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ALEX TISHCHENKO

THE DARK EMPATHS

ON THE PATH TO DARK
SEDUCTION

Alex Tishchenko

The Dark Empaths. On the path to dark seduction

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Аннотация

This book is about the dark side of personality. It's about the dark triad and manipulation, and how to use the knowledge and techniques of dark seduction. Immerse yourself in the mysterious, dark world of empathy.

Содержание

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Конец ознакомительного фрагмента.

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INTRODUCTION. The World of Dark Psychology

Welcome to the world of the dark side of personality. This book is about dark seduction, power, control, and the hidden mechanisms of the human psyche that make people fall in love, submit, and idolize those who know the rules of the game.

What is dark psychology?

Dark psychology is a field of study that studies methods and techniques for influencing people's consciousness and behavior through manipulation, deception, coercion, and psychological pressure. It explores the negative aspects of the human psyche and ways to exploit weaknesses, fears, and emotions for personal gain.

The main elements of dark psychology include:

- Manipulation is the hidden control of the thoughts and actions of others without their awareness.
- Psychological pressure — the use of fear, anxiety or guilt to control behavior.
- Deception and double standards — distortion of information and deliberate lies.
- Exploitation of vulnerable aspects of the personality —

weaknesses, complexes, dependence on approval.

Seduction from the perspective of dark psychology

Seduction, in the context of dark psychology, is the use of manipulative techniques to manipulate another person's feelings and behavior in order to achieve romantic or sexual interest. In such cases, the focus is not on genuine communication, but on hidden psychological techniques that exploit vulnerabilities and deep-seated needs.

Key features of dark seduction:

— Manipulation of emotions

Creating an artificial emotional boost or dependence through flattering compliments, flirting, playing on feelings of loneliness and fear of rejection.

— Games of control and dominance

Using emotional pressure techniques, trying to evoke feelings of guilt, jealousy or insecurity in order to control the partner's behavior and decisions.

— Using psychological triggers

An emphasis on personal weaknesses, an inferiority complex, and a desire for recognition, which forces a person to act in accordance with the desires of the manipulator.

— Creating the illusion of choice

Clever verbal moves to make a person think that he is making a decision independently, although in fact this is an imposition of conditions.

CHAPTER 1. The Dark Triad: Machiavellianism, Psychopathy, and Narcissism

The term “dark triad” was first used by Canadian psychologists D. Paulhus and K. Williams in 2002, who combined three personality traits in this concept: Machiavellianism, psychopathy, and narcissism.

The Dark Triad is present in everyone, but some people exhibit these personality traits to a much greater degree than others. When one of the Dark Triad traits predominates in a person, they can be destructive in many ways, but highly creative and energetic in others. Furthermore, people with pronounced Dark Triad traits typically possess high intelligence and a keen perception of the world around them. This allows them to maximize their desires and advance their interests.

Let's begin by describing each of the dark triad traits:

Machiavellianism is characterized by high levels of manipulateness and cynicism. Individuals with pronounced Machiavellianism are characterized by unemotionality, prudence, a unique view of morality — a willingness to manipulate, lie, and exploit others for personal gain — as well as a wariness of others. Machiavellians' primary motive is gaining and maintaining power and maximizing personal gain by using others as tools. Their strengths include ambition, prudence, the ability to control their emotions and behavior, act strategically, and subtly influence others through manipulation. Factors that enhance Machiavellians' stated advantages include high levels of

general and emotional intelligence, as well as an unstructured work environment: where there is less management oversight and more autonomy, their strengths are more pronounced.

Psychopathy is associated with impulsivity, uncontrolled aggression, and a thirst for thrills. High impulsivity, in turn, leads to disinhibition, making such individuals unempathetic and callous in their relationships with others, and they lack feelings of guilt and conscience. Furthermore, they do not experience anxiety and fear to the same degree as others and are less prone to embarrassment. Consequently, they are often unable to learn from punishment for their misdeeds. The primary motive of people with a psychopathic radical personality is immediate gratification, regardless of the justification for the investment or the impact on others. Their strengths include determination, nonconformity, low anxiety, risk tolerance, and the ability to make quick decisions without regard for moral principles. Moreover, the higher a person's intelligence, the less likely it is that psychopathic traits will negatively impact their life and those around them.

Narcissism manifests itself in inflated self-esteem and egocentricity, a tendency toward hypercompetition and self-expression, and extravagant behavior. The primary motive of narcissists is to gain the attention and admiration of others and, as a result, to obtain the privileges due. Unlike Machiavellianism and psychopathy, whose bearers do not seek social approval, narcissistic individuals are prosocial and value making a good

impression. Therefore, narcissism is constantly accompanied by sensitivity to others' judgment and a vulnerable self-perception, often manifesting in painful experiences of criticism, obsession, resentment, and suspiciousness. The strengths of people with pronounced narcissism include the ability to "charm" others, artistic and expressive qualities, and a high competitive spirit. The catalyst for the strengths of the narcissistic personality, according to numerous data, are high general intelligence, hard work and, oddly enough, gender: women with narcissistic tendencies commit fewer questionable acts than male narcissists.

Dark Empath

Now that we've covered the dark triad, let's move on to describing the dark empath.

So who are these dark empaths?

A dark empath is a person with a high level of empathy, especially cognitive empathy. He understands well what you feel, but he has clearly expressed traits of the so-called dark triad of personality: — narcissism, — Machiavellianism (manipulativeness), — psychopathy (emotional coldness and impulsiveness).

He senses, but he doesn't always sense with you. He senses in order to exploit and manipulate. A 2021 study (Heym et al., Personality and Individual Differences) found that dark empaths possess social skills; they can be charming (dark charm), charismatic, and even seem like the "life of the party." But their

empathy is often cognitive — they read others' feelings, but don't always empathize, and they use their skills for manipulation.

The term entered psychology in 2021, when the official journal of the International Society for the Study of Individual Differences published an article titled “Dark Empathy: Characterizing Dark Traits in the Presence of Empathy.” Until then, neither scientific nor popular psychology knew that “dark empaths” existed. The article describes the results of a study conducted at Nottingham Trent University under the direction of psychologist Nadia Heim. She initially studied the dark triad of personality. This is a well-known scientific concept, according to which high levels of three traits — Machiavellianism, narcissism, and psychopathy — can increase a person's propensity for selfish behavior, manipulation, and even criminality. However, Heim found that some assumptions in this theory may not be true. Traditionally, people with strong dark triad traits were thought to lack empathy. Heim and her team's study showed that this is not always the case. A thousand volunteers participated in the study. They all took a test to determine their dark triad traits. They were then given surveys assessing their levels of aggression and empathy. After processing the test results, Heim and her team noticed something odd:

13% of the study participants were classified as people with highly expressed triad traits;

34% of volunteers fell into the “typical group” with low levels of dark traits and average levels of empathy;

33% had low levels of dark traits but high levels of empathy.

The scientists expected the volunteers to fall into these groups. What was surprising was that a full 20% of the participants couldn't be classified into any of the above categories. They had pronounced "dark" traits combined with well-developed empathy, which, according to the classic dark triad theory, shouldn't happen. Dr. Heim dubbed this unusual group of study participants "dark empaths." Suggestions that "dark" traits, such as psychopathy, can coexist with empathy have been made before. But the study by scientists from Nottingham Trent University is the first to clearly demonstrate that perhaps one in five people possesses both high empathy and dark triad traits simultaneously.

There are two main types of empathy: emotional and cognitive.

Emotional empathy is the ability to feel another person's emotions as clearly as if you were experiencing them yourself. Cognitive empathy is the ability to understand someone's point of view and thoughts without emotional involvement.

A dark empath typically possesses only cognitive empathy. In a state of cognitive empathy, a person perfectly understands, reads, and even imitates another person's sensations, but feels little themselves. They understand others' thoughts, positions, and needs, but experience no emotion for them. For example, they lack empathy when others are suffering. A dark empath typically behaves emotionally detached. Or, conversely, due to

strong dark triad traits, they may be prone to using empathic abilities to manipulate or harm others. A classic empath has a great deal of empathy for others, strives to help and listen, and processes everything, be it pain or joy. They strive to always be there and be helpful, may unconsciously take on the pain of others, and in any situation, they tend to look within themselves for the causes. Such empaths are often described as 'godlike'; they struggle to confront others. They often strive to be quiet and unnoticeable. The classic empath becomes dark when they sense another's experiences, but without emotional involvement. Through naivety and receptivity, the classic empath goes through a phase of 'breaking their rose-colored glasses inward' and is now disillusioned with the world. This is how personality development begins, discovering their own interests and developing a new outlook on life, no longer filled with illusions. The dark empath, unlike the classic empath, does not seek to save or justify others' chaos. They have learned to emotionally detach from others' emotions. They see and hear, but do not react. They feel, but maintain a distance. They see pain behind masks and may show vulnerability, but only to serve their own interests. Due to their vulnerability, the dark empath strives for control and submission. The classic empath has a low energy level, manifesting itself in a fear of refusal and being inconvenient. The dark empath, on the other hand, has a high energy level and easily says 'no.' A weak-willed classic empath becomes a dark empath when they encounter a narcissist and adopt their behavior and

personality traits. The classic empath's primary goal is to release their suppressed state by becoming less afraid of being seen, unleashing their aggression, and giving themselves the freedom to be whatever they want. Most often, a classic empath is a repressed empath with hidden narcissism. A dark empath is a perfect blend of extrovert and introvert. They can be the life of the party, but prefer to recharge in solitude. However, they are capable of drawing energy from a crowd, easily gaining trust, gaining access to their opponent's weaknesses, and can coolly use them against them. An empath deserves the title of 'unlike everyone else' because they have absorbed so many incompatible traits that it's difficult to imagine how all of this could fit into one person. A dark empath loves to break patterns and rules. They attract with their love of freedom and their desire to live life to the fullest. The energy of a dark empath gives you a desire to experience life, but in reality, they will destroy your boundaries to gain a sense of power. They love to provoke and plan everything in advance. Despite their natural sensitivity, a dark empath knows how to maintain neutrality. They are an observer. They take their time. They know when to make a move. Emotions are under total control, but they are NOT turned off. They manage their inner energy well and give exactly as much as they deem necessary. If a dark empath takes energy, the other person physically feels unwell, ill, and may begin to find themselves in unpleasant situations. At times, without the support of a dark empath, it may feel like the ground is shifting

from under your feet. It's not at all necessary for a dark empath to manipulate you. One thing is certain: a dark empath will definitely get their way. A dark empath is an advanced model of a narcissist. They are not simply a self-obsessed psychopath. There are more subtle nuances involved. Like narcissists, dark empaths value being the center of attention. They can be prone to impulsiveness, which is especially pronounced when it comes to matters important to others. They strive to demonstrate that they share their views and ideas with their loved ones, and are willing to resort to radical methods to defend them. They are extroverts who feel comfortable in various social situations but lack the satisfaction of social success. They are manipulators who use their ability to communicate and understand people to control others and exploit them for their own ends. Narcissists display a sense of entitlement and superiority. They are good listeners, but the conversation always returns to them. They have excellent emotional radar: they sense your weaknesses and can gently press them. They can be incredibly charming, but they are also playing a role. They often use guilt, resentment, and subtle jabs to achieve their goals. In conflicts, he masterfully shirks responsibility: 'I just wanted to help...', 'You misunderstood...'. More pronounced ill will — 'everything is for me, not for you, and you will not force me to do anything I do not want, and I will stand my ground'; dishonesty — 'you can do all the work, and I will enjoy the results.' He will not care about you, but at the same time he will seem compassionate in order

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