

THE PINK PILL

*The*

# 49 PATTERNS

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The Complete Reference to Every Manipulation Pattern,  
Red Flag & Commitment-Avoidance Tactic

## *Field Guide*

*What each pattern looks like • Exact phrases he'll use*  
*Scripts for how to respond • Whether it's fixable or exit-worthy*

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## HOW TO USE THIS GUIDE

This guide is your reference manual for recognizing manipulation, red flags, and problematic patterns in dating and relationships. Each pattern includes:

- **What It Is** — A clear definition of the pattern
- **What He Says** — Exact phrases to watch for
- **What It Looks Like in Texts** — Digital red flags
- **Your Script** — How to respond
- **Verdict** — Fixable, proceed with caution, or EXIT

### VERDICT KEY

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**EXIT**

This is a deal-breaker. Leave now.

**CAUTION**

Concerning but may be addressable. Watch closely.

**WORKABLE**

Can be addressed with communication if he's willing.

*Remember: Patterns predict the future.*

If you see it once, note it. If you see it twice, believe it.

If you see it three times, you have your answer.



CATEGORY A

# Dark Triad Patterns

*The most dangerous personality patterns. These are  
hardwired, not situational.*

# The Narcissist

## WHAT IT IS

A personality pattern characterized by grandiosity, need for admiration, and lack of empathy. Narcissists view relationships as sources of supply (attention, validation, control).

## WHAT HE SAYS

- *"No one understands me like you do"*
- *"You're lucky to have me"*
- *"All my exes were crazy"*
- *"You're being too sensitive"*
- *"I'm the best thing that ever happened to you"*

## IN TEXTS

Conversations always redirect to him. Ignores your messages but expects instant replies. Gets angry if you don't praise him enough.

## YOUR SCRIPT

*"I've noticed our conversations are always about you. I need a partner who's equally interested in my life."*

## VERDICT

### EXIT

Narcissists don't change. The charm is the manipulation tool.

# The Machiavellian

## WHAT IT IS

Strategic manipulation and self-interest prioritization. Views people as means to ends.  
Patient, calculating, morally flexible.

## WHAT HE SAYS

- *"I would never lie to you (unprompted)"*
- *"Trust is everything to me (too early)"*
- *"After everything I've done for you..."*
- *"Small inconsistencies in his stories"*

## IN TEXTS

Seems too polished. Always has the 'right' answer. Creates situations where you 'owe' him.  
Never genuinely vulnerable.

## YOUR SCRIPT

*"Something feels off and I can't put my finger on it. I'm going to trust my gut here."*

## VERDICT

### EXIT

If something feels 'off' despite everything looking right, pay attention.

# The Psychopath

## WHAT IT IS

Lack of empathy and remorse, pathological lying, impulsivity, superficial charm. Can mimic emotions but doesn't genuinely feel them.

## WHAT HE SAYS

- *"Lies about small things for no reason"*
- *"Stories that don't add up but are delivered convincingly"*
- *"It's not my fault (about everything)"*
- *"Callous about others' suffering"*

## IN TEXTS

Intense, whirlwind romance via text. Gets bored and ghosts for days. Comes back as if nothing happened. No genuine emotional core.

## YOUR SCRIPT

*"No script needed—just exit. Do not engage."*

## VERDICT

**EXIT**

This is not a fixer-upper. Your compassion will be exploited.

CATEGORY B

# Red Pill / Manosphere Tactics

*Strategies men are explicitly taught online to manipulate women. Knowing them is your defense.*

# Dread Game

## WHAT IT IS

Deliberately creating insecurity to maintain control. Making you feel replaceable.

### WHAT HE SAYS

- *"My coworker is really cool (mentions other women unprompted)"*
- *"A lot of women want me"*
- *"I could leave anytime"*
- *"Vague about his whereabouts"*

## IN TEXTS

Takes forever to respond but is always 'busy.' Likes other women's photos on social media. Withdraws affection as 'punishment.'

### YOUR SCRIPT

*"I've noticed you mention other women a lot. I don't do jealousy games. I'm looking for security, not anxiety."*

## VERDICT

### EXIT

A man who needs to make you insecure to feel powerful can't build a life with you.



# Negging

## WHAT IT IS

Backhanded compliments or subtle insults to undermine your confidence.

### WHAT HE SAYS

- *"You're pretty for a [demographic]"*
- *"You're not like other girls"*
- *"That dress is... interesting"*
- *"You'd be a 10 if you just..."*
- *"You're lucky I like personality over looks"*

## IN TEXTS

Comments that leave you feeling worse, not better. 'Just being honest' after put-downs.

### YOUR SCRIPT

*"A compliment that requires recovery time isn't a compliment. I don't date men who need to tear me down."*

## VERDICT

### EXIT

A man who builds you up doesn't need to tear you down first.

# Push-Pull

## WHAT IT IS

Alternating between intense attention and cold withdrawal to create emotional addiction.

### WHAT HE SAYS

- *"I've never felt this way → I need space"*
- *"Plans future together → Let's just see where this goes"*
- *"Constant texting → Disappears for days"*

## IN TEXTS

Dramatic swings. You feel most drawn to him when he's distant. The highs feel amazing; the lows feel devastating.

### YOUR SCRIPT

*"Consistent love doesn't create anxiety—it creates peace. I can't build a life on a rollercoaster."*

## VERDICT

### EXIT

If his attention feels like a drug, that's manipulation, not chemistry.

# Frame Control

## WHAT IT IS

Controlling interpretation of situations so his perspective dominates and yours is dismissed.

### WHAT HE SAYS

- *"You're overthinking this"*
- *"You're being insecure"*
- *"That's not what happened"*
- *"Why are you so jealous?"*

## IN TEXTS

Your concerns become your problems. He never validates your perspective. You start doubting yourself.

### YOUR SCRIPT

*"I trust my own perception. I'm not crazy for noticing what I'm noticing."*

## VERDICT

**EXIT**

A man who respects you considers your perspective, not dismisses it.

# Alpha Posturing

## WHAT IT IS

Performing dominance through arrogance and treating women as interchangeable commodities.

### WHAT HE SAYS

- *"Talks about 'high value men' and 'alpha/beta' dynamics"*
- *"Women need to be put in their place"*
- *"Acts like you're lucky to have his attention"*
- *"Zero emotional vulnerability"*

## IN TEXTS

Conversations feel like auditions. Tests you constantly. Never shows genuine interest.

### YOUR SCRIPT

*"Genuine high-value men don't need to perform it. I'm looking for secure, not theatrical."*

## VERDICT

### EXIT

Confidence doesn't require an audience or a victim.

CATEGORY C

# Modern Manipulation Patterns

*The manipulation tactics you'll encounter most frequently in  
modern dating.*

# Love Bombing

## WHAT IT IS

Overwhelming you with attention and declarations of love early to create attachment and control.

### WHAT HE SAYS

- *"I've never felt this way before (week 1)"*
- *"You're my soulmate (before he really knows you)"*
- *"I want to spend all my time with you"*
- *"Grand declarations, excessive gifts, constant texting"*

## IN TEXTS

Texts all day. Gets upset if you don't respond immediately. Wants to be exclusive within days.

### YOUR SCRIPT

*"I appreciate the attention, but I move at my own pace. Real connection takes time to build."*

## VERDICT

### CAUTION

Intensity is not intimacy. Slow down and see if it holds.

# Future Faking

## WHAT IT IS

Making elaborate promises about the future to secure your investment—with no intention of following through.

### WHAT HE SAYS

- *"When we get married... (month 1)"*
- *"I can't wait to introduce you to my family"*
- *"Let's plan a trip for next summer"*
- *"Makes plans that never materialize"*

## IN TEXTS

Lots of 'we should' and 'someday' but no concrete action. Calendar never gets blocked.

### YOUR SCRIPT

*"I noticed we talk about the future a lot but nothing gets scheduled. I need to see follow-through."*

## VERDICT

### CAUTION

Words are free. Investment costs something. Watch for action.

# Breadcrumbing

## WHAT IT IS

Giving just enough attention to keep you interested without real investment.

### WHAT HE SAYS

- *"Occasional flirty texts with no follow-through"*
- *"Random 'hey you' messages"*
- *"Likes your posts but never asks you out"*
- *"We should hang out sometime (never schedules)"*

## IN TEXTS

Sporadic contact. Just enough to keep you on the hook. Never leads to actual plans.

### YOUR SCRIPT

*"I don't do breadcrumbs. Either you're interested enough to make plans or you're not."*

## VERDICT

### EXIT

This is not interest—it's ego maintenance.



# Benching

## WHAT IT IS

Keeping you as a backup option while pursuing others.

### WHAT HE SAYS

- *"Always 'busy' but reaches out when bored"*
- *"Hot and cold depending on his other options"*
- *"I'm just not ready right now (but won't let you go)"*

## IN TEXTS

Disappears when he has options, reappears when they fall through. You're plan B.

### YOUR SCRIPT

*"I'm nobody's backup plan. If you're not all in, I'm out."*

## VERDICT

**EXIT**

You deserve to be someone's first choice.

# Ghosting

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## WHAT IT IS

Disappearing completely without explanation after establishing connection.

## WHAT HE SAYS

- *"Nothing. That's the point."*

## IN TEXTS

One day: normal conversation. Next day: complete silence. No response to anything.

## YOUR SCRIPT

*"No script. If he ghosts, you have your answer. Block and move on."*

## VERDICT

**EXIT**

Someone who can't communicate doesn't deserve your time.

# Slow Fade

## WHAT IT IS

Gradually decreasing contact instead of having an honest conversation.

### WHAT HE SAYS

- *"Responses get shorter"*
- *"Takes longer to reply"*
- *"Been busy (without effort to reconnect)"*
- *"Less enthusiastic, more distant"*

## IN TEXTS

Communication drops from daily to weekly to sporadic. Energy disappears.

### YOUR SCRIPT

*"I've noticed you've been distant. If you're not interested, I'd rather you say so."*

## VERDICT

**EXIT**

Name it. If he denies it but nothing changes, EXIT.

# Zombieing

## WHAT IT IS

Coming back from the dead after ghosting, acting like nothing happened.

### WHAT HE SAYS

- *"Hey stranger!"*
- *"Miss you"*
- *"Been thinking about you"*
- *"No acknowledgment of disappearing"*

## IN TEXTS

Radio silence for weeks/months, then a casual message like nothing happened.

### YOUR SCRIPT

*"You disappeared for [X weeks]. What happened? (Make him explain.)"*

## VERDICT

### CAUTION

Require accountability. If he can't explain, don't welcome him back.

CATEGORY D

# Commitment Avoidance Patterns

*Men who want the benefits of a relationship without the  
commitment.*

# The Situationship Holder

## WHAT IT IS

Enjoys relationship benefits while refusing to define or commit.

### WHAT HE SAYS

- *"Labels are just words"*
- *"Why do we need to put a title on it?"*
- *"I'm not ready for a relationship"*
- *"Can't we just see where this goes?"*

## IN TEXTS

Acts like a boyfriend in private but won't claim you publicly. Vague about plans.

### YOUR SCRIPT

*"I need clarity. I'm not available for an undefined situation. Are you in or out?"*

## VERDICT

### EXIT

Exit if he won't commit after a reasonable time. Ambiguity is a no.

# The Maybe Man

## WHAT IT IS

Never gives a straight answer. Keeps all options open.

### WHAT HE SAYS

- "Maybe"
- "We'll see"
- "I'm not sure yet"
- "Let me think about it"

## IN TEXTS

Never confirms plans. Never fully commits to anything. Keeps you in limbo.

### YOUR SCRIPT

*"I need yes or no answers. Maybe doesn't work for me."*

## VERDICT

**EXIT**

A man who wants you will be clear about it.

# The Future Avoider

## WHAT IT IS

Changes subject or gets uncomfortable when you discuss the future.

### WHAT HE SAYS

- *"Let's just enjoy the present"*
- *"Why worry about that now?"*
- *"I don't like planning ahead"*
- *"We'll figure it out"*

## IN TEXTS

Ignores or deflects any future-oriented messages. Only lives in the now.

### YOUR SCRIPT

*"I need someone who can talk about where this is going. Your avoidance is my answer."*

## VERDICT

**EXIT**

No future talk = no future.



# The Words Without Action Guy

## WHAT IT IS

Says all the right things but never follows through.

### WHAT HE SAYS

- *"I will call you tomorrow (never does)"*
- *"Let us plan something (never does)"*
- *"You mean so much to me (shows nothing)"*
- *"I want to meet your family (never happens)"*

## IN TEXTS

Beautiful words, zero follow-through. Promises are made to be forgotten.

### YOUR SCRIPT

*"Your actions don't match your words. Words are free. Show me."*

## VERDICT

**EXIT**

Watch what he does, not what he says.

# The Comfort Zone Guy

## WHAT IT IS

Keeps relationship at the level that's comfortable for him, no growth.

## WHAT HE SAYS

- *"Why change what's working?"*
- *"I'm happy with how things are"*
- *"Let's not complicate things"*
- *"This is enough for me"*

## IN TEXTS

Resists any conversation about deepening the relationship. Status quo forever.

## YOUR SCRIPT

*"I'm not available for stagnation. I need growth and forward movement."*

## VERDICT

### CAUTION

If he's not willing to grow, you've hit his ceiling.

# The Excuse Machine

## WHAT IT IS

Always has a reason why he can't commit, step up, or follow through.

### WHAT HE SAYS

- *"Work is crazy right now"*
- *"My ex really messed me up"*
- *"It's not the right time"*
- *"I need to focus on myself"*
- *"Once I get [X], then I'll be ready"*

## IN TEXTS

Endless excuses for why he can't do basic relationship things.

### YOUR SCRIPT

*"I've noticed there's always a reason why not. I need someone who finds reasons why yes."*

## VERDICT

### EXIT

The excuses will never end. He's just not that into commitment.

# The Secret Keeper

## WHAT IT IS

Keeps you hidden from friends, family, and social media.

### WHAT HE SAYS

- *"I'm private"*
- *"I don't like posting relationships"*
- *"My family is complicated"*
- *"Let's keep this between us"*

## IN TEXTS

No social media evidence you exist. Never meets his friends. You're a secret.

### YOUR SCRIPT

*"I'm not available to be anyone's secret. If you can't claim me publicly, this isn't working."*

## VERDICT

### EXIT

Being hidden is disrespectful. You deserve to be shown off.

# The Perpetual Dater

## WHAT IT IS

Enjoys dating but never wants to settle into a relationship.

### WHAT HE SAYS

- *"I love the dating phase"*
- *"Why rush into labels?"*
- *"Relationships ruin everything"*
- *"Let's keep things fun"*

## IN TEXTS

Fun dates, great chemistry, but actively avoids relationship milestones.

### YOUR SCRIPT

*"I'm dating with purpose. If you're not looking for the same, we're not compatible."*

## VERDICT

**EXIT**

You want different things.

# The Hobbyist

## WHAT IT IS

You're one of many hobbies. Never a priority.

### WHAT HE SAYS

- *"I'm just really busy"*
- *"I have a lot going on"*
- *"I'll fit you in when I can"*

## IN TEXTS

Always seems to have time for everything except you. You're an afterthought.

### YOUR SCRIPT

*"I need to be a priority, not an option. If that's not available, I understand."*

## VERDICT

**EXIT**

You shouldn't have to compete for attention.

# The Potential Investor

## WHAT IT IS

You invest in his 'potential' while he delivers nothing.

### WHAT HE SAYS

- *"Once I get my life together..."*
- *"I'm working on myself"*
- *"Things will be different soon"*
- *"Just be patient with me"*

## IN TEXTS

Always promising future change that never materializes.

### YOUR SCRIPT

*"Potential doesn't pay bills. I need someone who shows up now, not someday."*

## VERDICT

### EXIT

Don't invest in promises. Invest in evidence.

CATEGORY E

# Attachment-Based Patterns

*Patterns rooted in attachment style dynamics.*



# The Avoidant Cycle

## WHAT IT IS

Pulls away when intimacy increases, returns when you create distance.

### WHAT HE SAYS

- "I need space"
- "You're being too much"
- "I feel smothered"
- "I need time to process"

## IN TEXTS

Gets distant when things get close. Comes back when you pull away.

### YOUR SCRIPT

*"I need consistent presence, not a cycle of closeness and distance."*

## VERDICT

### CAUTION

Avoidant attachment can improve with awareness, but don't hold your breath.

# The Anxious-Avoidant Trap

## WHAT IT IS

You're anxious, he's avoidant, creating an addictive but destructive cycle.

### WHAT HE SAYS

- *"Why do you need so much reassurance?"*
- *"Stop being so needy"*
- *"Give me space"*

## IN TEXTS

Your anxiety triggers his avoidance, his avoidance triggers your anxiety. Endless loop.

### YOUR SCRIPT

*"This pairing rarely works. Both need to do individual work before relationship."*

## VERDICT

**EXIT**

This is the worst attachment pairing. The chemistry is trauma.

# The Come-Back Kid

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## WHAT IT IS

Leaves repeatedly but always returns with promises of change.

### WHAT HE SAYS

- *"I've changed"*
- *"I made a mistake"*
- *"This time is different"*
- *"I miss you"*

## IN TEXTS

Cycles of leaving and returning. Each return feels genuine. Never sticks.

### YOUR SCRIPT

*"The pattern is the answer. No more chances."*

## VERDICT

**EXIT**

Patterns predict the future. History repeats.

# The Chase Addict

## WHAT IT IS

Only interested when you're not. Loses interest once you're 'caught.'

## WHAT HE SAYS

- *"You were different before"*
- *"I liked it better when..."*
- *"The spark is gone"*

## IN TEXTS

Intense pursuit that fades once you reciprocate. Only alive in the chase.

## YOUR SCRIPT

*"I'm not a conquest. I need someone who stays interested after they 'win.'"*

## VERDICT

**EXIT**

He wants the hunt, not the relationship.

CATEGORY F

# Character Issue Patterns



*Fundamental character problems that show up in relationships.*

# The Unreliable Promiser

## WHAT IT IS

Makes promises he never keeps. Chronically breaks commitments.

### WHAT HE SAYS

- *"I will be there (then is not)"*
- *"I promise (never delivers)"*
- *"You can count on me (you cannot)"*
- *"I forgot"*

## IN TEXTS

Cancels plans constantly. Never follows through. Full of empty promises.

### YOUR SCRIPT

*"A man is only as good as his word. Your word means nothing."*

## VERDICT

### EXIT

Unreliability doesn't improve. It's a character trait.

# The Controller

## WHAT IT IS

Tries to control your behavior, choices, appearance, or relationships.

### WHAT HE SAYS

- *"You shouldn't wear that"*
- *"I don't like your friends"*
- *"Why were you talking to him?"*
- *"Let me see your phone"*

## IN TEXTS

Wants to know where you are constantly. Gets upset if you don't respond immediately.

### YOUR SCRIPT

*"I'm a grown woman. I don't need permission for my choices."*

## VERDICT

### EXIT

Control escalates. This is often a precursor to abuse.

# The Public Disrespector

## WHAT IT IS

Puts you down, criticizes, or embarrasses you in front of others.

### WHAT HE SAYS

- "I'm just joking"
- "You're too sensitive"
- "Can't you take a joke?"

## IN TEXTS

May seem fine one-on-one but treats you poorly around others.

### YOUR SCRIPT

*"Disrespect in public is a deal-breaker. There's no joke defense."*

## VERDICT

### EXIT

How he treats you in public shows how he sees you.



# The Gaslighter

## WHAT IT IS

Makes you question your own reality, memory, and perception.

### WHAT HE SAYS

- *"That never happened"*
- *"You're imagining things"*
- *"You're crazy"*
- *"I never said that"*

## IN TEXTS

Denies things you know happened. Makes you doubt your own sanity.

### YOUR SCRIPT

*"I trust my own memory. Your denial doesn't change what happened."*

## VERDICT

**EXIT**

Gaslighting is psychological abuse.

# The Blame Shifter

## WHAT IT IS

Nothing is ever his fault. Always your fault or someone else's.

### WHAT HE SAYS

- *"You made me do it"*
- *"If you hadn't..."*
- *"It's because of my [excuse]"*
- *"You started it"*

## IN TEXTS

Every conflict ends with you apologizing for his behavior.

### YOUR SCRIPT

*"I need a partner who can take responsibility, not deflect it."*

## VERDICT

### EXIT

No accountability = no growth = no partnership.

# The Score Keeper

## WHAT IT IS

Keeps track of everything he's done and uses it as leverage.

## WHAT HE SAYS

- *"After everything I've done for you"*
- *"Remember when I..."*
- *"You owe me"*

## IN TEXTS

Brings up past favors whenever there's conflict. Generosity has strings.

## YOUR SCRIPT

*"I don't do transactional relationships. Love isn't a ledger."*

## VERDICT

### CAUTION

Address this directly. If it continues, EXIT.

# The Victim Player

## WHAT IT IS

Everything bad that happens is done TO him. Perpetual victim mentality.

## WHAT HE SAYS

- *"Everyone always screws me over"*
- *"Life is unfair to me"*
- *"My exes all mistreated me"*
- *"Nobody understands me"*

## IN TEXTS

Constant complaints. Nothing good is his doing; nothing bad is his fault.

## YOUR SCRIPT

*"I need a partner who takes ownership of his life, not a perpetual victim."*

## VERDICT

### EXIT

Eventually, you'll be the villain in his story.

# The Minimizer

## WHAT IT IS

Dismisses or minimizes your feelings, experiences, and concerns.

### WHAT HE SAYS

- *"You're overreacting"*
- *"It's not that big a deal"*
- *"Why are you so emotional?"*
- *"Let it go"*

## IN TEXTS

Responds to your concerns with dismissal. Your feelings are 'too much.'

### YOUR SCRIPT

*"My feelings are valid. I need a partner who takes them seriously."*

## VERDICT

### CAUTION

This can be addressed if he's willing to learn. If not, EXIT.

# The Emotional Stonewall

## WHAT IT IS

Shuts down completely during emotional conversations.

### WHAT HE SAYS

- *"I don't want to talk about this"*
- *"There's nothing to say"*
- *"You're always bringing up problems"*

## IN TEXTS

Goes silent during difficult conversations. Refuses to engage emotionally.

### YOUR SCRIPT

*"I need to be able to have hard conversations. Stonewalling isn't an option."*

## VERDICT

### CAUTION

Can improve with work. If persistent, EXIT.

CATEGORY G

# Investment Patterns

*Patterns around time, money, and emotional investment.*

# The Time Waster

## WHAT IT IS

Takes years of your time without moving toward commitment.

### WHAT HE SAYS

- *"We have time"*
- *"What's the rush?"*
- *"I'll propose when I'm ready"*
- *"Marriage is just paper"*

## IN TEXTS

Comfortable with the status quo. No urgency about your timeline.

### YOUR SCRIPT

*"I have a timeline and it matters. If you can't meet it, we're not compatible."*

## VERDICT

**EXIT**

Time is your most valuable resource. Don't waste it.



# The Freeloader

## WHAT IT IS

Takes more than he gives. Uses your resources without reciprocating.

### WHAT HE SAYS

- *"Can you spot me?"*
- *"I'm between jobs"*
- *"Money is tight right now"*
- *"You have more than me"*

## IN TEXTS

Always has a reason he can't contribute. Your generosity is expected, not appreciated.

### YOUR SCRIPT

*"I'm looking for a partner, not a dependent. Reciprocity matters."*

## VERDICT

**EXIT**

This rarely changes. Protect your resources.

# The Effort Minimizer

## WHAT IT IS

Does the bare minimum. Never goes above and beyond.

## WHAT HE SAYS

- "What more do you want?"
- "I'm here, aren't I?"
- "You're never satisfied"

## IN TEXTS

Low-effort dates. Minimal communication. Never surprises you with anything.

## YOUR SCRIPT

*"I deserve someone who puts in effort, not someone who does the minimum."*

## VERDICT

### CAUTION

If he can't step up after clear communication, EXIT.

# The 50/50 Fundamentalist

## WHAT IT IS

Obsessed with splitting everything equally, even when unfair.

## WHAT HE SAYS

- *"We should split this"*
- *"I did X so you do Y"*
- *"That's not my responsibility"*
- *"Equality means 50/50"*

## IN TEXTS

Keeps score of contributions. No generosity. Everything must be 'fair.'

## YOUR SCRIPT

*"Partnership isn't about keeping score. It's about giving what you can."*

## VERDICT

### CAUTION

Depends on how extreme. Some 50/50 is reasonable.

# The Passport Bro

## WHAT IT IS

Man who dates foreign women because he believes they're more 'traditional' (i.e., controllable).

## WHAT HE SAYS

- *"American women are too [X]"*
- *"Women in [country] know how to treat a man"*
- *"You're not like American women"*

## IN TEXTS

Rants about Western women. Glorifies foreign women. Red Pill talking points.

## YOUR SCRIPT

*"The fact that you seek women you think will be easier to control tells me everything."*

## VERDICT

**EXIT**

This mindset is about control, not connection.

# The Comparison Maker

## WHAT IT IS

Constantly compares you to exes, other women, or unrealistic standards.

### WHAT HE SAYS

- *"My ex used to..."*
- *"Other women would..."*
- *"Why can't you be more like..."*

## IN TEXTS

Makes you feel like you're not measuring up to some invisible standard.

### YOUR SCRIPT

*"I'm not competing with ghosts. Either I'm enough or I'm not."*

## VERDICT

**EXIT**

You should be valued for who you are, not compared.

# The Emotional Vampire

## WHAT IT IS

Drains your emotional energy without replenishing it.

### WHAT HE SAYS

- *"I really need to vent"*
- *"You're the only one who understands"*
- *"You're my rock"*

## IN TEXTS

All conversations center on his problems. No bandwidth for yours.

### YOUR SCRIPT

*"I need emotional reciprocity. I can't be your sole support system."*

## VERDICT

### CAUTION

Can improve with awareness. If not, EXIT.

# The Manchild

## WHAT IT IS

Wants a mother, not a partner. Expects you to manage his life.

## WHAT HE SAYS

- *"Can you remind me?"*
- *"I don't know how to [basic life skill]"*
- *"You're so much better at this stuff"*

## IN TEXTS

Can't manage basic adult responsibilities without your help.

## YOUR SCRIPT

*"I'm looking for a partner, not a son. I need someone who can adult."*

## VERDICT

**EXIT**

This doesn't improve. You'll be his mother forever.

CATEGORY H

# Interracial-Specific Patterns

*Patterns specific to interracial dating situations.*



# The Fetishizer

## WHAT IT IS

Attraction based on racial stereotypes and fantasy, not you as an individual.

### WHAT HE SAYS

- *"I just love chocolate/exotic women"*
- *"I've always wanted to try a Black girl"*
- *"You people are so [stereotype]"*

## IN TEXTS

Obsessed with your race. Questions about hair, body, culture. You're a category.

### YOUR SCRIPT

*"I notice you keep bringing up my race. What do you know about ME as a person?"*

## VERDICT

### EXIT

Fetishization dehumanizes you. When novelty fades, he'll move on.

# The Social Coward

## WHAT IT IS

Attracted to you in private but ashamed to be seen with you in public.

## WHAT HE SAYS

- *"I'm just private"*
- *"Let's stay in tonight"*
- *"My family is complicated"*

## IN TEXTS

Different affection in private vs. public. Walks ahead of you. Shifty eyes.

## YOUR SCRIPT

*"I'm not available to be anyone's secret. If you can't claim me publicly, this isn't working."*

## VERDICT

### EXIT

If he can't handle stares, he can't handle family. You'll always be hidden.

# The 'Not Like Other' Complimenter

## WHAT IT IS

Expresses attraction by putting down Black women as a group.

### WHAT HE SAYS

- *"You're not like other Black women"*
- *"You're so articulate"*
- *"You're so classy—not ghetto"*

## IN TEXTS

Compliments that come at the expense of your community.

### YOUR SCRIPT

*"When you say I'm not like other Black women, what do you think they're like?"*

## VERDICT

### EXIT

He holds racist views. You're just his current exception.

## QUICK REFERENCE

# All 49 Patterns



### **A** **DARK TRIAD** (EXIT)

#1–3: Narcissist, Machiavellian, Psychopath

### **B** **RED PILL TACTICS** (EXIT)

#4–8: Dread Game, Negging, Push-Pull, Frame Control, Alpha Posturing

### **C** **MODERN MANIPULATION** (MIXED)

#9–15: Love Bombing, Future Faking,Breadcrumbing, Benching, Ghosting, Slow Fade, Zombieing

### **D** **COMMITMENT AVOIDANCE** (EXIT)

#16–25: Situationship Holder, Maybe Man, Future Avoider, and more

### **E** **ATTACHMENT PATTERNS** (CAUTION)

#26–29: Avoidant Cycle, Anxious-Avoidant Trap, Come-Back Kid, Chase Addict

### **F** **CHARACTER ISSUES** (EXIT)

#30–38: Unreliable Promiser, Controller, Gaslighter, Blame Shifter, and more

### **G** **INVESTMENT PATTERNS** (MIXED)

#39–46: Time Waster, Freeloader, Effort Minimizer, Manchild, and more

### **H** **IR-SPECIFIC** (EXIT)

#47–49: Fetishizer, Social Coward, 'Not Like Other' Complimenter

*Patterns predict the future.*

If you see it once, note it. If you see it twice, believe it.

If you see it three times, you have your answer.