



How to Spot a Dangerous Man Before You Get Involved

by Sandra L. Brown, M.A.

Foreword by Kathie T. Erwin, Ed.D.

"Brown does an excellent job of taking complex psychiatric information about dangerousness and translating it into a language that is easy to understand. ... I especially recommend young women read it, as it provides a crash course in protecting one's self from dangerous relationships."

—**DeAnna Beckman M.S.W., L.I.S.W.**
Executive Director
Center for Threat Assessment
University of Cincinnati College of Medicine

Dating Primer Teaches Women to Avoid Dangerous Partners *Unsafe Partner Selection Patterns Go Under the Spotlight*

(Alameda, CA – June 2005) According to the Bureau of Justice Statistics, in the U.S. the risk of being victimized by an intimate is 10 times greater for a woman than it is for a man. For every Scott Peterson or O.J. Simpson grabbing the headlines, there are hundreds of men who harm women more subtly, with wounds invisible to the eye. To make matters worse, vital information on the many different kinds of dangerous men has been available only to people who study and treat them, such as criminology and mental health professionals — but not to women in the dating pool.

That situation is about to change. Therapist and student of psychopathology Sandra L. Brown, M.A., has written an important new book that teaches women how to protect themselves from unsafe men. Brown believes that a woman's ability to make wise dating choices depends on the information she has access to. She notes, "What has been lacking in the literature on relationships and domestic violence is a clear explanation of psychopathology and the forms it takes. Not surprisingly, many women find it liberating to finally access this information." **...MORE NEXT PAGE**

Mission Steer Clear: Avoiding Dangerous Men

So, what is a dangerous man? Most of us immediately think of someone who is physically violent. But there are other behaviors that are dangerous to a woman's emotional and spiritual growth and quality of life. There are men who want mothers, men who prey on recently wounded women, men who are emotionally unavailable, and men who are hiding mental illness, addiction, or other relationships. All are, in a sense, soul deadening: They threaten a woman's safety and economic security, undermine her self-confidence, and destroy her peace of mind.

Says Brown, "Most people mistakenly think of dangerous men as, by definition, physically violent. In fact, personality profiles for dangerous men show that this is not always so. Many women who have come to me for long-term counseling were in relationships with men who never hit them. Yet, the damage was incredible." She adds, "A dangerous man is any man who harms a woman's emotional, physical, sexual, spiritual, or financial self."

Dating 101: Keeping Body and Soul Intact

In our culture, "dating skills" are often defined as learning to be more appealing or accommodating; the emphasis is placed on *attracting* men. However, successfully attracting a man is not good news if he's unsafe, and many women need to learn how to distinguish the merely deadbeat from the truly dangerous. Ignoring their own internal warning signs — their personal red flags — during the early phases of dating, they leave themselves exposed to harmful men.

In her savvy, straightforward way, Brown provides tools that will help women keep their bodies and souls intact. Her book provides essential information on:

- the character and behavior of eight types of dangerous men
- why women make themselves vulnerable to dangerous men
- how to take an honest inventory of your own dating behaviors
- the eleven signs of a bad dating choice
- how to make your own "do-not-date" checklist
- how to develop a support system for safe dating
- how to get out of a relationship with a dangerous man
- why some levels of dangerousness are not curable

For Women of All Classes, Ethnicities, and Age Groups

Each chapter is illustrated with stories of real women from all walks of life — Ph.D.s and businesswomen, teachers and nurses, athletes and artists, grocery clerks and mill workers, straight-A college girls and high school dropouts. Despite their differences, all of these women have something in common: They ignored their internal red flags, dated dangerous men, were trapped in bad relationships — and, after getting out, moved on to someone else just like him.

Says Brown, “This issue cuts across all classes, ethnicities and age groups — it’s not just young women and high school girls who haven’t yet developed the skills to identify and avoid harmful partners. Despite the many life skills they’ve acquired, educated and professional women are equally vulnerable. Many have made a career of serial dating one dangerous man after another!”

The Solution: Changing Risky Dating Behaviors

Fortunately, risky dating behaviors can be targeted and altered. Using checklists, exercises, and a direct approach honed in her workshops, Brown shows women how to choose partners wisely, avoid pain and danger, and improve their chances of hooking up with good men. *How to Spot a Dangerous Man Before You Get Involved* is for all women who have a history of bad relationships and want to regain control of their lives. It also serves as prevention for women who do not have a history of bad relationships — and don’t want one.

ABOUT THE AUTHOR

Sandra L. Brown, M.A., is a psychotherapist, lecturer and consultant in the field of psychopathology. She has provided counseling to women with chronic histories of abuse and to male perpetrators, and has worked in a wide range of treatment settings, from domestic violence shelters to psychiatric hospitals and outpatient clinics. A companion to this book, the *How to Spot a Dangerous Man Workbook*, is also available from Hunter House. Ms. Brown’s first book, *Counseling Victims of Violence*, will be reissued in 2006.

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Psychopathology 101

The book *How to Spot a Dangerous Man Before You Get Involved* is part of author Sandra Brown's heartfelt crusade to provide women with skills to protect themselves against predatory men.

Choosing Mr. Wrong: A Challenge to Therapy

In 1988, Brown founded Bridgework Counseling Center, where eighty mostly female victims came through the doors each week. After years of counseling individuals and groups, Brown realized that many of her clients had a chronic problem: They chose pathologically dangerous men as romantic partners. This made it difficult for her clients to heal from traumatic experiences like early childhood abuse and adult rape. Brown saw that issues of partner selection had to be included in clients' recovery, or they would never go on to develop healthy relationships.

Fatal Romance: Victims Attracted to Perps

Bridgework began treating (mostly male) perpetrators, as well, and Brown witnessed an unwanted side effect: Male perpetrators and female victims were meeting in the lobby — and hooking up! To avoid fostering these relationships, the clinic began seeing male and female clients on alternate days. But Brown herself was hooked, too — on coming to grips with a core issue: Why would victimized women be attracted to perpetrators *in the first place*? She found this relational dynamic disturbing.

Out of sheer frustration, Brown asked her female clients, "What do you need to know to stop picking pathological men?" A client responded, "I don't even know what "pathological" means. Is that something I need to know about? If it is, teach me!" From that day forward, a form of Psychopathology 101 was taught to all female clients to help them learn to recognize, avoid, and ultimately leave dangerous men.

Psychopathology 101

Psychopathology is generally taught only to professionals working in the field. **Yet, a woman's ability to choose wisely is only as effective as the information she can access.** This book IS the information.



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The Eight Types of Dangerous Men

- **The Emotional Predator:** This bachelor has a sixth sense about women. He is a chameleon, tuning into body language, eye lingo, and verbal jargon to appeal to a woman's needs and vulnerabilities.
- **The Permanent Clinger:** This needy, victim-based man gives lots of attention but demands complete devotion in return. He is jealous of other people, isolates his partner, and may threaten self-harm.
- **The Hidden Lifer:** These men have other, undisclosed lives that may include women, children, jobs, life-threatening addictions, criminal past, or diseases.
- **The Violent:** As Dr. Jekyll, he starts out attentive and giving. But then Mr. Hyde appears—blaming, shaming, harming, hitting—anything to regain or assert his control.
- **The Mentally Ill:** He may appear normal at first, but after a period of dating it becomes obvious that “something is amiss.”
- **The Addicted:** He may masquerade as “a fun-loving guy” but his penchant for sex, pornography, drugs, alcohol, thrill-seeking behavior, gambling, food, or relationships is pathological.
- **The Parental Seeker** needs a parent not a partner. He gives lots of adoration but has very low functioning capabilities, so he takes much more than he gives.
- **The Emotionally Unavailable:** Is he married, separated, or dating someone else? He's not available, even if he presents himself as “currently unhappy” or “not quite out” of a relationship.

And then there is...

- **The Combination Man:** Many combinations are possible and some are fairly expected, such as Addicted and Violent. The more categories a man fits, the more dangerous he is.

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Media Questions for Sandra Brown, M.A.

1. How many categories of dangerous men do you list, and what are they?
2. Why do women “miss” that some men are dangerous?
3. Do women just grow up to pick these kinds of men? How does that happen?
4. Why has pathology not been taught to the general public, like you are doing with your book?
5. You talk about the “pseudo-pathology” that women can display after years with pathological men. Can you explain that?
6. You designed a workbook to go along with the book. What is the workbook’s purpose?
7. You list the importance of a red flag system. What is that, and why is it important?
8. Why is an accountability partner useful?
9. You’ve written this phrase: “A woman's ability to choose differently is only as effective as the information she has to choose wisely.” What do you mean by that?
10. With the recent murder of Lacey Peterson, and Amber Fry’s book about dating Scott Peterson, an obviously dangerous man, are THESE the types of women you hope to reach?

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What Sandra Brown, M.A., can tell your audience...

- The eleven signs of a bad dating choice
- What all dangerous men have in common
- Who is prey to a dangerous man, and why?
- How to take an honest inventory of your own dating behaviors
- Why women ignore their “red flags,” and miss clues to a man's dangerousness
- How an accountability buddy can help women avoid bad dating choices
- Healthy relationships versus dangerous relationships
- Identifying unhealthy boundaries, and establishing healthy boundaries
- Pathology for the lay person
- Women's adaptation to pathology in men
- Why some levels of dangerousness are not curable
- What women tell themselves in order NOT to leave dangerous relationships
- How to get out of a relationship with a dangerous man
- Which type of dangerous man is the hardest to leave?
- Prevention and intervention for dating or marrying dangerous men
- Power: Do controlling men have too much, or too little?
- Why bad dating choices cross socio-economic, age, and educational lines
- How gender roles, family conditioning, and cultural definitions re-enforce a woman's role in relationships with dangerous men

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Praise

"Attention all women! ...a wonderfully important publication... Sandra Brown has put it all together in this very handy, easy reference book on self-defense against those dangerous types out there. This is an important "how to" book that handles a serious subject with logic and efficiency. ...a highly readable book, concise and comprehensive. Sandra Brown...provides women with essential information on how to protect themselves against heartache and abuse. In defense of the opposite sex, she does point out that there are good men out there, you just have to watch out for the bad ones." —*MetroLA*

"*How to Spot a Dangerous Man Before You Get Involved*...could keep you out of a morgue, a shelter or a hospital but still keep you in the dating game. Well worth a read for every woman, single or not."
—*Orlando Sentinel*

"It has made a definite impact on my life. ... It may have finally changed my bad dating habits. Unfortunately for my editor, that also may mean I'll be turning in dull, droll, and diluted dating columns from here on out." —*Marisol Novak, Columnist, "Thigh High Diaries," OrlandoCityBeat.com*

"Here's a book that can save a woman a lot of grief. **How to Spot a Dangerous Man Before You Get Involved** by Sandra Brown, M.A. should be mandatory reading because being able to attract a man also means attracting the wrong one. It is worth reading. Twice!"
—*Alan Caruba, Editor, Bookviews.com, and member, National Books Critics Circle*

"...an accurate and on target book about the dangerous man. I endorse the research and conclusions determined in her work."

—*Steve Kardian, 26-year veteran Police Sergeant, Mt. Pleasant, NY
& Women's Safety and Self-Defense Expert, Defend University*

What readers are saying...

"Impressive, very impressive! After reading this book, I bought one for each of my two single daughters. I felt it was vital for them to read the book. It clearly exposes dangerous behaviors and spells out one's responsibilities in relationships. I particularly loved the last couple of chapters with their healthy relationships' blueprint." —*Fay A. Klingler, Sandy, UT (Amazon.com)*

"This book is a goldmine for any mental health professional as the author gives you 15 years of real hard earned psychological intervention advice. Academics tend to focus on HOW THINGS SHOULD BE, rather than HOW THINGS ARE! This book tells you how things are! I have never seen a book that covers all the bases of dysfunctional selection as this book does; it is a good adjunct to John Bradshaws' books on Dysfunctional Families. I give this book 10 stars."
—*Meijer Goldstein, New York, NY (Amazon.com)*

"Don't let you or your daughter go on another date without Sandra Brown's essential microscopic dissection of the ways to detect the dangerous man. Not only does the author explain the myriad types of dangerous men that every woman will encounter, but gives us a psychologist's insight into what ticks in every woman's psyche that can make her vulnerable. Ms. Brown rips the mask off these predators and exposes their tactics and shows us where our own vulnerabilities lie."
—*Daryl W. Boughton, Canada (Amazon.com)*