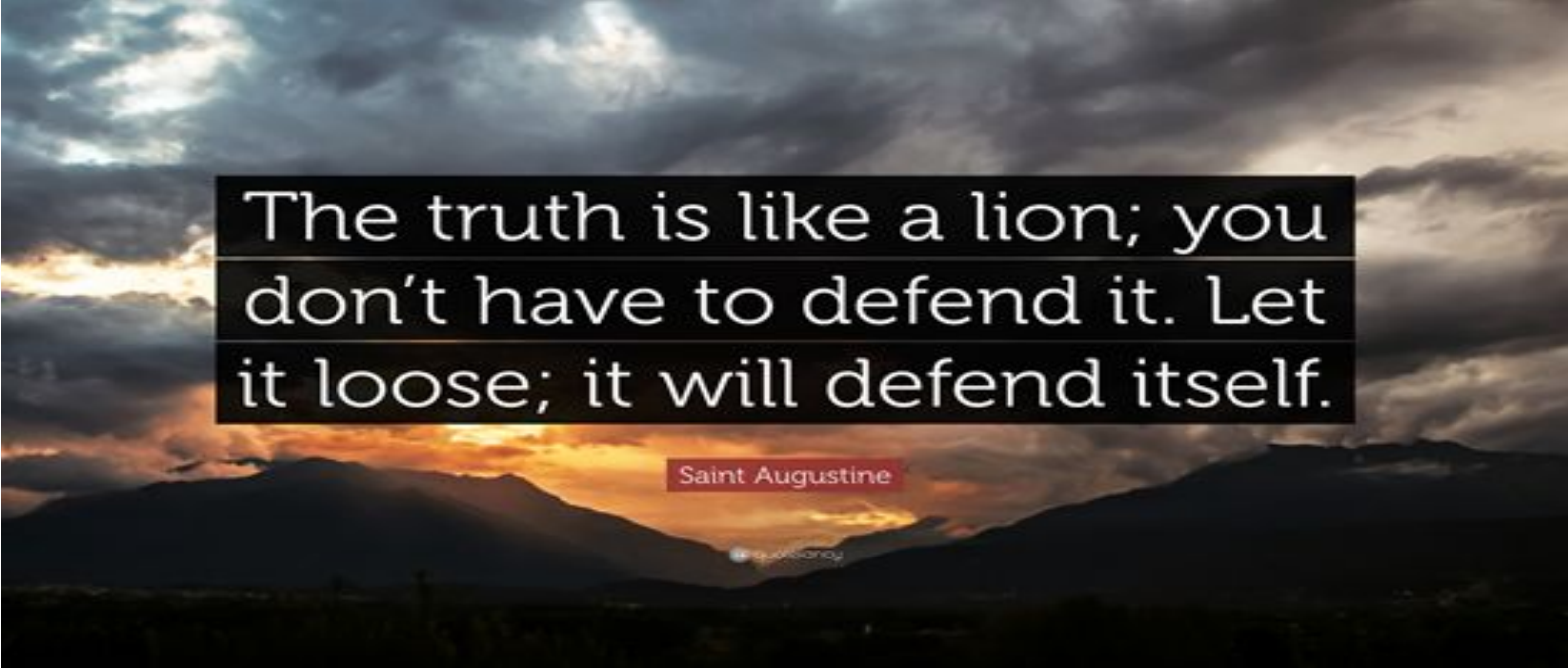


HOW TO

# BREAK AWAY FROM THE ABUSER AND RESTORE YOUR SOVEREIGNTY



The truth is like a lion; you  
don't have to defend it. Let  
it loose; it will defend itself.

Saint Augustine



- 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 -

# HOW TO BREAK AWAY FROM

# ABUSERS

## PART 5 In a Series

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

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:**

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

# Summary of Key Points



Abusive behavior is wrong and can not be justified.

An important strategy is to learn to observe abusers and understand how they want you to respond.

Recognize that by controlling your emotional response to abusive behaviors the abuser can't control you.

Non violence and non compliance are powerful tools to use against abusers.

- Abusers fear the truth.
- Abusers are mentally unstable; don't act as if they control you.

## IMPORTANT MESSAGE

- The following suggestions pertain to situations that do not involve actual physical confrontations with someone who is abusing you.
- 
- To understand how to defend yourself from physical aggression please consult presentations on self defense.

# RIGHT vs. WRONG



Remember abusive behaviors cause harm to others. They are wrong. Don't let them confuse you with attempts to justify their behaviors.

Wrong or harmful actions include verbal, emotional and physical violation of property including another's body.

**Right actions cause no harm to others.**

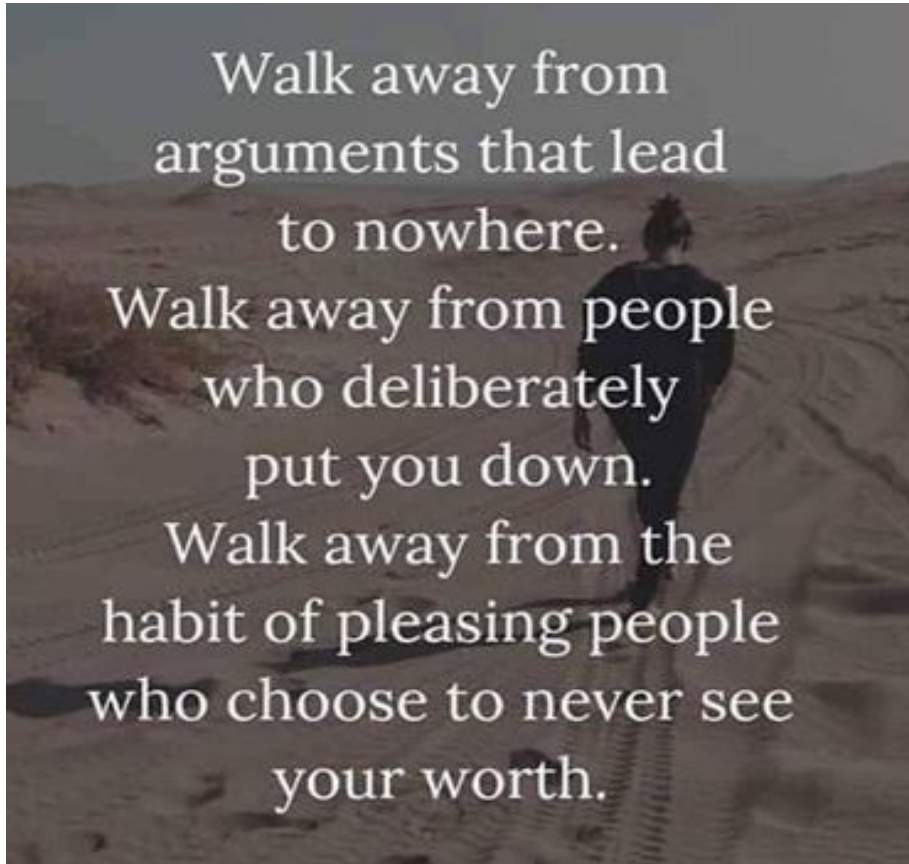
## SET THE CONDITIONS FOR CONVERSATION

A key principle is to not engage with an abuser at an emotional level which means not using violent language, not responding to verbal abuse with defensive language.

Instead point out that they are using abusive language such as threats, name calling, demeaning terms, etc.

You can simply state that you won't engage in that kind of interaction.



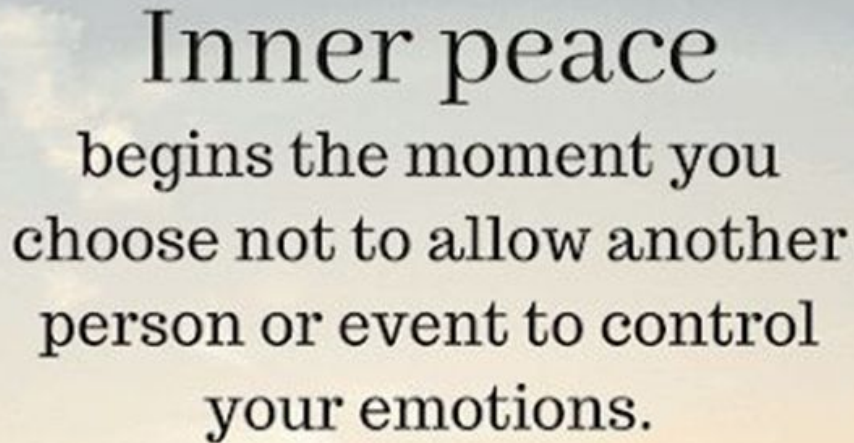


## OBSERVE THE BEHAVIORS

- Practice observing the behaviors of the abuser and notice their intentions.
- How does the abuser want you to respond?
- What is the intended effect? Fear, anger, getting you to back down?
- Do not respond in the manner expected.
- It's ok to walk away.



# DEMONSTRATE SOVEREIGNTY THROUGH NON-COMPLIANCE



Inner peace  
begins the moment you  
choose not to allow another  
person or event to control  
your emotions.

Generally if you don't respond with fear the abuser gets confused.

Demonstrate your sovereignty through non-aggression and non-compliance.

Peace is not the absence of conflict but the presence of creative alternatives for responding to conflict -- alternatives to passive or aggressive responses, alternatives to violence.

## NON-AGGRESSIVE RESPONSE

- Abusers want you to respond to them with violence so they can justify using violent methods of control.
- Only engage on your own terms.

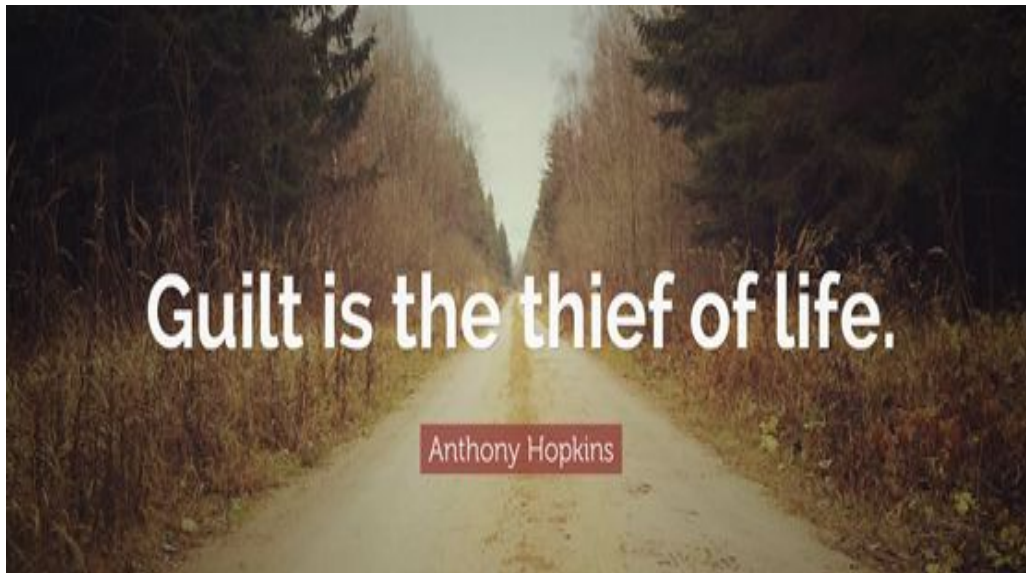
# THE FACTS



Do not respond to verbal intimidation or threats defensively instead try not to engage.

If an abuser attacks you with emotional labels state that you will only have a conversation with them about facts.

# RESIST EMOTIONAL MANIPULATIONS



- Abusers like to use guilt as a way of staying in control of you.
- Don't fall for emotional manipulation such as *"not going along with others is equal to being selfish or causes harm to others"*. OR *"we're all in this together"*.

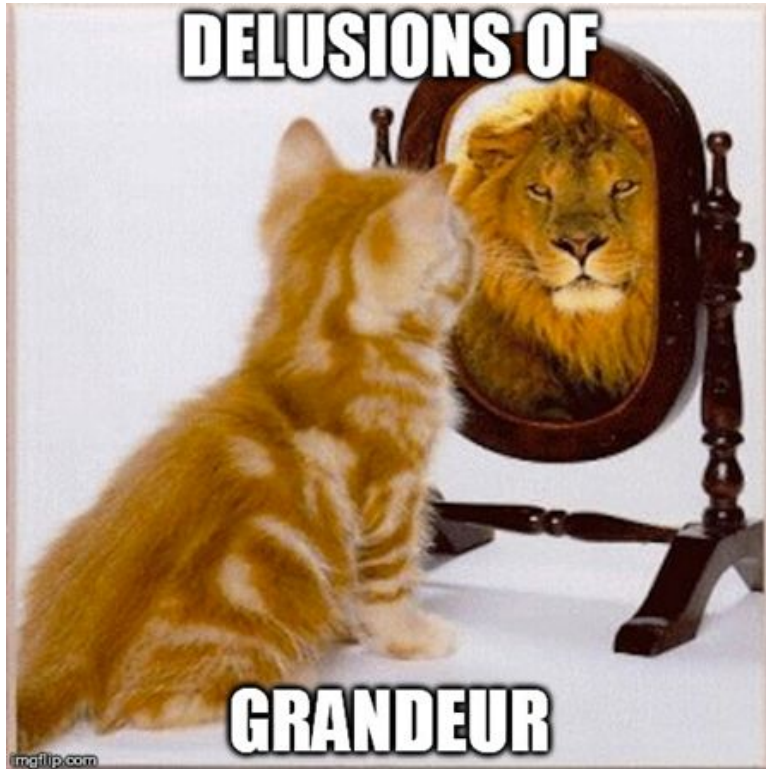
# SPEAK THE TRUTH



Abusers fear the truth.  
They use abusive behaviors  
to try to hide the truth.  
You can challenge them by  
not being afraid to speak  
the truth.



# RESIST THE ABUSER'S ILLUSION OF AUTHORITY



- Remember abusers actually are mentally unstable and under the delusion that they have authority over you.
- Do not act as if they have control over you.
- You can state that you do not recognize their authority over you because no one owns you.

# FIND YOUR COMMUNITY



Abusers only want you to respond to pressure from groups who follow their narrative.

They want you to feel isolated and alone.

Find people who understand the dynamics of abuse and support each other; you'll discover you are not alone in your thinking.

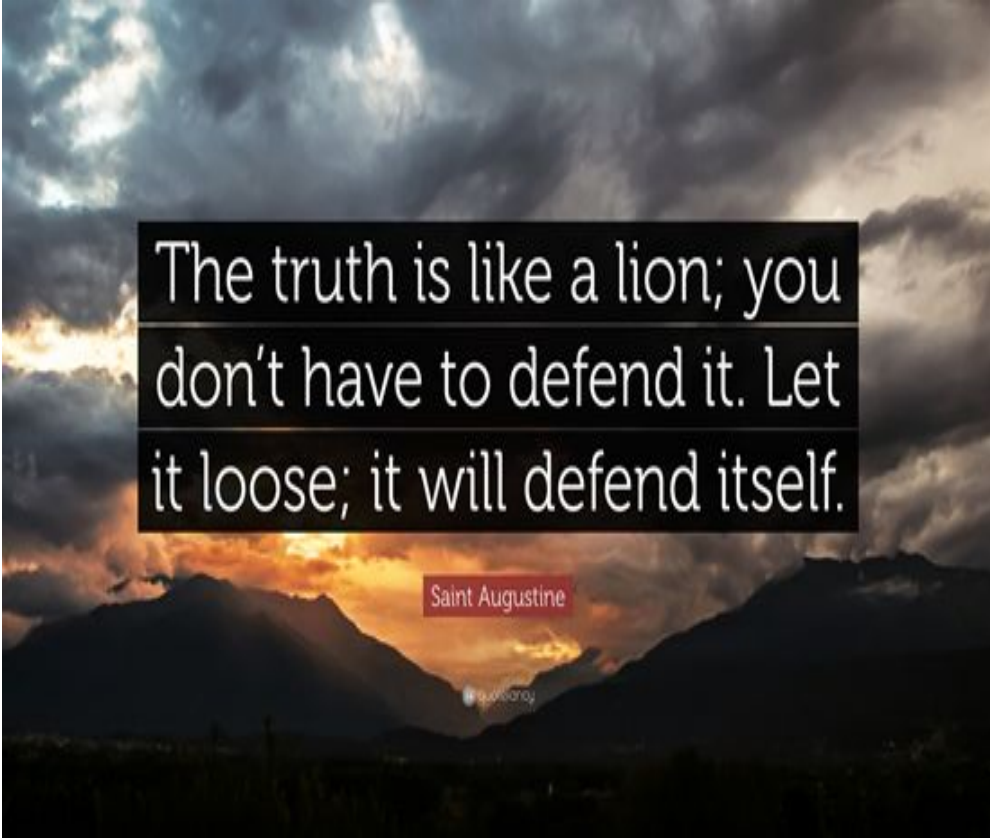


## **QUESTION** THOSE WHO *BELIEVE* THEY HAVE **THE RIGHT TO CONTROL YOU**

- Remember abusers generally will not change their behavior because they actually believe they have a Right to control others.
- They will always act as if they are in charge and have power.
- If no one follows their orders they have no power.
- 
- “Following orders means doing what you are told to do, without judging for yourself whether or not the action you are being ordered to carry out is right or wrong.” **Mark Passio**
- 
- Following unlawful orders that harm others is wrong.



# THE MOST POWERFUL TRUTH



The truth is like a lion; you don't have to defend it. Let it loose; it will defend itself.

Saint Augustine

Your spiritual connection will give you strength.

Abusers have aligned with evil. They fear the truth.

God/goodness/love will prevail as it is the most powerful truth.