

# Methods of High Control Groups

## High Control Groups

High Control groups have various belief systems and methods of indoctrination. Not every person's experience in a high control group can be categorised. Many groups are typically generational. A destructive group exploits its members' vulnerability in order to gain complete control over them, using abusive methods to bring about the desired change in thinking and behaviours.

Programming can also be called mind control, brainwashing, coercive persuasion, coercive psychological systems, TBMC, or coercive influence.

Brainwashing is the process where someone will be convinced to abandon beliefs that they had in the past in order to take on new beliefs and values.

Apart from the methods of the leaders, the qualities of an abusive group are noted by cognitive abuse. Coercive persuasion programs are effective because individuals experiencing the deliberately planned severe stresses created can only reduce the pressure by accepting the system or adopting the behaviours being taught by the leader of the group.

During programming, the individual will be convinced to change their beliefs through a combination of different tactics. The individual will be isolated from the things they know. They will be broken down into an emotional state that makes them vulnerable before any new beliefs are introduced. As the individual learns this information, they will be rewarded for expressing ideas and thoughts which coincide with the new belief system. The reward is used to reinforce the programming.

### *Characteristics of High Control Groups*

- **Authoritarian:** Central, authoritarian leadership in one person or small group of individuals.
- **Oppositional:** Values, beliefs or practices at variance with the dominant groups or tradition.
- **Exclusivistic:** Only the group has "the truth," usually based on new insights or revelation.
- **Legalistic:** A tightly structured framework which governs spirituality and the smallest details of daily life.
- **Subjective:** Undue emphasis on experience and emotions often resulting in anti-intellectualism.
- **Persecution-Conscious:** The belief that their group is singled out for persecution.
- **Sanction-Oriented:** Stern sanctions issued for anything less than total obedience.
- **Anti-Sacerdotal:** Lack of paid clergy and an emphasis on laity in leadership.

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*Some types of high control groups are:*

**Bible or scripture based:** Christian, Jewish, Islamic, Hindu, Buddhist, etc.

**Aberrant Christian:** Groups that claim to be Bible-based but which deviate in practice or belief. Psychospiritual or Self-Improvement: Groups offering seminars or workshops providing self-improvement or personal transformation.

**Eastern Mystical:** Groups related to Hinduism, Buddhism and other pantheistic Eastern religions.

**Psychic/Occult/Astral:** These groups offer "secret wisdom" and "lost truths."

Satanism, Hermeticism, Thelema etc.

**Political:** Radical/revolutionary (left-wing, right-wing, anarchist/libertarian) Christian identity movement (can also be considered hybrid religious/political)

**Marketing:** Multi level marketing, often incorporates religious or "New Age" beliefs and practices  
**Established Groups:** Bible-based, cultic religious movements which have achieved mainstream status.

**Therapy:** "New Age" Can combine elements of Eastern religion/philosophy, spiritualism, pop psychology, ancient healing arts etc.

**Eclectic/Syncretistic:** A combination of several religious traditions:

- self-help/religious
- political/therapeutic
- religious/political

### Spiritual Abuse (SA)

Spiritual abuse is coercion and control of one individual by another in a spiritual context. This is done by using scripture, traditions, and cultural norms to assert power and control over another person(s).

Religious groups are marked by belief in a god or some higher being, salvation, and the afterlife, sometimes combined with an apocalyptic view. The leader manipulates the bible as well as other spiritual doctrines. They sometimes claim to be a prophet, or a reincarnation of a spiritual deity.

Typically the group is rigid, sometimes using physical punishments, sexual abuse, sexual assault, and torture, particularly of children. Some groups are Bible-based, neo-Christian, Islamic, Jewish and other religious groups. Many groups combine beliefs and practices from different faiths.

Religious abuse can occur with family members, friends, and partners.  
(Methods of spiritual abuse are listed later in this document)

### Occult Groups

Occult, satanic (SRA), or black-magick groups are those with a belief system in supernatural powers, and sometimes the worship of Satan. Physical and sexual abuse can occur; some groups perform sacrifices. Practices and influence methods include secrecy, fear, intimidation, acts of violence, tattooing or scarring, cutting and blood rituals. Included in occult groups can be a magickal organisation or magickal order or

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secret society created for the practice of initiation forms of occult magick.

The colour of robes are important in a ritual setting.

Each group sets the guidelines for ritual attire. The ritual clothing has three principle functions:

1. To psychologically place the wearer in an extraordinary sense of reality
2. To identify the status of the wearer within a social group
3. To indicate the beliefs of the wearer

### Ritual Abuse

Ritual abuse is a form of abuse of children, adolescents, and adults, consisting of physical, sexual, psychological and spiritually abusive methods often within the context of rituals. The physical abuse is severe, and can include torture. The trauma is frequent, prolonged, and systematic. Ritual abuse can involve cults or it can happen within a family setting or on an individual basis.

The abuse is intended to dismantle the belief in a loving God. During and after the trauma, most survivors remain in a state of terror, confusion, and dissociation.

Physical, sexual, and psychological torture is used to control children and implement programming. Controlled torture, rituals, and beliefs are completed within an organised secret group setting. The abuse is used to manipulate, control, and indoctrinate the individual, and ensure their silence, co-operation, and participation. Some survivors of ritual abuse may be abused by only one group, while others may be abused by interconnected groups.

Ceremonial ritual abuse is planned abuse that is perpetrated by members of a group that meets regularly and occurs during structured rituals on specific days at specific times. One belief system is followed by these groups and focussed on during the ritual.

The group has an appointed leader, and the other cult members have specific roles, and status. This type of group uses ritual items, and clothing specific to that group. Phrases used during a ritual are repeated by the child/individual and often sound formal or are in a language used by the group.

The leader has an awareness of how to induce dissociation, creating, and accessing-parts.

A child may experience programming that is specific to them. Abuse can happen by a single adult to a child, a group of adults to one-child, or a group of adults to several children.

Groups may also force a child to torture or abuse another child while others watch.

The trauma is repeated to anchor in dates.

### Organised Abuse

Organised child sexual abuse is the sexual abuse of one or more children by multiple adult perpetrators who are acting together.

Organised abuse can include family members, it can occur in institutional settings and to homeless/runaway children.

Ritual abuse can be done by a number of perpetrators of both sexes and the presence of multiple individuals. Ritual abuse can be a form of organised abuse involving more than one abuser.

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## Types of Indoctrination

- Religious Indoctrination
- Indoctrination Through Social Influence.
- Indoctrination Through Deprivation of Basic Needs
- Radicalisation of Adults (Online or In-Vivo Recruitment)

## Manipulation

Psychological manipulation is a social influence that is used to change the behaviours or perception of others, through abusive, deceptive, or underhanded methods.

The handler/programmer is going to work to advance the group's interests, usually at the expense of another. Most of the methods are considered deceptive, devious, abusive, and exploitative.

One of the most commonly used methods is emotional blackmail. The handler will work to inspire sympathy or guilt in the individual they are working with. These two emotions are chosen as they are considered the two of the strongest emotions. The programmer will then be able to sway the individual, using the emotions of sympathy or guilt that they have created to coerce others into cooperating or helping them reach their goal.

The programmer will influence degrees of sympathy or guilt that are out of proportion for the situation that is occurring.

## The Aim Of Programming

The aim of programming is to suppress an individual's own personality and replace it with an identity acceptable to the leader. A variety of scripts may be used, along with specific training for individual alter personalities. A person who develops this new identity does not think critically, is indecisive, dependent and lacks ambition, thus ensuring that the leader has control over them. In this manner the follower is also made dependent on the guidance of the leader and the group.

Programming is the use of focused psychological control methods and torture used to instill and reinforce specific beliefs and/or specific learned responses by an organised group. It is deliberate, calculated, and an extreme form of manipulation and control. In organised abuse, programming is usually completed with extreme torture that begins before the age of three when a child is both more vulnerable and more likely to dissociate.

High control groups can use the child's ability to dissociate to control the child. Because dissociation and DID are used during programming, once the child is systematically traumatised through various methods, which may include ritual abuse, programming is anchored into each individual trauma to impact the child without their conscious awareness. Programming can enable the ability to control a child in daily living. This is to ensure if the person is outside of the group they can appear 'normal.'

Programming can vary in its effectiveness, depending on how skilled and knowledgeable the group members are with the methods of programming. Other factors

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are the amount of programming an individual has, and the level of its complexity or sophistication. Individuals who survived programming by skilled individuals will have many more programs.

These dissociated traumas are linked to programming commands and scripts. The traumatic memories linked in with the programming are walled off with amnesia from the host personality. The traumatised “split” is also known as the newly created alter personality. Alter personalities are created according to the programmer's desires, while the host personality remains unaware of the traumatic memories and alters who hold the memories.

Programming instructions are repeated as the child is being tortured and during some moments of reprieve, to ensure that the instructions are remembered. The phrases will be associated with extreme pain and terror. The programmer will ensure that the child will understand and comply, if not the result is continued torture. Often the programming will continue until the group is confident the child, or the parts, can recite the programmed responses. Often the child must create new parts to bear the trauma. The parts may be forced to accept names and/or roles that the group intentionally creates. The part may name themselves as well if the group is unaware of DID forming.

Groups often assault as many of the child's senses as possible at one time, to disorient them and break down their barriers to the group's message; to create a learned trigger or cue; and to ensure the programming is on as many levels as possible. This makes the programming difficult to fight against or change. Groups attempt to overwhelm a person's sense of smell; taste; body sensation; hearing; sight; familiarity; emotion; and intellect, and often associate specific triggers for each sense to specific programs or groups of programs.

Both physical and psychological abuse are used in programming. Emotional abuse, in addition to physical abuse, ensures that the programming creates an emotional response when programming is later triggered.

When a program is triggered parts begin to do the job that they were trained to do. If they don't follow the programming the individual re-experiences much of the same trauma and terror they did while being tortured. Programming is a way for an abuser to reinforce their beliefs outside of the group. A program can take the person back to the original feelings, threats, torture and time when they were being tortured. The way to alleviate this stress is to follow the programming.

In addition to the methods of emotional, psychological, and physical abuse during programming, groups often administer drugs to increase the child's sense of disorientation and increase dissociation. Drugs may also be used to convince the child that a particular event that was acted out during programming did occur. (They are dead, not really human)

Groups who are skilled in programming methods will create a number of group belief specific programs. They may create a large number of programs with variations. Creating overlapping programs can keep an individual from being able to escape. If an individual is 'stuck' in responding to programming without even realising they are unable to develop their own response.

Groups will also link programs together. When one program begins to run, another one is triggered leading to a chain of programmes running.

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A cult-created alter is programmed to serve a particular cult function such as maintaining contact, reporting information, self harm, and disrupting the therapeutic process that could lead to the individual breaking free of the group.

### Aspects of child training

- Discipline of secrecy: Absolute obedience of every command
- Deprivation training: Training away bodily requirements such as sleep, hunger, toilet needs, and urge to move.
- Overcoming disgust and gagging.
- The child is taught about sex in all its various ways from a young age.
- Trust nobody, nothing feels safe.
- Bound only to the perpetrator/handler/group leader, no healthy ties to other people outside of the group.

### Methods of indoctrination:

Restructuring the members' belief systems involves substituting the old values with new values.

The goal is to impair judgement and increase suggestibility. Existing thoughts can be replaced with new patterns of thinking and behaviour.

- Manipulate the emotions of the individual.
- Begin to slowly dismantle the individual's previous counter-belief.
- Establish that the counter-belief is not effective nor useful any longer.
- Remove the individuals' last connections and familiar habits relating to his originating environment.
- The individual does not reference the counter-belief any longer.
- Begin to directly address all the individuals relevant originating environmental references in a manner that allows the targeted belief to provide acceptable explanation and recontextualisation.

### Require members to internalise the group's doctrine as truth

- Adopting the group's beliefs as their own.
- Instil black and white thinking.
- The group leader decides what is good and what is evil.
- The group belief of us vs. them must be established and maintained. Labelling alternative belief systems as illegitimate, evil, or not useful.
- Emotional Control. Manipulate and narrow the range of feelings, some emotions and/or needs are deemed as evil, wrong or selfish.
- Encourage spying on other members.
- Impose a buddy system to monitor and control members.
- Report deviant thoughts, feelings and actions to leadership.
- Ensure that individual behaviour is monitored by the group.

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## Six Types of Abuse

**Physical**-This type of abuse can include punching, hitting, slapping, kicking, strangling, or physically restraining an individual against their will.

**Sexual**-Sexual abuse can include both physical and non-physical elements. It can involve forced sexual acts, withholding or using sex as a weapon.

**Verbal/Emotional**-When words are used to assault, dominate, ridicule, manipulate, or degrade another person and negatively impact that person's psychological health.

**Mental/Psychological**-Mental or psychological abuse occurs when one individual, through a series of actions or words, wears away at the other's sense of mental wellbeing and health. Gaslighting is a common method of psychological abuse.

**Financial/Economic**-Controlling an individual's ability to acquire, use, and maintain financial resources.

**Cultural/Identity**-Cultural/identity abuse occurs when abusers use aspects of the individual's particular cultural identity to inflict suffering, or as a means of control.

## Coercive Persuasion

Coercive persuasion changes both attitude and behaviour. Some methods are:

- Positive Persuasion
- Neutral Tactics
- Physical Persuasion Tactics
- Gaining Access Strategies
- Negative Verbal Persuasion

With coercive persuasion someone can change an individual's attitudes without their knowledge and volition. They can create a new belief where the person will do things willingly which they previously may have disagreed with. With coercive persuasion the individuals follow directives by what they believe is their own accord.

The increase of anxiety and emotional stress found in coercive persuasion can replace physical coercion that focuses on torture and the use of drugs.

The impact of programming correlates to:

- The methods used
- The number of methods
- Whether there is hypnosis and/or hypnotic methods
- How often the person is exposed to the method and duration
- How close they are to the group leader, how much direct contact there is
- The skill of the individual implementing the programming
- How much exposure to the outside world the individual has
- Presence of sexual abuse
- If the individual continues to have support from family and friends.

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## Methods of control

Methods include terrify the child through torture, deprivation of sleep and food to get the individual to believe the lie leading them to comply to survive.

- **Terrify:** This moves the person from their thinking brain to a primal survival brain. This leads to reacting from fear to save their life.
- **They believe the lie:** The primal brain has one goal: survival. This is hardwired into people and people are creative when it comes to survival. When it comes to relationships - children are wired to trust. The child's terrified brain believes the other person and wants to trust them. The terrified brain holds onto the other person as a security or an authority figure. As a result - the lie is believed.
- **Children Comply to survive:** Since their lives depend on the person who claims to have the truth, and is their abuser they no longer feel safe and their brain is in survival mode. A child can't think their way out of danger. The only option is to trust the person and do what they say.

\*The handler will explode for the smallest things in the hopes of conditioning the child to not contradict, confront, or upset them. Some of the tactics used in this method are explosive anger, verbal abuse, and other behaviour that is intimidating and used to establish superiority and dominance over the child.

## Behaviour Control

- Controlling access to a phone and social media
- Regulate diet - food and drink, hunger and/or fasting leading to malnutrition
- Impose rigid rules and regulations
- Instil dependency and obedience
- Prohibiting or limiting contact with friends, family and health services
- Dictate where, how, and with whom the member lives and associates or isolates
- Restrict leisure, entertainment, vacation time
- Regulate individual's physical reality
- Monitoring and controlling a person's time or movement
- Regulating what clothes, make up, hairstyle is worn
- Continual belittlement
- Name calling
- Thoughts, feelings, and activities (of self and others) reported to leader
- Majority of the time is spent with group indoctrination and rituals and/or self indoctrination
- Stalking
- Rewards and punishments used to modify behaviours, both positive and negative
- Harming or threatening children
- Threaten harm to family and friends
- Encourage and engage in corporal punishment
- Controlling aspects of the person's health and body
- Permission required for major decisions
- Discourage individualism, encourage group-think



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- Jealous accusations
- Constant phone calls, texting and emails
- Controlling access to money and transportation
- Force individual to rape or be raped
- Forcing sex
- Regulating sexual relationships, when, how and with whom the member has sex
- Financial exploitation, manipulation or dependence
- Refusing contraception
- Preventing a person from working
- Manipulation and deprivation of sleep
- Acute need to attain group goals
- Fear of punishment
- Routine group life
- Channelling sexual drive into exhausting labour
- Prolonged prayer and/or meditation
- Compartmentalize information into Outsider vs. Insider doctrines

### *Physiological Symptoms of Stress to be aware of:*

- Muscle Pain: neck, back, legs, etc.
- Weakened immune system
- Pain: backache, pain of shoulders and arms
- Fatigue
- Poor Sleep: insomnia, early awakening, fitful, nightmares, excessive sleep
- Headaches
- Heart Palpitations
- Sexual difficulties—impotence, low libido (desire), non-orgasmic
- Absence of menstrual period
- Teeth grinding
- Breathing—difficulty catching breath, deep sighs, chest pain
- Abdominal Pain: nausea, acid, ulcers, gas, gurgling, cramps
- Shaking, trembling, spasms
- Excessive sweating
- Enuresis and encopresis
- Eating: compulsive, tasteless, loss of appetite

### *Information Control Methods:*

- The leader decides who needs to know what and when
- Deception
- Destroy, such as book burning
- Blocking prevents any outside information through censorship.
- Deliberately withhold information
- Change information for a specific purpose, using something out of context.

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- Ban any information or books, minimise or discourage access to non-group sources of information
- Use of group-generated information and propaganda
- Distort information to make it more acceptable
- Systematically lie to the group member
- Keep members from contacting former members
- Information is not freely accessible

*Emotional abuse includes:*

**Stonewalling:** All communication is cut off — often known as the silent treatment — until the individual does what the abuser wants him/her to do.

**Emotional Withholding:** Where affection is withheld in order to communicate anger, which often leaves the person with anxiety in fear of rejection, abandonment and loss of love.

**Twisting:** the abuser pushes the attention off themselves and twists it back to the targeted person, making them at fault and to blame. The abuser then demands an apology in order to avoid all responsibility.

**Irrational And Intense Rage:** Where the abuser may have rage and fury, randomly, in order to create fear and uncertainty in the individual.

**Trivialising Accomplishments:** The abuser will find ways to sabotage in order for the targeted person to not achieve accomplishments. This is often done by ignoring, belittling and mockery.

*Components that changed and retained the belief systems of individuals:*

- Limited freedom
- Restraining sexual activities
- Fatigue
- Prohibition of contacting non-members
- Punishments
- Rewards
- Time sensitive tasks and related stress
- The reliance on intense interpersonal and psychological attack to destabilise an individual's sense of self to promote compliance
- The use of an organised peer group
- Applying interpersonal pressure to promote conformity
- The manipulation of the totality of the person's social environment to stabilise behaviour once modified.

*Individuals are generally made to submit to the following types of behaviours:*

- Early verbal and/or physical dominance
- Isolation/imprisonment. Once the individual is in isolation, they will undergo a process that is meant to break down the self.

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- Fear arousal and maintenance
- Guilt induction
- Contingent expressions of "love"
- Enforced loyalty to the aggressor and self-denunciation
- Promotion of powerlessness and helplessness
- Pathological expressions of jealousy
- Hope-instilling behaviours
- Required secrecy

### *Spiritual Programming*

Spiritual programming can involve the belief in overlaying demonic entities through rituals in the system. There may also be the belief in the power of generational spirits. Some of the children are chosen due to this belief.

Programmers are individuals in a cult or government organisation that use various techniques and technologies to create trauma, fragment the mind, and install belief systems and/or demonic overlays into the individual. It is common practice to merge the occult with technological programming techniques. Handlers are people that will maintain an environment of control and/or abuse in an individual's life in order to make it difficult or impossible to escape the environment.

Often there are ceremonies and rituals that occur during spiritual programming. The conversion from an old identity to the new identity is a time to celebrate as much time and energy was taken to create it. During these ceremonies, the individual will be initiated into the group and embraced with their new identity. For some individuals there is the feeling of rebirth during this time. You are allowed to embrace your new identity and

### *Scripts for spiritual programming*

Occult/cult teachings

Biblical teachings

### *The spiritual abuse may include:*

- Manipulation and exploitation, enforced accountability, censorship of decision making.
- Requirements for secrecy and silence.
- Parents and God cannot endure insults.
- The body represents something dirty and disgusting.
- Use of repetitive prayers, myths and storytelling to program the unconscious mind.
- Pressure to conform to the spiritual norm of the group.
- Requirement of obedience to the programmer/handler.
- The programmer/handler is in a 'divine' position.
- Misuse of scripture to control behaviour.
- Using the Bible to justify torture.

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- The child can please God by pleasing the handler/programmer.
- Passages about faithfulness are used to keep the individual in violent, dysfunctional, and even abusive relationships.
- Tell the child that God hates them.
- Demand their way over the child's free will. Torture them if they don't comply.
- Shame the child by bringing up their past spiritual failures.
- Exploit the doctrines of forgiveness and reconciliation to demand the child forgive the abuse and abusers.
- Use the Bible passages about sexuality to justify rape and sexual assault.
- Blame problems on the child's inferior spirituality.
- A belief in demon possession resulting in the labelling and naming of a child as 'evil' or a 'possessed'.
- Appeal to the work of evil spirits as explanations for the child's behaviour.
- Placing pressure on children to make decisions that are not appropriate to their age or developmental stage.
- Follow rigid rules or doctrine to prove that one is purified and clean.
- Purification through sexual assault /abuse.

### *Symptoms of Abuse*

- Child believes he or she is evil or causes others to be evil
- Mistrust of others outside the group
- Strong fear of God
- Overly obedient or perfectionistic
- Strong feelings of shame or guilt
- Programmed statements or behaviours
- Sleep problems or nightmares

### *Methods Used in Spiritual Programming*

During ritual programming there are religious symbols used. The use of the symbols results in the part being formed to become fearful of that religion.

The confusion of religious symbols will hold an alter in its place. This is due to extreme fear of religious figures. (Rape by priests, Man dressed as Jesus, angels, and other symbolic beings) The symbols of the religion will also be twisted in their meanings in these rituals.

Subjected to rituals like magickal surgery, birthing rituals, and marriage rituals which emphasise the individual's belonging to, and subjugation to, the group. Children are forced into the belief and worship system of the group. Rituals or ceremonies are given special meaning that reinforces inclusion in the group.

Children and alters/parts are sworn to secrecy regarding group activities, including the abusive activities. This is done by using various threats up to threatening death.

#### *Steps of Programming*

Increase suggestibility and "soften up" the individual through specific hypnotic or other *suggestibility-increasing methods such as:*

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- Extended audio, visual, verbal, or tactile fixation drills.
- Excessive exact repetition of routine activities, Sleep restriction and/or nutritional restriction.
- Establish control over the child's social environment, and time to be completed by a system of rewards and punishments.
- Create a sense of powerlessness by subjecting the child to intense and frequent actions and situations which undermine their confidence in themselves and their judgement.
- The disallowance of any balance point between the needs of the group and the needs of the child. The self doesn't exist, a loss of autonomy.
- Create strong aversive emotional arousals in the child by use of nonphysical punishments such as intense humiliation, loss of privilege, social isolation, social status changes, intense guilt, anxiety, manipulation and other methods.
- Establish blind obedience. Doing whatever the handler/programmer asks is either held as the highest virtue, or the strongest sign of virtue. It is not loyalty to a principle or a cause but to a person. It is easier for a child to be loyal to a person than to an idea, this is attachment behaviour. Obedience is a powerful tool, even harmful acts, or acts contrary to accepted beliefs, can be made 'good' by making the handler the person to obey.
- The use of inferior status. Making a child feel like a second-class citizen by giving them less attention than others who comply with the programme. Other methods are; exclusion, rejection, or denial of affectionate contact. This may be motivation enough to bring the child into compliance with the programme or belief system.
- States of despair, self-hatred, paranoia, and global distrust of humanity, are also effective. These are induced through forcing the individual to hurt others, often loved ones and pets, sexual
- Humiliation, convincing the child that all important attachment figures are abusers, and convincing them that they are now controlled and overseen by surgically implanted monitoring devices or demons, malevolent spirits, curses, and claims.

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## Methods of a group leader

A successful leader must have tactics at hand that will make them successful at using people to get to their own final goal.

The leader will need to:

- Be able to conceal their aggressive behaviours and intentions from the individual/group.
- Be able to determine the vulnerabilities of their intended targeted population in order to determine which tactics will be the most effective in reaching their goals.
- Have some level of ruthlessness due to their ability to harm individuals. This harm can be either physical or emotional.

**Above Accountability:** The leader is held out as different from ordinary mortals. Often the leader is said to be picked by God, or even to have become God. The leader then has different 'rules' and lives very differently than members of the group.

**Belief Teasing:** Most people have a strong need to believe in something meaningful. Skilled group leaders imply that they have something life-altering to believe in, but can be vague about what the life altering thing is. This allows members to rely on their hopes and dreams keeping them in the group. This also keeps scepticism and critical thinking to a minimum.

**Brandishing Anger:** When the handler uses anger, it is to get the individual to feel sorry or sympathy for them. If done in the right way, the handler will be able to shock their individual back into submission. Often, the handler is not angry; they are just putting on an act in order to get what they want.

**Charisma:** The leader often makes an unusually strong or magnetic impression in person.

**Claims to Be Goodness:** The leader claims to know what goodness is and be it as well. Therefore anything the leader does or wants is good, and anything they don't want is bad or evil.

**Claiming Unusual Powers or Abilities:** Attracts those who feel powerless to the group. It gives the illusion that someone special can right what is wrong. The leader may claim or imply divinity, or the gift of special powers from spiritual beings or aliens.

**Denial:** Leaders will not admit that they have done something wrong, even if there is proof.

**Diversion:** The handler will try to direct the conversation in another direction. Often the handler will give a vague answer to the question before moving the conversation to another topic.

**Doubtlessness:** Total lack of doubt is only seen in psychopaths, but for the doubt-ridden it is taken as evidence of knowing the right thing to do. And later, if the facade crumbles, it will be taken as a sign of sincerity!

**Encourages Dependency:** This is done by encouraging all ties to the outside community be broken, but is also done by discouraging education, forbidding personal property, and moving to remote or different locations.

**Evasion:** The handler will answer the questions that are given to them, but they will use vague responses, ramble, and provide irrelevant responses to the question.

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**Excess:** The leader may collect things of value while group members live in poverty.

**Feigning Confusion:** If the handler is caught they may play dumb. This will happen if the handler tries to pretend that they do not have any idea what the individual is talking about. They might also act like they are confused when a critical issue is brought up to them.

**Feigning Ignorance:** A manipulation tactic that can be used to avoid accountability, confuse the other party, or gain the upper hand. By acting uninformed or confused, a person can deflect criticism, evade responsibilities, or manipulate others into revealing more information than they intended. Someone who fakes ignorance might also wear down the individual into “helping them,” even though the “help” is earned under unethical pretexts.

**Feigning Innocence:** The leader will intentionally do wrong in a covert and manipulative manner. They know exactly what they have done wrong but will act like they have done nothing offensive. If confronted they will lie, deny and tell the individual they are the problem. It becomes gas lighting. When caught, the handler will place a look of indignation or surprise on their faces. The point of this method is to make the victim question their own sanity and judgement since it looks like they were wrong.

**Glibness:** A fast, well-spoken explanation seems true even if it is just double-talk.

**Guilt Trip:** The handler will try to make the person feel guilty in some way. This will lead the person to starting to feel bad for the handler. The individual will then be kept in a submissive, anxious, or self-doubting state, making it easier for the handler to abuse them.

**Hides Behind Interpretation:** Ambiguous passages in ancient texts will be interpreted to fit the leader's desire, but unlike a request from the leader, to refuse is to defy a divine or supernatural power.

**Intimidation:** The handler will always try to keep the victim on the defensive in order to make sure that they remain compliant. This is done by using veiled, implied, indirect, or subtle threats to the individual.

**Keeps Inner Circle:** This holds out the possibility of advancement or favour to newer members, and trains and gives authority to members who have been in the group longer.

**Lying:** Leaders are good at lying to individuals. Often, the individual will find that it is difficult to tell when they are being lied to. The handler will lie about anything to get what they want.

**Minimization:** This is a blend of rationalisation and denial. The handler will tell everyone that their behaviour is really not as harmful as the individual thought.

**Naturalness:** The leader appears naturally confident with nothing to worry about. Followers are guilt ridden, shame filled, hesitant, and distrustful of their own impulses.

**Narcissism:** The leader needs ever greater supplies of admiration, and the group becomes increasingly organised around practises of adoration.

**Naked Emperor:** The leader surrounds themselves with uncritical believers, and since there is a tendency to change one's opinion to conform to consensus, members that do not 'see' the attribute believe it is their own shortcoming.

## Methods of High Control Groups

**New Dawn Leaders:** Leaders who say that they are doing something new that has never been done before. This nulls any comparison, and is a set-up for flipping good and evil.

**Omission Lying:** The handler will tell some of the truth but will withhold certain key issues that should have been revealed.

**Performs as a Mentalist:** A way to seemingly back up claims of unusual abilities. Mentalism uses the Forer Effect to the maximum.

**Pressure-Release:** A skillful handler pressures an individual with negative attention, then suddenly becomes nice. When pressure is released, the individual experiences relief feelings which are pleasant and lead to feelings of gratitude, even if the very same person was the one being abusive.

**Playing The Victim:** The leader wants to look like they are the victim, even though they are the one in control. When the leader acts like they are the victim of their circumstances or the behaviour of someone else, they will be able to evoke compassion, and sympathy.

**Power Hoarding:** Little value around sharing power. Those with power feel threatened when change is suggested & experience this as a judgement of them. They also assume they have everyone's best interests at heart, and that those wanting change are ill-informed, emotional, or inexperienced.

**Projecting Blame:** The handler will spend a lot of time blaming others for the problems they are having and the group.

**Pseudo-Esotericism Leaders:** Know a few things that are arcane. They use this knowledge strategically to suggest deep, thorough, or well reflected understanding.

**Rationalisation:** The leader will make up an excuse for their behaviour. They might say they only did the act because they were trying to help the individual. This tactic is also related to the technique of spinning.

**Seduction:** Leaders use seduction to get the things that they want. Some methods are; intense support, flattery, praise and charm. This is done in order to get the individual to lower their defences. After time, the individual will begin to give their loyalty and trust to the leader.

**Shaming:** The handler subjecting someone to disgrace, humiliation especially by public exposure or criticism.

**Selective Attention Or Inattention:** The handler works to avoid giving attention to anything that will distract them from their goal.

**Special Leader:** The rightness of the group is believed to reside not in set beliefs, not in long-established practices, not in durable principles, but in the guidance of the present leadership, which is the only source of truth. Because of this, ideology and rules may change quickly or even reverse. This is a set-up for manipulation.

**Spinning:** The leader distorts or provides a selective view of the facts, embellishing the truth, and diverting attention away from information that is less flattering or damaging to the spinner or the spinner's interests.

**Self Promotion:** Leaders do not hesitate to put themselves forward as able to do great or incredible things. Because lack of humility on this scale is unusual, there is a tendency for many to believe it.



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**Servant Role:** Leaders will often hide their own agendas by making it look like the work they are doing is for a noble cause.

**Thrill-Seeking:** The utter lack of accountability, and unbridled excess can lead to boredom and disinhibition together. This along with psychopathic traits can lead to thrill seeking, both in nominally acceptable ways such as skydiving, but also in sexual abuse.

**Venality:** The leader bargains and makes deals with those that cannot be seduced or intimidated in a power-savvy way, never standing on principle.

**Vilifying The Individual:** Puts the individual on the role of being defensive while at the same time hiding the leader's aggressive intentions. The handler will try to turn the circumstances around so the individual looks like they are the villain and the one who has caused the trouble. The individual will then want to find ways to change this outlook and get on the good side of the handler making them easy to be used.

# Methods of High Control Groups

## Methods Used By Groups

The process of indoctrination can take many months to years. The following methods are used in high control groups.

## A

**A Place in the World:** One never needs to 'find' their place because they don't belong in this world.

**Ad Hoc Policy Changes:** Rules and practices change suddenly. This allows coercive actions or manipulations to be disguised as actions for the good of the group .

**All or None:** In order to leave, individuals are forced to reject everything about the group, because friendly or partial differences are not acknowledged. This means that individuals are forced to consider time and resources spent with the group a total mistake, rather than a stage of life.

**Altered States:** Are states of mind that are not a person's usual state of mind. Some things that lead to altered states of mind are; meditation, hypnosis, fasting, chanting, prayer, sensory deprivation, sauna or sweat lodge, extended exercise, and sleep deprivation. Altered states can have the effect of making information, memory, and history of the normal state seem irrelevant. **Ambiguous Passages:** The leader hides behind interpretation ambiguous passages in texts. They will be interpreted to fit the leader's desire. but unlike a request from the leader, to refuse is to defy a divine or supernatural power.

**An Alternative to Family:** Families, healthy and unhealthy, function according to attraction, attachment, and liking one another. Abusive communities ignore and minimise those aspects of relationships. High control groups can seem like an improvement to people who have been hurt in their families, are reluctant to create any family ties, but who do not want to be alone.

**An End that Justifies Any Means:** Any damaging action irrelevant because the belief of the group is more important. Manipulative leaders justify everything as means to an end.

**Answers for all Problems:** The leader will not want any critical thinking or internal wrestling with dilemmas, they will assure individuals they have the answer to all problems.

**Assault on identity:** The individual is not allowed to define who they are. This is a systematic attack on an individual's sense of self and their core beliefs. The handler denies everything that makes the individual who he is: The individual is under this stress for days, weeks or months, to the point that they become exhausted, confused and disoriented. In this state, their beliefs seem less valid.

**Attachments:** Friendships based on feelings are discouraged, even within the group.

**Attitudinal inoculation:** The process of making people immune to attempts to change their attitudes by initially exposing them to small doses of the arguments (opposition) against their position. This process gives explanations to behaviour, arguments, and beliefs of opponents.

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### B

**Belief Teasing:** Most people have a strong need to believe in something meaningful. Adept group leaders imply that they have something life-altering to believe in, but remain very vague. This allows individuals to insert their hopes and dreams, perhaps even unconsciously. It also keeps scepticism and the application of critical thinking at bay.

**Bizarre Beliefs Doctrines:** The belief from other planets is often used. Such beliefs may or may not be the motive for the formation of the group, but they are opportune for cognitive abuse. This is because these beliefs are outside the normal contextual knowledge, and so far outside any usual verification framework, that they short-circuit critical thinking.

**Bounded Choice:** The choices allowed a member in an abusive group are very limited. However, there is a natural human drive to make some choices and have some sense of autonomy. The effects of long-term limitations in choices is to instil the choices that are made by an individual, however bizarre to an outsider, as legitimate and self-determining.

Emotional investment in the choices, including the choice to stay, increases over time. A self develops around the options taken, even if all the available options had been bad. The worse people are treated, the more loyal they are, because they have developed reasons 'of their own' to stay.

**Breaking Down The Self:** The group does what they can to undo the individual's previous identity.

**Breaking Point:** Who am I, where am I, and what am I supposed to do? With his identity in crisis, experiencing deep shame and having betrayed what he has always believed in, the individual may undergo what in the lay community is referred to as a "nervous breakdown." In psychology, "nervous breakdown" is really just a collection of severe symptoms that can indicate any number of psychological disturbances. It may involve uncontrollable sobbing, deep depression and general disorientation. The individual may have lost his grip on reality and have the feeling of being completely lost and alone. When the individual reaches his breaking point, his sense of self is pretty much up for grabs — he has no clear understanding of who he is or what is happening to him. At this point, the handler sets up the temptation to convert to another belief system that will save the individual from his misery.

**Bribery:** This is often used as a rebellious member is wavering, and it is not seen for what it is, but rather taken or described as healing benevolence.

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### C

**Call To Action:** The message is someone needs to base their self-worth on their membership in the group and demonstrate obedience to the group's ideology. One is told the membership will bring them closer to God.

**Change Of Diet:** Creating disorientation and increased susceptibility to emotional arousal by depriving the nervous system of necessary nutrients through the use of special diets and/or fasting. The BMI (Body Mass Index) is not used in programming. A child's health is measured by physical, psychological, and blood work assessments.

**Chanting Or Singing:** Eliminating non programming ideas through group repetition of mind-narrowing chants or phrases. Thought occurs in the format of language even when 'silent'. Silent thought activates the larynx in an incipient way. Chanting is a way of tying up the voice box with syllables unrelated to thinking, as a result thinking is blocked. An excessive amount leads to cognitive disablement. Some parts are taught to start chanting whenever an outsider tries to reason with them.

**Claiming Unusual Powers or Abilities:** An attraction for those who feel powerless, as it speaks to the illusion that someone special can come to set things right. There is often the hint that if an individual is deeply devoted, they will get a little bit of special power. The leader may claim or imply divinity, or the gift of special powers from divinities or aliens.

**Cloaked Recruitment:** Free seminars or some low commitment meetings are offered. These meetings may be 'packed' with group members who are posing as new people, and these confederates evince great enthusiasm to influence potential recruits. As any interest is shown, slightly more committed activities are presented as a way to pursue this interest. Extreme friendliness and 'love-bombing' is applied at this stage, so that later if there is hesitancy when more is requested, hurt and betrayal can be simulated to pressure the recruit to stay.

**Collectivism:** An essential element of indoctrination. Carried out in groups, behaviour change is realised much quicker and has lasting effect as a person automatically starts to copy the required behaviour with the help of other individuals.

**Communal Businesses:** This extends all the aspects of communal living to work time. Usually members are expected to give up previous jobs, even skilled professions and work only in these businesses.

**Communal Living:** This limits or eliminates non-believing influences, eliminates privacy, and prevents cognitive re-grouping. It is essential for 'milieu control'.

**Compartmentalization:** As the bond of the member to the group grows he or she is incrementally allowed to know secrets. The cognitive and moral dissonance is counterbalanced with feeling special and time invested. No one is allowed to know everything that is going on.

**Compulsion to Confess:** The individual starts to see the differences between the pain and guilt that they felt during the identity assault and the relief that they are feeling from the sudden leniency that is offered. If the process is effective, the individual may even start to feel a desire to reciprocate some of the kindness that has been offered to them by the leader. When this occurs, the leader will be able to present the idea of confession

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as a possible means to relieving the individual of the pain and guilt that they are feeling. The person will then be led through a process of confessing all of the wrongs and sins that they have done in the past.

**Conditioning:** is modifying behaviour by linking desired responses to events that would not elicit those responses spontaneously. In abusive communities the desired response is always compliance. Conditioning starts by pairing something that normally would elicit compliance, like a gift, with something that would not necessarily elicit compliance like a difficult demand. After a time, a difficult demand tends to bring out compliance by itself. Conditioning decays if not renewed but in a controlled setting renewal becomes part of the routine.

**Confession:** Sins, as defined by the leader, are confessed either to a personal monitor or publicly to the group. Encouraging the destruction of individual ego through confession of personal weaknesses and innermost feelings of doubt. There is no confidentiality; individuals' sins, attitudes, and shortcomings are discussed and exploited by the leaders. Since the leader will define portions of normal human functioning as wrong, individuals are never 'without sin.'

**Confusing Doctrine:** Encouraging blind acceptance and rejection of logic through complex lectures on an incomprehensible doctrine.

**Constant Recruitment** Often pressure is put on individuals to bring in new members. individuals may be assigned to recruitment duties.

**Controlled Approval:** Maintaining vulnerability and confusion by alternately rewarding and punishing similar actions.

**Controlled Sex and Romance:** A fundamental practice is to prevent members from forming any alliance or loyalty other than to the leader and the group. This extends to sex and romance because that forms a strong bond. Mostly commonly celibacy, (except for the leader) is enforced, even for married couples. Also commonly, the leader will put couples together or separate couples. Less commonly, having sex with anyone that asks is expected. This elimination of selection has the same effect of keeping bonds from forming. Or marital sex may be allowed, but special clothing or routines are required, which eliminates the spontaneity and passion.

**Creative History Interpretation:** The act of interpreting history in such a way that it is consistent with the belief system, thus adding to the credibility of a belief system.

**Creative Personal Situation Interpretation:** The process of subtly acquiring enough information to deliver a believable explanation of an individual's personal situation such that it is consistent with a belief system, thus adding to credibility of an individual and swaying others towards their belief system.

**Criticism And Self-Criticism:** The individuals are supposed to feel uncertain; under the constant threat of being humiliated and despised.

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### D

**Demand for Purity:** The desire for purity is hidden in most people as a means of being lovable. It is an abstract concept not an actual reality for people. Abusive communities exploit this common desire by

- 1) Painting the outside world as impure and
- 2) Promising purity will be obtained through the group.

Moral compasses are confused, for example, when a leader's intrusive or violating behaviour gets designated as good because it is purifying.

**Denial-of-Existence:** One of the basic methods parents use to assault the character of the other parent is to deny or not acknowledge the social existence of the other parent. The manner of denial can vary greatly. One common method is simply never to talk about the other parent. By excluding any discussion of the other parent or ignoring the topic when raised by the child, the brainwashing parent can send a subtle message to the child that the other parent is not significant. He or she does not exist in our conversation, and therefore, he or she does not, in social terms, exist.

**Denial Of A Person's Spirituality:** Abusive leadership treats others as spiritually inferior to themselves, makes shaming responses about another's spirituality and fails to recognise the ability of another to hear God for themselves.

**Derealization:** Life consists of choices and consequences. In a manipulated environment, choices are few and consequences are not linked naturally. Subsequently, in an unmanipulated environment, choices may not seem real, and objectives may seem a mystery to pursue.

**Devaluing the Outsider:** This has many functions:

- 1) Isolates members from opposing ideas.
- 2) Isolates members from sources of attachment that would compete with the leader or group.
- 3) Mobilises the survival drive in members which is channelled into group activities .
- 4) Justifies deceptive practices.
- 5) Provides a target to safely displace anger at oppressive conditions.

**Dispensing of Existence:** The leader has the prerogative to decide who has the right to exist and who does not.

**Direct Pressure To Conform:** Is used to silence group members who pose challenging questions or raise objections that may be seen as evidence of disloyalty.

**Disinhibition:** Encouraging child-like obedience by orchestrating child-like behaviour.

**Dissent Labelled as Mental Illness:** Abusive groups may label a dissident as 'crazy'. This is effective at undermining the dissenting message and creating fear of thinking or challenging group beliefs.

**Doctrine of Depravity:** The belief that individuals' instincts, desires, tendencies, feelings, and inclinations, can't be trusted.

**Doctrine Over Person:** Member's personal experiences are not important to sacred science. Any contradictory experiences are denied or interpreted as some failing of perception or understanding.

**Dress Codes:** Removing individuality by demanding conformity to the group dress

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code.

**Duplicitous Environment:** Saying one thing but doing the opposite. For example telling a child they are loved while harming them.

## E

**Either/Or Thinking:** Things are either/or, good/bad, right/wrong, with us/against us. No sense that things can be both/and results in oversimplifying complex things. Increases the sense of urgency that we must do this or that, without time to consider another way.

**Elimination of Leisure.:** In an abusive group, there is no time off, no unstructured time, no days off, no vacations, no sabbaticals, and no retirement. There is usually an enormous amount of physical work, and inefficiencies are sometimes maintained on purpose. Other time is usually spent in directed study or groups. This eliminates time to think, to reflect, to observe closely, to form real friendships, or to debate matters. It also forms the core of economic exploitation.

The situation is one in which scepticism is penalised monetarily and aggressive gullibility and proselytising is rewarded. Most of the abuse is self-imposed.

**Emotionality:** Exploit the emotional needs of the individual. Most traumatised people are emotionally disoriented and seek solutions. This is exploited through love bombing, and unconditional acceptance initially.

**Encourages Dependency:** This is done by encouraging severing ties to the outside community, discouraging education, forbidding personal property, and moving to remote or different locations.

**Experience of Cooperation:** Cooperating with others on a joint project gives a sense of community and belonging. The project can have no purpose besides the goal of building community.

**Extremes of emotional highs and lows:** Love bombing and praise one moment and then declaring the individual is horrible.

## F

**Fear:** Maintaining loyalty and obedience to the leader by threatening soul, life or limb for the slightest 'negative' thought, word or deed. Fear of retaliation and character assassination are common towards those who leave. Leaving is always framed as a profound betrayal.

**Fear Inoculation:** The process of making people immune to attempts to change their attitudes by initially exposing them to the consequences (often fraudulently created consequences) of rejecting the initial belief system in favour of another.

**Fear Retaliation:** and character assassination are common towards those who leave.

**Financial Commitment:** Achieving increased dependence on the leader by 'burning bridges' to the past, through the donation of assets.

**Finger Pointing:** Creating a false sense of righteousness by pointing to the shortcomings of the outside world.

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### G

**Games:** Inducing dependence on the leader by introducing games with obscure rules.

**Groupthink Error:** The tendency to accept or continue to accept a belief system due to the overall credibility of the individuals in a group. This is based on an erroneous faith that an entire group including those who they may trust implicitly can not be deceived or wrong. This is the strongest influence on the credibility of a belief system.

**Guilt:** Reinforcing the need for 'salvation' by exaggerating the sins of the former lifestyles and actions. Leaving is always framed as a betrayal. While the identity crisis is setting in, the leader is simultaneously creating an overwhelming sense of guilt in the individual. The leader repeatedly and viscously attacks the individual for any "sin" they have committed, large or small. They may criticise the individual for everything from the "evilness" of their beliefs to the way they eat too slowly. The individual begins to feel a general sense of shame that everything he does is wrong.

### H

**High Demands:** The longer the time spent in a high demand environment, the more a 'normal' life of fewer demands may seem immoral, meaningless, selfish or wasteful. This can lead to burnout. Handlers watch for this and change the demands.

**Horror Stories:** If a member wants to leave they will be told about tragedies that occurred to others who left the protection of the leader or the leader. These are untrue stories.

**Hot-Seat:** Confessions are done in front of the group. The confession is met with a combination of alternating disapproval and praise for "coming clean" by the rest of the group. This mixes humiliation with praise. The primary purpose of this method is to reduce self-esteem.

**Hypnosis:** Inducing a high state of suggestibility, often thinly disguised as relaxation or meditation.

**A. Repetitive Music-**(most likely with a beat close to the human heart 45 to 72 beats per minute). Most likely used during "study sessions" as the teacher will say the music helps them relax and concentrate better!

**B. Voice Roll** — A "voice roll" is a patterned, paced style used by hypnotists when inducing a trance. It is also used by many lawyers, several of whom are highly trained hypnotists, when they desire to entrench a point firmly in the minds of the jurors. A voice roll can sound as if the speaker were talking to the beat of a metronome or it may sound as though he were emphasising every word in a monotonous, patterned style. The words will usually be delivered at the rate of 45 to 60 beats per minute, maximising the hypnotic effect.

**C. Room "Feel"** — The way a room feels is essential to hypnotising unknowing individuals. It needs special lighting, fluorescent lights are best because they aren't too



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dim, but aren't too harsh. Also, Room Temp helps a bit, usually a little cooler than normal room temperature. They need to have the unknowing individuals very relaxed, perhaps even close to falling asleep.

I

**“I Don't Know What's Wrong with Him”:** Many parents have developed a method whereby they create and/or exaggerate differences between themselves and the other parent in front of the children. A behavioural pattern is that arguments develop at the time of pickup and delivery of the children. Often the initial phase of the conversation is polite and appropriate. If the conversation goes on beyond a certain point, however, the brainwashing parent might instigate an argument by using a phrase or presenting an idea that he or she consciously or unconsciously knows will incite the other parent.

**“I'm the Only One Who Really Loves You”:** The intent is to create the belief that the individual parent or those who are associated with that parent are not sincere in their love and caring for the child. Genuine love, interest, and involvement, by contrast, exist only in the heart of the programmer. The child is led to peer beneath the surface where ulterior motives lurk. The child comes to believe himself/herself a fool for being duped into attributing such positive qualities of love and caring to an obviously clever person who is bent on driving a wedge between the parent (programmer) and child.

**Illusions Of Invulnerability-** Members of the group begin to believe they are chosen and cannot be harmed and engage in high risk behaviour.

**Impoverishment:** Because members use everything in common, and usually give everything to the group, they are usually penniless, homeless, jobless, and reference-less if they leave.

**Intermittent Reinforcement:** Warm supportive treatment is provided unpredictably amongst abusive treatment. When the reinforcement doesn't come, the child learns to keep trying because it will come eventually. The abuse becomes a cue to try harder. Handlers are often very skilled in recognising the breaking point of mistreatment and flipping to warm treatment or rewards.

**Involuntary Transgressions or 'Thought Crime':** Thoughts, desires, and doubts that deviate from the approved agenda are stigmatised as betrayals. Since everyone has these whether they want them or not, this has the effect of keeping everyone feeling guilty. It also keeps conversations superficial because no one wants to share what they are really thinking.

**Constant Guilt** It is hinted if not plainly stated that members are not doing enough, or are doing wrong things. This keeps any of them from feeling they are standing to question or oppose anything.

**Isolation:** Inducing loss of reality by physical separation from family, friends, society and rational references. Once the individual is in isolation, they will undergo a process that is meant to break down their own self.

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### J

### K

**Keeps Inner Circle:** This holds out the possibility of advancement or favour to lower members of the group.

### L

**Lack of Validation.** If a child isn't following the rules no validation can come from those around the child. If the individual leaves no validation comes from outside the group, because outsiders see the group as all bad.

**Ladders:** Individuals are assured by evidence that they are making progress. High control groups provide different positions of status to obtain, and the status is uniformly recognised within the group. Compliance is either covertly or openly the criteria for promotion.

**Leaving is Taboo:** Whatever the ideology, it always includes a doctrine that membership must be lifelong. Because there is no such thing as 'trying it out for a while' critical thinking and considerations of whether the experience is agreeable go out the window. It also blocks the natural human response to maltreatment (which is to leave).

**Loading the Language.** The leader interprets or uses words and phrases in new ways so that often the outside world does not understand. This consists of thought-terminating cliches, which serve to change the individuals' thought processes to conform to the leader's way of thinking.

**"Love Bombing":** Creating a sense of family through physical touch, thought and feeling sharing and emotional bonding.

### M

**Mandatory, Regular Attendance:** The individual must attend all meetings/gatherings. If they do not attend they will be punished, shamed, excluded or another method to ensure they comply with the expectation.

**Managing the Natural Effect of Children:** The leader's obsession with obedience and behavioural control is particularly manifested in the treatment of children. Brutal corporate punishment of children is common, and normal parental nurturing and bonding is discouraged because it threatens bonding to the group leader.

**Manipulated Aspiration:** There is a natural tendency for people to want to be better than others to prove worthiness. The leadership often understands that dictating an oppressive practice can cause resistance, even if silent resistance. Instead, the leadership suggests that those members who do X are 'doing well' or favoured, but

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indicate it is optional. X is usually something very time consuming or impossible so that trying to complete it is all consuming. When individuals seek to be favoured in this way, the motivation is internal (even though it has been manipulated) and so resistance is bypassed. Eventually, the practice becomes a group norm.

**Meditation:** For very long hours-Meditation trains brainwaves to change (lower in frequency) from a prevalence of beta waves (problem solving) to alpha (relaxation) and beyond to theta (inhibition) and delta (absorption and sleep). Forced meditation consumes all leisure hours, it is intentionally a practice of suspended reasoning. Together with other manipulations, meditation can support cognitive abuse and thought control.

**Metacommunication:** Implanting subliminal messages by stressing certain keywords or phrases in long, confusing lectures.

**Middle-Man:** By speaking about issues that should be first discussed with the individual the programmer can compromise and/or damage the individual's relationship with or image of the individual. This method is often done in the presence of the targeted individual. The pressure is placed on the individual to make a choice in front of the programmer.

**Mindguards-**Members protect the group and the leader from information that is problematic or contradictory to the group's cohesiveness.

**Milieu Control:** This involves both restriction and manipulation of information and communication within the group. All contact with the outside is controlled and monitored. What someone reads, television, radio and internet are restricted. Conversations that question or analyse what is going on are obstructed or interrupted. False or distorted information will be given about the outside, with no opportunity for the individual to verify it.

**Morality:** Programming behaviours often include moral judgments against the targeted group concerning their values and lifestyle. These criticisms are intended to elevate one's own position in comparison with the targeted group who becomes diminished by this good/bad dichotomy. Criticising behaviours are often insidious, occurring over a period of time with different degrees of intensity but always powerful. The group's perception of the targeted group changes from its original view, conforming to the leaders point of view. In successful programming, even if the person is provided with valid counter-information the individual may rewrite reality or will rationalise, ascribing ulterior motives to maintain the beliefs.

**Mystical Manipulation:** False creation stories or selective accounts are given about the leader to demonstrate divine authority, spiritual advancement, or some exceptional talent or insight that sets the leader and/or group apart from humanity.

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### N

**New Dawn Leaders:** They will say they are doing something new that has never been done before. This defeats any comparison, and is a set-up for flipping good and bad.

**Never A Legitimate Reason To Leave:** Those who leave are weak, undisciplined, unspiritual, worldly, brainwashed by family or counsellor, or seduced by money, sex, or rock and roll

**New vocabulary:** The individual learns and uses terms that the group uses.

**No Lateral Attachments:** Friendship based on feelings are discouraged, even within the group. If people are close, they may be moved around to break it up. Even pets are usually discouraged.

**No Major Decisions:** Everything is decided for the individual.

**No Questions:** Accomplishing automatic acceptance of beliefs by discouraging questions.

### O

**Objectivity:** Emotions should not play a role in decision making or group processes. Requiring people to think in a linear fashion and ignoring those who think in other ways. Impatience with any thinking that does not appear logical.

**Only One Right Way:** There is one right way to do things and people will learn and adopt the way. When the person does not there is something wrong with them.

**Overworked:** The person is kept busy with tasks, 'classes' or other activities ten to 20 hours a day. This eliminates time to think or associate.

### P

**Panders to Dependency:** Abusive groups offer the illusion of unconditional parental care by using paternalistic metaphors and protecting individuals from adult decisions. Dependency that grows in the individuals over time making leaving unimaginable.

**Peer Group Pressure:** Suppressing doubt and resistance to new ideas by exploiting the need to belong.

**Perfectionistic:** A most natural assumption is that a person does not get something for nothing. Apart from the express declarations of salvation by grace through faith God has given in the scriptures, it would be natural to think that one must earn salvation, or at least work to keep it. Thus, in abusive religions all blessings come through performance of spiritual requirements. Failure is strongly condemned so there is only one alternative, perfection. So long as he thinks he is succeeding in his observation of the rules, the individual typically exhibits pride, elitism, and arrogance. However, when reality and failure eventually set in, the result is the person experiences spiritual burnout, or even shipwreck of his faith. Those who fail in their efforts are labelled as apostates, weak, or some other such term so that they can be discarded by the system.

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**Performance based spirituality:** Spiritual abuse can happen when spiritual disciplines and belief systems are used to make others live up to a spiritual standard. External performance then becomes the means of proving how spiritual a person is.

**Performs as a Mentalist:** A basic method that is used is 'cold reading' in which high probability guesses are made and then misses are minimised or rationalised quickly and 'hits' are emphasised and pursued. The individual ends up volunteering details although the leader will act like they had the details in mind already. The method is made stronger by doing it in front of a person where there is a higher probability that they will recognise the guess. Channelling or mediumship is another form of cold reading. 'Hot reading' is where information about the individual already obtained from some source or from observation is presented like it is being suddenly divined on the spot. (Forer effect)

**Phobia indoctrination:** Implanting irrational fears about leaving the group or questioning the leader's authority.

**Physical And Psychological Manipulation:** Physical gestures such as shaking a finger and speaking in a loud voice become means of intimidation and control. In an open space where others can see this can lead the person on the receiving end to feel publicly shamed and humiliated. It also sends a message to those witnessing it about how to avoid a similar situation.

**Physical-Survival:** Although each of these methods, used individually or in combination, affects children, the use or threat of physical punishment is one of the most motivating for children. A leader will use threats and/or physically punishing a child to gain compliance. In doing this the child learns to survive they must comply with the leader desires.

**Power Hungry:** The group gives a significant amount of money to the leader. Who then spends it to buy advertising or influence to gain secular or practical power. Individuals are encouraged to work in positions where they have access to politically powerful people or organisations.

**Pressure-Release:** Handlers manipulate a child with negative attention, then suddenly become nice. When the pressure is suddenly released, the individual experiences feelings of relief which are pleasant and lead to feelings of gratitude, even if the very same person was the one being abusive.

**Pseudo-Esotericism Leaders:** They know a few things that are arcane. They use snippets strategically to suggest deep, thorough, understanding which they do not have. Gaps may be filled in ad hoc by pure invention.

**Psychic Driving:** Taped messages are played for hours non-stop while the individual is in states of consciousness altered by sleep, electro-shock, sensory deprivation, inadequate food, water, sleep, oxygen, isolated, confinement or other torture.

**Purposelessness:** All purpose previously was through the leader. No other purpose was allowed to develop. An individual that has left has a hard time developing a purpose in life because the act of forming a conviction of any sort activates programming.

Q

## Methods of High Control Groups

### R

**Rationalising**-Group members justify their beliefs through teachings leading them to act in ways that are contrary to societal norms and laws.

**Reducing Of Resistance:** Methods used to significantly increase suggestibility. Some methods are; withholding foods that have protein, and sleep deprivation.

**Rejection Of Old Values:** Accelerating acceptance of new lifestyles by constantly denouncing former beliefs and values.

**Removal Of Privacy:** Achieving loss of ability to evaluate logically by preventing private contemplation. The individual is watched or being told they are being monitored at all times.

**Repetition:** is basic to all programming/ brainwashing. Repeating the same themes over and over again creates a mind-set conducive to the goals and objectives of the programmer. repetition of group actions cause and then fix in mind certain emotions, feelings, thoughts, ideas, leaving deep and stable systems of excitation and inhibition focuses in the Central nervous system, which form a singular habit. And when such a religious stereotype of behaviour is formed not at one person, but in a group, the laws of collective psychology come into effect. That is why in destructive religious organisations the ritual side is given such attention.

**Rewards Informers:** Individuals are usually starved for attention from the leader and so informing becomes a means of gaining acceptance and attention. This eliminates trust or discussion of different points of view.

**Rewriting History:** Opposition from former individuals disappears, and disguises impulsive changes.

**Rewriting-Reality:** This method is also referred to as rewriting history or rescripting. Through rewriting reality, the brainwasher attempts to convince a child to doubt his or her ability to perceive reality. A child may observe a scenario unfold from beginning to end, but as the brainwashing parent repetitively goes over the scenario and resists the child's interpretation, the original and "true" reality is ultimately filtered out and the rewritten script is eventually adopted. The basic reward is parental acceptance and love.

**Right to Comfort:** Belief that those with power have a right to emotional and psychological comfort. Scapegoating those who cause discomfort.

**Routinised Interaction:** Interactions are not to be based on feelings and spontaneity but on custom, rule, or ritual.

### S

**Sacred Science:** The group's doctrine or ideology is considered to be the ultimate truth, beyond all questioning or dispute. Individuals will fault themselves for failing to understand, or they will pretend that they understand.

**Scapegoats** Leaders take credit for successes but blame failure on others. Individuals join in condemning the scapegoat because they are happy it is not them.

## Methods of High Control Groups

**Secrecy:** What happens in the group is kept secret from the outside. Secrets are also kept and not shared with other people in the group.

**Security Force:** This is not always present in groups but when it is, it is used to eliminate dissent. They may even have uniforms and a paramilitary impression. The members are favoured which creates a feeling of being an insider which intensifies loyalty and obedience. These individuals can be trusted with 'secrets' because secrecy seems justified to security.

**Selective Vision:** The tendency to acknowledge only those things that are consistent with one's belief system. Anything that contradicts or conflicts with the belief system are irrationally interpreted such that they are consistent with the belief system or entirely disregarded.

**Self-betrayal:** Agree with me that you (individual) are bad. Once the individual is disoriented and overwhelmed with guilt and shame, the handler forces them (either with the threat of physical harm or of continuance of the mental attack) to denounce their family, friends and peers who share the same "wrong" belief system that they hold. This betrayal of one's own beliefs and of people they feel a sense of loyalty to increases the shame and loss of identity the individual is already experiencing.

**Self-censorship-** Leads group members who have contrary beliefs or questions to remain silent and not question due to fear of consequences.

**Self-View as an Accomplice or Evil:** Abuser forces individuals into double-binds that cause the individual to feel culpable.

**Sense of Completion:** Searching for understanding of life. Groups guarantee the answer.

**Separatism:** The separation of a group from society. Many high control groups may be active in recruiting, they remain separate by condemning those outside the group.

**Sexual Mystifying:** Choices, and experiences are disrupted, along with the blurring of boundaries, individuals are unable to recognise abuse. This together with blind obedience makes sexual exploitation not recognised as abuse. A practice is to prevent members from forming any alliance or loyalty other than to the leader and the group. This extends to sex and romance because that forms a strong bond. Having sex with anyone that asks is expected in some groups.

**Shunning:** Any member leaving the group immediately loses all friendship and connection. Since non-group friendships and connections were given up when entering the group, this is an isolation tactic.

**Sleep Deprivation And Fatigue:** Creating disorientation and vulnerability by prolonging mental and physical activity and withholding adequate rest and sleep.

**Snapping:** A continuous shut down in normal daily critical thinking and mental reconciliation that seems to occur when the mind is overwhelmed by cognitive dissonance. The person is in an intense environment that denies dissonance and the possibility of dissonance. There is seen in the person a 'hollowness' and a personality change in the sense of considerable subtraction from the previous normal personality.

**Social Deskillling:** Because of routine interactions, the social responses that succeeded in the abusive group do not work as well outside the group. This leads to difficulty establishing relationships and a sense of belonging if the individual were to leave.

## Methods of High Control Groups

**Spectacles:** These are meaningless displays with a lot of sensory elements but no real continuity or function. These act as diversions, and as means of making it seem something profound is happening, without the need for any substance.

**Stereotyping-**Group members are led to believe an entire population or section of society is 'evil'. Those outside of the group won't understand the teachings.

**Stockholm Syndrome:** Terror (abuser harms individual or threatens individual and his/her family with violence), plus isolation from prior support, often combined with lies of family abandonment, lead to dependence on abuser(s), and perceived loyalty to the abuser.

**Suppresses Criticism:** Because the religious system is not based on the truth it cannot allow questions, dissent, or open discussions about issues. The person who dissents becomes the problem rather than the issue he raised. The truth about any issue is settled and handed down from the top of the hierarchy. Questioning anything is considered a challenge to authority. Thinking for oneself is suppressed by pointing out that it leads to doubts. This is portrayed as unbelief in God and His anointed leaders. Thus the individual controls his own thoughts by fear of doubting God.

**Suppressing Outside Criticism:** Abusive communities will use vigorous legal and social power means to attack and neutralise outside critics. The abusive interpersonal practices are denied, putting the burden of proof on the critic, and the issue is shifted to freedom of thought and religion. This makes the critic appear narrow-minded and bigoted. These efforts are not about vigorously presenting one side, they are actually about squelching criticism.

## T

**Terrified Submission:** Outward compliance, but one's own beliefs and identity are preserved.

**The Emperor's Clothes:** This is a familiar tactic of manipulation where it is suggested that something very fine is happening when in fact nothing is happening. To make it work further, it is suggested that only the refined can appreciate what is happening. Very quickly an insecure group member will say (and often believe) that he or she actually sees it happening. This starts a chain reaction in which almost always everyone goes along or at least keeps silent. Naked Emperor The leader surrounds him- or herself with uncritical believers, and since there is a tendency to change one's opinion to conform to consensus, members that do not 'see' the attribute believe it is their own failing.

**Threat of Withdrawal-of-Love:** This is a coercive and almost universally used method utilised by individuals who programme. The children come to fear rejection or loss of love from a leader if they don't comply. It becomes implicitly or explicitly understood that to be loved and accepted, the child must do the things they are told no matter how aberrant.

**Too Good to be True is 'Made True':** In an abusive group a perfect world is attainable. It is made to seem that it does exist, or is about to come true.

**Totalitarianism:** Requires a type of absolute devotion to a leader or group.



## Methods of High Control Groups

**Transference Cure:** Transference often occurs between the group leader and the followers, leading to a strong emotional bond between the two parties. This bond can be further reinforced by shared rituals, beliefs, and experiences.

**Trauma Bonding:** A cognitive or psychological response to abuse where the individual forms a deep connection and attachment with their leader. This is often due to the cycle of abuse.

## U

**Uncompromising Rules:** Inducing regression and disorientation by soliciting agreement to seemingly simple rules which regulate mealtimes, bathroom breaks and use of medications.

**Unidimensional Directives:** Are communicated during severe abuse, convincing affected personalities that the abuse will reoccur if the programmed mandate is broken. The most common are, "Remember to forget " the abuse and "Don't tell" about the abuse. A central function of most TBMC is to cause the individual to physically and psychologically re-experience the torture used to install the programming should she or he act in violation of programmed commands. The re-experience of the original torture often includes somatic manifestation of the original injuries, such as bruising and swelling, though not to the degree of the original injury.

**Unquestioned Beliefs-**Members of the group believe that morals are correct above all others and ignore consequences of individual and group actions.

**Use Of Religious Language:** In spiritual abuse the Bible can be misused, with passages used in isolation and out of context for the leader's own purpose.

## V

**Verbal Abuse -** Desensitising through attacking an individual with foul and abusive language.

**Verbal Multiplication:** This element is implemented in two versions. The first one is the repetition of meaningless phrases that can be part of a certain religious ritual ("purification of the spirit", "union with brothers and sisters by faith", "reaching the next level" etc.). The second version is repetition of an unlimited number of meaningful prayers. Verbal multiplication in both cases leads to prohibitive inhibition, which dramatically reduces the criticality of perception of reality and resistance.

## W

**"Who, Me?":** A method used to make indirect attacks on someone.. When questioned about such tactics the individual will respond with: "Who, me?" The abuser indicates that they meant no such thing and that the individual is misinterpreting what was said.

## Methods of High Control Groups

The basic pattern is that the programmer/brainwasher attacks something about the character, lifestyle, past, present, or future of the individual.

### Y

**“You’re an Endangered Species”:** A method of instilling distrust, fear, lack of love, or the belief that a someone is unable to care properly for the child is accomplished through a procedure of judgmental, opinionated, and negative commentary and/or physical inspection and interrogation once the child arrives “home” again. Through these methods, the child comes to interpret anything associated with the targeted person or group as wrong or unsafe and to perceive their ongoing existence as being at risk with each contact.

### Z

**Zealous Commitment:** Loyalty and dependence on the leader.