

Jeff Dahmer and the People Who Help (Until They Don't)

What happens when support becomes surveillance?



THE DAHMER CASE

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There's a certain kind of person who appears when you get too close to the truth a certain things.

They arrive gently—offering empathy, insight, a shared sense of outrage. They say right things. They nod in the right places.

They help. Until they don't.

Sometimes their unraveling is sudden. Other times, it's gradual—offhand comments that don't sit right, loyalties that subtly shift, strange silences where clarity used to be. And you find yourself wondering if they were ever really on your side at all.

This isn't just a story about Jeff Dahmer.

It's about what happens when you get too close to a truth that wasn't meant to survive — and how certain people appear just in time to help you manage it.

They offer support. Agreement. Maybe even praise. But over time, something feels off.

The urgency drains out of your voice. The story flattens. You start second-guessing what you were so sure of a week ago.

You're not being silenced. You're being *steered* — gently, calmly, by someone who says they're on your side.

There's a name for this: **narrative management**.



Jeff Dahmer

Narrative Management: How the Truth Gets Contained

Narrative management isn't about lies. It's about *tone*. About control through **temperature**.

It doesn't come for the facts. It comes for your **reaction** to them.

You don't gasp. You don't cry. You don't feel outrage. You feel...informed. Maybe a little tired. And then you scroll to the next thing.

That's the goal.

Because real truth—the kind that shatters something, the kind that makes your br catch, the kind that I discovered about Jeff Dahmer—is disruptive. It reorders your understanding of the world. It stays with you. And that kind of truth is dangerous systems that rely on stability.

Why?

Because when people *feel* something, they start to **ask for consequences**.

They might ask:

- Who allowed this to happen to Jeff Dahmer?
- Who covered it up?
- Who benefited from staying quiet?
- Who made money off of this?
- Why hasn't anyone been held accountable?

They start asking for *names*. For *resignations*. For **arrests and prosecutions**.

Prosecutions for what they did to Jeff Dahmer.



Jeff Dahmer during the Sinthasomphone deposition

This is what narrative managers are trained to prevent. So instead, you get something else:

- You get soft language where it should be sharp.
- You get conclusions that flatten, not clarify.
- You get stories that gesture toward injustice, **but land in emotional neutral**.
- You get just enough *factuality* to make you feel like the door is closed.

And when you finish reading, you don't feel haunted or galvanized. You feel...done

That's the tell.

Narrative management is the *science of the anticlimax*. It's designed to make sure the weight never hits.

And the people running it? They often look like allies. They speak your language. nod at the right moments. But their real job is to *make sure nothing gets too real*—because **real leads to rage**, and rage demands action.

Are you with me?

The Tactics of Narrative Management

It doesn't take much to reroute the truth. Just a few well-placed techniques—used gently, consistently, and with a friendly face, of course.

Flatten the emotional core

Take something tragic and turn it into bullet points. Reduce a heartbreaking death to dates and logistics. You're not *lied* to — you're just not *allowed* to feel anything.

A young man dies in custody, and instead of grief, you get: “At 3:42 p.m., a procedural error occurred.”

Validate, then detour

They agree with you — but only to move the conversation somewhere safer. You're told you're right, but also told it's “not worth getting stuck on.”

“Yes, that was terrible... but let's focus on the broader system instead.”

Create the illusion of coverage

They write one article. One video. One thread. Then they move on — and act like you should too. It's not about explaining the truth. It's about *closing the file*.

“It's been discussed. Case closed.”

Soften urgency with clinical tone

Use technical language to describe horror. Replace emotion with procedure. Make unimaginable sound like a standard operating error.

“The remains were processed according to protocol.”

Introduce empathy limits

When the story starts to cut too deep, they add distance. Suddenly, the victim had “complicated past.” Suddenly, the one seeking answers is “too emotional.” They start suggesting maybe this isn’t something you should care so much about.

“He was troubled. It’s a sad story, but not uncommon.”

Use calm as authority

Whoever sounds the most detached...wins. If you care too much, you’re “biased.” If you raise your voice, you’re “unstable.” If you uncovered the truth about Jeff Dahmer, you’re “romantically obsessed”. (I’m “romantically obsessed”, but [able to decode F&G Gregory O’Meara](#).) Passion becomes a liability. Neutrality becomes control.

And always, always, always avoid climax

Never let the story build. No confrontation. No outrage. No resolution. Just a slow fizzle toward forgettable. **You expect a revelation. Instead, you get a shrug.**



Jeff Dahmer with his father and brother

Narrative Management Happened To Me

I didn't understand what narrative management was when it first happened to me. I thought I was getting help. Guidance. Someone who cared about the truth — and wanted to help me tell it.

Then she handed me an article. It was about the \$10 million civil judgment against Dahmer's parents — one of the most quietly devastating moments in the entire case.

I thought it was fine, even helpful. I edited it a bit, and then I published it.

Months went by.

And then someone I trusted told me: "You're being managed."

Not through lies. Not through censorship. Through **tone**.

So I went back and read the article again.

She opened with detached facts. The kind of language that sounds like it's informing you — but really, it's just creating distance. It all felt like it was building toward something. Like we were headed for a reckoning.

And then — this was her conclusion:

“Could it be that Shari was blackmailed into being named in the lawsuit?”

WTF?

That's not a conclusion. It's a vague, weightless question dropped in at the end. It doesn't name anything. It doesn't risk anything. It leaves the reader with nothing — except a sense that maybe there's nothing here to feel.

This is how narrative management works.

You don't walk away angry. Or awake. Or wanting more. You walk away vaguely informed and emotionally sedated.

Narrative management doesn't deny what happened. It just makes sure **you don't feel** it.

And once I saw it — I couldn't unsee it.

So I rewrote the article.

I **had** to rewrite it because her article was a textbook example of a tactic called “softening urgency with clinical tone.”

It doesn't deny what happened. It just describes horror like a filing system.

Legal facts. Neutral voice. Passive framing. Just enough surface detail to give the illusion of coverage — but no weight. No anger. No grief. No stakes.

That's what this tactic is built to do: Take something explosive, and narrate it like spreadsheet.

And if that doesn't fully do the job, it's paired with a second tactic: **Avoid climax.**

"Could it be that Shari was blackmailed into being named in the lawsuit?"

No escalation. No confrontation. No reckoning. Just a slow exhale into....nothing.

Narrative management doesn't block the truth. It flattens it. And it almost worked me.

You can read my rewrite of her article here: [Jeff Dahmer's \\$10 Million Judgment: The Deal That Made a Monster](#).

This is the article she wrote with the strange, non-conclusion about Shari Dahmer [Dahmer's \\$10 Million Judgment: Why Did His Parents Escape Liability?](#) Keep in mind that I edited her article. It was even more dry, sterile, and anti-climactic before I touched it.



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Restacks



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Ekoh Ekoh Apr 19

♥ Liked by The Dahmer Case

Thanks for this article. You stayed the course.



LIKED (2)



REPLY



Ivan Tunnell Apr 19

♥ Liked by The Dahmer Case

I will definitely never move on from this, Jeff Dahmer needs the justice he deserves! 🙏

♥ LIKED (1) 💬 REPLY

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