

The Man Traps Framework

A Map of the Archetypes You Will Encounter in This Book

Before entering the stories in this book, it helps to see the landscape clearly.

The men described in these pages are not random individuals. They represent recurring relational archetypes — patterns of behaviour that appear across cultures, cities, and generations.

Different faces.

Different professions.

Different personalities.

Yet beneath the surface, the same relational dynamics repeat.

These are what I call The Man Traps.

A Man Trap is not simply a difficult man. It is a psychological and relational pattern in which a man's unresolved wounds, avoidance, entitlement, manipulation, or predatory behaviour gradually erodes a woman's clarity, intuition, and sovereignty.

Many of these traps do not appear dangerous at first.

In fact, they often feel magnetic, intriguing, spiritual, intelligent, or emotionally compelling.

But beneath the surface lies a repeating pattern.

This book explores ten of the most common ones.

Recognising them is the first step toward breaking the cycle.

The Ten Man Traps

1. The Abusive Man-Child Trap

A man emotionally frozen in adolescence. Unable to regulate anger or take responsibility, he lashes out through rage, addiction, blame, or volatility. His partner gradually becomes both caretaker and target.

2. The Flaky Flaksters Man Trap

Charming, exciting, and initially attentive — but fundamentally incapable of consistency or commitment. He thrives on novelty and attention while avoiding responsibility or emotional depth.

3. The Cyber-Scam Man Trap

A manipulator who operates through digital identity, distance, or deception. Emotional intimacy, spirituality, or opportunity become tools to gain trust, attention, money, or access.

4. The Sexual Abuse Man Trap

A man who violates boundaries through coercion, pressure, manipulation, or entitlement. He treats a woman's body as something owed rather than honouring consent.

5. The Narcissistic Man Trap

The master of charm and psychological manipulation. He idealises you at first, then slowly devalues you while distorting reality to maintain control and superiority.

6. The Trauma Bond Man Trap

A man who creates powerful emotional dependency through cycles of affection and withdrawal. Moments of connection are followed by pain, creating addictive attachment that feels like love.

7. The Pseudo-Spiritual Man Trap

A man who weaponises spirituality. He speaks of awakening, tantra, consciousness, or divine connection while bypassing accountability and using spiritual language to gain control or access.

8. The Zero-Accountability Man Trap

A man incapable of self-reflection. Conflict is always someone else's fault. Growth, responsibility, and repair never occur.

9. The Advice-Giving Man Trap

A man who positions himself as a guide, mentor, therapist, or authority. Instead of relating as an equal partner, he maintains control by constantly analysing, correcting, or instructing.

10. The Psychopathic Pathological Liar Man Trap

A man who constructs entire realities through deception. Identities, stories, promises, and emotions become tools of manipulation.

These archetypes are not meant to label individuals permanently.

They are meant to illuminate patterns.

Because once a pattern becomes visible, it loses much of its power.

Before continuing into the chapters, take a moment to reflect honestly on your own experiences.

The following diagnostic exercise will help you recognise which pattern may have appeared in your life.

The Man Traps Diagnostic Test

Which Archetype Are You Dealing With?

Relationships rarely reveal their patterns immediately. What often appears as attraction, chemistry, or even spiritual connection can slowly reveal deeper psychological dynamics.

This exercise is designed to help you recognise patterns early.

For each question, choose the answer that feels closest to your experience.

Write down the letter you select each time.

At the end, count which letter appears most often to discover which Man Trap archetype may be present.

Question 1

How did the relationship begin?

- A. He was charming but inconsistent from the start. Plans changed frequently.
- B. He showered you with admiration and attention very quickly.
- C. The connection felt intense, almost addictive.
- D. He immediately pushed sexual boundaries or escalated intimacy too fast.

Question 2

How does he behave when you ask for clarity?

- A. He says things like “Let’s just go with the flow.”
- B. He becomes defensive or dismissive.
- C. He alternates between warmth and distance.
- D. He shifts the conversation into spiritual or philosophical language.

Question 3

How does conflict usually unfold?

- A. He disappears or becomes vague.
- B. He blames you or refuses responsibility.
- C. He apologises but repeats the behaviour later.
- D. He tries to analyse you and give advice rather than listen.

Question 4

How does he position himself in the relationship?

- A. As someone who wants freedom and no labels.
- B. As someone superior or always right.
- C. As someone wounded who needs your empathy.
- D. As a mentor, guide, or authority figure.

Question 5

How does your body feel most of the time around him?

- A. Anxious and uncertain about where you stand.
- B. Small, criticised, or psychologically destabilised.
- C. Addicted to the highs and lows of the connection.
- D. Confused because spiritual language is mixed with discomfort.

Question 6

How does he treat truth and honesty?

- A. He avoids direct answers.
- B. He gaslights you by rewriting events or distorting reality.
- C. He promises change but his behaviour never shifts.
- D. You later discover major lies or fabricated stories.

Question 7

How does intimacy evolve?

- A. He enjoys closeness but avoids commitment.
- B. He uses affection to gain control.
- C. Intense closeness is followed by withdrawal.
- D. He pushes sexual intimacy regardless of your readiness.

Question 8

How does he respond to your personal growth?

- A. He becomes distant when things deepen.
- B. He feels threatened by your independence.
- C. He pulls you back into emotional chaos.
- D. He uses spirituality to justify behaviour.

Question 9

What role do you find yourself playing?

- A. The patient one waiting for clarity.
- B. The one defending your reality.
- C. The rescuer or caretaker trying to heal him.

D. The student listening to his advice.

Question 10

What eventually becomes clear over time?

- A. He never truly commits.
- B. The relationship revolves around his ego.
- C. The bond feels addictive but painful.
- D. His stories, identity, or behaviour contain serious deception.

Scoring Your Results

Count which letter you chose most often.

Mostly A

The Flaky Flaksters Man Trap

A pattern of inconsistency, avoidance of commitment, and emotional ambiguity.

Mostly B

The Narcissistic Man Trap

A dynamic built on control, manipulation, and distorted reality.

Mostly C

The Trauma Bond Man Trap

A cycle of emotional highs and lows that creates addictive attachment.

Mostly D

Look at which description fits best:

- If spirituality is frequently used → Pseudo-Spiritual Man Trap
- If sexual boundaries were pressured → Sexual Abuse Man Trap
- If he constantly positions himself as the expert → Advice-Giving Man Trap
- If deception and fabricated stories dominate → Psychopathic Pathological Liar Man Trap

A Final Note

This exercise is not meant to diagnose anyone. Its purpose is awareness.

Patterns become visible when we slow down and observe them honestly.

And the moment you can name a pattern clearly; you are already one step closer to stepping out of it.