

NarcyNarc Chaos Cycle Cluster

Driving-Control Pattern • Academic-Adjacent Reference

PHASE 1 — CREATE THE CHAOS

- Manufactured Chaos: Problems made on purpose; chaos is the tool.
- Chaos as Control: Confusion becomes authority.
- Strategic Disorientation: Mixed signals, reversals, urgency to break stability.

PHASE 2 — TRIGGER THE REACTION

- Destabilize: Shake your confidence so you second-guess everything.
- Emotional Hijacking: Turn calm into panic to seize control of the moment.

PHASE 3 — FLIP THE BLAME

- Reactive Abuse: Your normal reaction becomes her accusation.
- Reactive Blame Loop: Narcy provokes → you react → she blames → resets → repeats.
- Rewrites the Narrative: She edits the moment to favor her innocence.

PHASE 4 — RESET & REPEAT

- Narrative Reset: She acts like nothing happened. Pattern restarts.

