

A man is submerged in blue water, looking directly at the camera. He is pointing his right index finger towards the viewer. He is holding a white rectangular sign in his left hand. The sign has handwritten text in black ink. The background is the rippling surface of the water.

**DRAMAGURU REVELATION
BY CHERYL RAGSDALE**

Interrupt
the pattern,
Change
the game

Domination and Submission Tactics Revealed

DramaGuru Revelation: Interrupt the Pattern, Change the Game

Domination and Submission Tactics Revealed

Cheryl Ragsdale

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DramaGuru Revelation is dedicated to everyone seeking a life, humming with love and vitality, in confident connection to others.

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Frequently Asked Questions (FAQ)

Here are Agent September's answers to frequently asked questions accompanied by pithy quotations from a champion in the boxing ring, Floyd Mayweather, Jr.

What is *DramaGuru*?

It's a conversation that looks a game. The manual is designed to guide your thinking and change how you respond when you are under verbal attack or feeling fear. You will learn how to maintain your power in uncomfortable situations.

Will my life change simply from reading the manual?

No. You have to create game plans and implement them. You need to develop relationships with good cornermen. And you need to become a good corner person yourself. As Floyd Mayweather, Jr. says, only "hard work and dedication" will get you the results you're looking for. But it doesn't have to be grim and gritty. *DramaGuru* is a game. Keep it playful!



Agent September

Can I play the game without paying attention to the science fiction story? I don't really like science fiction. I prefer drama, romantic comedies or a lot of action with things blowing up.

Because you bring your real life situations to *DramaGuru*, all of those elements exist in the conversation you create. The science fiction storyline is designed to give you a new world, a different space to review your situation from a new point of view. If you already have your situation figured out, you won't need a new perspective. If you

don't alter your view, even just a little, you'll never know if you missed finding a better solution than the one you're living with now. Everyone needs breathing room to sort out what's going on with a cool head.

"If you fight angry, you make a lot of mistakes, and when you fight a sharp, witty fighter like me, you can't make mistakes." champion boxer, Floyd Mayweather, Jr.

I don't like thinking of my loved ones, friends and work mates as opponents or bullies or villains. Why don't you call them something else? Something more politically correct would work better for me.

I call it like I see it. If you're getting milked, that makes you a cow. The person milking you is, what? A dairy farmer? If referring to someone as a Milk Maid or the Milk Man works for you, then use that terminology. But don't hide behind it.

"You've got to have a villain and they'll always make me a villain. I'm used to it - it makes me work harder and it makes me fight harder." Floyd Mayweather, Jr.

But aren't you labeling people when you call them a cow, a villain or an opponent? And what about labeling people as an intimidator or aloof. That's not appropriate.

You say label. I say assigning a role. If someone is behaving like a cow, a villain, an opponent, etc., it would behoove you to assign yourself a role designed to neutralize the other person. Otherwise, you'll be on the receiving end of a verbal zinger. And by now, after reading the instructions for *DramaGuru*, it's time to recognize that being on the receiving end of a verbal attack – and doing nothing about it – is inappropriate.

Most of your opponents act just like you do, whenever you're having a bad day or you're in a bad mood.

If it makes you feel more comfortable, and that is, of course, the intention of this game, then use "being" or "acting like" in front of the role assigned to designate the transitive nature of the behavior. All of you shift roles, moods and stances as you see fit.

- Bob is being a villain, as usual.
- Bob is acting like an intimidator today.
- Bob assumed the victim role again.
- Bob is being aloof again.
- Bob is interrogating everyone about last night's events.
- Bob is being oppositional at school.

You see, humans, I understand your language and how you use it to tie yourselves up in knots. Instead, you can use words to transition from one position to another. MMA fighters understand how to transition from punching and kicking, to backing their opponent up to the cage, to taking him down to the ground, and then back up to his feet again. A good fighter will do exactly what they need, at exactly the right time to gain advantage over their opponent.



Timing is a pattern. Watch for it!

“You win battles by knowing the enemy’s timing, and using a timing which the enemy does not expect.”

Miyamoto Musashi

In your language, you say that someone has “adopted a stance”. Stance is used for an ideology, an opposite opinion or an aggressive posture – or perhaps a peaceful one.

“Posturing” is another fight term used to describe someone’s verbal or non-verbal behavior. When someone is posturing, they are probably showing you a pattern. Take note! You will soon see the perfect time to make your exit when you’ve had enough of someone’s buffoonery.

As you practice creating game plans, you will discover the verbal and non-verbal transitions that work best for you. Non-verbal moves include walking away, use of effective facial expressions and other types of assertive body language.

When you implement your protective transitions, your game will get better – whether the outcome is successful or not. Simply identifying the other person’s position will give you the point of view you need to choose your next appropriate action.



Please do not use *DramaGuru* as an excuse for bad behavior. Inappropriate responses that cause harm always have the same result.

Example: If you say something like, “*DramaGuru is a game for thugs.*”

- Lose 1000 points every time you say it, multiplied by the number of people who hear it.
- Lose 5000 points if something you said causes someone else to say, for example, “*DramaGuru is a game for thugs.*”

- Anything you say that undermines someone counts as a sneak attack. You will lose points. And, you will hook each person who repeats your negative comments, to you. Now you can pull their milk (their energetic source of power) to you, making you a Milk Man (Maid). But the negative power you gain, will make people feel like you are using them. Each one, use one. And so on, and so on, and so on. The Collector and his minions will love how fat with milk you are. They will drain your supply and send you out to hunt for more.



Agent September in milk cloud



Notice Transitions

Learn to spot transitions that move a person from neutral to deadly. It's important to take action to divert the transitional move or else you'll wind up struggling to defend yourself in deeper waters.

Notice your own transitions as well.

As you play, you'll gain more power, more milk and more positive connections. Once you store a certain level of milk, you will know what I know. And then, you'll want to tell two friends, and they'll tell two friends, and so on, and so on, and so on.

Should I tell people that I'm trying to catch their patterns and that I want to interrupt their moves?

Only if you want to lose the game before you start. Keep your study of other people's moves to yourself. You never have to tell someone that you've mapped out their moves. People move in predictable ways. The objective is for you to learn how to protect yourself. Don't give away your advantage before you've had the chance to change how you operate in your relationships.

“I just find the whole thing overwhelming. I don’t know where to start.”

Every fighter begins their practice the same way. Choose one thing and drill that move over and over. By that I mean, choose listening, for instance. In the moments when you can, just listen without having to respond. Look for the predictable patterns in other people’s conversations. Begin. Practice. Begin again.

“People have said things about me, and wrote and criticized me about things in the past, but it goes in one ear and out the other.” Floyd Mayweather, Jr.

People judge me for eating meat. Am I attacking animals because I love hamburgers and chicken nuggets?

Eat whatever you enjoy eating. Your purpose is to stay as healthy as possible. When you’re ready to make adjustments in your life style to manage your weight and climb stairs easily, then you can decide what is right for you.

Attacking someone about their food choices? Lose 1000 points.

“Silence is golden, when you can’t think of a good answer.” Muhammad Ali

If people offend me, does that mean they don’t love me?



You are loved!

A wise, blind woman named Harriotte once told me that when she asks someone for help crossing the road, etc., she instantly forgives people for making mistakes. For instance, one helper was so busy talking that she forgot to mention how deep the curb was. Harriotte stumbled. The helper’s face turned red with embarrassment and shame. Harriotte just laughed, dusted herself off and requested that the helper continue her story.

To answer your question, just take things in stride and find different ways to respond that leave you feeling empowered, connected and safe. As Harriotte did. You’ll be fine.