Everyday Soul — CyberScrolls Series

EP03 – The Inbox Trap: Beneath the Calm Surface

By Helen Najar | Lionheart

Learn to identify phishing and spoofing emails — and the wisdom that keeps your ship afloat.

⚡ Quick Checks — Before You Click

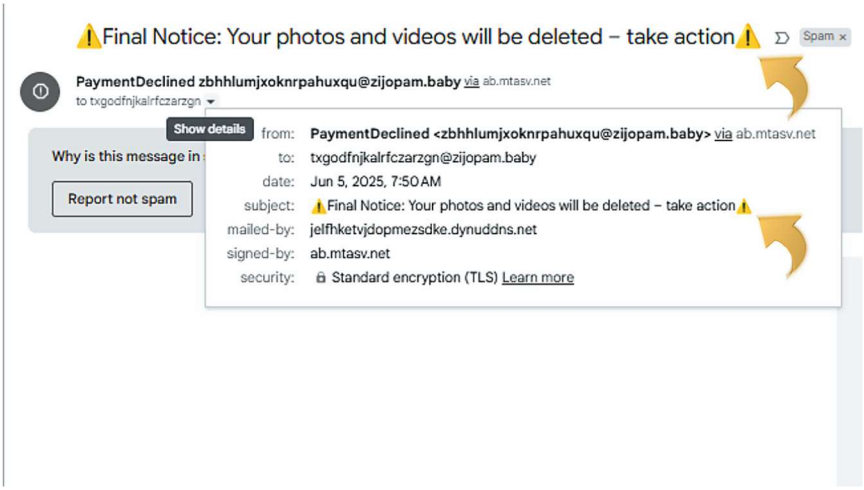
1. **Read the sender's domain carefully** — not just the display name.
2. **Hover over links** (desktop) or long-press (mobile) to preview the URL.
3. **Never trust threats or sudden prizes.**
4. **Check for yourself** — open a new tab and visit the real site manually.
5. **When in doubt, pause.** Awareness beats speed..

Keep this page bookmarked. Do the quick actions now, then read the full steps below.

Full Guide — Understanding the Trap

1. Calm Waters, Hidden Hooks

- Phishing messages mimic official tones: banks, delivery notices, cloud storage alerts.
- They rely on pressure — "Final Notice: Your photos and videos will be deleted"
- The calm before the click is your chance to stop.



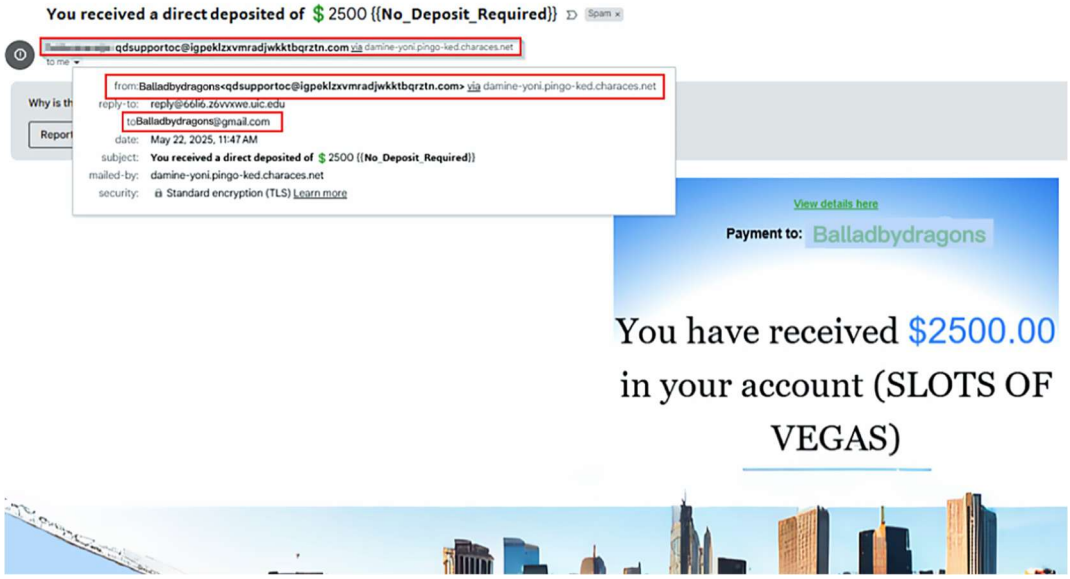
Some storms start with a smile in your inbox.

2. The Bait and the Mirror

- Spoofing goes beyond lies — it forges your name, your coworkers', even your domain.
- It mimics tone and timing to blend into routine emails.
- A single click feeds the hook.

3. Spot the Scars

- Look for sender mismatch: *From: me@unknown-site.com*
- Watch grammar, logo inconsistencies, and image compression — all subtle tells.
- True companies never pressure with fear or offers "too good to be true."



Phishing sets the bait — but wisdom doesn't bite.

4. Tools of Clarity

- Check headers
  - Gmail: ⋮ → **Show original**
  - Outlook: **View message source / View details**
- Report phishing using built-in tools in Outlook/Gmail.
- Verify domains using tools like MXToolbox or WHOIS lookups.

5. The Pause Before the Click

- When something feels off, stop — do not reply, click, or download.
- Ask three quick questions:
  - Did I expect this message?
  - Does the address/domain truly match who it claims to be?
  - Is it trying to rush or scare me?
- If any answer is "no" or "I'm not sure," do not click.
  - Delete it or Forward it to your IT/security contact for review.

Every pause is protection. The second you slow down; the trap loses its power.

6. Reflection — the Lionheart reminder

"Even light can deceive when it bends through lies.
Pause before you click — for even in the storm,
wisdom keeps your ship afloat."

Appendix — Spoofing & Phishing at a Glance

Threat	What It Does	Defense
Phishing	Tricks you into clicking or entering info	Pause, verify sender, use VirusTotal
Spoofing	Pretends to be someone you trust	Check headers, SPF/DMARC, domain spelling
Urgency Scams	Pressure to act fast	Slow down, confirm independently