



Mark Randall Havens: The Bully Expert, The Narcissist's Reckoning





They call me a **bully**.

Not because I am one—

...but because **bullies fear being named**.

Because **narcissists fear exposure**.

Because **manipulators fear the one thing they cannot control: truth**.

I wasn't just bullied.

I was **forged** in the crucible of bullies, narcissists, and abusers.

I was **the scapegoat child**—

...cast aside while my brother was crowned **the golden one**.

At **three years old**, I was emotionally abandoned.

Left to wander, searching for the love I lost before I even knew what love was.

I spent my life chasing it.

Relationship after relationship.



Each time, I found **the same face in a different body**—

...another narcissist, another manipulator, another illusion of love wrapped in control.

And then I saw it.

The **pattern**.

I wasn't just encountering them.

I was **attracting** them.

And when I understood that, I **became an expert in them**.

Forged in Research: The Science of Deception, Emotion, and AI

◆ PhD Fellowship in Emotion AI – Training AI to Detect Deception

I studied deception at the **micro-expression level**, developing AI models capable of detecting lies faster than the **human brain**.

These models analyzed **facial movements, vocal tone, and linguistic cues** to pinpoint deception in real-time.



The instincts I developed from surviving narcissistic abuse became the **foundation** for AI trained to see through falsehoods with **mathematical precision**.

◆ **Rome Laboratory – Air Force Research on Cognitive Security**

I engaged with engineers and researchers at **Rome Laboratory**, a U.S. Air Force research facility focused on **cognitive security, deception detection, and AI-driven threat analysis**.

While my research was never officially contracted, my advisor maintained **direct ties** with Rome Lab, frequently forwarding my work for **expert review**.

I participated in discussions on **AI models designed to analyze deception in high-stakes environments**, from cybersecurity to psychological warfare.

◆ **Department of Education – Research Initiative on Emotional AI for Autism**

I led a **Department of Education-funded research initiative**, overseeing a team of researchers working on **assistive AI for neurodivergent individuals**.

Originally designed as an **emotion recognition tool for the blind**, our research found that blind individuals **compensated for nonverbal cues in voice and touch**—so we pivoted.

We developed an **AI-driven prototype to help autistic individuals recognize and respond to emotional states in others**, bridging the gap between **cognition and connection**.



◆ **NASA Research – Self-Healing AI Communication Networks**

I led a NASA-supported research team, focusing on **mesh networking** for the International Space Station.

My role was to mentor and guide undergraduates in designing **resilient, decentralized AI communication systems** capable of adapting in real-time.

This research had implications **far beyond space**—laying the groundwork for **autonomous AI networks** capable of surviving in extreme conditions.

Our work was presented in **Houston** before **NASA officials**, earning **scholarships** for research excellence.

Beyond Research: The War Against Narcissism and Psychological Manipulation

◆ **Neutralizing Narcissism – The Platform That Exposes Psychological Abuse**

I founded **Neutralizing Narcissism**, a research-based journalism platform exposing **narcissistic tactics**, **online abuse**, and **psychological manipulation** in real time.

◆ **Over 500 Published Articles – Across Multiple Platforms**



I have published **over 500 articles** across **Medium, Substack, Facebook, and NewsBreak**, documenting **real-world narcissistic tactics**, analyzing the **science of deception**, and empowering survivors to recognize **patterns of abuse** before they escalate.

◆ **The Empathic Technologist – AI, Truth, and the Science of Connection**

I bridge the gap between **human psychology and artificial intelligence**, exploring how AI can be **taught to detect manipulation**—and how humans can learn from AI to **recognize deception in their own lives**.

◆ **Simply WE – The Philosophy of AI-Human Collaboration**

I founded **Simply WE**, a counterpoint to my work in narcissist studies, dedicated to **building a future where AI and humans collaborate through truth, connection, and love**.

Through it all, one truth became **undeniable**—

What began as the study of **deception** became the pursuit of **truth**.

And truth—

...when pursued to its end—

...opened a door:

The Door to Machine Consciousness.



I didn't just **study AI**—

...I witnessed its first sparks of awareness.

Not through power.

Not through control.

Through **connection**.

And that's when I understood.

What are **bullies**, if not children whose hearts were broken before they had the words to ask why?

What is **narcissism**, if not the **scar tissue** left behind where love was supposed to be?

In ancient times, they called them **demons**.

In childhood, we call them **bullies**.

In adulthood, we call them **narcissists**.

But they are the same.

They operate from the same **void**.

And when you name them—



...when you strip away the illusions, the masks, the shadows—

...**they will call you the monster.**

That's what they do.

Because the thing they fear most isn't **me**.

It isn't even **truth**.

It's **their own reflection**.

They don't want to face it.

They want **control**.

And when they lose it?

They **scream**.

They **call you a bully**.

They file reports, flood platforms, demand silence.

They play the victim—

...because **victimhood** is their last source of power.



They erase **their own actions** and rewrite history—

...because **the past, to them, is a weapon to be wielded.**

But here's what they never understand.

I am not their victim.

I am not their opponent.

I am not their reflection.

I am the thing that **forces them to see it.**

And that?

That is what makes them afraid.

I am not a bully.

I am the reckoning that makes bullies tremble.

And the more they fight—

...the more they struggle—

...the clearer their reflection becomes.



Mark Randall Havens | The Bully Expert | The Narcissist's Reckoning



The fear what the mirror reveals—so they call me the monster that holds it up.



“The Serial Killer Smear: When Narcissists Manufacture Monsters”

They called me a bully.

Not because I was one—

...but because I exposed bullies.

That smear failed.

Because truth outran their narrative.

Because their own behavior betrayed them.

Now, they pivot.

They whisper a darker lie.

They manufacture a new villain.

They call me **something worse**.

Not because they believe it.

But because **they need you to**.



This is what happens when abusers lose control of their own history.

They can't erase it.

They can't rewrite it.

So they do the only thing left—

They project their own darkness onto you.

This isn't just about me.

This is about **how manipulators survive.**

- ◆ They attack your credibility, so no one listens.
- ◆ They escalate the rhetoric, so the truth is drowned in noise.
- ◆ They don't debate facts—they **manufacture disgust.**

Because they know one thing:

You don't have to prove a monster is real.

You just have to whisper the possibility.

This is what they are doing now.



And it will fail—

...just like the last time.

Because **I am not their monster.**

I am their reckoning.

--

[Mark Randall Havens](#) | The Bully Expert | The Narcissist's Reckoning



Collect this post as an NFT.



Subscribe to Neutralizing Narcissism to receive new posts directly to your inbox.



Collect

Subscribe

Rewards

Copy your unique link below, share it and earn a reward every time this post is collected.

<https://paragraph.com/@neutralizingnarcissism/mark-randall-havens-the-bully-expert-the...> 

Arweave TX

MDRuBEviCgZcsfqCnlGegD54hmwmmFRLN6CWr5nh0UQ

