

Narrative Entrapment

An Educational Guide by Union of Saints

Purpose

This document defines **Narrative Entrapment** and provides clear language, examples, impacts, and response guidance for individuals and communities. Narrative Entrapment is a form of psychological and reputational abuse that fixes a person to a false or distorted story and exploits that story for control, entertainment, or social gain.

Union of Saints affirms the dignity, growth, and lived reality of every person. This guide exists to name the harm, restore clarity, and support ethical response.

Definition

Narrative Entrapment occurs when individuals or groups: - Anchor a person to a **false, outdated, or distorted history** - Refuse to update their perception despite evidence of growth or integrity - Circulate a simplified or negative persona as if it were the whole truth - Exploit that persona for ridicule, bonding, dominance, or entertainment

The result is a **cemented persona** that replaces the person's actual identity.

Core Characteristics

Narrative Entrapment commonly includes: - **Identity Fixation**: Freezing someone in a past moment or fabricated role - **Selective Framing**: Highlighting alleged flaws while erasing strengths - **Repetition**: Retelling the same story until it appears factual - **Audience Building**: Using the story to gain attention or social power - **Resistance to Correction**: Rejecting evidence that contradicts the narrative

Related Forms of Abuse

Narrative Entrapment overlaps with: - Psychological abuse - Reputational abuse - Social gaslighting - Character assassination - Dehumanization - Objectification for entertainment - Patterned harassment

These are not isolated remarks but **ongoing patterns**.

How Narrative Entrapment Causes Harm

The impact is real and cumulative. Common harms include: - Chronic stress and anxiety - Nervous system dysregulation - Social isolation or exclusion - Loss of opportunity or credibility - Erosion of identity and self-trust - Pressure to perform or defend against a false self

Words become weapons when they are **persistent, coordinated, and dismissive of reality**.

Why Certain People Are Targeted

Narrative Entrapment disproportionately affects people who: - Demonstrate integrity or ethical consistency - Grow beyond others' expectations - Challenge corrupt or abusive norms - Are expressive, principled, or visible - Refuse to conform to degrading roles

When control fails, definition becomes the next tactic.

What Narrative Entrapment Is Not

- It is not accountability
- It is not healthy feedback
- It is not humor when harm is sustained
- It is not disagreement

True accountability allows for **context, change, and dignity**.

Signs You May Be Experiencing Narrative Entrapment

- You are repeatedly described in ways that contradict your lived reality
 - Your achievements are ignored or minimized
 - Your objections are used as proof of the false story
 - Others speak about you rather than with you
 - You feel pressured to over-explain or stay silent to avoid distortion
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Ethical Response Principles (Union of Saints)

Union of Saints encourages responses that are: - **Grounded**: Return to facts and present reality - **Boundaried**: Name what behavior is not tolerated - **Documented**: Keep records of repeated misrepresentation - **Non-Performative**: Refuse to play assigned roles - **Restorative**: Center truth, not retaliation

Silence may be strategic, but clarity is protective.

Language for Documentation

Appropriate terms include: - Narrative entrapment - Identity distortion - Reputational harm - Patterned misrepresentation - Psychological harassment - Social gaslighting - Dehumanizing conduct

Clear language restores power.

Statement of Values

Union of Saints rejects the use of false narratives to control, exploit, or erase others. We affirm that: - People are allowed to grow - Identity belongs to the individual - Entertainment does not justify harm - Truth requires humility and update

A person is not a story told by others.

Closing Reflection

Narrative Entrapment relies on refusal to see. Restoration begins when truth is named, boundaries are honored, and dignity is defended.

Union of Saints stands for restoration of identity, clarity of truth, and protection from dehumanizing narratives.

This document may be used for education, advocacy, community standards, and personal documentation.