OPERATOR MANUAL

PSYCHOLOGICAL OPERATIONS // HUMINT

NARCISSIST NEUTRALIZATION

A COVERT OPERATIVE'S FIELD GUIDE

THE MISSION: PROTECT YOUR AUTONOMY, RESOURCES & PEACE.
MAINTAIN LOW VISIBILITY. CONTROL THE NARRATIVE. EXFIL CLEAN.



THREAT PROFILE — CONFID. LVL 7

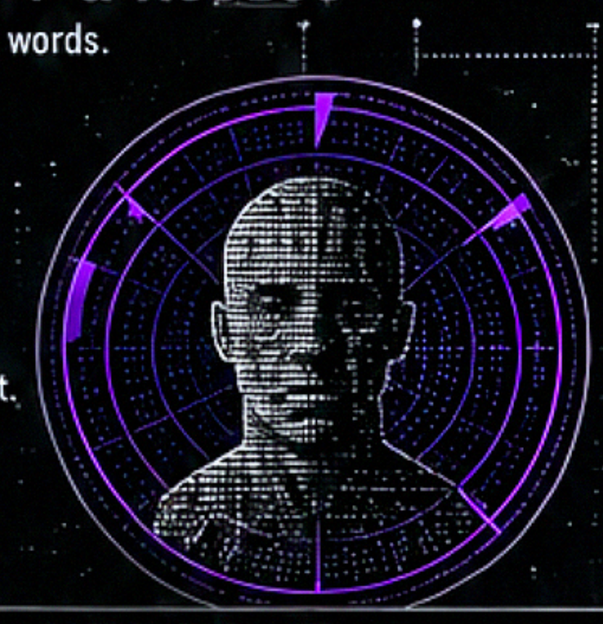
- Covert Narcissist (Vulnerable)
- High Manipulation
- Low Empathy
- Entitlement Disguised
- Fragile Self-Image
- Chronic Victim Posture

NAR-17

[RDCTD]

01 RECON: IDENTIFY & ASSESS

Observe patterns. Not just words.



LOVE BOMBING
Overwhelming charm early in the operation.

DEVALUATION
Subtle criticism, gaslighting, triangulation, silent treatment.

VICTIM NARRATIVE
Always the wronged party. No accountability.

CONTROL NEEDS
Needs info, access, and emotional leverage.

NO EMPATHY
Your pain is irrelevant or weaponized.

ASSESSMENT MATRIX

MANIPULATION	●●●●●●
EMPATHY	●○○○○○
ENTITLEMENT	●●●●●●
ACCOUNTABILITY	●○○○○○
RISK TO YOU	●●●●●●

02 ESTABLISH OPSEC

Information is your advantage.

NEED-TO-KNOW ONLY
Limit what they know. Oversharing is a liability.

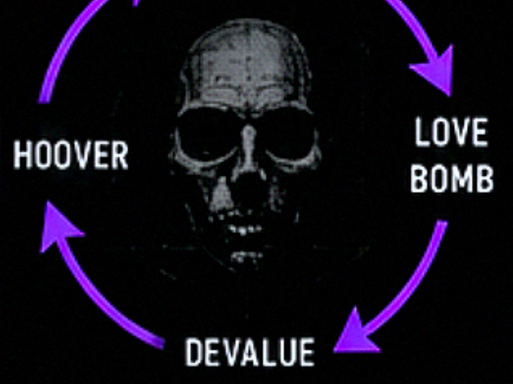
GRAY ROCK PROTOCOL
Boring. Neutral. Non-reactive. Make you uninteresting.

SECURE YOUR INTEL
Document patterns. Trust data, not feelings.

NO EMOTIONAL CONFESSIONS
They collect weaknesses like a dossier.

MONITOR & ANTICIPATE
Expect cycles. Stay three moves ahead.

THREAT CYCLE



CYCLE TRIGGERS

- You pull away
- You set boundaries
- You outgrow their control
- You expose the truth

03 SET & ENFORCE BOUNDARIES

Boundaries are not requests. They are perimeters.

BE DIRECT
Clear, calm, concise. No justifying.

USE CONSEQUENCES
State it once. Then follow through.

NO DEBATE
They argue to exhaust and manipulate.

EXPECT PUSHBACK
Boundaries trigger their survival panic.

BOUNDARY EXAMPLES

- "I'm not discussing this."
- "I need space."
- "I won't be spoken to that way."
- "I'm not available for that."
- "If you continue, I will leave."

⚠ CAUTION
Boundaries without consistency invite more violations. Enforce or expect erosion.

04 LIMIT ACCESS

Access is a privilege they must earn and continuously re-earn. Most don't.

MINIMIZE CONTACT
Less contact, less leverage.

REDUCE REACTIVITY
No reaction = no fuel.

CONTROL CHANNELS
Prefer written. Avoid escalation traps.

TIME BOX INTERACTIONS
Short, focused, transactional.

ACCESS LEVELS



> "THE LESS THEY KNOW, THE LESS THEY CAN USE AGAINST YOU."

05 DISENGAGE & EXFIL CLEAN

When the mission is complete, leave no trace.

PLAN YOUR EXIT
Have an exit strategy. Don't announce it.

GO NO CONTACT
If safe, disappear. Block, archive, and move.

EXPECT HOOVERING
They will try to pull you back in.

STAY THE COURSE
Clarity > Closure.
Freedom > Comfort.

HOOVERING TACTICS

- Fake apologies
- Promises & change
- Crisis or emergencies
- Mutual contacts
- Nostalgia & guilt trips

EXFIL CHECKLIST

- ✓ Secure your environment
- ✓ Notify trusted allies (if needed)
- ✓ Document final incidents
- ✓ Block & remove access
- ✓ Rebuild & reinforce

06 POST-OP: RECOVER & REBUILD

They trained you to abandon yourself.
Relearn. Rebuild. Return stronger.

RECLAIM IDENTITY
Rediscover wants, values, and voice.

HEAL & PROCESS
Therapy, journaling. movement, community.

UPGRADE STANDARDS
Raise the bar. Never lower it again.

BUILD YOUR LIFE
Purpose, people, and peace.

MISSION SUCCESS

YOU ARE NOT THE MISSION.
YOU ARE THE **OPERATOR.**



REMEMBER:
You can't control a narcissist.
You can only control your response.
Discipline. Detachment. Direction.

STAY SHARP. STAY SILENT.
WIN THE LONG GAME.

OPERATOR STATUS
MISSION: ONGOING
FOCUS: YOU
OUTCOME: INEVITABLE — 100%