

ALETHEIA



Fundamentals of clear and targeted evaluation

Where do you stand? Where does the idea I am pursuing stand? Where do groups/movements X, Y or Z stand?

Leo

Creative
Focused on the task at hand
Cooperative
Highly self-sacrificing
Values equality
Seeks and represents the truth
Strong sense of justice
Tendency towards masochism

Sheep

Creates stability
Oriented towards neighbours
Easily influenced by the majority
Highly obedient
Admires stars / role models / leaders
Believes what the majority believes
High sense of order
Tendency towards ignorance

Clown

Destructive
Focused on his own advantage
Selfish
Highly unscrupulous
Values submissiveness / willingness to make sacrifices
Lies and cheats to gain advantages
Highly willing to deceive others
Tendency towards sadism

Concrete malicious — destructive behaviours

applies both privately / individually and collectively

- Often **grandiose demeanour**, very entertaining, appears "courageous", addresses issues that others would never openly discuss for fear of rejection — likes to see themselves as godlike.
 - **Notorious liar** – often particularly noticeable in situations that we cannot understand; we tend to think: *"Why would anyone be so stupid as to lie here, it's completely unnecessary!"*
 - **Manipulative** – deliberately plays with the emotions of others, with their values and principles: *"You're a good person, you would never..."*
 - **"Love bombing"** – to quickly bind the host/victim to themselves in a frenzy | ⇒ Addiction problem: makes it difficult to leave, as this is accompanied by severe withdrawal symptoms ("worst break-up ever...") *"You're better than everyone else" – "I've never felt such a deep connection before!"*
 - **Gaslighting** – to unsettle the host – *"Your perception is flawed, reality is like this and like that (lie x, y or z), everyone else says so too..."* | Sense of reality is deliberately undermined.
 - **Isolation** – the victim's previous environment is systematically disparaged in order to maximise their dependence on the clown.
 - **Slander** – to sow mistrust | the victim is disparaged in the same way within their environment.
 - **Devaluation** – initially subtle & "charming", often disguised as "jokes" – becoming increasingly severe over time | to systematically destroy the victim's self-esteem, thereby preventing them from defending themselves or even leaving the situation.
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- **"Jokes" at the expense of others** – to unsettle everyone involved – if the victim recognises this, they will not be supported if they ask for help | Those around them often underestimate the subtle but profoundly damaging effect.
- **Ad hominem** – fundamentally and particularly popular in factual discussions, used to distract from one's own lies and divert attention from the real facts. The liar does not care which lies are then discussed in the discourse, as long as his lies are not openly addressed.
- **Defamation** – smear campaigns to further isolate the host, the victim of narcissistic abuse, or to silence competitors, opponents and representatives of the truth (or the search for truth).
- **Permanent victim mentality** – a shield against criticism – promising to change, feigning remorse – without any intention of ever changing the wrongful/harmful behaviour – gives them time to continue manipulating, harming and exhausting others.
- **Punishment / revenge** for disobedience – to increase control.
- Initiation of **bullying** of victims and competitors – to exclude the influence of other impulses.
- **"Discard"** – throw away, break off contact when no further use is assumed.

TOPIC / GROUP / PERSON:

(see pin / magnet X)

Idea / thoughts / behaviour

(record, including date, secure evidence – & if applicable, assign to list of behaviours)

Possible consequences

(What would happen if the behaviours or ideas shown had an effect?)

INSTRUCTION MANUAL CHARACTER COMPASS

Print out the diagram, e.g. in A3 or A4 format.

Use pins or small magnets, which you mark to assign them to your notes. Keep checking whether the pin is still in the "right place". Where does the behaviour, statement, teaching... belong when you look at all your findings together? In the area of stability, in the area of creation or in the area of destruction?

Take notes on every person, every group, every topic that is important to you:

Always ask yourself: what principles are being acted out/achieved here – and what are the consequences?

"By their fruits ye shall know them." – It is not what is claimed that counts, but what is actually achieved. So play through in your mind what follows from what is shown. Does it lead to peaceful flourishing in freedom and security? Can each individual contribute authentically? Is the dignity of the beings involved respected? ...

Always observe over time. Liars and cheats often don't stand out immediately; at most, your gut feeling might tell you that something is "off". There can be many reasons why it feels that way; even people who are severely mentally ill, who are not clowns, can seem very "off". But: make a note of it and definitely test it out.

Rough rules regarding consequences:

Leo: Being around Leos is often inspiring and nourishing, but also challenging, because hero mode is more exhausting than simply consuming whatever it is. As a rule, boundaries are respected without stress and communication is open, clear and factual. Those who like this will seek out and preserve this type of interaction. In an emergency, you can rely on them. If they can, they will help you out.

Sheep: Everyday activities and enjoyable hobbies bring joy together, but leave them alone beyond that — so don't try to "wake them up" or change them (e.g. through constructive criticism, as is appreciated among Leos). Recognise their boundaries, and stress-free, peaceful coexistence will be possible. Be aware that 50% of them — according to the model — will put their own well-being before yours in an emergency.

Clown: If possible, do not confide any personal information to them, keep a close eye on their behaviour, and record their statements and behaviour. If necessary, discuss any disagreements with those around you. Use at least the Grey Rock method, and if possible, banish them completely from your life/sphere of influence. Refrain from allowing yourself to be dragged into constant arguments. A clear public statement is usually sufficient. They love tug-of-war and "war", don't feed them with it, it's their nourishment. (See trolls who anonymously attack vulnerable people everywhere — they derive immense narcissistic supply from it.)

BACKGROUND:

Every life cycle involves three fundamental principles:

- | | | |
|--|--|--------------------------|
| – Building / creating / allowing to flourish | | represented by the lion |
| – Stability / norm / adaptation | | represented by the sheep |
| – Decomposition / destruction / allowing to perish | | represented by the clown |

According to the **Gaussian bell curve of standard normal distribution**, the **norm**, and thus stability, lies at 68.4%, with the deviating principles distributed at 15.8% each at both ends of the curve, which ultimately represent birth and death in a very general sense. Ideas, works, philosophies, etc. can also die by disappearing into basements and no longer being referred to because no one knows about them. You can see this bell indicated in the compass.

Our human thinking, behaviour and actions can also be viewed from this perspective. If a person predominantly acts out one of the three qualities, it is possible to predict how they are likely to behave in the future and/or in certain situations.

A very striking example, because it harms many people, is so-called **narcissistic behaviour** (this is not a psychological diagnosis, but a pattern description). The sooner we notice that such toxic behaviour is occurring, the sooner we can distance ourselves from it, which in the case of narcissistic behaviour is the best solution and should always be sought whenever possible.

Especially **in difficult times**, when social systems are increasingly crumbling and providing less support, including in matters of **peaceful coexistence and cooperation**, it is immensely important to be able to assess our counterparts fundamentally.

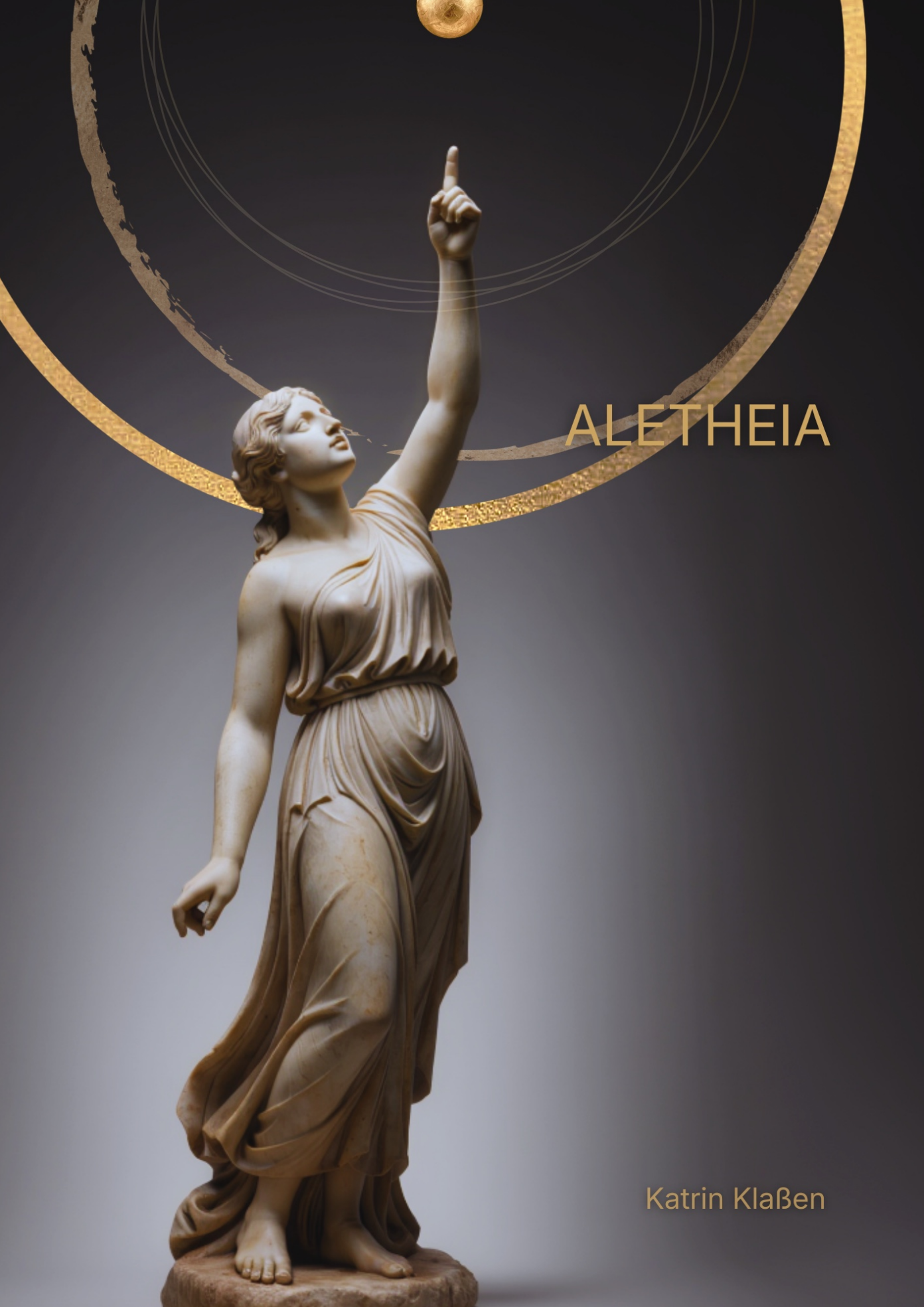
In particular, covert narcissism, in which people act intensively and very secretly **against us behind our backs** – i.e. intrigue – is a great danger now and in the future. None of us wants to be left alone in difficult times because we have been slandered and others think badly of us. In addition, more truth would do us all good collectively, which is systematically suppressed by such behaviour.

This character compass is designed to help us **counteract this quickly & effectively**.

Good luck & all the best!

Katrin

You can find everything you need to know about the background to this model and how to successfully activate hero mode in your life in the ALETHEIA audiobook package. Feel free to take a look if you like.



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