

# Trish's Special Scam Report

Hello, darling! Let me guess ... you've signed up for this download for one of three reasons:

1. You are truly scared to trust again. You've been wronged, wronged, WRONGED in the past. You want to protect yourself.
2. You've heard horror stories about online dating. So many horror stories. You are scared for your physical and emotional safety. You want to protect yourself.
3. Most of all, you want to make sure you don't look like a fool. Looking like a fool is just the fucking worst. You want to protect yourself.

Do we sense a theme here?

Protecting yourself is smart. You should do that. But first, let's get clear on what your mindset should be.

Think about this for a second: You probably know how to spot the signs of a fire. You take reasonable precautions to prevent fires and you trust yourself to evacuate the premises if you ever encounter a fire. Even though you know fires are possible, you don't walk around in a flame-retardant suit. You probably go days, weeks, or months at a time without worrying about fires at all.

That's the attitude I want you to adopt about gross, scammy men out in the dating world. Yes, they exist, but they are not most men. You may never encounter one. I say this because I want you to remember that you can't meet the love of your life with open arms if you're curled up in the fetal position just waiting to get kicked in the gut.

Protecting yourself means being smart, but it does not mean putting on full-body armor and assuming disaster could come at any second. So use this information wisely, but do not let it paralyze you.

## **Where this info comes from**

Plain and simple: I got this info from ladies who have been there. I interviewed several women who, unfortunately, got screwed over in some astonishing ways.

Some of it is also from my own experience.

I had a near-miss with a scammer back in my 20s. We dated for a few months before I realized that things just weren't adding up. I look back on him and still wonder which of the things he told me were true and which were total bullshit. For example, I'm pretty sure he's not a cardiothoracic surgeon (the first and biggest lie he laid on me), or that he's a non-MD member of the surgical team (which was

what the first lie got downgraded to when I started asking pointed questions), or that he was ever being considered for a position on an organ-donation-harvesting team that flies around the country collecting body parts (which is what the second lie was eventually downgraded to).

Thankfully, I got out of that one without too much damage.

I've also been lied to in long-term relationships. These sorts of lies tend to be less-grand, and therefore easier to miss. They also hurt more.

It's these kinds of lies that could've turned me into a man-hater. But life without love was too bleak to consider. So instead of going that route, I just decided to crank my bullshit detector up to 11 so I could view men with a more discerning eye.

### **How to develop a better BS detector**

Here's what you need to know:

#### **1. Anyone can fake anything for six months.**

This is one of my most-important pieces of advice.

Consider the first six months of your relationship your trial period. I think somewhere between months seven and twelve is where you really get to see who someone is.

During the first six months, pay careful attention to whether his actions match his words. I think many women, myself very much included, get swept up in what a man tells us about himself. But is he living what he's saying?

For example, if he says that he's a faithful family man, yet he spends every weekend with you and doesn't seem to see his kids, you need to think about whether he's giving you lip service.

Have you seen evidence that he works where he says he works or lives where says he lives? If you were asked, would you be able to answer basic questions about his history or would you stumble over contradictory information?

Pay attention to small details— those are often where compulsive liars will stumble.

I advise ... this is going to sound awful, but so be it ... to set some traps. Revisit stories he's already told you, but get them slightly wrong. For example, if a man told me he went to Drexel, I might intentionally name the wrong alma mater so he has to correct me. "Were you on the lacrosse team when you were at Temple?"

A compulsive liar lies so frequently and casually that he can't possibly remember all the bullshit he's slung. If he's lying, he won't bother to correct you, but will instead just go with it, assuming that that's the info he already gave you.

I also advise a thorough Google stalk. Why wouldn't you? Google his full name along with "police." Look up his ex-wife to make sure she's not posting happy family pictures that still include him (and if that's the case, GTFO immediately). Check out any online profiles he has, his job, etc. Get as full a picture as possible of who this person is before you give your heart away.

**The problem with this rule:** It's possible to fall in love with someone in under six months. So how do you square that? Can you stop yourself from falling in love? I, personally, can't.

Just remember that even if you're falling hard for someone, you still need to be watchful. Don't start planning your future. For the love of all things holy and unholy, do NOT move in together. Continue watching his behavior. You're allowed to be optimistic as long as that optimism comes with a side of caution.

## **2. Some people can fake things for longer.**

There's a small subset of people—mostly narcissists and sociopaths, according to my Internet sleuthing—who can pull off a show for a looooong time. Years.

Any time you're in a relationship, whether it's early days or you're years in ... if his stories don't quite add up, investigate them.

I know a woman whose husband had a full-on girlfriend for a year and a half while she was busy going through fertility treatments and then schlepping back and forth to the NICU when their twins were born prematurely.

The girlfriend saw the pic of the new babies on the wife's Facebook page ... and that's how she found out that the nice, supposedly-divorced man she'd met on Match, whom she'd vacationed with and taken to family events ... was already married. (Bless this woman's heart, she emailed the wife and told her the whole story. That's a good egg, huh?)

## **3. You haven't met his best friends/family/work colleagues after a reasonable amount of time.**

After a few months, you should be able to match at least a few faces with names. If you haven't met the people he's close to, think about why that is.

And if he's not close to anyone, why is that? Unless he has a tragic (thoroughly vetted) backstory, he should have some people in his life.

On the other hand ...

## **4. Don't assume his parents aren't in on it.**

This is a tough, weird one. Believe it or not, some families will totally uphold a cheater.

I personally know a family that did this.

One son had multiple girlfriends all the time, and each woman thought she was the only one. He would actually bring these women to family gatherings and his parents and siblings would play right along.

This sort of twisted family dynamic is such a gift to a scammer. Why? Because if some of his stories don't add up, but you've met his mama, it's a lot easier to blow off the other warning signs.

Be especially skeptical of any man who lives with his mother to "take care of her." This is an excellent cover for a man with a wife or live-in girlfriend to carry on an affair.

Bonus for him: He can look like a saint because he's so darn helpful to his aging mother.

**5. He works unusual hours/travels a lot/has a reason to be totally unavailable by phone or text on a regular basis.**

Lots of people don't work 9–5 jobs. No problem there. What I'm talking about is if he has a job that requires lots of last-minute shifts or gigs, or one that requires him to travel at the drop of the hat.

Sure, all of these things may be legit, but a squishy schedule is a gift to a man who's only out for himself. He can mold it into whatever he wants it to be.

Bonus for him: What kind of woman would complain about a man going out and making a living? He has to work, right? If you complain, he can just gaslight his way out of it and leave you questioning your sanity.

So what does this look like?

In the cheating-husband story above, the man used to say he had to go on mandatory retreats for his graduate studies. It's not even a great lie, is it? But his wife trusted him so she didn't question it. Once he finished his coursework, he suddenly had lots of out-of-state job interviews.

A different cheating husband used to make up work gigs so he could go meet other women while his wife was home raising their children and being a de facto single mom. The wife thought she was being supportive of her husband while he was pursuing his dream. Meanwhile, she was living a lie and also potentially being exposed to sexually transmitted diseases, and she had no idea.

One woman told me about a great new boyfriend who flew to Florida every weekend because he just really loved golf. When he began going radio-silent on those trips, and then disappeared entirely for months, she realized who she had no idea who he really was.

**6. He comes on super strong early in the relationship.**

Have you heard the term "love bombing?" It's a technique frequently employed by narcissists.

In a love-bomb scenario, he comes on super strong in the beginning. He will make you feel like a princess. (I have never aspired to be treated like a princess by a man ... but I was love bombed once and I have tell you, it's intoxicating.)

Here's what it can look like:

- He gives you lavish gifts (that he may have procured through questionable means).
- He takes you on sudden trips ... or, more likely, he suggests that he might whisk you away at some near-future time that never seems to arise.
- He gushes about you to your face—I'm talking about praise that is so over-the-top that it makes your head spin and feels too good to be true.
- After your first or second date, he's already floating the idea that you may have a future together.

If, like me, you're a girl who grew up on '80s rom-coms, this will all feel really good. But if he's really a narcissist, it's not going to last.

That's when you need to ask yourself this:

### **Are you covering for him?**

Here's the real danger: We women often view men based on their potential rather than their actual state of being.

Couple that with some skillful love bombing, and we're toast. Even after the cracks in his facade become apparent, we'll try to fix them rather than bail because we're still so drunk on the Prince Charming routine.

Here's what I want you to know: Don't be afraid to bail. It might not be easy, but it will be a lot easier than cleaning up whatever messes are coming in the future—and I promise you, they are coming.

Remember, ladies, real love is out there. Say no to all the false imitations. Remember that you're worth it. (YOU REALLY ARE.) Understand dating is probably going to involve some heartbreak, so feel the yucky feelings when you have to, dust yourself off, and live to date another day.

I believe in you. Now go forth and date.

### **Can I ask a favor?**

If you read my book, I'd be so very thankful if you would give it a review on Amazon. Every review helps it rise in the search rankings so more people can find it. [Go here](#). Thanks!