

When Difficult People Are More Than Just Difficult People  
...and they Are everywhere

**TYPE 1**



**SOCIOPATH**

IDENTIFY THE TYPE 1 SOCIOPATH IN YOUR LIFE

# **3 CHAPTER SAMPLE**

## **TYPE 1 SOCIOPATH**

When Difficult People Are More Than  
Just Difficult People

*...and They Are Everywhere*

Identify the Type 1 Sociopath  
in Your Life

P. A. Speers

Type 1 Sociopath – When Difficult People Are More Than Just Difficult People...and They Are Everywhere (Identify the Sociopath in Your Life)  
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## **Are You Browbeaten or Browbeating?**

The definition of browbeat is to intimidate, badger, and bully another with words. It can also refer to a look where your eyebrows crinkle or fold together towards the center of your face. This causes a vertical line in between your eyebrows. If this vertical line is deep, it may be an indication you are either a browbeater or have been browbeaten for years.

An excellent indication of whether the difficult person in your life is browbeating you is if your eyebrows constantly pull together from passive or aggressive intimidation and frustration.

These individuals cause us to browbeat with thoughts such as:

- “What does she want from me now?”
- “How could he look at himself in the mirror every morning?”

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- “Why would she market our project before we’ve copyrighted it? We talked about this!”
- “She’s on a rampage again! SHUT UP! URG!”
- “Our checking account is in overdraft again. She said she wouldn’t spend any more money.”
- “How can she borrow my car and not refill it with gas? Now, once again, I will be late for work, because she left me with an empty tank.”
- “I can’t imagine doing such a thing.”
- “How can he just not show up at his job? ‘Oh, I don’t think I’ll work anymore. I just won’t show up ever again.’ How can anyone think this way? How can anyone just walk away from their responsibilities?”
- “How could he talk like that to our children?”
- “How could he look me in the eyes and lie like that?”

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- “How could he not send financial support to his children?”
- “How could she feel good about herself knowing she stole my idea?”
- “How can she reject her stepchildren like she does?”
- “How could he preach the word of God and yet cheat, lie, and steal from his congregation?”

The conscienceless do one thing: they steal our peace, whether in a drastic manner such as murdering someone we love, or a subtle manner such as routinely pushing our boundaries or continuously needing our help due to their reckless decisions. If you have a deep vertical wrinkle in between your eyebrows, you may want to explore whether or not you've been browbeating others or if you've been routinely browbeaten.

## **The Buck Stops at the Apples**

*“You can give without loving, but you can never love  
without giving.”*

–Victor Hugo

Are you the kind of person who wishes everyone in this world was fed, protected, and happy? Do you give freely from your heart, without any intention of receiving anything in return? Do you do whatever it takes to help your loved ones even if it is at your expense? Is others' happiness more important than your own happiness? Do your gifts include:

- Sincere compliments, support, comfort, and/or encouragement?
- Hours of undivided attention listening to your friends and family members' troubles and worries?

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- Referrals or gifts of self-empowerment books and tools?
- Fulfilling favors your friends and family members ask of you?
- Information to resources and people who can help them in their lives?
- Matchmaking services?
- And/or, money if they need it?

If the above is true, then you are what I refer to as a Giving Tree.

*The Giving Tree* is a classic children's story written by Shel Silverstein. It is about a relationship between a boy and a tree.

I was on a quest to find out where I first got the idea that the needs of others were more important than my own needs. Where did I get this idea? I felt this way ever since I could remember. I always wanted others to be happy. Then I remembered: *The Giving Tree*!

*The Giving Tree* was a children's book I read over and over and over again! For years! I loved this book. Actually, I loved the tree! I wasn't too fond of the boy. I couldn't understand it at the time, but I didn't like how the boy took advantage of the tree's love.

I believe the message in this book became ingrained in my subconscious and in every cell of my

being. After all, I read and reread it hundreds of times. I believe this book, along with a few additional reasons, was where the idea ignited within me that the happiness of others was more important than mine. Just as the tree was happy when the boy was happy, I was happy when the people around me were happy.

In this book, the Giving Tree loves a boy. They play together and they are happy. The boy climbs her branches, eats her apples, and hangs out with the tree. And the tree is happy.

The boy grows up and needs money, so the tree, being a solution-oriented tree, suggests he pick and sell her apples. Then he will have money. He does this. And the tree was happy. The boy stays away for a while.

The boy comes back years later and presents a need to build a house. The tree, once again, has a solution: cut down her branches to build a house. The boy does and she's happy. The boy stays away longer. To make a short story shorter, the tree gives until she is only a stump. He stays away for years and the tree is lonely.

The boy comes back when he is old, toothless, and fragile. He has taken everything she has. She basically says that she can't give him anything else for she's only a stump. He replies that he is too old to do anything. He just needs a place sit. The tree lengthens her stump as much as she can and the old boy rests his tired and weak body on her. And the tree is happy again, and that is how it ends.

Now, let us take another look at this children's book. The tree loved the boy and would give anything she could to make him happy. The boy took everything she had. She was happy, but he stayed away so long in

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between receiving what he needed from her, that she was most likely lonely and sad. He comes back again and takes the only thing she has left to give.

The unintentional subconscious mind programming in this story ingrained in me the idea that the health and well-being of others were more important than my own health and well-being. This was another huge awakening for me.

When I showed David this book, after he quickly read it, he said, “What an endearing story.”

I replied, “Are you kidding? Look at the tree! The tree gives the boy everything. He takes her branches and eventually leaves her a stump! He stays away so long, she can’t possibly be happy! It’s a horrible story. He will pass on and she will be a lonely, unhappy stump the rest of her life!”

David pondered this new interpretation and after much thought replied, “It would be nice if the stump had beautiful new little branches stemming from it.”

David’s brilliant insight pointed out what was missing in this story to make it complete and healthier for children to read (in my opinion).

Here is what would have been healthy for the tree. She would have still been able to give to the boy, but would not have allowed herself to be chopped away.

The buck should have stopped at the selling of the apples! This healthier solution would have been a win-win for both of them.

Every time the boy needed something, she could have had him pick her apples and sell them. She would have been able to continue to be a revenue generator for

him. She would have seen him every year at harvest time instead of every five, ten, or twenty years. The tree would have been healthier and happier and the boy would have had money towards the things he desired.

However, the tree was ultimately responsible for how she ended up. She offered her solutions to him, and he took them. She could have stopped at the apples, but she continued to give more and more of herself until she had almost nothing left.

As David would note, there is always something in it for the person who is allowing to be taken advantage of. The tree was happy when the boy's needs and desires were met. She was happy to be able to provide that for him. She was getting happiness...but only for a short time.

This is what happens to us when we give and give and give without having boundaries. The conscienceless takers of the world will take everything we have to give with ease. And they will quietly despise us for having little or no self-worth. They will have no respect for us. We will lose respect for ourselves as well.

As you can see from this new and improved healthier version of The Giving Tree, having boundaries can be a healthier, win-win situation for both you and the person you are giving to.

## **Is the Difficult Person in Your Life a Type 1 Sociopath?**

### Up Close and Personal

*“When someone shows you who they are,  
believe them.”*

–Maya Angelou

Now it is time to take a close look at the Difficult Person in Your Life. Please answer honestly and objectively to all of the questions below and check off the questions that apply:

- 1) Are they a gifted charmer?
- 2) Do they have a flowery and/or empowering vocabulary, which makes you believe love and integrity is their top priority?

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- 3) Does your intuition scream something about them is amiss, and because you have no logical reason for this feeling, you doubt yourself?
- 4) Have they had a run of bad luck lately and it is everyone else's fault?
- 5) Are friends to them a license to ask for and receive "favors"?
- 6) Does it seem like they only come around when they need money, a place to stay, or advice?
- 7) Do they tell you information only on a need-to-know basis?
- 8) Do they seem to have a shallowness about them?
- 9) Have you lent them your credit card to solve their urgent plea, only to have a few hundred dollars extra placed on it? When you inquire about this, do you hear a story of chaos and blame?
- 10) If they are upset with someone, do they tell everyone except the person they are upset with? Do they passively take away

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privileges such as not inviting them to gatherings, lunches, etc.?

- 11) Have you ever seen them drop a friendship, not because it was an unhealthy relationship, but because it didn't serve them anymore?
- 12) Do you feel incompetent, stupid, unattractive, and/or insecure around them?
- 13) Do they have a challenging time keeping a job?
- 14) Do they have a challenging time keeping a residence?
- 15) Do they like to get on the Internet and write negative reviews of books, music, businesses, etc.?
- 16) Do they like to attack someone indirectly or passively with an Internet audience such as Facebook or group emails?
- 17) Do they like to belittle or humiliate you in front of others?
- 18) Are they always in an unfortunate situation that excuses them from doing excellent work?

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- 19) Are they a “last-minute Lucy,” always turning their assignments in at the last minute, and when they do turn it in, the work needs to be cleaned up and corrected?
- 20) Do you find yourself doing their work?
- 21) When you confront them, do they blame others and/or blame their unfortunate situation?
- 22) Do they claim to be a team player but are not acting like a team player, such as making decisions on their own and sabotaging your projects?
- 23) Do you catch them in white lies weaved in with the truth?
- 24) Have they taken your idea or contacts and then just smiled in your face as if they’ve done nothing wrong?
- 25) In your conversations, do they always offer a carrot of possibility to keep you believing they are working in your best interest, but the “carrot” never materializes?
- 26) If you are in a relationship with them, have they strayed a few times?

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- 27) Do they have children under the age of eighteen whom they do not live with and whom they do not support financially?
- 28) Do you feel like you're walking on eggshells?
- 29) If you confront them about a situation, do they somehow turn it around and make it sound like you are to blame?
- 30) Are they known as a player or "playa"?
- 31) Do they have a habit of saying negative things about others behind closed doors?
- 32) When you first met your significant other, did he/she shower you with attention and gifts and want a commitment right away? After your commitment was solidified, did he/she slowly (or quickly) start criticizing your appearance, competence, and actions?
- 33) Is he/she possessive of you? Are your friends and/or family members a threat to him/her?
- 34) Do you experience the silent treatment for days or weeks for not doing what they wanted you to do?

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All of these questions are traits of a conscienceless person. However, if you answered yes to any of these traits, it doesn't mean they do not have a conscience. To be labeled as conscienceless, they must have a collection of these traits best explored with a qualified mental health professional.

If you have answered YES to one or more of these questions: 9, 10, 11, 12, 16, 17, 23, 24, 26, 27, 28, 29, 30, 31, 32, 33, and 34, it doesn't matter whether or not they have a conscience. This is an individual whom you need to stay away from. They are displaying toxic behavior, which can derail your life. It is best to seek counsel in a mental health professional who specializes in the conscienceless disorders and creating healthy relationships.

Traits of more aggressive conscienceless people are:

- 1) Is there physical abuse such as pinching, pushing, hair pulling, and even punching?
- 2) Does he/she call you insulting names?
- 3) Does he/she make comments that passively or aggressively insult your intelligence or physical appearance?

If you can say yes to one of these three questions, please immediately find a psychologist who can help you separate from this toxic individual. It does not matter whether this person has a conscience or not. Just one of these traits is a form of abuse that can destroy your life and

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your self-worth. Do not make excuses for them. They can and will use your pity and loving heart to manipulate you. Run quickly to a qualified licensed mental health professional and save your life!

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Dear Reader,

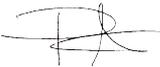
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Sincerely,



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