

# The 4 Paradigms of Control Created by Abusers





- MISSION STATEMENT -

## STRESS INTERVENTION TEAM

- The goal of the Stress Intervention Team is to work with the other YCPT teams to build a base of skills to support and educate the community on being emotionally, mentally, physically and socio/politically prepared and resilient.
- The material and techniques presented by the Stress Intervention Team are for self-help educational purposes to manage and decrease stress caused by current and future man-made and natural events. We recognize that an important aspect of stress reduction is to restore individual sovereignty and empowerment.
- Materials are developed by instructors with training in traditional medicine, energy medicine, psychology, investigative research and analysis and others from a wide range of healing arts.

# - THE FEAR EPIDEMIC -

## THE 4 Paradigms of Control Created by Abusers

### PART 1 In a Series

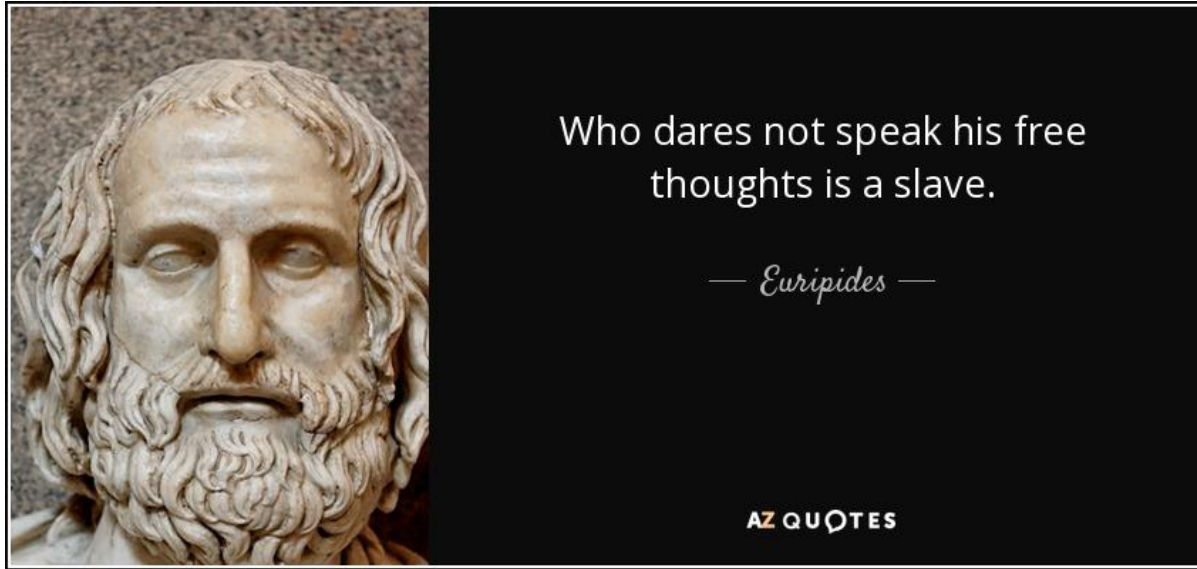
#### **We recommend you review all 7 parts in this series:**

- Part 1: The 4 Paradigms of Control Created by Abusers
- Part 2: Personal Sovereignty
- Part 3: The Behavioral Traits of Abusers
- Part 4: Parallels Between the Handling of the Pandemic and Abusive Behaviors
- Part 5: How to Break Away from Abusers
- Part 6: Reducing Stress Response by Changing Your Thoughts
- Part 7: Reducing Stress Response by Using HeartMath

*“The Fear Epidemic”* training modules are designed to simplify the struggle between good and evil into very clear personal terms. Simply put "the evil" has used abusive behaviors to keep us in fear. Fear is a powerful tool that abusers use to hide the truth and destroy our emotional sovereignty. Emotional sovereignty is an important part of our overall preparedness. This series addresses how to understand abusers and how to control our emotional and mental responses to them so we maintain our emotional sovereignty.

#### **The two core principles of this training series are:**

1. You are a sovereign being (no one owns you) and
2. We all live in a world with far too much abuse, designed to instill fear.



## Summary of Key Points

1. Abusers know that when they control the narrative, they can better control the outcomes.
2. We're trained to react emotionally because it makes it easier to instill fear and it shuts down useful, fact-based debate.
3. The more you understand the inner workings of mind-control techniques, the more analytical and less emotionally-reactive you become.
4. As you decrease your emotional reaction, you increase your emotional resilience.
5. An increase in emotional resilience will help when confronting and managing the unknown future events.
6. Understand how difficult it is for someone to surrender certain closely-held beliefs. Doing so can lead to the collapse of a long list of other beliefs.
7. Be skeptical of those who attempt to impose their will upon you.
8. Be wary of that one-in-a-hundred among us who are dangerous psychopaths.
9. When analyzing new events, consider the clever tactics being used to create fear or to pressure you to think or believe a certain way.





## We All Live Within a Complex Set of Abusive Relationships

- The Stress-Intervention Team explores the many psychological and emotional dimensions of our relationships with others. These relationships range in size and scope from the simplest one-on-one contact, to the most complex inter-actions within our larger world.
- A core concept of our work on the Stress-Intervention Team centers on **abusers of all types**, as their abusive nature and manipulative tactics create much of the stress we experience in our lives.
- Abusers come in all sizes, 1-on-1, petty tyrants and Globalists.

## Abusers Have Created a Complex Eco-System of Psychological Control



- This 'Psychological De-programming' series of training units, explores the inner-machinery of the greater psychological 'eco-system' in which we all live.
- We all have a sense of knowing that we indeed live in a world of psychological control. It's a system designed to control our perceptions and to control the cultural and political narratives.
- Why? Because those who want to be in control (those abusers again) know that when they control the narratives, they can better control the outcomes.
- So, it starts by controlling the perception --- and that's done through a sophisticated understanding of psychological programming.
- This series of trainings exposes the programming techniques used by those who wish to control, who desperately want to manipulate your perception, to control your mind and instill fear and inflict the accompanying physiological discomforts.

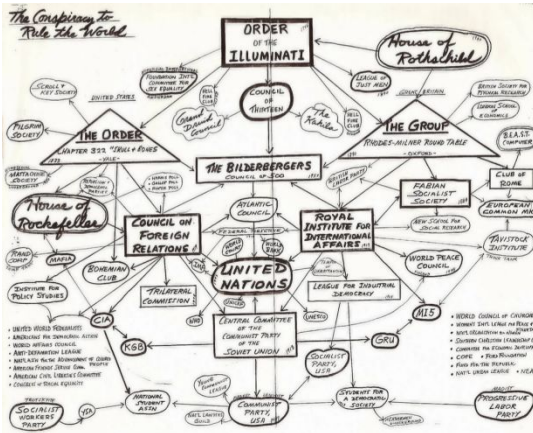
# There Are 4 Main Paradigms of Psychological Control

I've identified 4 main paradigms of control;

1. Brain-washing
2. Personal denial
3. Power structures
4. Psychopaths in positions of authority

### Key Points

- The more you understand the inner workings of these mind-controlling paradigms and their related techniques, the more analytical and less emotionally-reactive you become.
- As we develop our analytical abilities, we naturally benefit by becoming more emotionally resilient.
- Our goal is to build up our emotional resilience, to help us confront and manage the unknown future events we're all concerned about.



# 1. Brain Washing

## Is Designed To Instill Fear and Divide Us

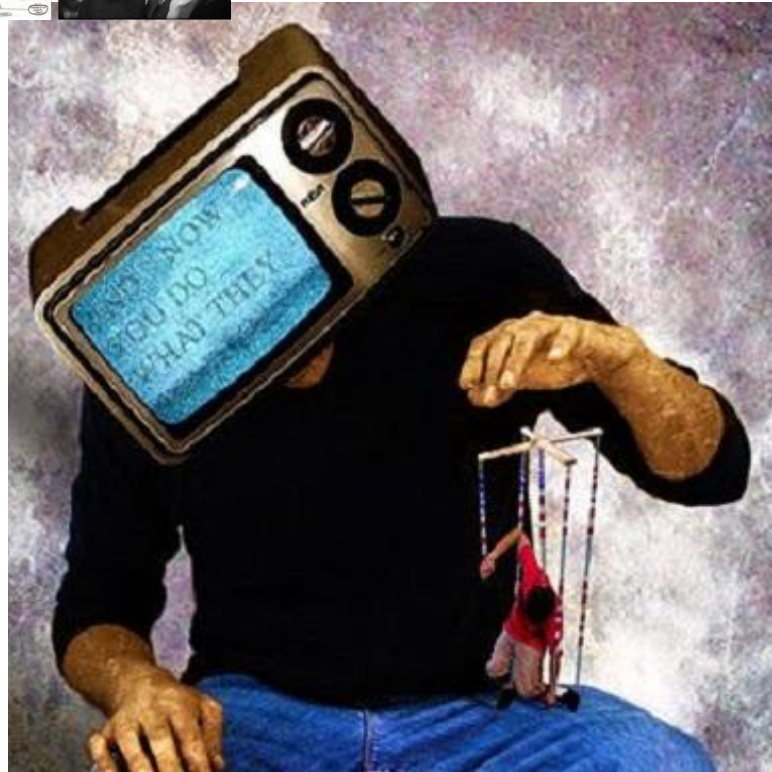
Also known as mind control, social engineering, learned helplessness and things like CIA MK Ultra, Psychological Wars, school indoctrination, propaganda, censorship, fake news, repeated lies, threats of negative consequences, coercions, the creation of illusions, false flags, re-writing history and withholding information from all of us. That's a long list and it's all brain-washing. Those who seek to control have created that long list of things to fear. Ask yourself: Am I playing right into the hands of those who want me to remain in fear?

A good resource for a deeper understanding of the tremendous amount of research, your tax dollars and decades of time that has been invested into the study of mind control --- is the excellent documentary called *The Minds of Men* by Truth-Stream Media.

Have you ever considered the plight of the main character in the iconic movie, *The Truman Show*? That poor guy had all truth kept from him. The cruel joke was on him and he was the last to know. Those in control of this character made a lot of money keeping him ignorant. To his benefit however, the character sought the truth because something didn't seem right. Consider some of the people you know who continue to be oblivious to the nature of the world in which we live. The not-so-funny joke will ultimately be on them.



An example of Brain washing is how we're taught **to react emotionally**. Emotion reaction has effectively shut down useful discussion based in real facts. We now live in a 'reality-optional' world. Think about the pressures being put on all of us to not question the logic or spot the contradictions in what's being laid out before us.





## 2. Denial

### Is Our Psychological Defense Keeping Us from Facing the Painful Truth

When we use the broad term 'denial', we're talking about our own denial or denial we see in others; also known as cognitive dissonance or our willful ignorance or what Mark Passio calls 'ignore-ance'. We're also referring to one's own state of fear and the concept of normalcy bias ("*That won't happen here.*" or "*Things will get back to 'normal' soon.*") The paradigm of denial also must include contradictions and inconsistencies in thoughts, statements and belief systems, whether they're our own contradictions or those spotted in others.

A common example of denial is a person's unwillingness to consider how the whole world is currently run by criminal organizations. To consider such an idea, a naïve person would have to re-consider many of their closely-held beliefs like the "*Government is here to help.*" and "*They would never lie to us or put us in danger.*" The surrender of one closely-held belief can begin a cascading collapse of a long list of other beliefs. **The dominos begin to fall.** It takes a lot of courage to wake up, recognize the level of betrayal and then re-build one's entire belief structure.



Maybe the best coping skills are discernment, more skepticism and analytical abilities to decipher messages and uncover motives in corporate media messaging. Ask yourself, "Am I still buying what the so-called Leaders are trying to sell me?"







## 4. Psychopaths In Positions of Authority Seek to Intimidate and Control

There are psychopaths among us; the experts say approximately 10% of us. And of those 10%, 10% are seriously dangerous. So, be wary of that one in a hundred.

Psychopaths are tremendously selfish and much further down the profile spectrum from the mere narcissist. Psychopaths have no regard for you, your property or your God-given Rights and freedoms. Psychopaths are con men, who are delusional and arrogant, who often times pass themselves off as intellectual snobs who believe they are better than you and are entitled to forever master over you. They want to create a world whereby they demand your blind obedience and want you to live by permission-only.

Psychopaths have personality disorders and are acting out on you. Ask yourself, are you comfortable taking direction from people with personality disorders? As an exercise, consider how one would classify the likes of **Bill Gates** and **Klaus Schwab** in terms of their personality profiles.





## When Viewing Political Events Reflect on the 4 Paradigms of Control

When taking in new information, analyzing current events or considering the impact of any new political or social development, be sure to consider the clever tactics and techniques being used to create fear and to pressure you to think or believe a certain way.

You can be sure that some brain-washing technique is being used on you by some psychopath in a position of authority at the behest of some power structure.

Your first course of action is to think for yourself and overcome your own denial, in order to effectively cope with it.

