

**STEPS IN VICTIM SELF-BETRAYAL  
TO PSEUDO-PERSONALITY**

UNDERSTANDING THE VICTIM-HOSTAGE MINDSET

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THE PURPOSE OF A PREDATOR IS TO DESTROY THE OLD IDENTITY OF THEIR VICTIM (S) AND CREATE A NEW "PSEUDO-PERSONALITY" THAT HOLDS THEIR OWN BELIEFS, VALUES AND IDEAS.

THIS PROCESS IS IMPORTANT TO UNDERSTAND SO WE CAN ASSIST THE VICTIM IN THEIR PROCESS/PROGRESS OF RECOVERY BETTER. THIS PROCESS IS NOT NECESSARILY THE EXPERIENCE OF THOSE KIDNAPPED FROM THEIR FAMILY.

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THIS LIST OF STEPS IS NEITHER EXHAUSTIVE NOR CONCLUSIVE BUT ONE THAT RESEARCH AND MY EXPERIENCE HAVE SHOWN TO BE COMMON:

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# 1. GROOMING

- a. COMPLIMENTS – WORDS OF LOVE, ADORATION, UNIQUENESS
- b. MAKING A VICTIM FEEL SPECIAL, LOVED, CHERISHED, ADORED
- c. ATTENTIVE AND GIVING OF TIME, MONEY, ACTIVITIES, "EARS"
- d. TOUCH AND GIFT GIVING (TRIPS, CLOTHES, JEWELRY, CARS, DRUGS, ETC.)
- e. ACTS OF SERVICE AND KINDNESS (SYMPATHIZING, CARRYING GROCERIES, OPENING DOORS, SAYING THEY UNDERSTAND WHEN OTHERS DON'T, ETC.)
- f. PROMISES MADE AND SOME KEPT
- g. FLATTERY
- h. JEALOUSY
- i. POSSESSIVENESS

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# 2. OWNERSHIP

PERIOD OF LETTING THE VICTIM KNOW THAT THEY ARE PROPERTY AND "OWNED" OBJECTS FOR THE PURPOSE OF MAKING MONEY FOR THE PERPETRATOR

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# 3. OFF-LOADING BLAME: putting another down by emphasizing their flaws slowly beginning the process of brain washing

- a. GASLIGHTING – CRAZY MAKING TECHNIQUES TO UNDERMINE SANITY
- b. SCAPEGOATING – INTENTIONALLY SINGLING OUT A PERSON FOR UNMERITED NEGATIVE TREATMENT AND BLAME
- c. MIND BOMBING – PROCESS BY WHICH SOMEONE MAKES ANOTHER BELIEVE THEY AREN'T WHO THEY THINK THEY ARE AND INTEGRATING THE PERPETRATOR'S JUDGMENTS OF YOU THROUGH NEGATIVE DESCRIBING, COMPARING, JUDGMENTS, WHICH LEAD ONE TO SELF-BETRAYAL

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#### 4. TRAUMA BONDING: INTERMITTENT ACTS OF KINDNESS BETWEEN ABUSIVE ACTS

- a. Brain chemicals released to create this type of bonding
- b. Emotional flush and limbic system heightened and primary
- c. Patent bonding
- d. Emotional Addiction and bonding
- e. Patent longing in victim to be understood
- f. Sympathizes with perpetrator
- g. Fantasy thinking
- h. Defends perpetrator

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#### 5. DEBILITATION: MIND CONTROL TECHNIQUES TO BREAK ANOTHER DOWN PSYCHOLOGICALLY AND EMOTIONALLY

- a. MAKING SOMEONE WORK LONG HOURS
- b. POOR DIET OR WITHHOLDING OF FOOD
- c. SUGAR INTAKE INCREASE
- d. FORCED DRUG/ALCOHOL USE
- e. HIDING DRUGS IN ANOTHER'S DRINK, FOOD, ETC.
- f. SLEEP DEPRIVATION
- g. THREATS

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#### 7. THE 3 THREATS

- a. **PERCEIVED** – VICTIMS PERSPECTIVE OF THE THREAT NOT THE PERPETRATORS
- b. **ACTUAL** – A THREAT/EVENT THAT HAS ALREADY HAPPENED OR A REALITY OF IT BEING DONE
- c. **TERRORIST** – A THREAT OF LIFE ENDING/DEATH

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### 6. EMOTIONAL BLACKMAIL

PSYCHOLOGICAL MANIPULATION AND THE USE OF A SYSTEM OF THREATS AND PUNISHMENT ON A PERSON IN AN ATTEMPT TO CONTROL THEIR BEHAVIOR AND HAVE THEM BECOME THEIR EMOTIONAL HOSTAGE

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### 8. PROJECTION

PROJECTED AND UNWANTED THOUGHTS AND FEELINGS PUT ON THE VICTIM TO HELP THE PERPETRATOR DEAL WITH HIS/HER OWN PROBLEMS

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### 9. VICTIM STATUS

HOW A VICTIM SEE'S THEMSELVES WHEN A PERPETRATOR INTENTIONALLY ACTS OUT TO CONTINUOUSLY BLAME THEM FOR NON-EXISTENT PSYCHOLOGICAL TRAITS AND FOR NON-EXISTENT VARIABLWS WITH THE PURPOSE TO INDUCE IRRATIONAL GUILT AT AN UNCONSCIOUS LEVEL

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### 10. IDENTITY ASSAULT

SYSTEMATIC ATTACK O A VICTIM'S SENSE OF SELF AND CORE BELIEFS OVER DAYS, MONTHS AND YEARS

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### 11. BREAKING POINT: WHO AM I?

- a. WHERE AM I AND HOW DID I GET HERE?
- b. WHAT AM I SUPPOSED TO DO?
- c. WHAT IF HE/SHE (PERPETRATOR) IS RIGHT?
- d. AM I CRAZY?
- e. CREATES SEVERE SYMPTOMS LIKE CRYING, SOBBING, DEEP DEPRESSION, GENERAL DISORIENTATION, FEELINGS OF BEING COMPLETELY LOST AND ALONE AND HELPLESS
- f. CREATES THE POINT WHERE THE VICTIM IS "WILLINGLY" PARTICIPATING WITH THE PERPETRATOR WHICH LEADS TO LOGICAL DISHONORING OF SELF (LITTON, 1999)

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### 12. DECLARATIVE MEMORY ALTERED

A VICTIM IS UNABLE TO PUT INTO WORDS THEIR REALITY DUE TO EMOTIONAL AND CHEMICAL FLUSHING IN THE BRAIN (LIMBIC SYSTEM OVER ACTIVE – FRIGHT, FLIGHT, FREEZE) FROM CONSTANT AND DAILY LIVING IN ABUSE AND TERROR WHICH OVER-RIDES OTHER BRAIN FUNCTIONING SYSTEMS OF BEHAVIOR, LEARNING, THINKING, ETC. (FRONTAL CORTEX, PRE-FRONTAL CORTEZ, ETC.)

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### 13. SELF-BETRAYAL

COMBINED MENTAL ATTACKS AND THREATS TO WHERE A VICTIM DENOUNCES SELF, FAMILY, FRIENDS AND BETRAYS THEIR OWN BELIEF SYSTEM.

PERPETRATOR HAS TOTAL CONTROL AT THIS POINT AND THE POWER AND PRIDE IN WHAT THEY HAVE DONE TO VICTIM IS CONFIDENCE BUILDING TO CONTINUE THEIR DOMINATION OVER OTHERS

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### 14. FINAL CONFESSION

A VICTIM'S SUBJECTIVE EXPERIENCE OF HIS/HER PERPETRATORS MESSAGE PLUS THE GUILTY RE-EVALUATION OF THE VICTIMS PAST ACTIONS WHICH CAN BE LOGICAL AND BELIEVABLE TO OTHERS AND TO THE VICTIM

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### DR. RAWLINGS STUDY

INTRIGUED BY THE PARALLELS BETWEEN HOSTAGES AND ABUSED WOMEN, DR. RAWLINGS FROM THE UNIVERSITY OF CINCINNATI, STUDIED RESEARCH FINDINGS ABOUT NINE "HOSTAGE" GROUPS: BATTERED WOMEN, CONCENTRATION CAMP PRISONERS, GULF MEMBERS, AND PRISONERS OF WAR, CIVILIANS IN CHINESE COMMUNIST PRISONS, PROCURED PROSTITUTES, INCEST VICTIMS, AND PHYSICALLY AND EMOTIONALLY ABUSED CHILDREN.

"BONDING TO THE ABUSER OCCURRED IN ALL NINE HOSTAGE GROUPS WE EXAMINED." RAWLINGS SAID, AMONG ABUSED VICTIMS, INDICATIONS THAT TRAUMA BONDING SYNDROME HAS DEVELOPED INCLUDE SIGNS THAT THE VICTIM IS GRATEFUL FOR ANY ACT OF KINDNESS SHOWN, DENIES THE ABUSE, IS HYPERVIGILANT TO THE ABUSER'S NEEDS, IS SUSPICIOUS OF PEOPLE TRYING TO HELP, FINDS IT DIFFICULT TO LEAVE THE ABUSER/PIMP, AND FEARS THE ABUSER/PIMP WILL COME BACK TO GET HER/HIM IF THEY LEAVE. THEY DENY THE DANGER THEY'RE IN AND THEY SEE THIS PERSON (PERPETRATOR) AS THEIR ONLY FRIEND. THIS IS ALSO A PERSON WHO HAS GIVEN THEM LIFE. THIS IS THE ONLY IDENTITY THEY HAVE NOW."

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