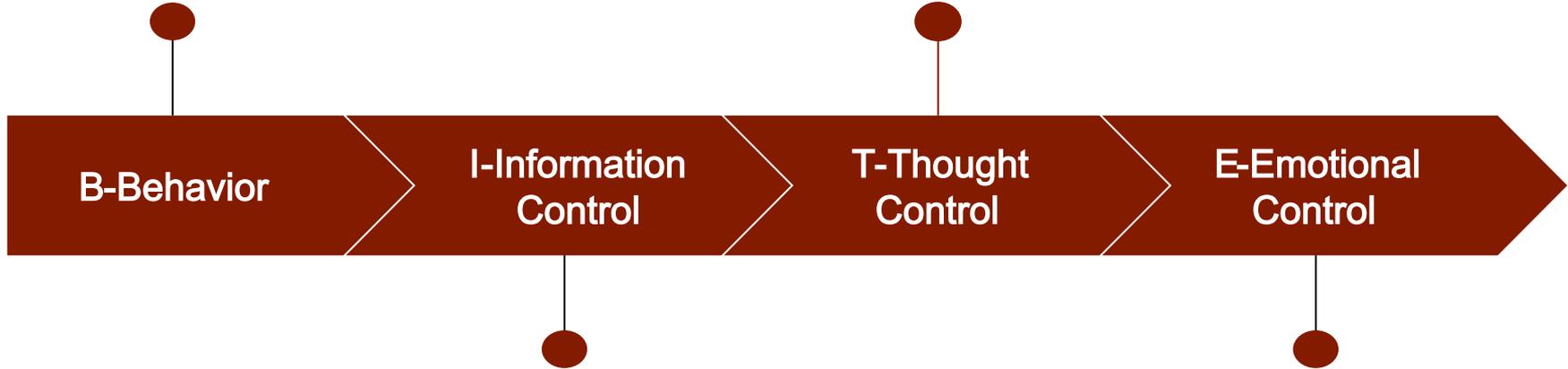


Manipulation of the behavior of persons or animals by biomedical, physical, psychological, or social means, including for nontherapeutic reasons.

The attempt to restrict ideas and impose opinions through censorship and the control of materials and curricula.



Isolation, managing the media, managing the education system, spies and informants, redefinition of truth

Learning to stay calm when handling anything with no reaction, no emotion

# B

## Behavior Control

- ★ Regulate individual's physical reality
- ★ Dictate where, how, and with whom the member lives and associates or isolates
- ★ When, how and with whom the member has sex
- ★ Control types of clothing and hairstyles
- ★ Regulate diet-- food and drink, hunger and/or fasting
- ★ Manipulation and deprivation of sleep
- ★ Financial exploitation, manipulation or dependence
- ★ Restrict leisure, entertainment, vacation time
- ★ Major time spent with group indoctrination and rituals and/or self-indoctrination including the internet

- ★ Permission required for major decisions
- ★ Thoughts, feelings, and activities (of self and others) reported to superiors
- ★ Rewards and punishments used to modify behaviors, both positive and negative
- ★ Discourage individualism, encourage group-think
- ★ Impose rigid rules and regulations
- ★ Punish disobedience by beating, torture, burning, cutting, rape,, or tattooing/branding
- ★ Threaten harm to family and friends
- ★ Force individual to rape or be raped
- ★ Instill dependency and obedience

# B

## Behavior Control (Continued)

## Information Control

- ★ **Deception:**
  - Deliberately withhold information
  - Distort information to make it more acceptable
  - Systematically lie to the cult member
- ★ **Minimize or discourage access to non cult sources of information, including:**
  - Internet, TV, radio, books, articles, newspapers, magazines, other media
  - Critical information
  - Former members
  - Keep members busy so they don't have time to think and investigate
  - Control through cell phone with texting, calls, internet tracking

- ★ **Compartmentalize information into Outsider vs. Insider doctrines**
  - **Ensure that information is not freely accessible**
  - **Control information at different levels and missions within group**
  - **Allow only leadership to decide who needs to know what and when**
- ★ **Encourage spying on other members**
  - **Impose a buddy system to monitor and control member**
  - **Report deviant thoughts, feelings, and actions**
  - **Ensure that individual behavior is monitored by group**

## **Information Control (Continued)**

## Information Control (Continued)

- ★ Extensive use of cult-generated information and propaganda, including:
  - Newsletters, magazines, journals, audiotapes, videotapes, YouTube, movies and other media
  - Misquoting statements or using them out of context from non-cult sources
- ★ Unethical use of confession
  - Information about sins used to disrupt and/or dissolve identity boundaries
  - Withholding forgiveness or absolution
  - Manipulation of memory, possible false memories.

# T

## Thought Control

- ★ Require members to internalize the group's doctrine as truth
  - Adopting the group's 'map of reality' as reality
  - Instill *black and white* thinking
  - Decide between *good vs. evil*
  - *Organize people into vs them (insiders vs outsiders)*
- ★ Change person's name and identity
- ★ Use of loaded language and cliches which constrict knowledge, stop critical thoughts and reduce complexities into platitudinous buzz words
- ★ Encourage only "good and proper" thoughts

- ★ Hypnotique techniques are used to alter mental states, undermine critical thinking and even to age regress the member
- ★ Memories are manipulated and false memories are created
- ★ Teaching thoughtstopping techniques which shut down reality testing by stopping negative thoughts and allowing only positive thoughts, including:
  - Denial, rationalization, justification, wishful thinking
  - Chanting
  - Meditating
  - Praying
  - Speaking in tongues
  - Singing or humming

**T**

## **Thought Control (Continued)**

# T

## Thought Control (Continued)

- ★ Rejection of rational analysis, critical thinking, constructive criticism
- ★ Forbid critical questions about leader, doctrine, or policy allowed
- ★ Labeling alternative belief systems as illegitimate, evil, or not useful

# E

## Emotional Control

- ★ Manipulate and narrow the range of feelings-- some emotions and/or needs are deemed as evil, wrong or selfish
- ★ Teach emotion-stopping techniques to block feelings of homesickness, anger, doubt
- ★ Make the person feel that problems are always their own fault, never the leader's or the group's fault
- ★ Extremes of emotional highs and lows - love bombing and praise one moment and then declaring you are horrible sinner
- ★ Ritualistic and sometimes public confession of sins

★ **Promote feelings of guilt or unworthiness, such as**

- Identity guilt
- You are not living up to your potential
- Your family is deficient
- Your past is suspect
- Your affiliations are unwise
- Your thoughts, feelings, actions are irrelevant or selfish
- Social guilt
- Historical guilt

★ **Instill fear, such as fear of:**

- Thinking independently
- The outside world
- Enemies
- Losing one's salvation
- Leaving or being shunned by the group
- Other's disapproval

**E**

**Emotion Control  
(Continued)**

# E

## Emotional Control (Continued)

- ★ **Phobia indoctrination: inculcating irrational fears about leaving the group or questioning the leader's authority**
  - No happiness or fulfillment possible outside the group
  - Terrible consequences of you leave: hell, demon possession, incurable diseases, accidents, suicide, insanity, 10,000 reincarnations, etc.
  - Shunning of those who leave; fear of being rejected by friends, peers, and family
  - Never a legitimate reason to leave; those who leave are weak, undisciplined, unspiritual, worldly, brainwashed by family or counselor, or seduced by money, sex, or rock and roll
  - Threats of harm to exmember and family