



TOXIC MESSAGING

One of the most reliable avenues of manipulation that narcissists often use is **instant messaging**. With a simple text message, DM, tweet, Facebook post, or the other types of social media communications, a narcissist can **gaslighting you back into the narcissistic abuse cycle with ease**.

There are two types of toxic messaging. There's the **blatant toxic message**. These messages are OBVIOUSLY abusive, manipulative, and cruel. Then there's the **FPG (Fluff, Punch, Glamor) toxic message** that is so confusing, subtle, and "innocent", that it just might manipulate the vulnerable back into the abuse cycle.



FPG TOXIC MESSAGE

The FPG toxic text message starts with what we call the fluff. This usually manifests in the form of a reason to reach out. **It is usually very informative and non-confrontational.**



Then the toxic text message moves onto the punch. This is where they say incredibly manipulative, hurtful, degrading, and abusive things. It will almost always be worded in a manner that sets them up for the next part of the FPG toxic text message, glamor.



The glamor section is where the narcissist will do a complete 180 and end the message in a way that portrays them as **glamorous, wholesome, virtuous, and/or admirable.**



It's so important to be able to spot FPG text messages because after months, years, and even decades of abuse, your mind is likely plagued with enough self-doubt and self-blame to be triggered by this **hidden form of gaslighting.**



Below are two examples of toxic messaging.

Key:

Yellow: F (Fluff)

Blue: P (Punch)

Purple: G (Glamor)

Hey Olivia! I just wanted to let you know that I've been thinking about us a lot recently. My therapist said that I've been making some really good progress. It has made me think about having you back in my life. I

know you probably don't want anything to do with me. Sleeping with a different guy every weekend is probably more fun than building a future with a fuck up like me lol.

Anyway, I hope you have a freaking awesome week! It's your mother's birthday on Thursday right? HA! You thought I forgot huh? I could never forget someone as special as her 💖 I see where you got it from 🤔

Key:

Yellow: F (Fluff)

Blue: P (Punch)

Purple: G (Glamor)

I wish you would listen to me. I picked up Rocco from his sleepover and learned that he failed the math exam that you helped him study for. I understand that you are out to get me because you think I was abusive to you but please don't let it affect our child's education. I'm really sorry that you feel like I was mean or whatever but you know damn well that you're not capable of helping him study. He's taking all honor classes... you barely got your GED... let me take care of his future for now... please, for the love of our child just listen to me this time okay?