

Worksheet

# The Manipulation Map

In this worksheet, everything you learned in your emotional autopsy and his police sketch will come together to help you craft exactly the right social media persona and precisely how to deal with him when he gets back in touch—which he will.

Think of this as your map to constantly refer back to when you don't know how to proceed, so make it detailed!

## Examples

Emotional Autopsy	His Police Sketch	Your Social Media Sketch	Your Communication Sketch
You Lacked Boundaries	His mom is icy and aloof	You post infrequently with little to no context but heavy focus on hobbies, friends—things that do NOT involve him.	You're warm...ish. Pleasant but restrained. You're sparse with details about your life and even more sparse about asking about his life. One question with a vague whateverish response. Hard to get ahold of.
You were dramatic and toxic	His celeb crush is Jennifer Lawrence: down to earth, cool, poised, can laugh at herself	Lighthearted, upbeat posts. NO subtweets, song lyrics, "Kylie poses." Smiles and friends/dogs/family/nature in every photo.	You never bring up the past, brush if off if he does. You convey positivity, optimism, a full life and schedule. Keep it brief, be the first to hang up or stop replying.

## Your Turn

Fill this out with 10 proactive observations + strategies

Emotional Autopsy	His Police Sketch	Your Social Media Sketch	Your Communication Sketch

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