I have spent the last 20 years working with people in dangerous relationships. As a psychotherapist, I worked with women and men who had the tendency to pick the worst possible people to be in a relationship with. They didn’t just do this once---they made a career of dating and marrying psycho, dangerous, and damaged people—over and over again.

Through the years, I have watched women pick dangerous men and men pick dangerous women—both sets of people choosing a lifetime of unhappiness simply because of their patterns of relationship selection. This can be a cocktail for a path of misery if you don’t learn what you are doing and CHANGE it!

The good news is there are red flags and signals you can learn which clue you in which women are damaged. Additionally, there are certain backgrounds and histories of women that you should avoid.
And there is self examination which can help you make healthier and better choices in the future. So the positive side is there ARE things you can do to stop the relationship pattern you are in.

Men often believe that if they have chosen poorly once and got a damaged woman, there is no use trying to pick again! They assume they will just keep picking the same types over and over again. If you don’t learn the mistakes, then that is definitely true. However, if you learn the lessons, do the self examination, and pay attention, you could end up with the woman of your dreams. And isn’t that what everyone wants—to find a healthy lasting relationship with someone you are compatible with? If that’s true for you---let’s get started.

**Why I Am the Best Person to Write This Book**

As I mentioned, I have been a relationship counselor for the past 20 years. I have counseled female victims for many years and noticed the types of men they selected and why her early background made her not the ‘most stable’ woman to date. I also counseled men—nice guys who dated (and or married) damaged women with unstable lives. Additionally I counseled men who were unstable themselves and I counseled both male and female perpetrators. Counseling this diverse group of people gave me a unique insight into their patterns of selection and what fuels the attraction between them.

I was able to see why men and women’s past influenced the kinds of people they picked for a relationship. I was privy to what made men or women ‘dangerous’ in a relationship which was always related to their damaged-ness. And I learned the ‘types’ of people you should avoid being in a relationship with if you want to find a healthy person to eventually partner with.
I am the author of ‘How to Spot a Dangerous Man Before You Get Involved’ which is a sort of 'mirrored-image' book of this one.

The book talks about the types of damaged men women should avoid and now this book will talk about the types of damaged women that men should avoid.

Through the success of the Dangerous Man book, I created The Dangerous Relationship Institute which provides services to persons in dangerous relationships. This includes phone counseling services, workshops, books/workbooks/e-books, newsletters, quizzes, e-courses, articles, professional opinion reports (for shared custody issues), and other related help. (www.saferelationships.com) I am also a contributor to several on-line websites about relationships, dangerousness, and mental health issues. My concepts about dangerousness in relationships have landed me on

- CNN and 30 other TV shows
- Over 50 radio shows
- In 15 major newspapers across the country
- In national magazines
- In international newspapers and magazines
- An on-going ‘regular’ on several radio shows
- An ‘expert’ on relational harm reduction on large web based data base and advice sites
- A regular contributor to several on-line sites
My on-going work in The Dangerous Relationship Institute has allowed me to have a positive impact in people’s lives through informing and helping others change their destructive relationship choices. I hope to do the same for you!

You can contact me at www.saferelationships.com. I look forward to hearing how this e-book has helped you change your choices!
CHAPTER ONE: What’s The Deal?

Most men have no idea what characteristics makes a woman dangerous to be with or which traits point to her damaged-ness. They call her damaged-ness and dangerousness all sorts of things that aren’t very specific like-- ‘psycho,’ ‘whacked,’ ‘damaged,’ ‘high maintenance,’ or ‘too much emotional baggage.’ But that doesn’t really help them get a handle on what they should know about women’s damaged-ness and dangerousness, how to spot it a lot earlier on, and who not to date!

What makes a woman unsuitable or even dangerous as a hook-up or long term relationship has a lot to do with what can’t be seen with the naked eye. It’s her psyche that determines whether she is the dream girl or the dread girl. She can have the right exterior package that’s easy on the naked eye but the interior package is out of whack. Men must make it a habit to look beyond sexual attraction or that magnetic draw and see if the interior package is a mess. One thing is for sure, it is the interior-emotional-psyche part that can make the dream girl a stalker, predator, clinger, or worse. So men need to know that:

1. The exterior isn’t all that matters
2. The interior can be a hook-up maker or breaker
3. What kinds of things should be a hook-up breaker

To recognize and then respond to these hook-up breakers, you must be aware of your red flags which we will talk about in the next segment.

**RED FLAGS AND THEIR IMPORTANCE IN YOUR DATING PATTERNS**

You know what red flags are, don’t you? It’s that kind of ‘feeling’ you get when something isn’t quite right. You can’t always put your finger on it—but it’s a feeling that doesn’t pass. It makes you feel uneasy, or keeps you replaying a scenario with her over and over in your head, or it bugs you to death because you can’t actually pinpoint what IS bothering you about her.

Red flags are our physical, emotional, and sexual reactions to people. They serve as a master mind of our own deeper concerns. Red flags happen when A + B doesn’t = C. There is an alarm that goes off that gets us thinking that something just isn’t adding up.

The great thing about red flags is that they are normally accurate. If you can really get in the habit of trusting them, you will reduce the number of bad choices in women in the future. But unfortunately,
people ignore red flags. It’s sort of a mystery why they do that. Here are a few reasons I have found why people ignore red flags:

* Sometimes it’s because they just are so bored or lonely they will risk anything to be in a new relationship.
* Other times it’s to ease another loss or to distract themselves away from current stress.
* Some think they aren’t really looking to get serious so it doesn’t matter ‘who’ they are with right now.
* Or they have been in a long habit of ignoring red flags so they have never learned to trust them.

There are specific kinds of behaviors that are red flags that show you she will be a problem—now or later. Once you tune in to your own red flag indicators and learn to trust your gut more, you will be able to respond and react to the messages you are getting about a damaged woman.
RED FLAGS TO PAY ATTENTION TO

• Doesn’t respect your need for alone time
• Pushes to see you all the time
• Discourages your outside interests, family and friends
• Ask you to do things you are uncomfortable doing (i.e., lying, loaning money, taking care of her kids, etc.)
• Has bad boundaries (shows up without calling, reads your email, checks your cell phone, etc.)
• Uses drugs (any kind of drug should be a red flag)
• Uses alcohol too frequently and abundantly
• Frequent un-employment and tries to manipulate you into paying her bills
• Frequent job changes: frequently fired or dismissed but she explains it away
• Wants to control your behavior, friends, and job
• Wants you to quit or change jobs/friends for her because of her jealousy
• Multiple unsuccessful relationships
• Any sexually transmitted disease, current, or in the past
• Known to lie by others
• You find out information you should have known about her
• Physically, emotionally, verbally, sexually abusive
• Too charming—has all the right lines, appears excessively seductive
• Drama queen: everything is problematic in her life—seems hooked on the emotional content of having problems
History or previous diagnosis of mental illness especially:

- Untreated Depression
- Prone to anxiety or appears ‘keyed up’
- Bi-polar (previously called Manic-Depression) especially if untreated or sporadically treated
- Conduct Disorder or Anti-Social Disorder
- Schizophrenia or any other psychotic disorder
- Narcissistic Personality Disorder
- Substance Abuse (unsuccessful treatment) or other Addictions
- Borderline Personality Disorder
- Post Traumatic Stress Disorder

Has a criminal record of which these should be noteworthy:

- * Speeding
- D.U.I.’s
* Assaults
* Battery of any kind
* Any sexual offense, escorting, prostitution
* Forgery/Bad checks

- Constant allegations of violence in relationships
- Prostitution/Escorting

As a counselor, this list is the kind of behaviors I look for in a person to know whether they are stable or not. Many of the items on this list are actual indicators of other underlying problems (both behavioral and emotional) that a woman might be sporting.

I’m not going to go into all the psychological details about this list, but just know that if the behavior made this list for ME, it should make it to your list too! In fact, I bet some of these items you have already figured out for yourself after a bad experience with a woman who had some of these traits!

So you already KNOW that some of these items just need to be on your own Do Not Date list of behaviors. Refer back to this list from time to time as you begin a new relationship so it’s fresh in your mind!
So What Is Healthy Relationship Material?

You may be asking if I’m not suppose to date the list above, just who SHOULD I hook-up with? What does healthy look like? I’m glad you asked!

Boundaries are always a good way to future-predict problems. Women with bad boundaries have a lot of other unhealthy stuff going on with them. So spotting bad boundaries can also be a way of spotting other problems waiting to emerge.

Boundaries are what define our space from other’s space. People with bad boundaries often violate this by sneaking around and reading your email, checking your cell phone or postal mail, etc. Women with boundary issues probably have a lot more than just that as ‘issues.’ Boundary problems often point to other more serious problems—relationally and emotionally.

Healthy –Vs- Unhealthy

So how should men compare and contrast what is healthy and what is unhealthy in boundaries? What kinds of things are unhealthy in a relationship? What kinds of things are healthy and appropriate in relationships?
<table>
<thead>
<tr>
<th>What is Healthy?</th>
<th>What is Unhealthy?</th>
</tr>
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<tbody>
<tr>
<td>Open and honest communication</td>
<td>Gamey and manipulative communication</td>
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<tr>
<td>Friendships outside of the</td>
<td>Few friendships other than you</td>
</tr>
<tr>
<td>relationship</td>
<td>Relying on others for your own happiness</td>
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<tr>
<td>Taking responsibility for the</td>
<td>Feeling complete ONLY when with</td>
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<tr>
<td>outcome of one’s own life and</td>
<td>someone else</td>
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<td>happiness</td>
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<td>Having your own identity</td>
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<tr>
<td>Time together and apart are</td>
<td>Too much time together or too much</td>
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<tr>
<td>balanced</td>
<td>time apart</td>
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<tr>
<td>Emotional intimacy is built</td>
<td>Uses drugs/alcohol to achieve false</td>
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<tr>
<td>without Alcohol/drugs</td>
<td>intimacy</td>
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<tr>
<td>Appropriate level of commitment</td>
<td>Over or under commitment (based on</td>
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<tr>
<td>in the relationship</td>
<td>the amount of time in the relationship)</td>
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<tr>
<td>Flexibility in the relationships</td>
<td>Rigidity in the relationship</td>
</tr>
<tr>
<td>Knowing what you need</td>
<td>Clueless to what you need</td>
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</tbody>
</table>
Asking for what you need       Afraid to express what you need

Boundary violations in these areas may be warning signs of more extensive violations that may follow.

**KNOWING WHEN TO CUT YOUR LOSSES**

Some men don’t know when to cut and run or *why*. Many of the behaviors and traits I listed above are related to things in the woman that will never change. Permanent disorders are called 'pathological’ conditions. That means, what is wrong with them can’t be fixed, cured, or treated. That’s one of the cases when it’s ok to cut and run!

I know that a lot of people don’t ‘believe’ that someone can be incurable. But that’s the field of psychology I worked in so I’m totally convinced this is true. And the truth is there are some histories and backgrounds, some conditions and experiences, and some outright disorders that just lend themselves to the un-fixable pile. The clue is to know who is and isn’t capable of change. If she can’t change,
then anything that you don’t like in her personality or behavior can’t change either. So love her the way she is, or cut her loose.

WHAT MAKES A WOMAN WORTHY OF BEING CUT LOOSE?

The reasons ‘why’ a woman would qualify to be cut loose can be very detailed information within the field of psychology but I’ll try to make it short and sweet here.

You’ve heard of the Nature –Vs- Nurture argument, haven’t you? In psychology it’s when they argue whether people who are permanently disordered are born that way or they are born normal and parents screw them up. For the purpose of understanding damaged women, all you need to know is that in many cases it’s BOTH.
BORN DAMAGED

Many damaged women who turn out to be pathological are women who are often born into families with parents who are pathological as well. Some of this is very connected to genetics. It’s a gene pool no one should jump into!

Ever watch Maury and see mothers and daughters who are equally Psycho? That’s not just entertainment TV—that’s pathology. The rule of thumb is Pathology Breeds Pathology. Look at the family—if you see it there, it’s probably starting to bloom within her as well.

MADE DAMAGED

Then there are women who are born normal and become screwed up at the hands of screwed up people. Wounded people wound people. If she was abused as a child—physically, emotionally, sexually or
went through bouts of parental neglect or jumped around from foster home to foster home, she may likely have the Damaged Goods Syndrome. Emotional injuries that happen in childhood aren’t easily treated and are never erased. Women with histories of chronic child abuse can have serious emotional disorders that can affect her:

- Self esteem which is chronically low
- Sexual disorders (low libido to compulsive sexual acting out with others)
- Compulsive disorders (over or under eating, binge drinking/drugs, bodily self harm, over spending, chronic work related problems)
- Relationship inadequacies (all relationships are problematic—friends, families, work, and lovers)
- Dangerous behaviors to others (clinging, stalking, assaults, etc.)
- Difficult, if not impossible to break up with
Some women suffer both explanations listed above. They were born pathological AND went on to be abused as children which magnified their disorder/behavior. These are time bombs ready to go off like the clingers, stalkers, and predators. These are women who won’t break up, who will slash your tires and threaten to kill your next girlfriend. She’s the one who will allege rape even when you never had sex or she will start your apartment on fire when you are in there with a new woman. She will tape fliers with your picture on telephone poles telling the world you are a child abuser or a rapist. She will come to your door and slash her wrists in front of you. She will take a hand full of pills in front of your friends and blame you.

She is the ultimate damaged woman and your personal nightmare. If you never believed in pathological persons before—she’ll make you a believer!
So as we see, backgrounds and histories matter. Who she ‘has been’ all along is a good indicator of who she will be in the future. What she has experienced or suffered is a good indicator of what might be issues for her in the future. The reason I say this is-- you good guys out there are DRAWN like a moth to a light bulb to women with sad stories of bad childhoods. You are the Redeemer--you are going to love her into wellness and make up for all the bad things that happened to her.

Scratch that record. That ain’t happening! You know the new Vegas slogan, “What happens in Vegas stays in Vegas?” Well, it’s true here too. What happened to her then stays in her now. You can never fix her dad issues, male issues, or neglectful childhood. You can’t make up for what she never had or a bad rape experience. If you learn only one thing from this book, learn this:
You didn’t break her and you can’t fix her!

So many men spend years of their lives trying to love this woman who can’t be fixed—who is so damaged from her past that her future is marred with the memories. Maybe you aren’t even trying to ‘love her’—just hook up or date—WATCH OUT.

These women have incredible abandonment issues. If you pay attention to them (more or less have sex with them) they think that is a sign of commitment. When you remind them this is casual or you just met and want to take it slow—the onslaught of rage, cussing, clinging, or stalking can be unleashed upon you. Damaged women over-attach in relationships. Prying their nails out of your back can be a tricky and difficult thing. Daddy issues, neglect,
abuse, rape, previous dangerous man experiences can all play havoc in a relationship with you. The safest avenue is to be able to detect and detach before too much happens. That’s what this book is all about!

Some men need to ask themselves ‘Why would I be attracted to someone like this in the first place?’ Every time I ask that (of men OR women) I always get the same answer.... “I didn’t know they were damaged until well into the relationship.” No one has ever said to me “Are my choices about ME?” Believe it or not, this can be case. Your choices COULD be about you. And until you know why you:

A. Are **ATTRACTED** to damaged women (even if you don’t know it at the time)

AND

B. Why you are **ATTRACTING** damaged women

Then you can’t and won’t change your choices in women. If you
want to stop being attracted to and attracting damaged women, move on to the next chapter where I talk about how this whole attraction thing works, even on a subconscious level.

Scroll down for Chapter Two...
CHAPTER TWO: Mirror Image Attraction: Attracting To You Who You Are

OUCH! That’s a tough concept isn’t it? Before you shut it out as B.S., let’s look at it a little deeper. Hidden inside every little baby that is born is a 'waiting-to-hatch narcissist'. Did you know that? Hard-wired into all of us is an intense subconscious self-interest. In some ways, this is good. We need to be interested in our own well-being and our lives. When it’s healthy, it’s called **positive self esteem** or a healthy self construct. When it’s unhealthy or gets blown out of proportion is when it is **full blown narcissism**.

Because of this hard-wired predisposition to our own selves, we tend to like people who are like us. Your friends are probably largely a
reflection of you. Friendships are formed around shared interests, beliefs, or same-ness. You hang out with guys who also like football, or La Cross. If you’re single most of your friends are probably single (or slowly getting married off). If you’re a reader, you probably have reader friends as well. If you’re an animal lover---probably some of your friends are that as well. Whether or not we consciously choose friends based on our interests, it is a driving force within us because our friends reflect 'us', on some level. And after all, we do like ourselves so having someone else reflect 'Us' back to 'Us' is pretty appealing!

Besides having a natural narcissist bent in all of us, the universe is sort of supporting The Law of Attraction even in physics. Similar electrons migrate towards each other. I didn’t make this up!
Even on a bio-chemical level in our body, we are wired for attracting similar make-ups to our selves. Our mind seeks it as a reflection of our selves (ever read the Greek myth of Othello?) and our bio-chemistry has wired us in a similar fashion. So, it seems that The Law of Attraction surrounds us and influences our lives in various ways.

Is it any wonder that two people with substance abuse problems end up dating? Or a guy who was abused as a child dates women who were abused? Or a guy who grew up without a dad dates women who didn’t have a dad (and have huge daddy issues!). Or a man with dysfunctional family issues dates a woman whose family could
be on Jerry Springer? Or how about Adult Children of Alcoholics who date others that are the same as them? You grew up with an alcoholic mom and date a woman whose dad was alcoholic. What I’m saying is that often we attract subconsciously to ourselves through our own interest levels, things that are similar to us. That includes our love interests! We migrate to the things that we find familiar—even if it’s dysfunctional.

Someone who had the same upbringing, even if it was bad, ‘understands’ where you are coming from. Someone whose dad ran off when they were little knows what it’s like to have Christmas from the Salvation Army people delivered to your house.

Histories attract Histories
WHO DO YOU ATTRACT/WHO ARE YOU ATTRACTED TO?

Here—try this: Write on a piece of paper 5 background features of your life or family---like my dad was violent, my mom fooled around, we were poor, I like sports, I like drugs, I was a spoiled rich kid. Ok, now write down the histories of the last 4 women you have dated/been with/married. Anything look similar? Any cross over traits that you both share? Ummm...I thought so.

BUT WHAT ABOUT THE SAYING 'OPPOSITES ATTRACT'?

Sometimes this is true as well. But it still ties into our covert
narcissism. This is how--go through this checklist and mark all that apply to you:
__ Are you attracted to the girls with the sad stories—you know, the ones that need rescuing?
__ Are you always helping needy/slightly sad women out of bad situations?
__ Do women flock to you to tell their problems to?
__ To watch their children?
__ To move in with you during a nasty divorce?
__ Are you the all-around-nice guy?
__ Do you loan money to women and never get paid back?
__ Are you the one that is always dumped while they go back to their abusive-nasty boyfriend?
__ The nicer you are the more they don’t want you?
Here’s how this can still be about you—*sometimes we do for others what we wish had been done for us*—either now or in the past.

So if you are one of the rescuers, who didn’t rescue you in your life? A parent, a caregiver, a sibling, a previous love? Did you grow up in a family that expected you to rescue others—like dysfunctional parents or alcoholic parents? Sometimes the women you pick have to do with trying to ‘complete’ something from your past that was left undone—like fix someone, or change a situation. This never works but it doesn’t stop men from trying.
Do Any of These Apply?

___ Are you attracted to loose women?
___ Married women?
___ High Maintenance women?
___ Controlling women?
___ Women with substance abuse problems?
___ Women who always abandon you?

How do any of your choices point to and reflect your past and your own needs?

Some guys who are attracted to loose women had ‘loose women’ in their lives growing up. Or are only attracted to married woman because a parent was a chronic infidel or was emotionally unavailable just like people in married affairs are. Who was controlling in your life? Why are those women attractive to you?
Sometimes unmet needs from long ago keep driving your choices—trying to *get your needs met* by *using unmet needs* of yesterday.

**ABNORMAL IS NORMAL AND NORMAL IS ABNORMAL**

When working with women with chronic victimization histories I watched a fascinating re-occurrence. Women who were victimized repeatedly (especially by their fathers) were attracted to bad boy victimizers. *WHY* in the world would that be? *Why* seek out guys who are bent like your father?
For one, it felt familiar. But secondly, it has a lot to do with family normalizing. Young children are very impressionable. They learn about the world within their family. When the family is warped, those messages continue on in the child. Women who pick victimizers are the very children who grew up watching victimizers and were told ‘this is how men act. This is how families are.’ These children were taught to normalize abnormal behavior.

Many adult women who are attracted to victimizers don’t know what normal behavior is. They aren’t even attracted to nice guys. Their erotic button is turned on by violence, screaming, drunkenness, and abuse.

Somewhere in their families they learned that

*Love = Control + Abuse*
Many women have said to me “I wouldn’t know what a nice guy was and I guess if he approached me, I wouldn’t even be interested in him.” These same women say they don’t know what makes a healthy relationship or family. They don’t know how to ask for what they need or how to pick a nice guy.

They are the chronic bad boy attractors. These women lament, “Lord help me--I’m attracted to the bad boys.”
BETRAYAL BONDING

Closely connected to normalizing abnormal behavior is the idea of Betrayal Bonding. Women *attach* to abusers. The more they abuse them the more *connected* they feel to them.

The abuser then shares some personal sad story of his own about ‘why’ he hurts her and how she can help him and then she feels even *more* connected to him because ‘he trusted her enough to share his pain.’

The cycle of *pain + betrayal* can leave a woman connected by an umbilical cord or dysfunction. These women will always leave you for him. So many of the nice guys never understand this and watch in great pain while women return to their abusive men.
A LITTLE SELF REFLECTION CAN’T HURT

So, if you’re sick of being attracted to, and, attracting to yourself damaged women, try a little insight. Do the exercise I listed above. Get a clue about how your own history might be attracting women with the same kind of history. Or, how you are attracted to women who are opposite as a way of resolving issues for you. Once you have some insight there, let’s go on and look specifically at the kinds of damaged and dangerous women you might have been with or might be prone to being with. Here we go....
CHAPTER THREE: NORA NEEDY

When you first meet her, she may make you feel incredibly valuable. That’s because your value to her is about how you can help her, save her, or change her life for her. Nora has a sad history. It could be abuse, neglect, a nasty divorce, or men constantly leaving her. She instills all her hope in you that you will be different and won’t hurt her. She sets you up a double bind in which she trusts you and then suggests you won’t be like ‘all the others’ and abandon her. Being the nice guy you are you feel stuck! You don’t want to be like the rest—but you aren’t ready to commit this early either.

She wants to move in quickly, get committed or married way too soon, tries to hook you into a more serious relationship than you can possibly have for just having dated for a few weeks.

She is insecure about everything. She wants you to prove over and over again that you care about her. No matter how much you tell her or show her, she never really ‘soaks it in’ so she always wants more reassurance.
She is exhausting! So you find you need a little space from all this emotional neediness but when you tell her, she freaks! She goes into abandonment mode, can cite every time a man has left her and lumps you into the same category. She threatens to hurt herself, drink or drug, or run away. You feel stuck. You can see she isn’t the most stable person and if you ditch her now, she might hurt herself. So you think the best thing is to date her while she is gaining strength or building up her self esteem.

Months or years later, you realize that gaining strength or building her self up never happens and there is no good time to end it. Each time you try, she cycles right back into ‘abandonment, rejection, depression, threats of self harm’ or she refuses to break up! She won’t leave or she keeps coming back with puppy-dog eyes and tears. She ‘can’t go on without you’ and you are ‘the only one who ever was kind to me or loved me.’

Don’t buy it. Nora is manipulative because she does genuinely fear being alone. But that’s not your problem! This girl will fear being alone her whole adult life. What’s wrong with her can’t be fixed with your attention. Save your self some heart ache, move on.
Jeff spotted Nora at a club. She was a hot flaming red head with a tousle of lengthy curls, green eyes, and long legs that went on forever. She was commanding the center of attention in a conversation with some girls and guys when he met her. Jeff boldly went right up to her and introduced himself. She seemed thrilled to meet him.

Nora immediately moved her attention to Jeff for the rest of the evening. Her friends kept prompting her back into the conversation but she blew them off with a flick of her wrist. Jeff basked in the attention because her eyes never left his face. Without asking, Nora grabbed his cell phone and put her number in it. Then she asked ‘when’ he would be calling her...tonight late at 3 a.m.? Or tomorrow morning so his voice was the first thing she woke up to? Or maybe they would meet for lunch or dinner? Or even better yet, maybe she would show him ‘her room—intimately.’ Jeff’s eyebrows went up. WOW—was he gonna score by tomorrow, or what? Jeff excused himself while Nora was putting her phone number in his cell and he went off to the bathroom. When Nora finished putting her number in this phone, she continued rolling through his numbers and took down not only his cell number but looked at all the other girl’s numbers that were in his phone. She closed her
eyes and tried to memorize their names by heart. Jeff returned from the bathroom a little shocked that she was still in his phone. Jeff missed all the red flags from that evening.

Jeff’s phone rang at 3:30 a.m. that morning. Yep, it was Nora. He didn’t pick up the phone but she left an urgent message asking why he hadn’t called and how they had ‘really connected and hit it off’ last night. By 9 a.m. she left another message, another at 9:30 a.m. and by 10:15 she was calling and not leaving messages. Jeff returned her call in the afternoon. She asked to see him that evening and he agreed. She met him at a restaurant and greeted him with a wet kiss that suggested a longer dating period than just since last night! Jeff wasn’t sure if she was just ‘ready’ or bold.

Over dinner, Nora quizzed him in detail about all the women he ever dated. Jeff was a little uncomfortable giving out that much info to someone he just met so he tried to be vague. The more vague he became, the more Private Investigator-like she became. Then she lit a cigarette and leaned back into her chair and started the litany of every man who ever hurt her. She was the Consummate Victim. This one left her for this reason, that one ran off with another woman, this one never called her again, and these 3 slept with her once and never left their phone numbers.
For a straight 30 minutes, Nora detailed her private life in excruciating detail. Jeff wondered why so many men had done the exact thing to Nora—how could THAT many men hurt her? He felt bad for her. She had a sort of sexy wounded-ness he found mildly attractive. She leaned forward and kissed him. “I can tell you’re different. You would never hurt me that way...right?”
So far, Jeff had never hurt a woman like that so he said “Right.”

For the next three weeks, Nora was a permanent fixture at Jeff’s house. From night one, she never showed signs of leaving. Didn’t she have an apartment she needed to go check? Pick up her mail? Go to a job? Where was the ‘other’ part of her life?

She always answered ‘You’re more important than that stuff.’ Nora was cooking dinners, doing Jeff’s laundry, cleaning his apartment, grocery shopping---all activities of an ‘involved’ relationship. She said her ‘freelance job’ allowed her a lot of freedom. After three weeks of non-stop connection, Jeff needed a little breather. She was a little intense, he noticed. Every night there were these ‘heart felt’ conversations in which she told even more and more of her history. The stories were sad and Jeff didn’t want to shut her down and tell her he didn’t want to hear any more so over a glass of wine nightly, on and on Nora would go recounting her victim-based life.

Jeff decided to tell her they needed to move this thing to a more normal dating pattern...where she lived at her house and he lived at his and they went out a few times a week and talked on the phone.
Melt down occurred. Nora wept uncontrollably “You’re throwing me away too. What is wrong with me that no one loves me? Am I unlovable? What did I do wrong? I swear I will never do it again.

Do you want me to clean more? Or have sex more? What do you need, baby? I’ll do it for you.... I thought we had something going... don’t you like me?” Jeff tried to be rational and explain why he needed a breather but the more he talked the harder she wept.

Her weeping turned into shaking and she lay in the middle of the floor and curled into a fetal position. She seemed sort of out of it. She was muttering to herself. Jeff said he needed to go to work and he thought she could move her stuff while he was at work and he would talk to her later. Maybe they would go out for dinner. As he turned to leave, Nora crawled over to his legs and literally clung. “Plleaseee...don’t make me leave. I don’t want to leave. I already love you. I’ll leave next week, I swear. I just need more time with you.”

How could he make her leave? It’s been months now, and this act has been repeated numerous times and yet Nora is still there. Jeff can’t get rid of her and has since found out she didn’t have an apartment—she was still living at home. She had lived or tried to live with every man she had dated. Each ended the way Jeff was
trying to end it. She didn’t have a job either and not many friends. Jeff’s world had shrunk to the size of Nora’s grip.

**SIGNS TO LOOK OUT FOR**

* Wants to be taken care of
* Wants to move in quickly/marry/live together
* History of being taken care of by men
* No history of living independently from others
* Threatens to harm self if you break up
* Wants constant reassurance
* Wants to spend all her time with you
* Evidence of burning out other relationships
* Multiple unsuccessful relationships always ending in her being ‘abandoned’
* Very few outside interests or friends
* You feel suffocated in the relationship

**TYPES OF GUYS SHE LOOKS FOR**
Because she is extremely devoted in the beginning—showering you with lots of attention—she often is on the look out for guys who were recently hurt in relationships and looking for a little TLC. Of course, her TLC is never little! It’s eternal! Guys who have been with women who were self absorbed or high maintenance might find Nora refreshing when her focus is all about him. Men can mistake her attention for something healthier than it is…which is downright obsessive.

Nora also looks for the guys who are Fixers...who take women in who need help, support, or a listening ear. These nice guys never want to see a woman feel bad about her self or having been treated badly by other men. He’s sure she just needs a leg up—not realizing it’s more like a handout.

Guys who grew up in a family that expected them to take care of other people might not find Nora’s behavior out of the ordinary. If you had an absentee dad and you were ‘the little man’ of the house having to watch over siblings of your mother, may have made you predisposed to the Nora’s of the world. Dysfunctional and alcoholic families often put expectations on the kids in the family to take care of the adult’s emotional needs. This too is a set up for continuing to take care of all the Nora’s.

And of course, the question also remains: Why is Nora attractive TO you? Why is she attracted TO you? Are you, yourself, a little like Nora?
CHAPTER FOUR: DANIELLE DADDY’S GIRL (with a male complex)

Oh, boy! Danielle. Daddy’s girl—but I don’t mean the kind that goes to Ivy League schools and wears a cardigan sweater. And not the hottie that daddy buys a red convertible for. No, that's not the Daddy's Girl I'm talking about.

I mean the kind that can’t ‘let it go’ what daddy never gave her emotionally. Danielle is still looking for daddy’s love in all the wrong places and no one ever measures up. And that will include you too. Unfortunately, what daddy never gave Danielle will go with her throughout her life and into every relationship she has.

Ironically, daddy was probably some self-absorbed dead beat who really didn’t give a rat’s rip about Danielle. She tried her best to get his attention in various ways. She was cute and charming and loving. She begged to go with him when she was little. She tried being the cutie-patootie when she was small—hoping that would capture daddy's heart. When that didn’t work, she was clingy and nasty. (Much of that technique she still uses today in her adult relationships.) When that didn’t work around her teen years, she became rebellious—drinking, drugging, screwing around trying to get daddy to notice her. He probably never did. And it only validated Danielle's worse fears: I don't matter and daddy will
never love me no matter if I'm good or bad. This child of a self-absorbed man will grow up to be a searching soul—someone always looking for approval, wanting to be taken care of, and never growing into a confident adult-like woman.

Today, Danielle replays the daddy videos in every new guy’s life. She picks men who have something that reminds her of daddy---and you become the stand in, for good or bad. It’s an impossible standard that you can never meet. Daddy was perfect (and we know he wasn’t) and you never measure up. OR, daddy was horrible and you’re just like him. Either way, you can’t win!

Danielle can make your head spin—first you're wonderful like daddy, when in reality you haven't done anything to deserve those accolades. She over-values everything you do in the relationship and puts you on a pedestal. But don't get to use to being up there on that pedestal—you will soon be sawed-off at the knees.

In a split second, you are as awful/rejecting/ignoring/un-supportive/inattentive as her dad was. Just a second ago you were glowing in the warm light of being adored by her. Now you have whip-lash from being jerked into the 'Bastard' spotlight. Just a moment ago you were being over-valued. Now you are totally de-valued.
Danielle has a lot of daddy-baggage that can’t get sorted through by any man. The hole in her soul is the shape of her daddy that can't be filled by the shape or size of you. The sooner you understand that, the less pain you will have from Danielle.

**STORY**

Ian met Danielle through friends. She was a beautiful dimpled-face blonde with big green eyes and lots of curves. She came highly recommended as someone 'looking for a relationship' but still a lot of fun—in all the right places! That is, that was the description from her girlfriend Tiffany. Tiffany's boyfriend, Zack said otherwise. 'Well, get what you can and move on. She's got something going on—not sure what it is—but she can be sort of crazy. But she sure is hot, isn't she?" Ian shook his head in agreement.

Before moving too quickly, he watched her attentively from the other side of the room. Zack had invited some people over and it was quickly turning into a party. Ian noticed that the other guys couldn't take their eyes off Danielle. Before long, many were swarming around her going for the kill.

Ian felt sort of competitive about this. He thought if he didn't make a move soon, she'd be hooked up with someone else—and maybe for longer than the evening. It could turn into something
more permanent and he'd lose his opportunity forever. After all, girls this hot AND SINGLE don't come along that often.

So he wandered over, used some dating moves he had learned on-line and soon Danielle was dismissing the rest of the crowd of men who had formed around her. She was leaning in very close to Ian and within minutes her body language was all 'yes' and she was rubbing up against him with her leg. They left the party, the night turned 'hot' and when he left her apartment in the early hours of the morning Ian felt confident. He knew he would call her again.

The second and third dates with Danielle were good. Something sort of lurked in the back of Ian's mind about Zack's comment of her being 'sort of crazy.' He didn't see that...but he did notice that she talked a lot about her dad...how he spoiled her rotten, bought her a pony, put her in the polo riding club, and sent her to private school. She was looking for a guy who knew how to treat her just like daddy did. But the next time he talked to Tiffany and Zack, Tiffany looked puzzled. “Danielle's dad was a truck driver. He was never around. Her mother raised her. They lived in Section 8 housing and she went to public school. Her mother was on food stamps.” “What the hell?” Ian yelled.

The next date, Ian tried to pick up the conversation about the polo club and private school to see where Danielle took it. She
laughed, and said “Oh, that was just my fantasy dad. If I could pick a dad, that's who I would have had. I was just letting you in on my little fantasy in my head about how I grew up. I bet you'd make a wonderful dad. And I bet you grew up in a really nice house—two good parents, people who loved you. That's why you're such a great guy today.

Actually my dad wasn't around much...but when he was, it was great. He'd make me peanut butter and jelly sandwiches and take me to the bar with him. He set me right on top of the bar and would buy me peanuts and give me Shirley Temples all night. He's the best... I really miss seeing him. I wish I could see him more.”

Ian raised an eyebrow...that didn't sound like 'the best' to him. “Where did you grow up?” Ian asked. “In the projects, in Chicago”

Danielle answered, looking down at her lap. “I'm sorry—that must have been rough” Ian offered. “Yeah, it was. That son-of-a-bitch never even spent a Christmas with us. Do you know I never got a birthday or Christmas present from him? He just would come by when he was in town to bang my mother. I'd hear them in the other room. That's what men do...come by and bang you and then leave. You know...like your first night with me. Bang me and leave. Isn't that what you did? See...that's what I'm saying. He
did it and you did it. Men are all cut from the same swatch of cloth. So are you going to disappear like he did?"

Ian was getting a glimpse of what Zack had told him. What was up with the fantasy life? And why did she say how wonderful he was only in the next sentence to degrade their first night together? Ian was really confused. Every time she talked about her dad, her voice turned into a little girl's voice and she stuck her lip out and pouted like a child. Each time she mentioned everything he had never done for her, she regressed into this child.

The weeks and months following was a roller coaster with Danielle. She fluctuated between fantasizing the perfect life with Ian---the white picket fence and his adoration of the children they would have together. She picked up the fantasy of her life where she left off on the second date. The fantasy just continued on...only now Danielle was an adult and Ian was a great daddy—to HER and to their children.

But just as soon as adoration poured out of her mouth, seething comments suggesting behavior just like her father's was insinuated. Ian's head was spinning. She obviously loved and hated her father and hadn't resolved which was truer for her. Now, Ian was bearing the brunt of her daddy drama. Ian had no choice but to end it.
As predicted, Danielle slathered Ian with cruel comments about how he was just like her dad—a low life, class-less, and womanizer. She spent weeks sending seething text messages and voice mails with humiliating descriptions of Ian's poor sexual performance. She called him everything in the book. The next weeks, were text messages and voice mails about what a great life they could have together and how wholesome and wonderful he was. The reason she was being 'wicked' is because she didn't know how to be with someone 'so wonderful' because she had never had that—especially with her dad. If Ian could just be patient, she was sure she could learn how to accept healthy love. Then they'd have a wonderful family and Ian would be a great father to her children. Ian changed his cell and house phone numbers. Danielle's daddy drama finally ended.

**SIGNS TO LOOK FOR**

* Insecure
* Talks a lot about dad or dad's un-involvement in her life
* Compares other people and men to her dad (good and bad)
* Child-like emotionally
* Doesn't seem very adult-like
* Pout-y and whinny like a child
* Seems stuck in the past about her family life
* Has fantasies about a perfect life with someone else (either
as an adult or if she could have had a different family growing up)
* Underachieves and waits for men to rescue her or provide the fantasy life she is waiting for
* Has a history of being sheltered or kept by men
* Has a history of failed relationships
* Appears to want a daddy more than a life companion or a dating relationship
* Swings from adoring/over-valuing you to criticizing/devaluing you and claiming you are just like her dad

**TYPES OF GUYS SHE LOOKS FOR**

Daddy's girls are looking for replacements. So in their fantasizing, they want a nurturer. They are really looking for the full pampering if he'll step up to the plate in that way. They don't mind having a guy (initially) who will be the authority figure in their lives—after all, she is pretty emotionally dependent.

Her ideal guy will be one in which she forms a symbiotic relationship with: she needs a dad and he needs someone to let him be top dog and/or pamper her. Guys who are high in compassion, empathy, or maybe whose careers are in the care giving fields (Para-medics, male nurses, counselors, physical therapists, etc.) may be at-risk of picking Daddy's girls. While you are thinking that the worse that can happen with her is she wants a little Daddy-ing, hold on to your neck---HOLY WHIP LASH—now she hates me!
Daddy's girls also need guys who are tolerant of her over-idealizing and constant devaluing of him. She can't make up her mind if she wants your Daddy-ing or she hates you for being like her Daddy. Men high in tolerance and who always feel like 'they can just try a little harder' maybe Daddy's Girl dream guy.

Why is Danielle attracted to you? Why are you attracted to Danielle? Do you have some unmet parental needs in your life too? Is this a way of trying to fix up your dad issues or another male figure in your life? Remember the law of attraction...
CHAPTER FIVE: Emily--The Emotionally Disordered (Dating the Mentally Ill)

It is difficult to be 'politically correct' and talk about the mentally ill. It's not their fault and it feels 'icky' to talk about the reasons why not to date people with mental illness. I have spent 20 years working with the mentally ill in various capacities so I obviously 'care' about them. Through the years, though, I have learned which diagnosis can often bring about a lot of suffering in relationships because of how chronic and unremitting the symptoms are for those with the mental illness AND for those in a relationship with them.

In the earlier part of the book, we talked about the difference between nature and nurture and those who 'can't' be made well. Those kinds of disorders are permanent and we call them personality disorders or even psychopathy.

But there are other mental health disorders that are NOT permanent but ARE likely to be life-long problems. These disorders they call 'chronic' or 'reoccurring' which means they keep coming back.
Unfortunately we tend to think about mental illness in extremes—like One Flew Over The Cuckoo's Nest or A Beautiful Mind. That's pretty extreme mental illness in those films. Other mental illness can be a lot more covert and you don't even realize it until you are embedded in the relationship. The woman may not even 'know' she has a mental illness because she has never been diagnosed. If she doesn't know, you may not know upfront either.

Dating women with mental illness can be problematic because mental illness is often long term. Symptoms leave, only to return.

Mental illness is often negatively affected by stress, some medical conditions, aging, hormonal changes, or pregnancy. She could 'seem' fine only to fall off an emotional-cliff in the following week.

Medication and counseling are not a guarantee against mental illness relapses. Much of mental illness has to do with genetics and her brain's bio-chemistry. These are complicated issues and delicate balancing act to keep everything 'stable' within her system. And often, that's just not possible. How she functions and what she acts like today may not be true tomorrow.

Additionally, many of the mental illnesses are genetic and can be passed down to other generations. We know that mood disorders like depression, anxiety, and bi-polar are highly transmittable diseases. If her family has a history of mental illness, she could
also. If you have children with her, your children could as well. That is the sad news of mental illness.

Mental illness is often associated with increased:

* Violence
* Substance abuse
* Self harm and suicide
* Sexual acting out

Regardless, once men are 'in' relationships with mentally ill women, they are often hard to leave. Who wants to be known as a man who will dump a woman simply because of her emotional problems? That feels, well...horrible! The best way of avoiding this heart wrenching situation of breaking up with someone who has emotional or mental disorders, is to know what to look for. I think our country has done a poor job with public mental health education. Most people are only aware of a couple of mental health disorders like depression or schizophrenia. Anything else, they are likely to not understand or miss completely.

Emily—The Emotionally Disordered may not come across as such. Since many mental disorders are cyclic (coming and going) she may be in a good 'place' emotionally when you first meet her. There may not be overt signs on your first date. It may be over a
period of time when you begin to notice the inconsistencies that are the hallmark of mental illness.

These inconsistencies can be in mood (highs and lows), behaviors (starts and stops), or thinking (everything is good/everything is bad). The inconsistencies within the relationship may become apparent as well. Emily is likely to be speaking positively about the relationship one day, and trash talking it the next. She may promise to stop obsessing about something or to stop smoking only to start it up again. She may be bubbly one moment and suicidal the next. Depending on the mental disorder (because they are all different and the symptoms appear differently) there may be various kinds of behaviors and/or emotions. The best thing is to know a little Psychology 101.

STORY

Dan met Emily at work. He was attracted to her overt bubbly-ness. She seemed fun, excited about life or whatever she
happened to be talking about at the time, and friendly. Dan was new to his job and Emily took him under her wing and showed him everything about the workplace—she could talk endlessly about the break room, and the copier, and the employee handbook. She seemed to know the ins and outs of the job very well and was quite willing to share her knowledge with Dan. He was grateful as few others took the time to help him get adjusted. It felt natural to invite her to lunch as a thank you.

Over lunch, Emily was just as talkative as she had been at work. In fact, by the end of lunch Dan realized he had only gotten a sentence or two in about himself or answering the endless questions she asked but never waited to get the answers to.

Each day at work, Emily latched on...starting as soon as Dan walked through the door in the morning. She would lean in his doorway with coffee in hand and chat until he was afraid he would be yelled at for not working. (Dan thought to himself, this girl needs to cut back on the caffeine!). Then just before lunch, Emily would pop by and start again, asking him to go to lunch. And by late afternoon, Emily was asking if he wanted to get a drink, go to dinner, a movie, to her house, to the park, go to the gym, ...or ALL OF THE ABOVE! Having nothing better to do, Dan usually went along for the adventure.

By the time they were intimate, Dan realized that Emily knew almost nothing about him yet he knew everything about her! Every conversation had been, pretty much, about her. She was very free in sharing her history and her thoughts and she was very active.
Even after sex, she popped up out of the bed like a rocket! She flew around the apartment cleaning frantically. She never sat through a movie, chained smoked, and paced a lot. He thought she just had a lot of energy!

Then one day, out of the blue Emily missed work. Dan called and got her voice mail. The next day too, Emily was out and the following three more days. She had missed an entire week of work! Dan could only reach her voice mail. Being concerned, he popped by her house and banged on the door for what seemed an eternity. Emily finally answered the door—not her perky usual self, but a haggard and hung-over looking girl. “Do you have the flu?” Dan asked. “What can I get you? You look awful!” “F-you” she responded. Dan's eyes got big.

This was not the cheerful and fun-loving Emily he knew. Dan looked around...her house was a wreck. Dirty dishes piled in the kitchen, take out food boxes stacked everywhere, filth—literally. Where was the clean-freak that used to scrub his apartment from top to bottom and even organize the rubber bands?

“Are you ok? What's wrong? I've never seen you like this.” Dan said. “Just get out, please.” “Are you coming back to work?” “No. I'm not as a matter of fact. I hate that job. I'm not working there or anywhere else.” “How will you get by?” “I don't care....I might
not even be here to need a job.” “Are you moving?” “Yeah, you might say that....”

Dan excused himself to the bathroom...he was searching for pill bottles or something to explain this drastic change in her. What he saw shocked him...several used condoms lying in the waste can. 'Whats up with that?’ he said to himself. “She doesn't LOOK like she's been dressing up and going out on the town to have that happen. She looks like she's been in bed for weeks!”

Dan emerged from the bathroom and asked once more “Can I help you in some way? What do you need?” “I need to die, ok? That's what I need. Can you help with that? If not, get out!”

Dan left. Days later, a memo was circulated at work asking for those who wanted to donate Paid-Time-Off days to Emily's cause, could do so. She was hospitalized in a local psych unit...for bipolar disorder and an attempted suicide. Things finally began to make sense to Dan about her complete inconsistency in her behaviors and moods. Although he didn't know much about bipolar disorder, he knew it was a difficult disorder. Now he knew a lot about it...the hard way.
SIGNS TO LOOK FOR

(Hard to give one example since all disorders are different)

* May be on or has been on psychiatric medication
* Has been hospitalized for emotional problems or life threatening behavior
* Currently being treated for a psychiatric disorder
* Has undergone unsuccessful counseling as an adult
* Was taken to counseling as a child but the results were unsuccessful
* Currently is, or has been, under supervision of a case manager with community mental health services
* Currently has been or is on probation or parole
* Is on disability for a mental condition
* Has inconsistencies in behavior, mood, or thinking

Has been diagnosed with any of the following:

Bipolar (previously called manic depression)
Post Traumatic Stress Disorder
Conduct Disorder (as a child)
Antisocial Personality Disorder
Narcissistic Personality Disorder
Borderline Personality Disorder
Schizophrenia or other Delusional Disorders
Chemical abuse or dependence
Major Unrelenting Depression

**TYPES OF GUYS SHE LOOKS FOR**

[Image]

A high number of people unknowingly date mentally ill persons. That's because, as I mentioned before, our country has done a poor job at mental health education, therefore, many people don't recognize the signs and symptoms of mental illness. However, one correlation is that people are often attracted to persons with mental illness if they have been raised in homes with someone who is mentally ill.

Why would that be? As mentioned in the earlier part of this book, we are attracted to those things that feel 'familiar' even if it's dysfunctional. People who had mentally ill persons in their family may not find the behaviors to be that 'abnormal.' Some people don't know that their family members were mentally ill UNTIL they dated a person with mental illness and then recognized it in a family member.

But other types of persons fall for mentally ill people as well. And here's who that is... often men with poor boundaries can end up with a woman with mental illness. His inability to say no or end a relationship keeps him 'in' far longer than he wants to be. And because mentally ill persons are often unstable, he can keep
waiting for her 'to stabilize' so he can end it but never find the time of stability in her to be able to do it.

Ironically, men who work in the field of psychology, social services, probation/parole/criminal justice, social work, and psychiatry end up with mentally ill women ALOT! These men take their patients home with them, literally. While that is against the ethics board in many professions, it still does not stop some from becoming involved with people they care for professionally.

Those in care-giving professions that are professional nurturers are also at-risk in these cases. Nurses, teachers, clergy, coaches...jobs in which they guide, nurture or help fix others are people who often find themselves in these kinds of relationships. While we think that they would be exceptionally alerted to these kinds of women, often having worked around it for so long, their red flags just don't alert them or remind them why dating someone with problems like this is not a good idea.
CHAPTER SIX: Andrea Addict (Addicted)

She's not just a party girl! Don't let the exterior fool you. Addictions come in all sorts of packages. Some people only think of drugs and alcohol when it comes to discussing potential addictions. But addictions can exceed substances and reach far and wide into other areas of a woman's life.

People have unusual reactions to the discussion of addictions. They either shiver or shrug. They either fear addictions for the real threat of well-being they truly are OR they don't think it will ever harm them or touch their lives so they don't concern themselves with the issue. But what you DO know and DON'T know, ironically, about addictions, can hurt you! And let's talk about why...

In addictions we say, “The kind of people who end up with addicts are either those who HAVE BEEN around addicts or those who HAVEN'T BEEN.” Well, that's pretty opposite, isn't it? But in addictions, that's exactly what happens.

Remember in the beginning of the book where I talked about the Law of Attraction and sometimes we attract to ourselves either
what we were raised in or something we are trying to resolve in our own lives? Well, addictions fit both scenarios.

Men who were raised in alcoholic or addictive homes and were so repulsed by the environment, sometimes think they would never be attracted to or end up with a woman with addictions. They are sure their red flags and radar are souped-up and ready to capture and reject any female addict trying to sneak under the radar. While that's admirable that they are trying to NOT get involved with them, addicts are a pretty sneaky group of people. They fly under LOTS of radars! And sometimes they get in precisely because men stop looking for them because in their mind they have resigned themselves to never, ever, date addicts. When you're not looking, you're flying blind.

Some of these female addicts fly under the radar with more of the disguised addictions: like gambling, sex, food, spending, relationships, religion, achievement/work, perfection/approval, or crisis/chaos/drama. When men are looking for pills in her pocket and booze on her breath, they might just miss some of the other out-of-control behaviors that are going on in her life. And some of these are connected to untreated mental illness.

Other men who end up with addicts do so because they were raised in families that were non-addicts and they have no idea what addiction looks like or acts like. These women easily fly under the radar of men who have never had exposure to addicts.
For those of you who don't know about the 'Addictive Personality'--now's the time to learn. Even when, for instance, alcoholics stop drinking, they still have at their core, their addictive personality structure. That means, they are always bent towards addictive behaviors. Lots of addicts cross-use when they quit one area of addiction. So while she may have quit drinking, chances are she will compensate for that by abusing in other areas—food, sex (and not necessarily with you!), gambling, etc. Addicts themselves say the biggest challenge they face is the tendency to abuse absolutely anything in their lives they can get their hands on.

Addicts often begin their journey of self medicating due to a couple of factors:

* Genetics (so chances are they come from a family of addicts) OR
* Low coping skills in life.

They medicate because they can't handle life or relationships. By their own admissions, relationships and communication are difficult for them. Getting someone who has been clean and sober for 20 years DOESN'T mean they have necessarily worked on themselves OR gained any of the relationship skills that were previously missing from their lives. Which can make getting involved with an addict (or a recovering addict) a crap shoot.
Chad met Andrea at a club. She was up on the dance floor shaking it pretty good when he caught her eye. She made her way down off the floor, with a few stumbles, that Chad thought was more reflective of her high heels than her real 'high.'

As they began to date, Chad noticed that Andrea's 'date night' preferences was always a bar or club. More often than not, her group of drinking buddies also came out with them. There was very little alone time in their dating. Date after date, Chad took Andrea home fairly 'trashed' or she crashed at his place only to glue herself enough together to make it to work the next day, hung over. Even sex had taken a back seat to her chronic partying. On nights he didn't see her, she still went out with other friends and he was often called in the early morning to come retrieve her from bars, too drunk to drive home. It was getting old...this party scene with Andrea.

Underneath the drinking (and now he suspected, drugging) Andrea was a sweet-spirited and generous girl. He could see beyond the party...he saw her potential and wondered if she would ever grow into what he saw. So, he kept waiting and hoping she would step up to the plate in the relationship and put him first and not the drinking.
Soon, Andrea was asking for loans, and handing off her bills for him to pay. All her money couldn't be going to drinking, could it? A bag full of lotto tickets was found in her backseat—probably at least $300 bucks worth. And then collection notices and calls started.

Then Andrea lost her job...too many times of coming in late, not at all, or hung over. Shortly after, her landlord told her she had to move out---Chad learned she hadn't paid the rent in months. That meant she was moving in with him—unplanned!

One thing after another became an issue for Andrea—she started chain smoking, over-eating and gaining weight, then he heard her in the bathroom making herself vomit—grocery money was being spent elsewhere (he wasn't sure where...). He found on-line sex rooms she had been in (without discussing it with him). It was like everything she did was in EXCESS. She began drinking as soon as he left for work and was trashed every night he came home. He had enough! When his friends came over, she was a sloppy drunk mess and would come on to his friends in embarrassing ways—obviously lit. His friends began saying “Chad, dude...what are you doing with her?”
She cried and told him she 'would stop' and she would for a few days, but she really just couldn't 'do it' herself. When her drinking stopped, her eating increased. When her eating stopped, her spending increased. He found piles of receipts she had charged on his credit card, hiding purchases in the back of the closet...her life (and now his) was out of control and he was in debt big time!

Finally one night when she was nearly incoherent from drinking, he 'poured her' into the car and drove her to a rehab and checked her in. Then the crying phone calls started—begging him to come take her out of rehab. Then the raging phone calls followed the crying. But Chad never did. By the time she sobered up it had been a month....she called to say 'sorry' and he never heard from her again.

**SIGNS TO LOOK FOR**

* Use her addictive substance (whatever it is) daily or in binges and cycles
* Devotes a majority of her time and money to it
* Has mood swings if she can't use
* She has lost other relationships, jobs, or significant things due to using
* She lies about her usage
* She lies about her whereabouts so she can use
* She doesn't want to talk about using
* She has a history of other addictions
* Her family has addictions
* Places relationships secondary to her usage

**TYPES OF GUYS SHE LOOKS FOR**

As mentioned in the earlier part of this chapter, addictions come with a dichotomy—those men she will look for are either other addicts OR men who have never had an addiction problem or exposed to other addicts.

If you're in the 'other addict' category, then using with someone who also uses makes it less of a hassle—no explaining necessary, no hiding. The relationship is built on using.

However, if you're in the 'men who have never had an addiction problem' category then often you are selected because they keep hoping by picking someone 'healthy' that they will stop using because of the relationship (you need to know that this is often fantasy on the addicts part.)
Guys who are a little naive to the addiction game are good picks for the addict. The less you know, the more attractive you might be. Those who are long-suffering or always 'hopeful' seeing the best and the potential in others is a great second place for addicts. Addicts need partners who 'believe' the addict is going to quit—any day now. And as mentioned before, men with their own addictions is always a target for female addicts.

Guys who had addicts as parents might be drawn to female addicts (trying to resolve those early family dynamics ). And those with abuse histories (child physical, sexual or emotional abuse and neglect) seem to choose addicts as partners at an unusually high rate.

Either way, what Andrea struggles with is hers alone to face and only she can get clean and sober. The question would be, why are you attracted to Andrea and why is she attracted to you?
Like a little 'edge' to your women? Then you've probably picked Victoria some time in the past. Vic has an attitude...some guys think that means she's rough and tough. And she sort of thinks of herself that way too. But it's all semantics for the real problem: aggression that can turn violent.

Some guys never fear that women can, or do, get violent. That could be a dire underestimation. Women have all the capacities to harm or even kill. Just like violence in men, violent abilities often point to significant other mental health issues in anyone who is violent.

And violence isn't just physical abuse. There is a multitude of ways to be abusive:

* Verbal Abuse
* Emotional abuse
* Spiritual abuse
* Financial abuse
* Physical abuse
* Psychological abuse
* Sexual abuse
In any form, violence doesn't usually start on date one—date one is not usually a smack or some degrading remark that cuts you to the bone. Violence usually occurs from a growing level of consistent boundary violations. For men, they are less likely to admit to abuse or violence in their relationships since they think it is debasing of their man-hood. They fear not being taken seriously if they report abuse. Men are less likely to report and less likely to get counseling when they have been in an abusive relationship.

Violence is based on issues related to power and control. An aggressive or violent woman who abuses with power and control has an inability to have an equality-based relationship. When her power and control are threatened by your wants, needs, and desires, abuse is the likely outcome. Their answer to any solution to what displeases them is violence.

Unfortunately, her violent tendencies were probably a byproduct of a violent childhood. This means, in addition to violence, she has the propensity for additional emotional and mental problems due to having been exposed to violence as a child.

Men who date these ticking time bombs may never know the reasons behind her violence. Sticking around to find out 'why' she is so out of control may well cost a man a lot. And his savior-complex of rescuing her out of her own self destructive lifestyle will not be successful.
Some violent persons are treatable, while others are not. A man without professional training in the field is not one likely to be able to tell who 'can' and 'can't' be helped by anger management treatment.

Why would a woman like Victoria with violent tendencies be attractive to you? And likewise, why would Victoria be attracted TO you?

**STORY**

Victoria was a woman with an edge—a tough girl with an attitude. Patrick saw it as a sign of strength and was really turned on by it. She wasn't a door mat to anyone and he watched her turn other people inside-out with a look or a slice of her tongue. She was a raving blonde beauty with a long mane of thick gnarly hair.

Patrick met her outside a convenience store when she went to jump in her convertible and it wouldn't start. He was a little startled when she jumped out and began beating the hood of her car with her fists, cussing up a blue streak. He first chuckled to
himself but when it went on and on and on...he felt a flicker of something...embarrassment? Concern? He wasn't sure what it was. He hopped out of his truck to help her before she dented the hood of her car or cleared out the convenience store parking lot with her screaming. She was grateful. And with her finger, she wrote her phone number in the dirt on the side of his truck door and then peeled rubber all the way out of the parking lot. Patrick just shook his head and wasn't sure if he had ever seen a woman quite like Victoria.

And to his recollection, he hadn't...so he called her. What would a woman like THAT be like? It had to be a wild ride for sure. In the beginning, Victoria seemed much like any other bold and confident woman. But that's all Patrick was picking up about her.

But things changed about a month into dating. One night while playing pool, Victoria was bent over the table making a shot when a hot woman walked by and Patrick turned his head to take a glance. Before he could even blink, her pool cue came up right across the center of his face, breaking open his lip and pouring blood onto the green pool table top. His eyes were the size of a saucer! Even worse, all the guys sitting at the bar began to howl and roar!

Without even batting an hour, Victoria threw her bloody pool cue onto the pool table and strutted out the door. When Patrick emerged from the bathroom with paper towels wadded up against his mouth, Victoria was long gone. She had hitched a ride home.
Stunned, Patrick didn't call Victoria for a day or so—assuming she would call and apologize for her behavior. Nope. Amazed, he called her and she acted as if nothing happened and did they want to get together? Curious as to how she would handle the incident, Patrick agreed. As the night progressed and Victoria hadn't brought up the incident, Patrick finally did. “What was up with hitting me in the face like that?” Cool and stony cold she replied “YOU—Y-O-U--reallllyyy don't want to piss me off. That's highly unrecommended. Do you understand? Or do you have further questions about this?” Patrick got up and left the room.

He no longer frequented the pool hall since all the men only teased him about what they saw that night. But Victoria was far from over...one night at a party when she had too much to drink she said “You know, when I want men to know that I'm THE ONE in control, this is how I get my point across....” She reached between his legs and twisted his scrotum until he collapsed on the floor—she laughed and pushed him over with her foot onto his side and then she walked away. Patrick decided that night—NO MORE physical violence. So Victoria peppered their relationship with OTHER kinds of abuse—insulting his sex performance, his career, and even his nose! One night she threw a vase that crashed right next to his left ear. And on other nights, she liked to take out kitchen knives from the door and run them up and down her tongue.
Concerned for his own safety, Patrick stopped having her spend the night—afraid he'd never wake up again. Then one day while at a park throwing Frisbee, Victoria got frisky and started kick-boxing Patrick. Knowing her violent tendencies, he in no way responded but continued to ask her to stop it and he wasn't playing with her.

As he bent over to pick up the Frisbee, she turned sideways and from her hip kicked him squarely in the center of his face. RAGE welled up in him and he grabbed her leg and pulled her straight up in the air and pinned her to the ground screaming 'Stop! Stop! You're being abusive. I won't let you up until you stop!' With total calculation, Victoria looked around to see other people in the park and began to scream “You're hurting me! Someone help me!”

Patrick, shocked stood up and helped her to her feet just as the park police were arriving. Victoria, acting uncharacteristically, remarked coyly, “He was getting rough with me...but I think he's ok now. I'll handle this. I don't want to press charges.”

Patrick drove in silence to her house, reached across her lap and opened her door from the inside and then was a slight shove to her shoulder, slide her out onto the sidewalk, hit the gas pedal and never looked back....Unfortunately, that wasn't Victoria's idea of ending a relationship. When he didn't return her numerous voice mails, he 'mysteriously' found his car windshield smashed. And a tube of her lipstick laying on the driver's side car seat. She had had the final say....
SIGNS TO LOOK FOR

Talks down to you, criticizes, belittles or calls you names
Talks about her previous partners in negative ways
Tries to control your life choices, large or small
Her main mood is 'irritable'
Yells or screams instead of talks in a normal voice
Has a history of fighting or assaults against others (even women)
Has treated animals cruelly
Has set fires or been involved in property destruction
Can become violent or out of control when drinking/drugging
Throws things when angry or tries to punch people or objects
Blames others for her anger outbursts
Has trouble in other relationships because of her anger or violence
Has been previously sent or attended anger management groups
Has been previously sent to substance abuse treatment
Has been expelled or suspended from school or work for anger, or fighting
Hangs around others who are known to be violent or have a temper
Gets angry when confronted, questioned or corrected
TYPES OF GUYS SHE LOOKS FOR

Obviously, men who are 'willing' to stay in violent or abusive relationships with her are high on her list for dating potentials. A lot of men think if they can 'contain' her by holding her arms down or holding her to the ground then they can 'manage' the violence and stay in the relationship—although it is still considered an abusive situation.

Staying is **compliance** so men who stick around translate their position in the relationship to her by their sheer willingness to stay. Women who are violent see 'staying' differently than what men mean by it. But make no mistake that her view on your sticking around has a lot to do with compliance and agreement that she is the ONE in control.

Men who believe her when she says it's HIS fault for her anger or violence, she will change, she will never do it again, or will go to counseling—are top choices for Victoria. She's said this all before in other relationships with other men. Let me save you some heartache: she's not gonna follow through.

A man who is satisfied with good-girl make-up tactics like an apology or sex, is another candidate for an abusive woman. When nice words or great sex can undo the damage inflicted by acts of violence, this violent woman has found her comfort zone. We
teach people how to treat us...and you have taught the violent woman what you're willing to stay in the relationship for.

Men who have their own personal histories of child abuse or come from abusive homes are already trained in the ways of violent and pathological people. They know the way it all plays out and are familiar with the rules of the game. Nice guys, gentle guys, guys with lots of patience and want to help are all targets for the violent woman.

A man who has a history of getting involved with violent women is also a good choice for Victoria. The longer and the more often you've dated violent women, the better trained you are for Victoria. She'll have very little tweaking to do to keep you up to speed in her power and control games.

Lots of men think they merely 'wandered' into a violent relationship instead of realizing that these kinds of women KNOW what kind of man they need in order to avoid changing their violent ways. You are WAY BEYOND a coincidence in this relationship with Victoria. Your convenience in her life is not a mistake on HER part.
CHAPTER EIGHT: Stacy Stalker

Think 'Fatal Attraction' was really just a fiction movie? Think again. Stacy, the consummate stalker comes on like a demure and rational woman only to turn 'psycho' the first time she feels slighted. Stacy is highly pathological and what's wrong with her will become only *too* obvious very soon.

Stacy's inner make-up is one of probably a lot of parental neglect and even childhood abuse. People that actually stalk are noted to have severe mental illnesses. 'Love' stalkers, those that bother the movie star celebrities, are often schizophrenic. And while you think you would be able to 'tell' if someone is that mentally ill, as mentioned previously, it's not *always* that obvious.

Stacy has fantasized a relationship with you that will never exist. Even if you manage to date her on an exclusive basis, what is happening in her head about your relationship will never come close to what it really is. No matter how clear you are with her about your relationship, her reality is in her head, not in your words.

Stacy has a lot of paranoia and thinks you are always running around, cheating, hooking up with women at work. She is forever
checking on you, sneaking around, and acting very suspicious of your every move. And forget trying to squelch her fears...it's all in her head and you're not gonna make her any more satisfied that you are faithful for all your explaining that you try to do.

When you are exhausted from her accusations, fantasies and trying to convince her that she's the only one....the end is near for the relationship. But good luck getting out of it...that's when Fatal Attraction II kicks in. Saying she won't take 'no' for an answer is a benign description of how psycho Stacy can turn. Stalking physically, digitally, stalking your friends, new girlfriends, and in any other way possible, is not beyond her abilities.

More than a few men have had to get police assistance to prey Stacy out of their lives. Fearing a woman this unstable is the beginning of wisdom.

**STORY**

David met Stacy at a Chamber of Commerce cocktail party. Her brown locks of hair, big round dark eyes, and beautiful tanned skin made an instant impact---not just on him but on many in the room. He went over and introduced himself and the business he represented and handed her a business card. She looked over it carefully, and looked him up and down too. David noticed she was
very cool, calm, and collected as she inquired deeply about his role in the business he worked for. She nodded her head as she listened intently, asking even more business-oriented questions. David thought she was a very savvy business woman, obviously interested in his business and doing business with him.

She suggested they could, in fact, do business together and to bring his material to a meeting. They met at Stacy's apartment for the 'business meeting.' He brought a briefcase full of papers and numbers for them to hash through. But when Stacy answered the door, her plunging neckline and a room full of lit candles, said something else. While David found her extremely attractive, he was still unprepared for what the open door suggested. As the evening progressed, Stacy finally swept the papers off the dining room table onto the floor and straddled the table, David thought the night was definitely taking a new turn.

Stacy and David began dating on a regular basis. By any standard, they were an item and Stacy should have fallen comfortably into the relationship pace. But instead, Stacy was constantly calling his work, his cell, his house—trying to find out, moment by moment, what he was doing and who he was with. David gave her no reason to be concerned and always tried to dash her fears...but she always thought 'something' was going on or making accusations that certain women in David's office was 'after him.' Then she became paranoid about the children's teacher---she
wanted him too. And where was at 6:15 after work (he was at the grocery store!)?

Soon, Stacy's distrust began to effect his job—she would have him pulled out of meetings to talk to her on the phone—just so she could be sure he was 'really there.' She would show up at business luncheons he was at and sit in her car until he came out. Sometimes, she wouldn't wait in her car and would come to the table and interrupt the business meeting. More than once, David thought he saw her following him in her car after work on nights they weren't getting together. Letters and cards and love notes were left on his windshield when he was out with buddies watching a football game at a sports bar. Anywhere he went, Stacy seemed to know where he was at, 24/7.

Stacy's paranoia was often littered with other weird comments about the relationship “how perfect it was” “how their relationship was like no other that EITHER of them had been in.” By now, that's not how David was seeing it...he was seeing an insecure and unstable woman who was filled with paranoia and unhappiness—not a perfect relationship. Stacy would talk about 'their future' together and in the same sentence, ask him who just called on his cell phone. She fluctuated between some internalized fantasy of what their relationship 'could' be and her overt paranoia.
David had enough. He told Stacy it was over and she smirked. He thought that was an odd reaction to the notification of the end of a relationship.

Soon the litany of nasty text messages began. When David ignored them, she stepped up her game. Messages were left on his windshield in lipstick. Calls were made to his employer alleging business mis-conduct. He found his name on-line on one of those women sites saying he shouldn't be considered 'date' material as well as a total LIE about their relationship and his behaviors. She sent letters to his children's school alleging abuse of the kids and a social service case was opened on his children. She sent computer bombs to his data base and crashed his computer. She waited for him outside of restaurants and bars and tried to argue with him all the way to his car. When he ignored her, more acts would occur the following days and weeks. She would show up at his children's sporting events and just stand in the background as a silent 'threat.' David thought he would lose his mind...

The only way out was a restraining order and assistance from the Stalking Division of the police department.

**SIGNS TO LOOK FOR**
*Her fears and paranoia about you/relationship can't be relieved by any explanation or by the stability of the relationship*
* She constantly pages you, drives by, calls you, or texts you many times a day wanting to know 'what you're doing'
* She shows up where she is not invited
* She interrupts your business/job/career
* She seems to find you no matter where you are at (out with friends, at the store, etc.)
* When asked to stop this behavior, she doesn't
* Constant accusations of you running around on her that are not justified
* Unusual ideas about the 'perfection' of the relationship that don't really exist
* When threatened with legal action about her stalking, it does not deter her behavior

**TYPES OF GUYS SHE LOOKS FOR**

Stacy is pretty adoring in the beginning. So men coming off a relationship with a flaming narcissist, might find Stacy initially appealing. She is doting, interested and always available. She might seem a little pushy in her desire for time with you, but you figure she's just been a little 'man deprived.'

Stacy likes men who need a little attention themselves. Men who have been hurt in relationships with less-attentive women are great marks for Stacy. Kind hearted men who can try to 'soothe'
her paranoia are sure hits for Stacy since the paranoia never wanes.

Men who are conflict-avoidant may also be Stacy-targets. That's because when the stalking starts, these guys hope that the solution is just to avoid her to death until she meets someone else or gets bored with her stalking of him. (By the way, this doesn't happen! She doesn't get bored with stalking.) These men aren't ones to take matters into their own hands so by their passivity, Stacy reads that as a GREEN LIGHT into all out war-fare in her attempts to terrorize and/or win him back. In her mind, the end result could go either way. These men will wait and wait and wait to report her to the police. They change their phone numbers, even move away, as an attempt to outrun Stacy.
Like a little mystique in your women? Then Heidi's your gal. But it's not really 'mystique' you're picking up on...it's a whole hidden life she isn't discussing that is a lot MORE than just mere mystique.

Heidi's exciting appeal to you might be all the other hidden facets of her life that makes her tight-lipped approach in the relationship seem like a girl with a mystery. There IS a lot of mystery going on...other men, women, children, criminality, drugs/alcohol, illegal activity, or diseases. Yep, Heidi has a lot of activity in her life and you only find out about it after you're at risk.
It's hard to protect yourself when you haven't a clue what's REALLY going on. Heidi likes it that way....her life is one big 'hush' until you get a peek into her world and see what she (and now you) are exposed to. What you don't know CAN hurt you in a relationship with Heidi.

Heidi comes with a complicated history which adds to her unfortunate hidden life behavior. Her life of secrecy, cover-ups, and lies is mostly because her parents intentionally lived out of sight because of their own behaviors—parents who were felons, drug dealers or prostitutes could have taught Heidi how to live a life unseen. Sometimes, people like Heidi can come from successful business-oriented homes in which Dad sheltered his wealth from government taxes. In some fashion, Heidi was taught how to live a life out of view of others.

Unfortunately, a lot of this problematic behavior is linked to: addictions such as sexual, gambling, drugs and alcohol, prostitution, thrill seeking, and shop lifting kinds of behavior. The Heidi's like the thrill of hiding things and live on the adrenaline of not being caught.

Is Heidi a deadbeat? Not necessarily—women with hidden lives can be doctors, attorneys, social workers, teachers, or day care workers. What they do by day to earn their living has nothing to do with what they are doing on the side.
Often their family, employers or best friends don't even know what they are up too. They are often described as being 'quiet' or 'tight lipped' or people who 'like their privacy.' When Heidi's life is finally revealed, there is a line of people shocked to find out what Heidi has hidden in the closets of her life.

**STORY**

Kent met Heidi at a church function. Her family was a long standing member in an African-American Baptist church. Heidi was a raving beauty with the voice of an angel. She had been front and center singing in church since she was 9 years old. Everyone knew she would make it to the big time with her voice. She volunteered working with at-risk kids and was often a camp counselor in the summers. She was wholesome well-rounded young woman...or so everyone thought.

Over a pot luck dinner, Kent and Heidi exchanged phone numbers. Kent thought she was a 'little reserved' but thought that was probably due to her religious beliefs. After their first date, Kent felt like there was a good enough connection to pursue dating Heidi. But she was sure hard to locate! Her cell phone went un-answered, her friends didn't know where she was it, her home phone just rang off the wall, and her text messages went ignored. When Kent dropped by the day care center she worked at, she was often 'running errands' or had taken a 'personal day.' That girl was sure busy he thought!
When Kent would **FINALLY** reach Heidi, she was always in a hurry and usually referred to her absences in very generalized terms. “I've been swamped with things to do! Thanks for asking.” “Oh, that's so sweet you're concerned about me. I had a bunch of stuff to do for the church for Sunday.” “Whew---I wonder when my life will slow down. Do you ever wonder that too?” She was always squirming out of a direct question.

![Image](image.png)

Soon, Heidi's stories started to not add up. Places she said she had been or people she was suppose to have been with was later revealed she wasn't. Kent didn't have a clue as to why she would need to lie about that! When questioned, Heidi continued her vagueness and then tried a spin on mystique, “You **WOULD** like to know everything about me, wouldn't you? Well, girls don't always tell...we leave a little to the imagination....” Her voice was hot and sexy when she answered.

As Kent began questioning people at church about her, her past that she told him wasn't lining up with what people shared about Heidi. Camp counselor? Not quite. Future in singing---only if you stopped 'what she was doing and applied her self' (what WAS she doing, Kent wanted to know!!). Working with at-risk kids? Well, if you consider herself one, then maybe.... What was up? Kent wanted to know. **WHO IS THE REAL HEIDI?**
Answers weren't found through her friends either. Remarks like “You can't pin that girl down! Boyfriend, you stand in line with her to know the truth. I've been her friend for 10 years and I can't tell you on any one day what she is really up to. And for being a woman, she sure is tight-lipped and doesn't spill the beans about what she thinks or what she does. She's a mystery...that's all I can tell ya.”

How could absolutely no one know what Heidi was doing with her life and her time? A beautiful girl like this isn't easily ignored or unseen. Where is her life? Kent began taking a closer look and trying to listen better for the conflicting information and clues that might point to this girl he was really coming to love, despite her lack of details.

Despite her beauty, talent, and virtue her emotional and verbal restraint was starting to cause big problems in his relationship with Heidi. You could only overlook so much—beauty and sex appeal could only carry her so far.

One night when Heidi said she was going the youth center to tutor some children, Kent thought...what the heck—I'll go out with my friends. I can't sit around every night waiting for her to be available. It was his friend's Rods bachelor party and there were going to be some hot girls and free beer so Kent went along for the ride. As the night progressed and the beer flowed, it was soon
time for the bachelor to enjoy his personal escort. The room soon filled with beautiful women who were there to mingle as the bachelor enjoyed his final night of sexual freedom. Kent chatted it up with one of the women as he heard the men hooting and hollering when the bedroom door closed. Within a half hour, the door opened and out came a grinning bachelor and he pushed the door open with his hand as if to suggest, 'Next.' Kent wandered over to the dimly light room and peeked in to see who the prize was... there lying in stockings and garters and nothing else, was Heidi.

But Kent's night of horror didn't end there...a few questions to the women who were with her that night indicated she worked for the service at least a couple of times a week, had been with them for over a year, had numerous regulars she had actually become romantically involved with, and had recently terminated an accidental pregnancy incurred from her work. Heidi, or “Velvet” as she was called on the job, was one of the most popular because she didn't insist on condoms.

**SIGNS TO LOOK FOR**
* Avoids direct questions about where she goes, what she does, and who she's with
* Conceals important information about herself that you only discover later
* Goes by aliases
* Has secretive behavior
* Often unable to reach her directly
* Resists disclosing personal information
* Doesn't disclose personal information about previous boyfriends or relationships
* Stories don't line up with what other people report about her
* Receives mysterious phone calls, texts, voice mails
* Not forthcoming about their daily activities or employment or how she makes money
* Goes periods of time without contacting you

**TYPES OF GUYS SHE LOOKS FOR**

Guys that aren't too inquiring are always good. Men who aren't likely to ask too many questions or follow up on her answers are likely candidates for Heidi. Trusting men who think the relationship is headed in the right direction and believe her descriptions of her self and her supposed life are men who can become front-and-center in Heidi's world.
Men who were raised in trusting homes where people did what they said they were going to do, probably hasn't got a clue when deception is being played on them. Healthy home environments teach men to accept people at face value. Heidi is anything BUT a face-value kind of girl.

Guys from healthy home environments probably also believe that people are overtly given trust and then it is removed if they prove to be untrustworthy. Removing it though is often painful for these types of men. So women are given repeated chances before he is likely to overtly confront her about her lies or deception.

Instead of having women 'earn' trust, these men give it BEFORE it's earned and then have a hard time taking it back. Women like Heidi can get a lot more dating time out of him when she isn't required to earn trust—she only gets eventually ditched for breaking trust.

Men with busy lives also are likely to fall for Heidi. If they are single dads, or are climbing the career ladder, have evening sports or just an active social life, Heidi could fly under the radar for quite some time. Men who have 'a life' aren't that inclined to follow up on every detail of a girlfriend's life. Her life could go unchecked for months. Casual dating doesn't instill deep examination so guys who are considering Heidi merely a casual experience, might not catch on.
CHAPTER TEN: Bianca--I Love Bad Boyz

Bianca will drive a man crazy—and not necessarily just from desire! What is WITH this woman? Bianca has a sad story of lots of dangerous and abusive relationships—probably from childhood all the way through today. Maybe she came from an alcoholic home, or she was molested as a child, or raped as a young teen...or all of the above. Then she went on to be in three battering relationships. Today, she is a trampled soul with no direction—bouncing from one bad experience to the next.

But women like Bianca with an abuse history the length of the Dead Sea Scrolls is not likely to be one with an arsenal of coping skills for her dramatic and sad life. Instead, every bad situation has robbed her and taken from her the life skills she desperately needs in order to turn her life around. While there is something 'touching' or 'sad' or 'lonely' in Bianca, a relationship with her is likely to tear your heart out AND leave you scratching your head in disbelief.

Why? Because even though you are a **wonderful** man, she will always leave you for the abusers....either the one she just left, the one before him, or the one yet to come into her life. She gravitates to abusive relationships. You will be left in the dust with dirt in your teeth.
This scenario ranks as the 8th Wonder of The World...why women WANT abusive men. Doesn't make a bit of sense, does it?

Remember in the earlier part of the book when I talked about how some people have learned from their past experiences to normalize abnormal behavior? Well, that's Bianca in a nutshell. Having horrible relationships is no longer abnormal to her. In fact, she'd feel a little odd or a fish out of water if she had a nice guy to contend with. Bianca has learned to expect and accept men who hurt her, cheat on her, sponge off of her, beat her children, and won't work. When you come along and offer to be a step-up kind of guy, he acts interested initially like you are some White Knight who has been sent into her life to save her from her own self-induced hell but then, in a heart beat, she's back with him saying “Sorry, I LLUUUVVVV him.”

This has bewildered more than mere men. Women in domestic violence who try to counsel Bianca are bewildered too. We have a few descriptive names that help us understand these patterns..one of which is called 'Betrayal Bonding.' The more he hurts her, the closer she feels to him. When she gets enough of his bad behavior and is ready to leave him, he shares some little sad tidbit of his life and suggests she's the only one who loves him or can save him, and she's right back in the saddle again—
riding out a relationship that is doomed to hell. The whole cycle of Betrayal Bonding is one that entire books have been written about. Suffice it to say that Bianca has a soul imprint of the type of guy she loves…and it usually has a fist mark in the middle of it.

**STORY**

Mike met Bianca at a charity event. They sat at the same table for the Center for Abused Children fund raiser. Her coal black hair and soulful eyes were a big eye-catcher for Mike. She came alone so he moved one seat over to sit next to her and chat.

She was an old soul...you could tell even before she spoke. There was a far-away look in her eye from something....he wasn't sure what. She said she was 'passionate' about abuse issues, especially child abuse and she would 'do anything' to help others out of an abusive situation. Mike thought that was big-hearted of her to give her time and energy to such a worthy cause. Surely any woman who would do that is a woman that would be great to get to know.

By the end of the evening Mike asked for her phone number and Bianca began to squirm in her seat. He sensed her un-comfortableness and then offered “Here, I'll give you my number instead. If you ever would like to get together...even to just talk....call me.” Mike assumed she would never call.
A few weeks later Bianca did call...her voice sounding small and shaky. Mike agreed to meet her after work and literally didn't recognize her as he searched the restaurant for her. There she sat, frail, haggard and bruised in a booth. She had a scarf on her head and big sunglasses trying to hide the black eye she was sporting. Could this be the black haired beauty he just met a few weeks ago? She waved her hand in the air to signal him.

Mike slid into the booth and didn't say a word. He couldn't. She stared at her lap. “Well....now you know my secret about why I am passionate about the cause of abuse.” She removed her sunglasses to show a shiner worthy of a boxing match. “Woah!” was all Mike managed to say. By the end of the night, Mike offered to take her to a shelter or to her home to get her things and then to a hotel where she'd be safe. “It'll be alright” she said. “How can you say that?” he asked. “It's obviously NOT alright. Why don't you leave him?”

“Leaving him isn't the problem. Staying permanently aways IS. I've left him five times in 3 years over this same issue. I don't know why I keep going back. But I do. I guess I just love him, that's all and you can't always pick who you fall in love with.” “LOVE?” Mike roared. “I don't know a lot, but I know whatever you guys have, that ISN'T love!” Aggravated, he slid out of the booth and left.

This same scenario would be repeated many times over the next six months. Each time, Bianca would show her injuries, each time
Mike would offer to help her, each time she would say no, each time Mike would leave. He wondered why he kept going back...probably the same way she wondered why she kept going back.

Before long, Mike and Bianca were lovers. He would take her home after abusive events when she'd had called him to come get her and she'd spend the night—he would nurse her wounds and hope one time, she would just stay and never go back. But each morning when dawn broke, Bianca returned to her private hell and each time he grieved for her. Mike bought her self help books and offered to pay for a counselor. He offered to help pay the deposits to get her in her own apartment and finally Bianca agreed. $1,500 dollars later, Bianca lasted all of 10 days and then abandoned her apartment and was back at the abuser's house.

Mike was incredulous. What was this cycle? Bianca had already told him that on TOP of beating her, he didn't work, he drank all day, used up Bianca's money, and constantly cheated—the women even came to her door to pick him up in their cars.

The last time he saw Bianca she was bleeding at his front door. There were bruises around her neck from a choke hold. He took her inside and called the police and sent them to the abuser's house to pick him up. When Bianca learned that he had been jailed on domestic violence charges, she rushed to the jail to tell them that's not how she incurred her injuries and begged for his
release. She paid his bail and the last memory of Bianca that Mike has is her walking out of the front door of the police station with her arm about her abuser's waist, patting his arm.

**SIGNS TO LOOK FOR**

* History of abusive relationships
* History of not leaving abusive relationships
* History of care taking deadbeat men, men who won't work, etc.
* Passivity when it comes to leaving unhealthy relationships
* Returning to unhealthy relationships
* Only attracted to unhealthy 'bad boy' men
* Excuses for why she stays with them

**TYPES OF GUYS SHE LOOKS FOR**

Bianca obviously likes bad boy men for her long term relationships but she plays a lot with nice men's affections and makes gestures like she is going to leave the relationship any day and be with
him. If it happens at all, it is for short durations and she always returns to the bad boy. Bianca not only has some sort attachment to bad boys, she thinks she can turn him around and it's some kind of notch in HER belt to have turned a bad boy homeward.

Much like Bianca thinks she can change bad boys, she lets you think you can change her too. You can put on your Super Hero's cape and rescue her from the man in the black hat. Or, barring that, you'll help her feel better about herself, see him for what he is, or help her move out or get a counselor. Bianca needs men who have a chivalrous nature and won't idly stand by while a woman is harmed. While that IS good and no one should ever turn a blind eye to domestic violence, Bianca's nice man believes that she will turn the corner with his help and stop her destructive choices. It's usually never that easy or that quick. Women who make it out of their bad boy choices often take years to come to the light.

Men who have histories of having watched domestic violence (like in his home growing up or in a friends home) might be at risk of trying to help Bianca and getting entangled in her 'can't make up my mind' scenarios of good -vs- bad. Is Bianca reliving your mother's own nightmare? Or do you have a female friend or sister who has lived through this? Who are you really trying to save?

Of if you yourself were harmed in your family's domestic violence (such as you were beaten as a child) you may have high empathy for what Bianca is living through and believe if you got out, she can too.
CHAPTER ELEVEN: Patricia Predator

Patricia will be *everything* you ever wanted in a woman! She is your *soul mate*, your *mirrored image*, your *twin*...she's YOU only female!

How could she possibly fit THAT bill in your life? Easy—she's a great listener. She listens as you rattle on about all the other relationships that have failed. She listens for 'why' they failed and what the other women did to get booted out....she then finds out all your interests and loves....then guess what? She LOVES fly fishing, and the movie 'Independence Day'...she's really into German Shepherds too and working out at the gym. You think you met your 'soul mate'--how lucky for you that you have found a woman who has the *exact* interest you do!

It's not enough that she's exactly like you, she also begins to be the *exact* opposite of all the other women who failed in relationships with you. You didn't like women who were 'needy'? She is the tower of independence and strength. You didn't like women who called you all the time? She's cool and aloof and waits for your calls. You like sexually aggressive women? She's all over you like an octopus.
She seems a little too good to be true? Guess what...SHE IS! Although Patricia has a 6\textsuperscript{th} sense for men-on-the-mend, her skills are really predatory-based. She's in for the hunt and the prize is you. Her 6\textsuperscript{th} sense is what helps her hunt like a lion...she knows exactly what to do and not to do. She is a dating marvel and never blunders on dates or during interactions with you. She's flawless, seamless, smooth and excessively charming.

Patricia is really a highly pathological woman...but interestingly, in this category, the more pathological she is, the more charming and convincing she is...at least initially.

In their highest and most dangerous forms, predators are seriously damaging and can even be fatal. These are the women who make up the category of killers. Although not all predators, by far, kill.

But what you should know is that predators, by nature, are good at 'reading' their prey. By their own admission, they say they can scan a room or tell immediately who is gonna be an 'easy touch.' She picked you...so she must have known something!

**STORY**

![Image of Patricia](image.png)
Patricia was a supposedly a sales rep for a software company and met Nick at a trade show. It wasn't long before she convinced Nick to let her do his software upgrades for the business Nick owned. She convinced him she could get his new program up and running and all the kinks worked out in a short period of time.

Nick couldn't help think who wouldn't love looking at Patricia all day while she tinkered with the computer? She was a stunning woman with short cropped highlighted blonde hair and a deep tan.

After a week of working on the system, one night as Nick labored on until 7:30 in the evening, Patricia was just leaving for the day. He was surprised to see her standing in his office door way with a sly little smile on her face. She was using her finger to tell him to come to her. Nick walked over to her thinking she was going to show him the computer system—fully up and operational. Instead, she grabbed his tie and pulled him close to her face. “Let's celebrate” she said in a deep voice. “I'm taking you to dinner and there are no arguments. By tomorrow, your computer will be cranking! Now, let's go toast my success.”

Over dinner, Nick discovered she was a great listener and found her easy to talk to after the relationship with the self-absorbed narcissist he just ended with. Patricia, as opposed to talking about herself, actually let him talk! He was surprised how much he actually told her....about the relationship, why it ended, who he dated before, why his first marriage ended, about his children and
their interests, what he did on the weekends, and even details about how his business was just cranking in the dough!

The few words Patricia did say were punctuated by her own interests that just happened to match his—rock climbing (just like him!), camping (just like his kids!), career development and business expansion (just like his goals!). She suggested that they get together soon and she would help Nick pre-plan his next computer addition.

They met at Patricia's apartment for the meeting to discuss his future computer needs. He brought a briefcase full of papers for them to hash through. But when Patricia answered the door, her plunging neckline and a room full of lit candles, said something else. While Nick found her extremely attractive, he was still unprepared for what the open door suggested. As the evening progressed, Patricia finally swept the papers off the dining room table onto the floor and straddled the table, Nick thought the night was definitely taking a new turn.

Patricia, by all standards, was a mirror reflection of Nick. He considered himself a lucky man to find someone 'so' compatible with not only himself but his children. Their mutual histories, interests even religious beliefs all lined up. He thought there was a real future with her.
Patricia quickly filled up all the spaces of their lives—becoming more and more active in his children's lives. After a few months though, things began to change. Patricia didn't LIKE to go rock climbing, hated the inconvenience of camping, and really didn't seem to like his children very much. She was irritable and insulting to them. They were devastated by her remarks and were withdrawing from her.

Nick was concerned that she had done a 180 and wondered what the big change in her was. Had he done something? How could they be so alike and so wonderful together to only go on to have so many problems now? He soon found out....when he couldn't reach her by phone, he went by her apartment only to find she had moved with no forwarding address. 'Huh?' he thought.

The next day in the office Nick was summoned by a panicked accountant. Their computer had been hacked into—the entire bank accounts emptied. Everything was gone! Including Patricia.

**SIGNS TO LOOK FOR**

*Has a natural instinct of which men are easy for the taking*  
*Senses men who are lonely, bored, or on the rebound*  
*Senses men who have recently been dumped or wounded in divorces or previous relationships*
*Listens closely to what he says in order to pick up clues she can use in later conversations
*Senses unfilled sexual needs
*Is smooth and seems to have all the right lines and insights into you
*Comes on fast and strong
*Is overly interested in every detail of your life
*Questions you a lot or pushes you to quickly disclose a lot of information about yourself to her
*Tries to quickly fulfill your physical, emotional or sexual needs
*Seeks to fill roles in your life such as mother to your children, helper, confidante
*Overly helpful, comforting and understanding
*Has the exact same interests, values and hobbies as you do
*Is a chameleon who can be all things to all people

**THE TYPES OF GUYS SHE LOOKS FOR**

Since the predator seeks to fill gaps in your life, she looks for men with current needs and recent disappointments. She looks for men who reveal to her recent relationship disasters...especially when it has to do with inattention or incompatibility—because she can give a lot of attention and become instantly compatible with anyone. She looks for guys who will chat it up and answer direct questions about his life, interests, work, relationships, and family. Then she takes copious mental notes.
Her 6th sense, predatory and absolute pathological orientation, makes her snout for sniffing out hurting guys undeniable. These women are the top of the danger list—without conscience, remorse, or empathy—they are capable of anything—with you, your children, or your career. Men who are distracted by single parenting, a recent painful break up, or simply overwhelmed with business problems are a great target for Patricia.

Falling into the category of 'psychopath' Patricia can make the most closed mouth man confess his whole life to her in a single setting. That's what psychopaths are good at. Then, she sets out to become the image he has projected he wants or needs. Men with a habit of over-disclosing too quickly will always fall for Patricia's feigned deep interest in the details of his life.
WRAP IT UP!

By now, you probably have a good idea of what constitutes a damaged woman. These chapters have been chocked full of descriptions, checklists, stories and hints about the histories and behaviors of damaged women.

But I ALSO hope you noticed some similarities in the women. Damaged women carry some cross-over behaviors, traits, and likenesses to each other. Once you develop an eye for 'seeing' and recognizing damaged women and their traits, it will become easier and easier to spot them.

Among another set of similarities is the 'type' of men damaged women pick. I hope you NOTICED that over and over again certain character descriptions were repeated in several of the damaged women categories. Did you catch that? What were the same characteristics that damaged women picked in men, over and over again? If you can't remember, you need to go back and read it again!

Some of the similarities included:

Men who were recently hurt
Men who needed some TLC
Men who were 'fixers' and liked to 'help' or 'rescue' women
Men who had been with self absorbed women BEFORE the damaged woman experienced
Men who came from dysfunctional, alcoholic or abusive homes
Nice guys with a lot of trusting nature in them
Men with a history of relationship disasters
WHO IS AT-RISK OF PICKING DAMAGED WOMEN?

Research has concluded that people are 'at-risk' of picking damaged and dangerous relationships when they are:

Emotionally Tired:

Having gone through or going through a divorce or separation

Coming out of a bad relationship and just needing some comforting

Someone in your family has recently died or you have had extended stress in some area of your life

You have just completed a task that has required a lot of attention, focus, or work. This could be a big project at work, graduating from college, finishing something that required a lot from you.
Physically Tired:

Just finished having taken care of someone: a baby, a sick relative, a dying family member

Just had a big physical undertaking like having trained for a marathon, just finished a big mountain climb or some other extraneous activity that required a lot from them physically.

People who have chronic health problems.

People who have become tired from living alone, single parenting, or taking care of a property without help from a partner.

Spiritually Tired:

Loneliness, boredom, or restlessness

Having just experienced a big disappointment (perhaps a job promotion that did not come through, an inheritance that was promised but did not happen, your children who may have done something shocking)
Financially Tired:

People who have struggled a long time with financial difficulties.

People who have just started experiencing financial problems and don't know how to handle it

People who think that a partner will alleviate financial problems.

PAY ATTENTION TO YOUR CIRCUMSTANCES

Since research has shown that people are 'at-risk' during certain stressful life events, pay attention to your life and your circumstances. If any of the above list applies to you, you might be wise to go to “Game OFF!” Wisdom is to watch your weak side and if these are universal weaknesses, it's better to be safe then to end up with a damaged woman who is hard to get rid of.

If you think you are at-risk, get some help. If you want healthier women, be healthier yourself. If your ability to pick healthy women is poor, then do something about it so you can change your choices, and change your relationship life.
If I can help with that, please let me know. Safe Relationships offers counseling to men. One hour phone counseling sessions are available for $60. If I can answer any questions, please contact me at: HowToSpot (at) yahoo (dot) com.

I hope this e-book has been helpful. Here's to Healthy Relationships!

Sandra L. Brown, M.A.
Psychotherapist &
Author of:
How to Avoid Dating Damaged Women
Counseling Victims of Violence
How to Spot a Dangerous Management