

18+

Alex Tishchenko

Forbidden techniques of sexual influence

Alex Tishchenko

**Forbidden techniques
of sexual influence**

«Издательские решения»

Tishchenko A.

Forbidden techniques of sexual influence / A. Tishchenko —
«Издательские решения»,

Sex isn't just about intimacy; it's also a powerful tool of influence. The art of sexual influence is the art of managing someone else's instincts, making your desires indistinguishable from theirs. But remember: by playing with the fire of someone else's passions, you risk getting burned yourself. Using these techniques should be a conscious choice, not an impulsive game. Only then can you maintain control and avoid becoming a victim of what you've awakened.

© Tishchenko A.

© Издательские решения

Содержание

Alex Tishchenko	6
INTRODUCTION	7
CHAPTER 1. DESCRIPTION OF SEXUAL INFLUENCE TECHNIQUES	8
CHAPTER 2. TECHNIQUES OF SEXUAL INFLUENCE	12
Конец ознакомительного фрагмента.	21

Forbidden techniques of sexual influence

Alex Tishchenko

© Alex Tishchenko, 2026

ISBN 978-5-0070-5093-7

Created with Ridero smart publishing system

Alex Tishchenko

Forbidden techniques of sexual influence

INTRODUCTION

This book isn't about what's taught in typical psychology departments. It's not about harmony, nor is it about self-development in the traditional sense. This book is a map to those hidden territories of human interaction where will clashes with will, where words become weapons, and instincts become the key to someone else's subconscious.

Here we will break down the screws and how:

- The word turns into a command, bypassing critical thinking.
- Invisible signals (look, touch, distance) can break personal boundaries.
- Instincts (sexuality, fear, attachment) turn into levers of control.
- Brain chemistry (dopamine, oxytocin) is used to create invisible chains of addiction.

The methods presented in the book are aimed at bypassing a person's conscious filters and directly influencing biological and instinctive mechanisms.

After reading this book, you will no longer be able to call yourself "ignorant."

You'll learn how "love bombing" works, how a "honey trap" operates, what the "triangular gaze" is, and how "magical" influence texts actually function. We'll show you the anatomy of manipulation — from primitive seduction to sophisticated biochemical enslavement.

CHAPTER 1. DESCRIPTION OF SEXUAL INFLUENCE TECHNIQUES

Here is an analysis of sexual and psychological influence techniques:

The Cognitive Blinding Method (Halo Effect)

Goal: To make your target idealize you by attributing to you qualities that you do not have, based solely on sexual attraction.

- **Mechanics:** Sexual arousal reduces activity in the prefrontal cortex, which is responsible for critical thinking and risk assessment. The subject becomes more suggestible and prone to positive interpretations.

- **Practice:**

- **Creation of “sexual markers”:**

- * **Visual:** Choose clothing that flatters your figure but isn't vulgar. Wear scents associated with attraction (musk, amber, jasmine). Intentionally “accidental” touches during conversation — a light touch on the arm when handing over a document, a casual bump of the shoulder in a crowd.

- * **Auditory:** Use lower, more velvety intonations when talking about something important to you. A slight aspiration at the end of a sentence.

- **Context:** Use these markers just before or during discussions where you need to push your idea or get agreement.

- **Example:**

- **Situation:** Negotiations with a business partner who must agree to a condition that is unfavorable for him.

- **Action:** You arrive at the meeting in a perfectly fitting suit (or dress), revealing just a hint of skin. Your perfume is subtle but noticeable. During a discussion of a key point, when your partner begins to hesitate, you lean in a little closer to show them a document, and your fingers “accidentally” touch their hand. Your voice sounds confident, but with a light, captivating timbre.

- **Effect:** Your partner, feeling mild sexual arousal and the warmth of your touch, begins to perceive you as more “attractive” and “trustworthy.” His critical gaze softens, and he is more likely to agree with your proposal, thinking that it is his own rational decision.

The “Ambivalent Message” Method (Schrödinger’s Flirt)

The manipulator behaves in such a way that his actions can be interpreted as both a sexual appeal and a friendly disposition.

- **The point:** Creating a situation where the subject is unsure whether he is being flirted with or not.

Sexual Metaphors: Using trigger words (hot, deep, pulsating, penetrating) in contexts not formally related to sex.

- **Result:** The target's brain begins to endlessly “replay” the situation, trying to figure it out. This is called invasive thinking. The manipulator takes up residence in the victim's head, occupying all of their cognitive space.

Nonverbal dominance (sexual pressure)

Using signals that are read by the subconscious as “readiness for expansion”:

- **The “undressing” gaze:** Fixating the gaze on areas not intended for social contact for slightly longer than normal. This makes the subject feel vulnerable.

- Invasion of the intimate zone: Reducing the distance to 15—20 cm. The object's brain registers the threat/proximity, releases adrenaline, which is often mistaken for a "flashing spark."

Creating a "sexual deficit" (Push-Pull Principle)

This is a classic technique for fueling emotional swings. The manipulator first demonstrates an extreme level of sexual interest and availability, then abruptly distances themselves, becoming cold and "saintly."

- Result: The victim experiences "sexual hunger" and panic. At this point, she is ready to agree to any conditions to restore the previous intimacy.

During moments of intimacy, the victim produces oxytocin and dopamine. During moments of cold, cortisol (the stress hormone) is released.

- Result: The victim's brain becomes chemically dependent. They begin to perceive sexual contact as a "rescue" from the stress that the manipulator himself created. This creates an addiction comparable to drug addiction.

Sexual influence as a tool for "softening" defenses

In the intelligence services and the upper echelons of business, sexual influence is used for the honeytrap.

Triangular Gaze

It is a non-verbal technique that triggers subconscious sexual arousal.

The essence: Sequentially move your gaze through the points: Left eye — Right eye — Lips (or décolleté area) — Left eye.

Mechanism: This eye movement pattern is interpreted in the wild and by the human subconscious as a signal of readiness for intimacy. It causes an immediate release of oxytocin and a slight trance in the interlocutor, making them more suggestible.

Kinesthetic anchoring

The gist: At the moment of your partner's highest emotional or sexual peak, you perform a specific, unique touch (for example, squeezing an earlobe or a certain point on the wrist).

Mechanism: Later, when the partner is in a neutral or depressed state, repeating the same gesture causes the same emotions and physical arousal at the reflex level.

Mirror of Desires Technique (Ego Validation)

Goal: To become the object's only source of confirmation of his sexual value, creating a strong emotional dependence.

- Mechanics: Every person has a need to feel desired and unique in a sexual sense. The manipulator satisfies this need by making the object "special."

- Practice:

- "Secret Code": Use phrases that convey exclusivity. "I've never felt anything like this before... You make me so different..."

- "Mirror of Passions": Emphasize those qualities of the object that perhaps themselves require confirmation. For a man, this might be "strength," "reliability," "intelligence." For a woman, it might be "tenderness," "beauty," "mystery." But present this through the prism of sexual response. "The way you solve problems drives me crazy. You're so strong and powerful..."

- “Intimate Whisper”: At times when you want to achieve maximum influence, lower your voice to a whisper, close the distance and say these phrases while looking directly into the eyes.

- Example:

- Situation: A male executive recently had an unsuccessful project that undermined his self-confidence.

- Action: You, as the subordinate, take a moment to say to him, “I saw how you worked on this problem yesterday. The way you held yourself under such pressure... It was incredible. I’ve always admired your strength, but yesterday... it was something special. I felt so... vulnerable around you, but at the same time, you had complete control over the situation.”

- Effect: He receives confirmation of his power and masculinity at the very moment he needs it most, and he associates this feeling with you. Now he will seek your confirmation, making himself more compliant with your requests.

The Sexual Anchoring Method

Goal: To associate a specific decision or action of an object with a feeling of physical pleasure, making it automatic.

- Mechanics: Classical conditioning. The physiological response to pleasure becomes a signal to action.

- Practice:

- Anchor “Touch + Compliment”: At the moment when the object does something that you like (agrees with you, fulfills your request), you lightly but intimately touch (for example, on the shoulder, on the forearm) and say a compliment.

Example:* If an employee agrees with your idea, you might, while handing him the document, lightly touch his forearm and say, “That’s a great idea, you always get the point so right.”

- Anchor “Word + Look”: At the moment when the object demonstrates the desired behavior, you look him/her in the eyes and say a “key” word that will be associated with pleasure (for example, “correct”, “exactly”, “excellent”).

- Example:

- Situation: You want your partner to always agree to your sexual proposals.

- Action: Every time he/she agrees to intimacy, you say: “Yes... that’s it...” (with a special intonation, emphasizing “that’s it”) and take a deep breath, looking into his/her eyes.

- Effect: Over time, when you want your partner to agree to something, you can simply say the word “exactly like that” in a certain tone. This will subconsciously create an association with pleasure in him/her, and he/she will be more inclined to agree.

Using the Shadow Script

Goal: To become the only person who can satisfy the most hidden and perhaps “shameful” sexual fantasies of the target, receiving absolute loyalty in return.

- Mechanics: Every person has a “Shadow” — repressed desires. When a manipulator offers an object that embodies this Shadow, the object falls under his power.

- Practice:

- Shadow Reading: Listen carefully to what the target says about his/her “forbidden” fantasies (often in jokes, movies, or in moments of revelation). Pay attention to his/her reactions to shocking content.

- “Shadow Echo”: Reproduce these fantasies, but not directly, but through hints, metaphors, role-playing. Your task is to show that you are “in the know” and ready for this.

- “Guilty Intimacy”: Create an atmosphere of secrecy and shared “sin.” Emphasize that this is “just between you,” that “no one would understand.”
- Example:
 - Situation: A man, an outwardly exemplary family man, hints in conversation at fantasies about sexual submission or role-playing games.
 - Action: You can start with hints and compliments that highlight his “dark side.” Gradually introduce elements of role-playing into the conversation, first as a joke, then more seriously. Use phrases like: “Sometimes I wish... someone was really bossy,” or “I can imagine how interesting it would be... if we could really let go.”
 - Effect: When the target sees that their “dark side” is accepted and even shared, they will feel an unprecedented trust and connection. They will feel understood only by you, making them extremely vulnerable and loyal.

CHAPTER 2. TECHNIQUES OF SEXUAL INFLUENCE

“Love bombing is a psychological weapon of mass destruction. It doesn’t destroy you physically, but it breaks your personality, making you a slave to your own euphoric memories. To recognize it is to see the false currency they’re trying to force on you. Don’t accept it. Your self-worth doesn’t depend on other people’s compliments, and your life doesn’t depend on other people’s ‘love.’”

This method is often used at the beginning of toxic relationships, in cults, and in scams. It’s important to learn to recognize it to protect yourself.

“Love bombing” is not an act of genuine love, but a deliberate psychological assault designed to blind and paralyze critical thinking, and create the illusion of absolute connection and exclusivity in the target. This is the first stage of addiction, before exploitation begins.

Love Bombing Mechanics: Brain hijacking through euphoria

The goal is to induce the fastest and most intense emotional attachment in the victim, fueled by dopamine and oxytocin “shards.” The faster and more intense the “bombardment,” the less likely the victim is to maintain rationality.

Practical Application: Stages of the “Assault”

1. The Overload Stage

- Method: The manipulator exhibits absolutely ideal behavior. This could be:
- Incredible compliments: “You are the only person who understands me”, “You are my soulmate”.
- Gifts and attention: Luxurious gifts, unexpected flowers, expensive dinners.
- Constant attention: Continuous calls, messages, desire to be there 24/7.
- Quick declaration of love: The phrase “I love you” is said on the second or third day of dating.
- Effect: The target’s brain is flooded with positive emotions. They feel unique, the most important person in the world. A strong dopamine surge is created, which masks their real intentions.

2. The Chosen One Stage

- Method: The manipulator suggests to the target that he/she is special, the only one who can “understand” his/her complex soul, or that this connection is “destiny.”
- “I’ve never told anyone this, but I trust you.”
- “Our souls are connected from birth.”
- “You are my soulmate, I have been looking for you all my life.”
- Effect: The target begins to believe that he/she has found that “perfect” connection that he/she has been missing. This creates a feeling of exclusivity and reduces criticality.

3. The Severing Stage

- Method: The manipulator begins to subtly or overtly dissuade the object from communicating with other people.
- “Your friends don’t understand you, they envy you.”
- “Your family doesn’t value you, I’m the only one who sees your true value.”
- “I feel so bad when you’re not around, I can’t live without you.”

- Effect: The target gradually becomes disconnected from their social support. The manipulator becomes the only source of positive emotions and approval, increasing dependence.

4. The Switch

When the object is completely “captured” and blinded by euphoria, the manipulator begins to gradually change tactics.

- Method: Compliments are replaced by criticism, gifts by expectations, constant attention by sudden ignoring. The “emotional swing” begins.

- Effect: The object, accustomed to the ideal image, begins to believe that the problem is in him/her. He/she tries to return to the previous “ideal” relationship, submitting to more and more new demands of the manipulator.

How to recognize “love bombing”?

- Speed: Everything happens too quickly. Feelings, affection, recognition — everything appears in a matter of days/weeks.

- Intensity: The emotional intensity is so high that it seems unreal.

- Inconsistency: Words and actions do not correspond with the real life of the object (for example, a person talks about poverty, but gives expensive gifts).

- Isolation: You are being actively pulled away from your loved ones.

How to protect yourself from love bombing?

1. Slow Down: Intentionally slow down the relationship. Don't reply to messages immediately, don't agree to every date.

2. Reality check: Ask specific questions about the past, present, and plans. Look for inconsistencies.

3. Maintain social connections: Never stop communicating with friends and family. Tell them about new relationships. Their perspective is invaluable.

4. Appeal to logic: When you're overwhelmed by emotions, stop and ask yourself, “Is this true? Or is it too good to be true?”

5. “Fake” Reality: Deliberately create situations where the manipulator can't be perfect. This could be working together on a difficult task where you both make mistakes.

“A honey trap isn't about sex, it's about exposure. You don't just seduce the body; you expose the soul, finding its most vulnerable point — the fear of losing one's reputation. In forbidden psychology, it's the art of using a person's lust against them, turning their pleasure into chains and their desire into a whip that will drive them to carry out your tasks.”*

Important caveat: “Honey trapping” is a criminal offense in many jurisdictions and is devastating to all involved. In “Forbidden Psychology,” we explore this method as an archetypal example of high-level manipulation, not for its use, but to understand how to protect against it.

The honeytrap is one of the oldest, yet extremely effective, manipulation techniques, based on the use of sexual attraction to compromise, blackmail, and gain access to sensitive information or resources. It's not just seduction, but a strategic capture of a target through their biological weaknesses.

Honey Trap Mechanics: Compromise Through Pleasure

The essence of the “honey trap” is to create a situation where the object, having succumbed to sexual temptation, commits an act that:

1. Violates his ethical, social or professional standards.
2. Can be documented (photo, video, audio).
3. Allows the manipulator to gain leverage over him (compromising material).

The goal isn't sex itself, but control. Sex is merely a tool that lowers guard and opens access to vulnerable spots.

Practical Application: Stages of Deploying a Honey Trap

1. The Target Selection

- Criteria: The target must have access to the necessary information/resources and have a personal weakness for sex, attention, flattery, or a certain type of appearance. Social status and potential “skeletons in the closet” are important.

2. The Setup

- Study: Maximum information is collected about the subject: marital status, sexual preferences, habits, hobbies, places of leisure.

- Imitation: The manipulator (the “honey trap” agent) completely adapts to the image of the ideal partner for the target. This may include changing appearance, habits, and studying the target's interests.

3. Establishing Contact and “Love Bombing” (The Seduction)

- Method: The agent initiates a meeting (accidental or arranged). Then, intense seduction is used: compliments, active attention, displays of “understanding” and “spiritual intimacy.” The goal is to evoke a strong emotional and sexual attachment as quickly as possible.

- Effect: The subject, feeling desired and understood, loses vigilance. Oxytocin and dopamine turn off his critical thinking.

####4. Compromise Phase (The Sting)

This is a key point. During intimate contact or at a time when the subject is in a state of maximum vulnerability:

- Method: The agent discreetly records compromising video or audio (sex with a prostitute, infidelity, recorded conversation). Actions that are unusual for the target (drug use, risky sexual practices) can be provoked.

- Objective: To obtain irrefutable evidence of violation of norms or laws.

- Creation of dependence: Sometimes incriminating evidence is not presented immediately, and the object is slowly drawn into a vicious circle, where the “agent” becomes the sole confidant of his “secrets”.

5. The Leverage Phase

After receiving the incriminating evidence, the agent moves from seduction to demand.

- Method: Direct blackmail or veiled requests: “I really need your help... otherwise you yourself understand.”

- Goal: To gain access to information (passwords, documents), influence (voting, decision-making) or financial resources.

- **Maintaining control:** The target is in constant fear of exposure. The manipulator can regularly “remind” them of the incriminating evidence in order to keep them in a state of subordination.

Psychological aspects

- **Using guilt and shame:** These emotions are the most powerful levers of blackmail.
- **Creating False Attachment:** The agent fakes deep feelings so that the victim does not feel “just used” but believes that it was “true love” that “went the wrong way.”
- **“Stockholm syndrome”:** In some cases, the victim may begin to feel sympathy or even loyalty to the person who compromised them, especially if the “agent” acts subtly, creating the illusion that “we are in the same boat.”

“Sexual deficiency is the art of training through hunger. Remember: a well-fed lion is lazy and uncontrollable, while a hungry lion looks only to the trainer. Don’t be afraid to refuse. Every ‘cold’ evening increases the cost of your ‘hot’ morning. In a world of influence, the one who needs sex less controls the one who needs it more.”

Warning: This method is a surefire way to destroy healthy intimacy. It turns relationships into a marketplace or a war.

The sexual deficit method is a strategy for managing the manipulator’s value by artificially restricting access to sexual or emotional resources. This method is based on a fundamental law of economics and psychology: the value of an object is directly proportional to its unavailability.

If “sexual pressure” is an attack, then “sexual deficit” is a siege, in which the victim himself begins to beg to be captured.

Mechanics of the method: Biological hunger

When you create scarcity, you activate reactance in the recipient. The person can’t stand having their freedom or access to pleasure restricted. The brain begins to perceive sex or intimacy with you not as a natural process, but as a “super prize” that must be earned.

Practical Application: Stages of Creating a Scarcity

1. The Hook

You can’t create a shortage of something someone hasn’t tried. First, you give them maximum sexual delight, attention, and intimacy. You become their “standard” of pleasure.

- **Goal:** To create a powerful dopamine and oxytocin response. The subject should get used to the fact that you are his main source of joy.

2. The Withdrawal Stage

When the object is completely hooked on contact with you, you suddenly and for no apparent reason enter a deficit mode.

- **Method:** You become colder, citing busyness, fatigue, or “loss of mood.” Sexual contacts become rare, short, or stop altogether.
- **Effect:** The subject begins to experience withdrawal symptoms. He does not understand what has changed and begins to look for the cause within himself.

3. Stage of “Conditioned Reinforcement” (Sex as a Reward)

Now sex ceases to be an act of love and becomes a form of currency. You return intimacy only when the object of your desire performs the action you desire (agrees to a deal, changes their behavior, or provides a service).

- Method: You broadcast: “I want you again because you were so attentive/correct today.”
- Effect: Pavlov’s dog reflex is formed. The object is trained to “buy” your favor by being submissive.

Technologies for enhancing scarcity

A. “The High Standard”

You suggest to the object that sex with you is not just physiology, but joining an “elite club.”

- How it works: You talk about your “high demands” on your partner or that sex is only possible for you when a certain level of spiritual or intellectual connection is reached.
- Result: The object begins to improve itself endlessly in order to “reach” you, spending all its resources on this.

B. “Competitive deficit” (Triangulation)

You create the illusion that someone else is laying claim to your “resource”.

- How it works: Casual mentions of admirers, bouquets “from colleagues”, an active social life without a partner.
- Result: Fear of loss forces the object to ignore your shortcomings and forgive you for any manipulation, just to retain exclusive rights to you.

V. “Moral Barrier”

Using fictitious principles or “internal prohibitions” to temporarily deny sex.

- How it works: “I feel like we’re getting too close too quickly, it’s scaring me, we need to take a break.”
- Result: This forces the subject to prove his “safety” and “reliability” by becoming even more compliant.

Psychological consequences for the object

1. Self-Devaluation: The target begins to believe that he is “not good enough” because you no longer want him.
2. The manipulator’s overvaluation: You become the center of his universe, since only you can satisfy his hunger.
3. Erotic fixation: Due to a deficit, the target’s entire thoughts are focused on sex with you. Their productivity in other areas declines, and they become easily manipulated.

“An ambivalent message is a psychological fog. In it, the target loses their bearings and begins to see what you want them to see. It’s the art of being provocatively accessible while remaining formally untouchable. Those who have mastered this method can manipulate the attraction of others without ever exposing themselves to attack.”

The ambivalent message method (or “Schrödinger’s flirtation”) is one of the most insidious techniques for capturing cognitive space. It involves broadcasting signals that can be interpreted in two ways: as a sexual provocation or as completely innocent, friendly, or businesslike behavior.

While the target is trying to decipher the true meaning of your message, their brain is doing a tremendous amount of work, which inevitably leads to invasive thinking — you are literally taking up residence in their head.

The Mechanics of Schrödinger's Flirt

The name refers to Schrödinger's cat: until the target gives a clear response, your flirtation is both “alive and dead” at the same time. You reserve the right to retreat (Plausible Deniability). If you're accused of ambiguity, you can always say, “What are you saying? I was just trying to help, you got it all wrong,” making the target seem “preoccupied” or overly suspicious.

Practical Application: Hacking Technologies

1. Verbal ambivalence (Ambiguous phrases)

You use phrases that sound normal in a normal context, but when used in a certain tone or context, they take on a sexual connotation.

- Example: “I like the way you work... you know how to get things done.”
- Usage: Pronounced with a slightly longer pause before the last words and direct eye contact.
- Result: The subject doesn't understand: is this a compliment to professionalism or a hint at something more? The brain begins to “replay” this phrase over and over again.

2. Kinesthetic ambivalence (Boundary touches)

Touches that walk a fine line between casual and intimate.

- Method: Adjust the collar, remove the non-existent thread from the shoulder, touch the hand when passing the object and hold the contact for half a second longer than the norm.
- Effect: It is too fleeting to be outraged, but too intimate to be missed. The subject falls into a state of cognitive dissonance.

3. Visual ambivalence (contrast of signals)

A combination of a completely closed, formal pose with a “hot” look.

- Method: You sit in a closed posture (crossing your arms), talk about graphs and reports in a cold tone, but at the same time use a triangular gaze (eyes-lips-eyes).
- Effect: The target's brain receives two conflicting signals. Logic says “business,” while instincts scream “sex.” To resolve this conflict, the target's subconscious begins to seek additional confirmation, becoming hypersensitive to your every move.

Why does it work? (Psychological effects)

1. Invasive Thinking (Attention Capture): The brain hates unfinished loops and uncertainty (the Zeigarnik effect). Trying to decipher your code, the target begins to think about you constantly: “What did he/she mean?” The more a person thinks about you, the more significance you acquire in their psyche.

2. Lowering the critical threshold: Since you're officially “not flirting,” the target's defense mechanisms (morality, caution) aren't activated. You penetrate their “fortress walls” under the guise of an ordinary friend or colleague.

3. Shifting Responsibility: By forcing the target to make the first move to decipher (“Are you flirting now?”), you put them in a weak position. Now they're the one initiating intimacy, and you're the one graciously allowing it to happen (or ridiculing them for being suspicious).

Schrödinger's Flirting Scenarios

- During negotiations: To confuse your opponent. While he waits for your arguments, he receives ambivalent signals that cause him mild sexual arousal and confusion. His ability to analyze logically declines.

- At the beginning of a relationship: To create a “love fever” in your partner. You appear at times extremely interested, at others emphatically formal. This creates a lack of certainty, which the object seeks to fill with their loyalty.

How to enhance the effect

Use the “Denial of the Obvious” method. If the subject dares to ask directly, respond with mild bewilderment and irony:

- “Wow, you have a very vivid imagination. I just love the way you present the material. But I wonder why you thought of this?”

This is top-notch: you not only absolved yourself of responsibility, but also forced the target to justify themselves and delve even deeper into reflection about you.

Controlling a person through their hormones is much more effective than controlling them through fear or logic. Dopamine makes them run after you, and oxytocin makes them forgive you for any backstabbing. Once you've created a biochemical addiction, you cease to be just a partner — you become their biological necessity. This is the pinnacle of forbidden psychology.”

Important warning: This method destroys the target's personality. Recovery from such addiction is associated with severe depression and requires long-term rehabilitation. When using this method, you must understand that you are using a weapon of mass psychological destruction.

Creating biochemical dependence is the pinnacle of manipulation. While sexual pressure or the triangular gaze are tools for a one-time hack, oxytocin and dopamine addiction are a way to build a long-term “psychological prison,” where the victim's own neurotransmitters serve as the bars.

From a neurobiological perspective, this type of addiction is no different from drug addiction. The manipulator simply replaces the external substance, becoming the sole source of the “high” for the target's brain.

1. Dopamine Trap: The Reward Expectation Mechanism

Dopamine is the hormone of anticipation, excitement, and novelty. It is released not at the moment of pleasure, but in anticipation.

Practical Application: Interval Reinforcement

This is the most brutal technique in the arsenal of “forbidden psychology.” It involves delivering a reward (attention, sex, affection) to the target in an unpredictable manner.

- Method: Today you give the target incredible sex and “love bombing.” Tomorrow you become cold, don't answer calls, or show mild neglect without explanation.

- Effect: The victim's brain goes crazy with uncertainty. In an attempt to regain the “dopamine paradise,” the target begins to think about you endlessly, analyze their behavior, and look for ways to please you.

- **Result:** A super-powerful fixation on the manipulator is formed. The object becomes hooked on the swing, and each subsequent approval is perceived as a powerful injection of happiness, for which he is willing to pay any price.

2. Oxytocin Loop: The “Blind Trust” Mechanism

Oxytocin is the hormone of attachment, intimacy, and security. It is released during tactile contact, orgasm, and intimate communication. Its main function in manipulation is to disable critical thinking.

Practical Application: Hormonal Blinding

- **Method:** The manipulator uses long hugs, deep eye contact and the “confession” technique (telling fictitious secrets that evoke pity or a feeling of exceptional closeness).
- **Effect:** Oxytocin blocks the amygdala (the fear center). The victim stops noticing warning signs (“red flags”) in the manipulator’s behavior. They feel “as if behind a stone wall,” even if that wall is slowly falling on them.
- **Sexual aspect:** For a manipulator, sex is a way to inject the victim with oxytocin anesthesia, after which they can introduce any instructions or ask for anything (money, services, devotion).

3. Synergy: Forming a “Trauma Bond”

The most terrible method is a combination of dopamine hunger and oxytocin saturation.

Algorithm for creating addiction:

1. **Idealization Phase (Dopamine Explosion):** You become the “ideal” for the victim, giving her maximum attention and sexual delight.
2. **The Ice Shower Phase (Cortisol Stress):** You suddenly withdraw. The victim’s dopamine levels drop and cortisol (the stress hormone) levels rise. They feel physical pain from the loss of connection.
3. **Reconciliation Phase (Oxytocin Anesthesia):** When the victim is driven to despair, you return with “forgiveness” and passionate sex.
4. **Result:** Oxytocin, released against the background of cortisol stress, binds the victim to the manipulator inexorably. Now they perceive the tormentor as the only savior from the pain they themselves inflict.

Practical operating tips

- **Using sex as a reprogramming tool:** After sex, when oxytocin levels are at their peak, the brain is most open to suggestion. This is the ideal time to introduce thoughts or requests you desire — they will be perceived as the subject’s own desires.
- **Control the dosage:** Never let the subject get used to stability. As soon as he relaxes, take a “step back.” Your goal is to keep him in a state of constant mild hunger for your attention.
- **Isolation:** Sexual addiction works best if you become the only source of strong emotions for the target. Gradually devalue his friends and hobbies so that his biochemistry depends only on contact with you.

“Sexual pressure isn’t about sex. It’s about power. It’s the ability to make another person feel weak through their own instincts. Someone who masters this technique can walk into any room and silently take control, without uttering a single harsh word. It’s the art of being a predator in a world that’s used to believing in propriety.”

Sexual pressure is not an act of seduction, but a form of nonverbal aggression and dominance. It is the deliberate creation of excessive sexual tension, which puts the target in a vulnerable position, making them feel exposed, embarrassed, or instinctively submissive.

Конец ознакомительного фрагмента.

Текст предоставлен ООО «Литрес».

Прочитайте эту книгу целиком, [купив полную легальную версию](#) на Литрес.

Безопасно оплатить книгу можно банковской картой Visa, MasterCard, Maestro, со счета мобильного телефона, с платежного терминала, в салоне МТС или Связной, через PayPal, WebMoney, Яндекс.Деньги, QIWI Кошелек, бонусными картами или другим удобным Вам способом.