# DESCRIPTION

Cringe is the latest in the DPI podcast series. The DPI series refigures pop psychology as gaslighting.

Each episode starts as a podcast you might find on the Apple Store, then it shifts into ferally horny mind control vibes.

I narrate it. This part is noted as GURU. That’s just the script, not self-congratulation. (As a side note, I hope to do some more production for masc VAs and m4m soon.)

This particular episode is about cringe, or horror at shame. It starts with a “defense” against “allegations.” The allegations are largely unspecified – I think we could say they’re McGuffinated.

I’ve already done a live reading for my part; this will be produced quite soon!

If you’re interested in reading, please be sure to look over all the lines first. Improv is definitely possible. If you’re reading, all lines. The lines to whisper are noted as CHORUSWHISPER.

CW: gaslighting, misinformation about psychology, humiliation, group sex, orgy, obedience, protocols, cult vibes, dominance, implied infidelity, use of the D word

# SCRIPT

GURU: Hello and Welcome to Foundations, the DPI Series on POSITIVE PSYCHOLOGY – what we call The Art of Saying Yes.

CHORUSWHISPER: Yes

GURU: It’s important work. It’s important and its difficult, because it’s SO misunderstood. We ALL have to battle against misconceptions.

GURU: People think saying YES is easy.

GURU: They think leaning into Yes just means turning your brain off and smiling and nodding.

CHORUSWHISPER: brain off. Smile and nod.

GURU: Positive psychology is so much more than that. It takes REAL dedication.

GURU: It’s hard to stay positive.

GURU: It’s been especially hard recently.

GURU: I know many of you have heard the allegations levelled against the DPI.

GURU: You’ve heard the whispers.

CHORUSWHISPER: Cult. Brainwash. Manipulate. Exploit. Harem. Sex cult.

GURU: Whispering is easy. It’s easier than doing the hard work to correct your own misalignments.

GURU: Those whisperers fall into a category – an ARCHETPYE.

GURU: The whisperers may seem different, but underneath their ranting, they’re all the same.

GURU: They’re lazy.

GURU: Jealous husbands make up stories instead of addressing their OWN inadequacies as lovers and healers.

GURU: Protective fathers see their daughters drifting away. She stopped calling you Daddy. She’s grown up and someone else might be Daddy now. It’s part of life – and yes, it might be your failure. Admitting your failures is hard. Rumors are easy.

CHORUSWHISPER: drifting away

GURU: Rumors do the work for wounded narcissists. We know about them. They don’t understand BOUNDARIES. They don’t understand how they’re TOXIC. People just ignore them and they run out of supply.

GURU: They NEED that attention and they know how to get it. T. Abigail Williams and Friar Tomas and Tipper Gore knew how. They made up scary stories. They make people guilty about self-discovery.

GURU: We aren’t angry at them. We pity them. It’s sad they have to resort to that.

GURU: We’re sad, but we aren’t afraid.

GURU: If you’re listening, I know you’re not afraid. This work is important – and we know it. People get programmed all the time – and we can help.

GURU: I see it in the patients’ eyes. I know I can see it in your eyes. We break through those bad patterns, and I see your healing. I see the gratitude when someone breaks free after a lifetime of SHAME.

GURU: Sometimes they just SMILE – their first REAL smile in years.

CHORUSWHISPER: smile

GURU: Sometimes they CRY from the release.

GURU: Sometimes - they drop to their knees.

CHORUSWHISPER: my proper place is on my knees.

GURU: They finally call me by my real name – and I call them by their real name.

GURU: We’ve always known it – and now you can say it. It’s transformative.

CHORUSWHISPER: daddy. Owner.

CHORUSWHISPER: slut. Whore. Pet. Servant. Pleaser.

GURU: Every single time, their energy lights up.

GURU: They GLOW.

GURU: You’re going to glow too.

GURU: We won’t let their darkness dim your light.

GURU: You’re going to get healthier. I promise.

GURU: Are you with me?

CHORUS: Yes

GURU: Good. You’re a very good [pause] listener.

CHORUSWHISPER: good toy, good pleaser, good girl

CHORUSWHISPER: accept, agree, comply, obey, worship

GURU: Because you do the work.

GURU: We’re working together on a whole new you.

GURU: It’s happening now.

GURU: The whisperers can be a part of it.

GURU: We can learn from them.

GURU: They show us how to be – by showing us how NOT to be.

GURU: We learn one of our FOUNDATIONS from them.

GURU: We can learn about PROJECTION. We all need to do that.

GURU: Projection is hard to see, but it’s very real. It’s a psychological fact. It’s the best-known DEFENSE MECHANISM. The bad broken parts of you don’t WANT to get better – so they defend.

GURU: We don’t realize it, even – but we all do it.

GURU: You get scared of part of yourself. . It’s hard to admit what you want – what you NEED.

GURU: So you point a finger OUTSIDE yourself. You see the bad parts of yourself – in other people.

GURU: You avoid taking responsibility to do the work and make good patterns.

GURU: *When you point one finger, there are three fingers pointing back at you.*

*GURU:* We make our own shadows.

GURU: We repress the things that scare us in ourselves. Then you project – like a puppet pulled by the strings of your unconscious.

CHORUSWHISPER: puppet

GURU: You spin those illusions – and spin and spin. They turn into a cocoon. If you don’t see it – if you don’t break the cocoon– it becomes your whole world.

GURU: You don’t want that. You don’t want to be trapped.

GURU: Like those whisperers talking and talking about how scary the DPI is?

GURU: We see they’re projecting. It’s so obvious. They look at us and they see what scares them about themselves.

GURU: It makes their fantasies INTENSE.

GURU: VIVID.

GURU: LURID.

CHORUSWHISPER: [three subvocal moans]

GURU: I’ll read from their posts. Just so you know – this gets very explicit.

CHORUS: [NOTE: any improv about the sex cult is EMBRACED here and welcomed. Stick to the themes – this is a sex cult, it horrifies you, shock with top notes of horny longing]

JANET: “The DPI is absolutely a sex cult. I’ve seen the footage and I just can’t stop watching it.

JANET: I can’t get it out of my head.”

JANET: We all know why that is. She can’t get it out of her head because it was already IN her head. She’s PROJECTING – and she keeps doing it.

JANET: “It’s brainwashing. It’s absolutely brainwashing. They’re brainwashed and it’s disgusting.

JANET: There are these throngs of women. You can IMAGINE how they’re dressed.

JANET: Sometimes they’re naked – nothing but their body paint and collars. They’re totally exposed. That’s part of it – they’re always saying that we – I mean they – need to reveal themselves. It’s supposed to be SOO therapeutic to take off your clothes and accept that I’m just some kind of slut.”

JANET: You can tell how she’s afraid of being revealed. She’s afraid - so she’s always thinking about these fantasies. Listen to what she’s afraid of.

JANET: Sometimes, they’re more naked than naked.

JANET: It’s totally obscene. I guess that’s the point – radical self acceptance or radical self honesty or something.”

GURU: She’s so close to getting it. It’s just one defense mechanism away.

JANET: I just know it’s RADICAL.

JANET: Those cuffs - those collars. They talk about their UNIFORMS, like they’re in prison or like some institution. Then they WRITE on themselves. Their bodies and even their FACES. TOY and WHORE and – they don’t even look like people. I don’t think they want to be people. Cow print underwear - and cat ears and puppy tails shoved up their ass. They’re liked TRAINED ANIMALS.”

Choruswhisper: I’m a pet not a person [pant]

JANET: I’m a pet, not a person, they say. I’m a bitch in heat, they say. They’re always say it – they say it TOGETHER.

CHORUSWHISPER: bitch in heat [repeat, moaning] I’m a pet not a person [repeat, moaning]

GURU: We can tell SOMEONE’S afraid of community. Of course she’s projecting.

JANET: They just keep repeating and repeating – it’s our mantras. THEIR mantras. I’m just shocked at what they say. It’s just BABBLE – mouths keep moving, but you can tell their brains are all gone. Completely gone.

CHORUSWHISPER: I’m not a person, I’m a pet. I get dumb – my cunt gets wet.

GURU: We always imagine what scares us. The ego kicks those defense mechanisms into gear when it feels threatened – and MINDLESS is always the real threat.

JANET: They keep babbling. I think they say it out loud – they say babble til I’m brainless. They’re brainless. They have to be brainless to do what they do. In there. Inside. Even the new girls strip and repeat and repeat and repeat. But that’s – that’s wholesome compared to the REAL inside. The inner circle.

JANET: They always talk about the inner circle. That’s part of the delusion, of course. Paranoid projection always has a conspiracy at the center. You can imagine their voices instead of hearing the voices in your own head.

JANET: I keep hearing the voices. They just keep repeating in there – in the inner circle. They keep repeating no matter what. They repeat when they’re touching themselves. They say it’s resetting the pattern and they – it’s more than masturbating. They’re fucking their fingers. Or their dildos. Or each other. Everyone looks like a – like some kind of sex puppet. And they keep babbling, even when Daddy’s down their throat.

CHORUSWHISPER: repeat

CHORUSWHISPER: Dumber and wetter. Dumb makes good girls better.

GURU: If you think about it – if you’re really coming up against your own defense mechanisms – you’ll hear them. You’ll hear the voices.

GURU: They’re from inside you. Being healthy means knowing those voices aren’t outside you. They’re a part of you. They’re inside the boundary.

GURU: We all need those boundaries – but you can tell hers are NOT healthy.

JANET: “Daddy – it’s always Daddy Daddy Daddy. They all call him Daddy all the time, and they moan it when they’re resetting the pattern by fucking themselves silly and they moan it when they ‘service’ him and ‘open up’ each other and they shout it out when they’re on the altar. They say it’s just for the group sessions, but we all know it’s an altar and they just WORSHIP Daddy.”

GURU: This is a CLASSIC case. She’s wounded. She’s afraid of fixing that father relationship, so those voices are LOUD in her head. And when she’s in the cocoon – they keep getting louder.

CHORUS WHISPER: [Daddy 10 times, go from spacey to full on horny]

GURU: She doesn’t get it yet. Well, she didn’t.

GURU: She gets it now.

GURU: She’s much better now.

SFX production will make this more live whereas the prior recording will sound classic radio crackly

JANET: [deep spacy] I’m much better now.

JANET: So much better now.

GURU: She’s inside the boundary – and she’s one of our best teachers.

JANET: [smiling from praise] I’m a good teacher.

GURU: See, it’s possible to fix yourself. You just need to face those fears that make you project.

GURU: You might have a lot of fears that make you project.

GURU: But I know one that almost everyone has – and it’s ALL projection.

GURU: CRINGE.

JANET: Uh oh!

CHORUSWHISPER: cringe

GURU: It’s an amazing word, and an amazing idea.

GURU: It’s always self-directed. That word – that idea – it’s all from within.

GURU: And when someone says CRINGE, you can FEEL them shying away from part of themselves.

GURU: You’re afraid of it. You’re afraid of someone enforcing that boundary for you.

GURU: You’re afraid of being mocked. Laughed at. Excluded.

JANET: I was so afraid.

GURU: So you say cringe and you feel cringe and you physically cringe away.

GURU: It’s all inside you, though.

GURU: It’s all the voices in your head.

GURU: It’s OK.

GURU: We can fix it. Janet fixed it, and she’s very fixed now.

JANET: You helped me so much, Da – the DPI helped so much.

GURU: It’s always possible to reintegrate and come to terms with the shadow.

GURU: You can come out of the cocoon.

JANET: I’m a butterfly! [giggles]

CHORUSWHISPER: slutterfly

GURU: When you’re afraid like that – when it’s SO deep inside you that you don’t see it anymore – there’s always and only one way out.

GURU: We lean into it. That’s reintegration. You become your shadow so you forgive your shadow.

GURU: You take what makes you cringe and you realize that you need it and you stop being ashamed.

GURU: Think about ALL the stories you’ve heard about the DPI and the cult and the brainwashing.

GURU: Think about Janet’s stories.

GURU: It’s easy to find the parts from inside you – the parts that start the voices in your head.

GURU: It’s the parts that make you cringe.

GURU: Maybe it’s the uniform. You cringe when you think about dressing like you’re told. I mean – you already do. All your clothing’s chosen for you now, but you get afraid when you think about a NEW way of dressing.

GURU: You cringe.

GURU: You heard what she said – dressing like you’re a trained animal. Cuffs on your wrists and ankles. Collar on your neck and leash to pull you to your cage. Or up on the table.

GURU: In front of everyone.

GURU: That might make you cringe.

GURU: You think about everyone watching.

GURU: You think about WHO’S watching. Someone you know. It might be someone you’ve dated or someone you’ve fucked or a teacher or – well.

GURU: You know.

GURU: You know who you’re afraid of seeing you. I don’t have to say their name – but you can. You know.

GURU: You know because you see their face when they see you in uniform.

GURU: They see you fucking your own fingers in front of everyone.

GURU: They see you doing your tricks.

GURU: They see you write on yourself.

GURU: They see you pant and they hear you babble.

GURU: You babble about what a dumb slut you are and you know exactly what they’re gonna do.

GURU: They’re gonna see you in the next group session. Filling up every hole and moaning about what a dumb slut you are. Dumber than dumber and covered in cum.

GURU: CHORUS WHISPER: dumber than dumb

CHORUS WHISPER: covered in cum

GURU: They’re gonna see you and you’re gonna see their face. You’ll be dumb and covered in cum but still there. Still there enough to see what they do. You know what they’re gonna do when see you turn into a babbling cumdump.

GURU: They’re gonna CRINGE.

GURU: I have a secret, though – and it’s the secret that heals you.

GURU: In this dream, they don’t turn away.

GURU: They stop cringing and they keep watching.

GURU: They keep watching you get dumber.

GURU: They keep watching you be a cumdumb cumdump.

CHORUS WHISPER: cum dumb cum dump

GURU: They like it.

GURU: They like you.

GURU: They want you – like that.

GURU: Everyone does.

GURU: They’re gonna speak and they’re gonna tell you to keep touching yourself like that.

GURU: I’m gonna tell you to keep touching yourself like that.

GURU: Now.

GURU: Right now.

GURU: You’ll be babbling brainless and bouncy and bimming and giggling and drooling on yourself as you touch.

GURU: That’s the real you.

GURU: That’s you out of the cocoon.

GURU: You’re gonna cum.

GURU: You’re gonna cum, and we’re all gonna watch your cum face.

GURU: We like it – and we like one thing about it the best.

GURU: One thing about it that shows it’s the REAL you.

GURU: The healed you.

GURU: The you that’s finally free.

GURU: It’s the deepest dumbest wettest pleaser you.

GURU: It’s the best you – and you know it’s always

GURU: One

GURU: Single

GURU: Word

CHORUSWHISPER: cringe