my cousin told him about my last [stupid behaviour], but he couldn't tell what... Fortunately, I knew he wanted to make me feel ridiculous, I knew his intentions. And I

had been very comfortable with my uncle and his family both before and after he died, so I wasn't sad or regretting anything. He had been himself the only member of the family away when the event happened. So that's what I think was his revenge, eventhough I can't really tell. He also did lots of manners to express that I was ridiculous not mourning, but then he happened to be the only one in black at the funerals.

They also *reverse roles* all the time.

At the beginning of a love story, they give all their attention. But when they know you, anything that happens to them is highly important while anything that happens to you has no importance at all. Actually, you shouldn't speak about you because you are wasting their time. But you'll have to listen to long long speeches you haven't asked for and be grateful afterwards you've listened to that holy voice.

Do vampires have ethics ?

No, they don't. But they put energy in pretending so.

They look quite rebellious because they are narcissistic and they don't want anyone to step on their foot. You might agree with them as an anarchist about the uselessness of the state and the law, or any authority that reduces their moves.

They master *your* politics and can pretend they share the same to return them against you. They like to *victimize themselves*, while real victims are not usually as proud as they seem to be (if that can be a sign). If you're into anti-oppression politics, don't let them make you feel guilty of being on the wrong side, please.

Don't think that it's out of the moral. Don't think that it

could not happen. The most they are sadistic, the most they get what they need. It is hard to imagine that people can be so cruel, but they do. Professionals say they have to project their own problems on others, like fear of abandon for example. So they will try to make you feel their own weaknesses.

How is it to interact with them ?

It changes with time. They were all you dreamt of in the beginning until they become what you fear the most.

It goes up and down. One day they will be so great, so smart. And make you compliments that will flatter you a lot. And, maybe the next time you see them, or 5 minutes later if you already know them well, after they got your confidence they will belittle you. Make you feel horrible, guilty, ashamed...

On the other hand, they don't get critics. After a while, you just end being scared of criticizing them !

When they get angry, they will remind you how ten years ago you did something. And that proves so much who you are. How bad you are. They will also find any pretext to have an argument with you if they are on a bad day.

WHO'S SUBJECTED TO GET THEIR ATTENTION ?

Their victims are usually joyful, generous, devoted, happy... They're strong, creative. They care a lot for others. They would give ten times to others what they give to themselves.

V. always runs when someone rings at the door. But when she is actually ringing, she waits 5 minutes before ringing a second time in case people were busy, to not bother them too much.

All that **happiness and creativity is what they want to kill**. Yes, that's the main thing to be aware of. Some people just like to destroy.

But there is one thing that makes the victims vulnerable, it is something they have in common with the manipulators themselves, they are narcissistic. They both have this need to be validated by others. It is a very important point because that's the thing that will rule their relationships, both of them. For all their lives if they don't change.

They'll get flattered by manipulators' compliments and then hurt while being belittled. They like to show their heart while the second ones like to show beautiful masks.

What you should do if you are being manipulated

Please, *don't blame yourself*, not this time. As I said above, you are a great person who makes other people jealous. Your weakness is just to not have enough confidence in yourself. You trust yourself, but you lack confidence.

Just be positive, and think that everything you will do now in your life will be ten times better than before because you'll be aware of that thing that had been poisoning your life until now. It is true. Get back that positive and creative energy into yourself and grow it. Fight your narcissism. Focus on what's important for you and not on what strangers think of you. Who are they to make you worry about what they think of you? If someone starts criticizing you, then it means they don't deserve you. Maybe you heard it as a kid. Well, it is true. Also don't get flattered or impressed too easily.

Read more about how to free yourself. Try to find different kinds of sources. You should also read about manipulation techniques. The next version of this zine will mention the most common ones but you can find all that on the internet or in books easily.

You should be careful of not talking too much about your weaknesses or things you regret because that could be used against you afterwards. In fact, vampires will use whatever they find to make you feel bad. But talking too much can be harmful.

Vampires are usually closed to their victims : partner, member of the family. So they mean a lot to you. You feel like you need them, while it is the OPPOSITE! They need you. Remember that what they seem to be useful for is usually not really worth it. Whether it's drugs, their house, or their supposed love, you'll honestly be better anywhere else with

anyone else. It might be difficult in the beginning, especially if you depend on them financially, but you'll feel better after a while and things will get easier. You'll obviously have a stronger picture of yourself and that will open you plenty of new doors that you didn't think of before.

One very important thing : they isolate their victims. They make you think there is only one like you in the world, who's that ridiculous. And that no one really cares about you. If you trust them, you won't dare to speak to your best friends or family anymore. and they will have more power on you. Once again, obviously, you should do the opposite of what they mean. Get in touch with family and friends, even if you think you have done something horrible. It might not be as big as your vampire is saying. They know you and your needs and can be a good support in your change of life. If they're completely fooled by the vampire too, or if they play the same kind of game, then go out and make new friends or call older friends or other members of the family. Spend as less time as possible with vampires. You can maybe complain for domestic violence or harassment, or try to seek help on the internet. Many people have been through this !

But don't expect too much from people. There won't be any super hero around.

Can we help vampires to change ?

That's a debate going on in the profession.

Professionals first all said they would never change. People tried tirelessly and they failed every time. But now some are saying there is still something possible.

Basically, it shouldn't be your business. You might love them. Care for them. They have done enough to you so you start to care for YOURSELF first. And when your mind will be clear and enlightened, then you will be able to start anything in this sense.

It is harsh, as an answer. But they don't want to change. And someone who is under their influence can't do anything while they're still in that relationship. They have built so many barriers between their real issues and the picture they've made of themselves that it can be really hard. And how can we bring any form of empathy to someone who has no idea what that is ?

We can start a research, that would be amazingly interesting. But a person who is under their influence has to focus on their own safety first.

MANIPULATION IN CONTEXT

Couple

It starts like a dream, they bring you to paradise, you've never met someone this charming and smart and good in bed and everything. This is for the first months. But then it shifts very slowly to become hell. Doubt, difficulty to take decisions, feelings of being horrible, isolation. They can also start to threaten or become violent. A famous sentence is : « *If you leave me, I'll kill myself...* »

Divorce

If you finally manage to leave them and take the kids with you, they'll call the police and say you've kidnapped them ! They are very litigious, and know the law very well. They can say they'll get the best solicitor.

After the divorce, they will be the first to take legal action, and pretend they are being the victim. They can do that for years. They will keep the house you paid. They will make you pay as much as they can, in prosecution, or using the kids as a tool to keep poisoning your life. They will appear publicly as a victim of you. Tell everybody that you are the one who's crazy. And that you can't even look after your kids !

Workplace or school

They will use their position of power, threaten you of not letting you pass your exam or firing you. They will always manage to get the glory out of other people's work. They will

build a tensed atmosphere. As well as in home, when they are around, you will always feel a bit anxious.

Police station

Despite what some people would expect from such an institution, they will lie. All the time. They will say that you need to give some information that you actually don't have to give. That you shouldn't be childish (they love to patronize) and should say it straight away, that it will make you free sooner. They also often play that game of the harassing cop / nice cop. So after one has been harsh with you, another one will come, offer you a cigaret (if you're lucky) and pretend he's helping you – just asking you the same thing. It is a relief to speak to someone who is actually not threatening you ! But you should be careful the same. They will just play with your emotions as much as they can. It's easy : never trust a copper. Whether they're nice or not, working or not. And more they tell you you should do something, it's for your own good, more that means it is actually in *their* interest. Instead you should slow down a bit, take a breath and think what's best, what your first intentions were before they start to make it confusing. Keep courage !

Radical circles

Squats and radical groups are a good place for vampires to prosper.

They will find many victims : a lot of creative, positive, generous, devoted people, who will even think they are quite safe in this kind of context!

They don't like being controlled, they like to control. They share the hate of the state with anarchists. They actually don't like any kind of authority that doesn't benefit them.

They like to destroy any spontaneous joy. They are jealous of joyful people. That can give them quite a nihilistic character too. « *Let's fuck shit up and burn the town hall!* »

They are smart and know many things. If they have studied politics and everything, then they will be able to tell you everything they know about it. But even more : it is easier for them to know what people expect from them. A bit of cooking, cleaning, radical speech, simulating a friendship with other influent people, consensual clothing... whispers to A and B about Z making them feel *uncomfortable*, and it's done. Z will be asked by someone else to leave.

They can brainwash you with anarcha-feminist theory and make you think you are an oppressor ! The zine *Paranormal Tabou* is about this.

I found that anarchists were in general very good at finding new ways to oppress each other. Many know how to play with power relationships as if there is nothing amiss. For example, the people who opened a squat become kind of holy and highly respected. Or the ones who can fix stuff.

When they are from an oppressed group, it's easy for them to *victimize themselves*. (while forgetting about all their other priviledges of course!)

We are strong people ? They are too. We have lived in cold houses, had shitty skips for months, long hitch hiking, no showers, repression... More they will do sacrifices, more they

know they will get respect from people. Their image has no price. They can even easily pretend to be the victim of one of us then because we are so strong (so feminist or whatever).

Queers

They are many in the queer scene too. I would personally be careful with stuff like polyamory or BDSM. They're known for being good in bed AND abusive.

Some will play with femininity and look like a poor tiny little thing to justify then that you are the oppressor. Or just to make people feel like they should be with them like a mum.

Being openly a queer is obviously brave, so they can look « super cool » to their peers. A bit of glitter, a gay lisp and it's done. Or maybe they're a porn star, the manager of that club or they organized the last Queer event where everybody was ? I guess lesbians and bi must feel safer around other girls. Again, they should be careful. Sociopathy has no gender.

Why it makes sense to fight manipulation

Anyone who fights power anyway should agree with including in their struggle the fight against manipulation. They are intricately connected. Manipulative people use power a lot for their manipulation. It is one of their strongest means. And on the other side, people in power need manipulation techniques. Whether it is good or bad manipulation, manipulation and power always go together. And not very surprisingly, it seems that actually a large percentage of people in power are actually vampires (cf Boris Cyrulnik). Getting some sort of power implies to accept to be part of the game of hierarchy where some people enjoy their position thanks to the labour and suffering of others.

Hierarchy is the perfect structure for a megalomaniac narcissistic pervert. Since our vampire is not at the bottom of the pyramid, they can just enjoy to get their fresh blood from people below them.

In that, manipulation is against free will and freedom.

But it isn't just a theoretical problem. It is above all a practical problem. Groups work like sects. Some vampires have poisoned groups to the point where they had to stop the protest because everyone had left !

It is a real issue we need to start to talk about in our groups. So please get in touch and keep reading about that stuff. There is plenty of information on the web as well.

KEEP COURAGE ! YOU'RE NOT ALONE ! :)

ABOUT THIS ZINE

Free

The zine is free. Anyone asking you for money is stealing you. I don't feel like asking you 10p, really. Come on, I am the first enjoying to spread my litterature, why should I make anyone pay ? That's pure nonsense.

And I need to spend my jobseekers' somewhere...

References and links

Two very interesting websites :

<http://datingasociopath.com/>

<http://abusesanctuary.blogspot.co.uk/>

Two amazing texts :

Safety is an Illusion : Reflections on Accountability, by
Angustia Celeste

*[http://news.infoshop.org/article.php?
story=20110109020717580](http://news.infoshop.org/article.php?story=20110109020717580)*

Paranormal Tabou (french zine)

<http://paranormaltabou.wordpress.com>

*<http://manipulationhunt.wordpress.com/>
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