

Scapegoat Programming

Scapegoat Programming-Alters or groups of alters are repeatedly conditioned, socially positioned, or manipulated into taking blame for problems they did not cause.

Elements include:

- **Blame assignment:** attributing failures or conflicts disproportionately to one person.
- **Projection:** transferring another person's faults, anger, or responsibility onto the target.
- **Double binds:** creating situations where the target is blamed regardless of what they do.
- **Negative labeling:** repeatedly portraying the target as incompetent, dangerous, selfish, disloyal, or responsible for trouble.
- **Isolation:** reducing the target's ability to challenge the accusation or obtain alternative perspectives.
- **Self-blame conditioning:** repeated accusations eventually causing the target to assume responsibility automatically.
- **Group cohesion through blame:** a group maintains unity by identifying an individual as the source of its problems.

*In psychology and sociology, scapegoating is an established concept; “Scapegoat Programming” is not, by itself, a clinical diagnosis or recognised psychological treatment term. It is better understood as a descriptive label for a recurring pattern of conditioning or social behaviour.