

A close-up photograph of a woman's midsection. She is wearing a red lace corset with black lace trim at the bottom. Her left hand is wearing a black leather wristband with two silver buckles and a gold chain bracelet. She is holding a single red rose. The background is dark and out of focus.

How To Enslave A Toxic Girlfriend

Action Checklist + Bonus Content

This is an official Shogun Method publication. For more information on Shogun Method, go to <https://shogunmethod.com>

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Enslavement, Not Seduction.

Derek Rake



IMPORTANT

This Action Checklist is based on the guide published on Derek Rake's blog:

<https://derekrake.com/blog/toxic-girlfriend/>

For the full article, click on the above.

Action Checklist

Look out for signs of toxic relationships

- You feel unhappy or lonely around her, instead of thrilled like when you first got together.
 - Affection is lacking; you rarely or never kiss, smile at each other, hold hands, etc.
 - She uses sex to coerce you.
 - She's passive aggressive.
 - She's jealous.
 - She's always critical or contemptuous.
 - The two of you are constantly fighting. Not just sometimes, but always.
 - You argue instead of communicating. She places blame, won't acknowledge valid points, refuses to compromise, and uses ultimatums to win.
 - You avoid her, because being around her is too stressful.
 - Your entire life revolves around keeping her happy, but she never returns the gesture.
 - You're never sure how she'll react to something, and so you're afraid of sharing things with her.
 - She's never pleased or satisfied with anything you do.
 - She discourages you from growing and developing. She tells you that you're not smart/talented/attractive enough to do something new and change your life.
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Action Checklist

Look out for signs of toxic relationships (*continued*)

- She says you only have one redeeming feature, whether its looks, money, or something else.
 - She implies that, by staying with you, she's doing you a favor you don't really deserve.
 - You remember the good times you had at the beginning of your relationship, but you don't look forward to your future together.
 - She keeps a relationship scorecard of wrongdoings (just yours) and positive gestures (but only hers).
 - She stonewalls you and refuses to discuss important topics.
 - You turn to friends and family for emotional support, not her.
 - She tries to isolate you from your friends and family to make you emotionally dependent on her.
 - She complains about you to her friends and family.
 - She has no respect for your opinions, ideas, or passions.
 - She dismisses your emotions and your need for attention or affection.
 - You can identify very obvious ways you've negatively influenced each other. Drinking too much, watching TV instead of exercising, chain-smoking to relieve stress, etc.
 - She only points out your flaws and never praises your positive qualities.
 - You're constantly going through the breakup/makeup cycle.
 - You behave in embarrassing ways together, such as arguing loudly in public.
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Action Checklist

Look out for signs of toxic relationships (*continued*)

- She involves you in illegal or immoral activities, and maybe uses that as relationship blackmail.
 - She's disinterested and dismissive of your interests and successes.
 - She sets a standard that is impossible to meet.
 - She jokes about leaving you, but it's never very funny.
 - There's only one right way to do things: her way.
 - She blames you for her own shortcomings and failures.
 - You feel trapped; you're unable to improve your relationship, but you can't escape from it, either.
 - You find yourself thinking about other people you know and would rather be in a relationship with.
 - She dismisses and belittles you as stupid, crazy, etc.
 - She gets violent with you when she's angry, whether she's angry at you or something else. In short, you've got a female psychopath in your hands.
 - She cheats on you and expects you to just live with it.
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Action Checklist

Ten **EXTRA** signs of toxic relationships *(Not Found In The Blog Post)*

- You're a lot happier being alone than spending time with her.
- She keeps telling you "you've changed," mostly for the worse.
- She's insecure, and extremely jealous of your friends, colleagues, and relatives.
- She keeps blaming you for everything that goes wrong in her life.
- You've lost your identity and personality.
- Most times, it feels like you exist only to make her happy.
- Nearly everything you say or do is wrong, bad, or dumb to her.
- You get that nagging feeling: "This isn't what I wanted."
- She's behaving like a psychopath, and it scares you.
- Everything's unnecessarily over-dramatic.

Understand the psychology of toxic girlfriends

- Accept your toxic girlfriend's "solipsism".
 - Understand that the only cure to a woman's solipsism is to exert domination on her.
 - To dominate a woman, you will need to put her emotions under your total control.
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Action Checklist

Learn how to control a woman

- Estimate your score in the Desirability Scale in her mind.
 - Learn about Action Limits and Pain Limits.
 - Craft a plan to reach the Pain Limit by causing her distress. (In other words, make her suffer.)
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Use Fractionation on her

- Dig deep into how Fractionation cycles work, and how to introduce emotional rollercoasters in her life.
 - Inflict emotional stress on her (come up with three ideas and follow through)
 - Set the Fractionation release following the step above
 - Perform at least three Fractionation cycles for maximum results
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For extra credit

- Find out about the IRAE Model
 - [Get started on Shogun Method](#)
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Bonus Content

IMPLANTED COMMANDS are "ENTICE" strategies inside the Shogun Method's "A" stage in the IRAE Model.

An Implanted Command is a phrase that forms the part of a sentence which if spoken on its own, it would be a direct command. The other phrases in the sentence would camouflage the Implanted Command so that it goes under the radar, undetected by your target's conscious mind.

You use an Implanted Command to make a suggestion to your target which is automatically accepted because she won't be noticing it consciously, making it impossible for her to evaluate (and reject) the suggestion.

Here is an example Implanted Command to help start you off:

“Start to imagine <Implanted Command>...”

Start to imagine what you would do if your best friend suddenly dies in an unfortunate accident? Can you imagine the grief and emotional suffering that bites you inside the very core of your soul?

You can use this to incite both pleasure and pain inside a woman. In particular, when you're Fractionating her, then you'll want to use this to invoke feelings of pain inside her.

This is super effective as part of your Fractionation routine... give it a shot!

What Next?



The techniques I've shared with you are just the tip of the iceberg when it comes to Mind Control Enslavement.

This guide will get you off to a flying start, but to do well, you'll need a full suite of Mind Control tactics to control and dominate a woman completely.

After all, you don't really want to "attract" or "seduce" her...

... instead, you want to **ENSLAVE** her emotionally to you. You want to keep her for as long as you want WITHOUT the usual headaches and frustration.

And this is what Shogun Method can do for you.

To discover how you can acquire the "superpowers" to enslave any woman and put her under your ultimate dominance with Mind Control, go to this website -

<https://shogunmethod.com>

Be a Shogun. Join us today in the worldwide Shogun Method movement.



Be A Shogun.

**Enslave any woman
emotionally and make
her willingly submit to your
ultimate authority.**

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