

# When You Say No – Cluster Analysis

Boundary Assertion → Threat Inflation → Coercive Pressure → Compliance Extraction → Emotional Reset

## PHASE 1 — BOUNDARY ASSERTION

- A simple and reasonable 'no' is given.
- The boundary is calm and not emotionally charged.
- Narcy interprets it not as a preference, but as a loss of control.

## PHASE 2 — THREAT INFLATION

- Narcy experiences the no as rejection or disrespect.
- Tone shifts instantly — flatness, silence, or coldness.
- Internal alarm triggers: autonomy = danger.

## PHASE 3 — COERCIVE PRESSURE

- Silence or withholding begins as punishment.
- Guilt-tripping emerges: 'I guess I'll just ask someone else...'
- Emotional distance destabilizes the target.

## PHASE 4 — COMPLIANCE EXTRACTION

- Narcy recruits a Plan B helper, using your no as justification.
- She frames herself as the burdened one, regaining narrative control.
- Outcome still achieved — but through manipulation, not collaboration.

## PHASE 5 — EMOTIONAL RESET

- Narcy reappears cheerful as if nothing happened.
- No acknowledgment of the tension or silence.
- The reset preserves her control while the target remains unsettled.

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