



HOW CULTS & CHILD ABUSERS USE MIND CONTROL TO GET WHAT THEY WANT

Mind Control 101

We all know about mass conditioning and extermination projects that used mind control to get people to commit unspeakable crimes and even kill themselves. We've all heard of famous cults like the Jonestown massacre, the Heaven's Gate suicide cult, and many others.

You might be asking, "I wasn't in a cult. What does mind control have to do with my child abuse?"

Here's the thing. All abusive relationships use the same control techniques. Whether someone wants to manipulate millions of people, all the way down to individual one-on-one relationships, the same methods apply.

Those of us who grew up in abusive families probably already think of our families as mini-cults. Our abusers, or maybe our non-abusing other parent, controlled our family so no one could step out of line to resist the abuse. Even abusive relationships between adults use these tactics to keep the victim subordinate.

That's what makes these techniques so powerful, so let's take a look.

All controlling, abusive, and manipulative relationships want to do the same things.

They want to stop us from thinking for ourselves. They want to stop us from questioning or resisting. They want to stop us from making contact with the outside world so we don't receive any message that might weaken their position. Lastly, they want to stop us from leaving. They want to continue to use us for their own gain.

This is WHAT they want to accomplish. The question is HOW they're going to do that. What are the exact steps they take to dismantle our defenses and our internal protection mechanisms?

They can't exactly walk up to any stranger on the street and say, "How would you like to give up your identity, your dignity, all your money, all decision-making power over your future, and become a mindless slave to me for the rest of your life?" No one in their right mind would go for that.

Imagine we're in a conference room with two hundred other people. Imagine we're sitting in chairs listening to a speaker addressing the crowd. Who the person is and what they're saying isn't important. We're listening and thinking about what the person is saying. We're deciding whether we want to believe it or not.

Now imagine the exact same scenario, except that in the middle of the speech, someone walks over and locks the door. We're trapped inside the room. Imagine how we would all react. We would have a completely different attitude to what the person was saying. We would be a lot more alert to whether the speaker was trying to influence us to do something sinister. We would raise our defenses and prepare ourselves to reject anything the speaker might suggest that didn't serve our interests.

When someone sets out to manipulate or control another person, the very first task they have to accomplish is to make us forget that we're trapped. Before they do anything else, they have to convince us that we're completely free, that we're choosing to join this system of our own free will. They have to cover up anything that might make us defensive or that might make us realize we're locked in. They do this by twisting us around their little finger, so how do they do that? How do they cover up what they're trying to do?

It all starts with flattery.

The very first thing the controller or manipulator does is to snow us with kindness. They complement us. They shower us with gifts and attention. They build us up and make us feel like we're the most wonderful thing since sliced bread.

This is what is known in the psychology world as love-bombing. They make the target the center of attention. They fill our ears and our heads with a whole lot of stuff we want to hear, that we crave to hear, that we would give anything to believe.

This is how they get us to lower our defenses. This is how they get us to open our ears and start listening to what they are saying. This is how they get us to open our brains and start believing what they're saying, because who wouldn't want to believe that?

All control begins with this. When we learn to think critically, we have to focus on questioning flattery, too-good-to-be-true offers, free gifts, and taking candy from strangers. The very first step to guarding ourselves against manipulation is to ask ourselves what the person hopes to gain by giving us this thing (or saying this thing). What are they asking in return?

Which leads us to our next point.

Cognitive Dissonance

Cognitive Dissonance is a fancy way of saying something doesn't make any sense. It causes a short circuit in our brains that turns off our ability to think and analyze whether a statement is true or not.

Cognitive Dissonance is the bedrock on which all mind control is based. Cognitive Dissonance is the flat surface on which the structure of all other mind control techniques rests. Think of everything else the controller does as the framework, walls, and roof of a large building controlling the target's thoughts and reactions.

All these walls and frameworks are lies and untruths the controller wants us to believe so we don't question what they're telling us. In order to get us to accept these lies, they have to turn off our ability to think critically and question their statements.

The technique to do this is really simple.

The person makes a statement and gets us to agree with it. This could be saying a lot of nice things about us. It could be drawing attention to our accomplishments or honoring us in front of a large group of people we respect and want to impress. It could be care and attention and a sympathetic ear when we're uncertain or vulnerable or in trouble. They make a statement that they already KNOW we will agree with.

Here's an example of what I'm talking about.

First, the controller says you're a hard worker. You start thinking of all the different ways you're a hard worker, so you agree with their statement.

They start describing what a dedicated father and committed family man you are. Of course you are. That's why you work so hard to take care of your loved ones.

Once the controller gets your defenses down and your undivided agreement on this, they make a statement that directly contradicts the first statement. Through their arguments, they point out all the ways the opposite statement is also true.

They point out that you're lazy and selfish and worthless. The person points out that you don't really care about your family at all, that you spend all your free time sitting on the couch binging on YouTube, and that you'd probably like to dump your wife and kids and go off on your own where you have no one to answer to but yourself.

You start thinking of all the different ways that you're lazy and selfish. You really DO resent your family for trapping you into a life of drudgery. You really DO spend your free time sitting on the couch watching YouTube, so what the person says must be true. Right?

The problem with this is that there's another side to the argument. You spend your few precious hours of free time zoning on the couch because you need a break from all that hard work you've been doing. You need to turn your brain off for a while.

Of course there are times, probably a lot of times, when you would like to break free. All parents and dedicated family men feel this way sometimes. So do family women and dedicated mothers. You can feel this way some of the time or all the time and still be a hard-working, dedicated family man. The fact that it's hard makes your sacrifice all the more selfless and admirable.

Of course, the controller neglects to mention that. They draw your attention to the fact that you're lazy and selfish and worthless without explaining the reasons why.

This is the keystone of mind control. The second statement—that you're lazy and selfish and worthless—is not true. Once the controller gets us to accept these lies, they have effectively turned off our critical thinking faculties. They have cornered us into a logical puzzle from which we can't escape. They've gotten us to accept a statement that we know is not true because we're not analyzing their statements critically.

Remember our example at the beginning of this ebook. They made the first statement with the door unlocked so we didn't realize we were in danger. Now they've made the second statement. The door is locked but we don't realize it. We think we're free to relax when we're not.

Now they can say whatever they want and we have no choice but to agree with it. If they say A, and then they say NOT-A, they could say, "The sky is orange," and we would have to go along with it.

$$A + (\text{NOT-A}) = 0$$

They cancel each other out and become nothing.

This is how controlling and abusive people get us locked into a psychological trap. They use this technique to erode our confidence in ourselves. They demolish our accomplishments by undermining the commitment and dedication and fortitude it took to accomplish them.

If you're a dedicated father who works your tail off to support your family, but secretly you resent this and wish you were free and single again, the controller can yank you around by your heart strings and make you feel guilty for these very normal feelings. They use our own guilt to paint us as a bad person in need of whatever magical solution they're peddling.

The first statement gets us to trust them. Since they can see what a good, upstanding person we are, we think the controller is on our side. We think they respect us.

Then they undercut that trust by proving that we're really a bad person who doesn't deserve the good things in our lives.

Cognitive dissonance leaves a vacuum in our minds and the controller fills that vacuum. They position themselves as the solution to whatever problem they say we have. They offer themselves or their product or whatever it is to fix whatever they say is bad in our lives. Now that they've got our brains turned off, they can say and do whatever they want and we have no choice but to accept it.

Here's another classic example. Manipulative groups all over the world use this argument to erode our autonomy and get us locked into a mental prison. See if this sounds familiar.

First, they tell us that all human beings are children of God, that we were created in God's image, that God doesn't make mistakes, that our bodies are natural and that God loves all his children equally, that He forgives all our sins and accepts us exactly the way we are.

Doesn't that sound beautiful and loving and glorious? Who wouldn't want to believe in a God like that? Who wouldn't want to believe that God forgives our deepest failings and loves us and cares for us unconditionally as a father loves his children?

Now comes the double-bind. In the same breath that the controller tells us all these beautiful, wonderful, loving things, they tell us that sexual desire is the work of the Devil, that lust is evil, that we should have sex only for procreation and pray for seven hours beforehand, and that anyone who doesn't follow a set of strict rules and believe a certain dogma will burn in the fires of Hell forever and ever with no chance of redemption or forgiveness.

This statement exactly contradicts the first statement. If God doesn't make mistakes and He loves us all unconditionally, then our sexuality must be normal and natural, right? If God who loves all his children totally and unconditionally, would He really create us with the ability to feel this sexual desire if He didn't intend for us to act on it? That sounds an awful lot like setting us up to fail, doesn't it?

All mind control is setting us up to fail. It puts us in a position we can't get out of. We cannot win. We can never do right. We can never win the approval of the controller, our peers, or God as we understand it. We'll never be good enough. We'll always be worthless and pathetic and groveling.

I'm quite certain there are a lot of people in the world who do NOT belong to that controller's unique belief system who are NOT burning in the fires of Hell. Are you telling me Mahatma Gandhi is burning in the fires of Hell? What about Martin Luther King or Mother Theresa? I don't think so.

The world is full of good people, many of whom have never even heard of this controller or their magical, miraculous system (or product or whatever). Are you telling me that the millions of traditional tribesmen of Africa and South America are going to burn in Hell for having sex? Are you telling me God created these people, who will never hear this controller's glorious message, specifically so He could punish them in Hell for all eternity? I don't think so.

The solution to Cognitive Dissonance is to put the controller's statements under a microscope. Ask yourself: Is this statement really true? What would the world look like if it wasn't true?

If the controller presents us with two contradictory statements, it's our job to scrutinize them both and decide which one is true and which is not. They can't BOTH be true. One of them must be a lie.

If I told you that the sky is purple and people walk on their heads, you would reject that statement. You would actively, strenuously push it away. First, you would wonder if there was something wrong with me. Then you would start to think I was trying to manipulate you by trying to get you to believe something that we both know it not true.

Once we determine that a statement is not true, it's our inborn responsibility to act on that knowledge. Once we decide for ourselves that people do not in fact walk on their heads, we can't go around the world acting as if they do. Acting in conflict with reality will ruin our lives and drive us insane.

If we honestly believe that everyone on Planet Earth was created by God in the image of God, we can't go around the world treating people we don't know as though they were dangerous and poisonous and evil.

If we honestly believe that sexuality is a normal, natural, God-given bodily function akin to breathing and eating, we can't avoid it like the plague and punish ourselves for exercising that function. We have to embrace it and embody it and enjoy it the way it was intended to be enjoyed.

We can't believe in a loving, benevolent, forgiving God who would set us up to fail by giving us this sexual desire only to punish us for using it. That is not the behavior of a loving God. If God isn't setting us up to fail, then the controller must be doing it and we need to block that person out of our minds and out of our lives.

Want to find out more? Keep reading the full guide to learn our comprehensive model of How Child Abusers Use Mind Control To Get What They Want.

