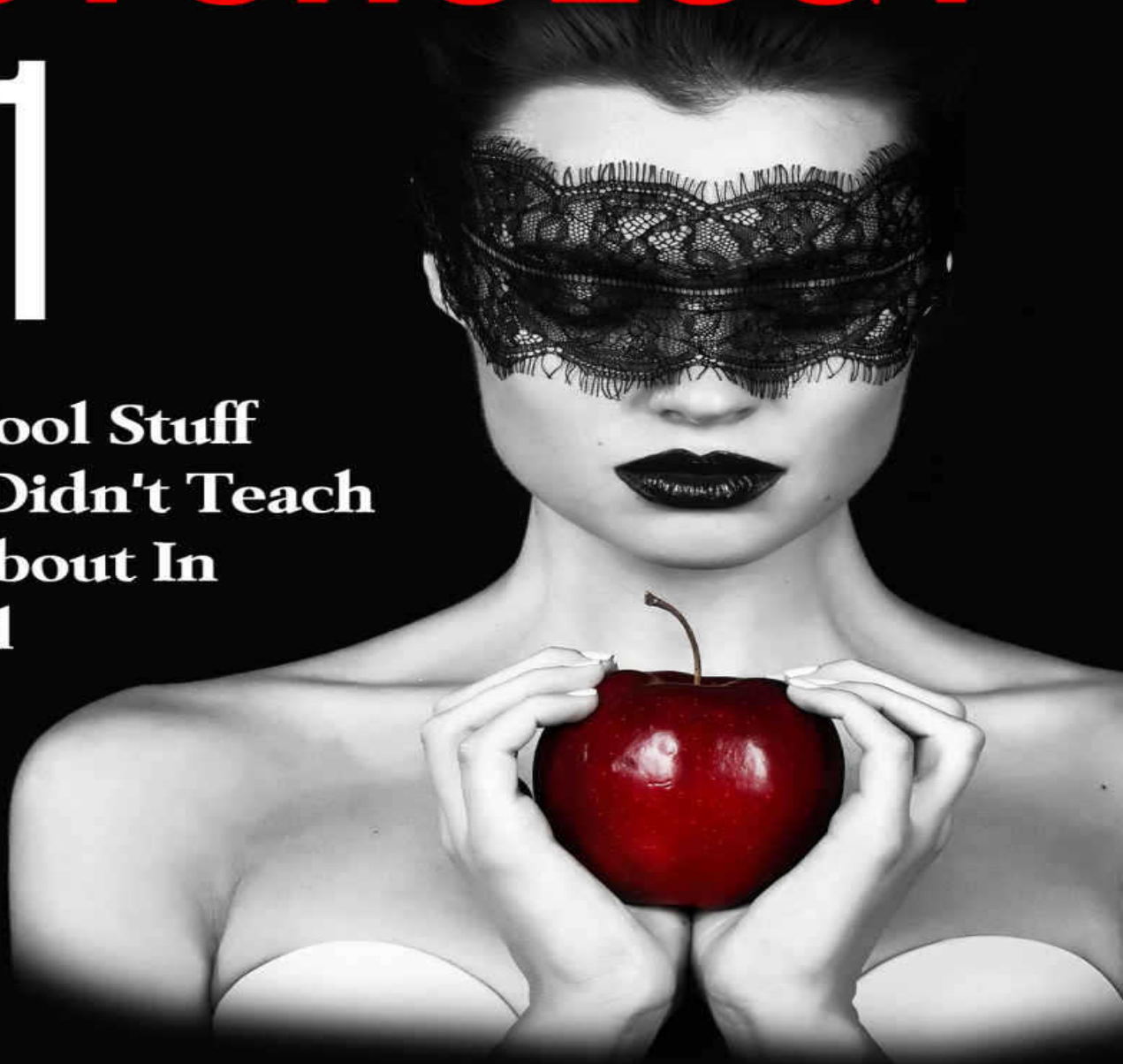


FORBIDDEN PSYCHOLOGY

101

**The Cool Stuff
They Didn't Teach
You About In
School**



MADISON TAYLOR

Forbidden Psychology 101

The Cool Stuff They Didn't Teach You About In
School

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Introduction

What is forbidden psychology? Why exactly is it “forbidden”? This ominous term “forbidden” alone should have you intrigued. Why should it have you intrigued? It should have you intrigued because it is not the standard, “safe”, and mundane aspect of psychology that is taught in schools.

In fact, some aspects, tactics and applications of this psychology have been outright banned by the United States government as well as other governments around the world because they have been deemed unsafe, unethical and outright inhumane. Although technically some of the practices of “forbidden psychology” have been banned by these entities, it has been practiced in the past and believe it or not it is still being practiced today overtly and covertly.

The subtle aspects of “forbidden psychology” such as mind control, manipulation and brainwashing that haven’t been outlawed are commonly practiced and employed openly by corporations in their everyday advertisements to the masses. It is also practiced by the government and the media with the purpose of shaping and molding the opinions of the populace with the ultimate aim of controlling our minds outright! Masters of manipulation and CIA interrogators are some examples of people who also understand this type of psychology as well and use its methods to exploit the minds of others.

However, do not be mistaken, the practice of “forbidden psychology” is not just relegated to corporations and media conglomerates, but its tactics and strategies are also employed and utilized by everyday common people. That’s right your average Joe and Jane the people who you engage with everyday in your life are constantly trying to manipulate you and access your mind and you don’t even realize it. This is how stealthy and sneaky “forbidden psychology” is. It is not all evil, but it can be scary because victims

are usually unaware and helpless to what is happening to them mentally and emotionally.

In these pages, you will learn all about this darker side of psychology. Not all forbidden psychology is inherently bad, but it is “forbidden” because of its potential use for evil. Understand the methods of manipulation contained in this book can be used for harm, and employing them is generally considered unethical. You can read this book out of simple curiosity, or you can use it to learn how to gain control over others for your own advantage. You can simply influence others harmlessly using the methods covered in these pages, or you can exploit others and cause deep harm. It is entirely up to you what you use this book for. Just approach this book with the understanding that the topics explored are serious and not to be taken lightly.

Chapter 1: What Exactly Is Forbidden Psychology?

Many of the topics covered in this book are not actually forbidden by any organization, law, or government. Some, however, are. Psychologists and the government have ethical codes that ban some applications of psychology. For instance, there are laws that prevent employees of the Pentagon from using certain forms of torture in interrogating terrorists and prisoners of war.

Many psychologists are prohibited from employing certain methods of mental manipulation, torture, and emotional control in psychological experiments, in order to avoid the permanent harm that they may cause their experimental subjects. We will cover some unethical experiments in the next chapter. These experiments inadvertently (or advertently in some cases) disobeyed ethical codes, and thus are considered forbidden.

Generally, the term “forbidden psychology” refers to psychological methods and applications that are not ethically permitted or socially acceptable. But you will be surprised how many people employ these methods on the sly. From the office sociopath to the advertisers behind the TV and magazine ads you see every day, you are surrounded by people using forbidden psychology on you. Throughout your own lifetime, you have probably always used manipulation and other forms of forbidden psychology on your loved ones to get your way. In addition, you are living in a country where your government has used unethical and forbidden psychology to gain control over enemies and to perform successful interrogation and torture.

When people use forbidden psychology on you, they are taking control of your mind in some way. Sometimes forbidden psychology hurts you, and sometimes it has no effect on you. Sometimes it even helps you. After reading this book, you will be surprised as you begin to recognize the subtle ways people gain control over you. You will become immune to some manipulation once you begin to recognize

it. This book hands you the reigns to realize when you are being manipulated so that you can take steps to protect yourself.

This book also hands you the reigns to turn over the tables and start using different methods to gain control of others mentally and emotionally yourself. You will be shocked at how tight this control can be and what you can accomplish with it. You will wield tremendous power over others with just a few subtle techniques. You can use forbidden psychology for benign purposes, such as getting someone to eat where you want to eat, or for good purposes, such as convincing your kids to eat veggies and go to bed on time. Alternatively, you may use them to inflict harm and hurt on others. While it is not encouraged for you to use forbidden psychology for harmful purposes, it is entirely your prerogative how you will use these methods and for what end. If you do choose to use this book for ill, hopefully you will not use these techniques to hurt your loved ones and other innocent people, but rather people that you are protecting yourself against. These methods can be employed for self-defense in some cases.

Ideally, however, you will use these methods to transform your life into one of success. You can certainly gain success in business and in your acquaintanceships if you know how to manipulate, interrogate, seduce, and deceive others. You can gain a great deal of power and make your life better than it has ever been before by getting your way.

This book does not just hand you the key to gain power over others. It will also open your eyes to how others use you. You can begin to gain better control of yourself and your life with forbidden psychology.

Chapter 2: Unethical Psychological Experiments and What They Did for Psychology Today

Psychological experiments are governed by a code of ethics that attempt to prevent harm from befalling the study subjects. Certain tactics are not permitted in the psychology community when it comes to experimenting on humans. Ethics regarding animal studies are also a hot point of debate. Any kind of experiment that poses a threat of real and/or permanent harm to its human test subjects is typically not allowed. Usually it is unknown if certain experiments will pose harm to subjects, but time has revealed many types of experimentation that are not advisable or permissible.

The American Psychological Association requires all of its members to follow these ethics when conducting experiments for scientific research purposes. The association often will review proposals for experiments and reject ones that appear to violate the strict code of ethics enforced by the committee. The committee will also question the ethics of studies that have already been conducted and refuse to publish results from unethical experiments.

Ethics include protecting the right of subjects to informed consent. Subjects are supposed to know what may happen to them during studies so that they can make an informed choice in whether or not to participate in the study. Unfortunately, many studies call for an element of surprise. Subjects who know what is happening to them may react differently and unnaturally to the stimuli. Therefore, this creates a gray area. Exactly how much do subjects need to be informed? How much information about a study can be withheld from subjects in order to yield accurate results?

Deception is sometimes necessary when it comes to scientific studies. But deception poses a potential for ethical violation. Therefore, deception can only be approved by the APA or another organization. Some experiments are denied because of their inherent

need for deception. Others are permitted if the deception will later be revealed.

Subjects also need to be debriefed following a study. They need to be informed of what happened in the study and what results were concluded. This can help mitigate any confusion or psychological damage that an experiment caused a subject. Debriefing can be difficult, however, especially in research projects that require a level of secrecy and security. The government especially cannot always reveal the findings or true purposes of their studies. This means that many government experiments call for an ethical violation right off of the bat.

Participants in studies must be protected from harm. This means that physical and permanent psychological harm cannot befall test subjects. Study procedures must be set in place and approved by the APA or another organization to guarantee the safety of subjects. Some studies require harm to befall participants in order to study how participants react to harm. Unfortunately, these studies are rarely ethical. They have been conducted throughout history, however, and have yielded tremendous information that has helped the field of psychology in many ways.

Subjects must be allowed to withdraw from a study or experiment at any time. If the study makes them uncomfortable, they have the right to speak up and leave the study. This implies that test subjects must be of an age and mental ability where they can fend for themselves. Testing children and babies and mentally disabled individuals creates an iffy area of debate because these subjects often do not have the ability to leave a study if they get uncomfortable.

As you can see, ethics pose many obstacles and gray areas for psychologists. Some studies are just not allowed to take place. Other studies are limited. Ethics protect test subjects, but they remove the ability of psychologists to unearth some of the darker aspects of the human brain.

That is why some types of psychology are “forbidden.” They employ unethical methods to obtain results. While these types of studies are not allowed and are often illegal, they can also yield much insight about the human brain. Some unethical studies do go on, and

often they take place in secret. The results are not published in common psychology journals, where other psychologists can challenge the unethical means by which the experiments were performed. Many conspiracy theorists believe that the government, including the Russian and US governments, perform unethical top-secret experiments. Whether they do or not cannot be confirmed, but there is a high chance that someone, somewhere, is conducting an unethical experiment and using secrecy to hide their unethical practices from governing bodies such as the APA.

In the past, many unethical experiments did take place. These experiments either blatantly violated the code of ethics set by the APA, or else they were performed well before a code of ethics was designated to the field of social science. These experiments were performed illegally and without the knowledge and informed consent of the subjects.

While these experiments undermined ethics, they did a great deal to advance the field of psychology. Many of these unethical experiments uncovered interesting nuances of human nature, especially in people who are under intense pressure from an authority or facing a serious threat. Since it is hard to study people who are naturally in duress and ethics prevent psychologists from putting subjects into duress during studies, these experiments were able to shed some light on the brain's performance in horrible and unusual situations.

Here are some unethical experiments and their interesting results. These results have shown how the human mind behaves while under duress. Often, these behaviors are quite telling about human psychology and offer insight into our panic mode behavior and our fight-or-flight responses to traumas.

The Aversion Project

In the South African Apartheid Army, homosexuality was forbidden. From 1971 to 1989, the Apartheid government began a top-secret experiment to find out how to eradicate homosexuality from its army. The experiment was conducted by the South African government and Dr. Aubrey Levin was the head psychologist in the experiment. The government began to aggressively seek out

homosexual army members and send them to psychiatric units in an attempt to “cure” them of their sexual orientation. An estimated nine hundred soldiers were sent to psychiatric units, primarily the Ward 22 of 1 Military Hospital at Voortrekkerhoogte. In these units, subjects were treated with shock therapy, drugs, and hormone therapy. Subjects who did not respond to these therapies according to the government’s standards were either castrated or given sex-change operations.

These “cures” were very traumatic to the subjects. Often the subjects were forced to undergo the therapy without giving any type of consent. Documented incidences of abuse abound, and one sex-change operation on a lesbian woman was horribly botched, ruining her chances of ever enjoying sex or reproducing. Many of the sex-change operations are more aptly described as genital mutilation. At least nine hundred people endured abuse and were assigned genders that they did not choose in the course of this experiment. A majority of the victims were white males between the ages of sixteen and twenty-four, who had been drafted into the army and made into women against their will.

The experiment is considered to be a failure, as well. Instead of curing people of their homosexuality, the project simply resulted in at least nine hundred permanently scarred victims and a large public outcry against human rights abuse. The project led to the conclusion that homosexuality is not an ailment that can be cured, but rather a permanent and lasting aspect of someone’s identity. However, Dr. Levin is still a successful psychiatrist in good standing in South Africa. He even has his own practice, meaning that he is still treating people despite his total disregard for human rights and ethics during the Aversion Project.

Stanford Prison Experiment

The Stanford Prison Experiment did not actually violate any ethics because all participants were allowed to leave the study at will and all were granted the right of informed consent. However, the results of the study posed great danger and psychological harm to the subjects, putting this study on the list of great unethical psychological experiments throughout history.

In an attempt to study how people behave in the roles of prisoner versus guard, Philip Zimbardo conducted the Stanford Prison Experiment at Stanford University in 1971. His aim was to prove his hypothesis that the designation of authority roles inherently led to the proliferation of abuse in the US prison system. The test subjects were twenty-four primarily white, middle-class males, some of whom were assigned to be prisoners and some of whom were assigned to be guards. The guards were given no training on how to act as guards. Using Stanford's Jordan Hall basement as a prison, the study lasted for five days. Zimbardo acted as superintendent and let the students play out their roles of prisoner and guard as they saw fit. Guards were instructed to not physically harm or starve the prisoners, but they were instructed to emotionally abuse prisoners and make them feel degraded.

By the second day of the experiment, abuse already abounded among guards. Guards took their roles very seriously and were determined to have total control of the prisoners. As superintendent, Dr. Zimbardo was shocked to realize that he was complacent in allowing the abuse to continue.

Conversely, prisoners assimilated into their roles relatively quickly and accepted the authority that the guards held over them. When asked how they planned to leave the prison, prisoners had no idea. They seemed to be complacent in their roles as prisoners. All the prisoners began to exhibit signs of depression.

Dr. Zimbardo realized that his experiment was harming his subjects so he ended it after five days. He considered the study a success because it proved his hypothesis: People will abuse their control when put in certain positions of authority.

Landis's Facial Expression Experiment

Carney Landis designed an experiment in 1924 meant to find out if all people create the same facial expressions in response to specific emotions. He wanted to see if people expressed themselves differently, or if there are universal facial expressions. He recruited University of Minnesota students as subjects.

The students had their faces painted with black lines so that Landis could accurately study the movements of their individual facial muscles. The students were then exposed to things that were designed to stir up specific emotions. For instance, students were asked to put their hands into a bucket of slimy frogs in order to cause disgust. They asked to smell ammonia, to invoke the emotion of unpleasant revulsion. They were shown pornography to awaken sexual desire. Landis took photos of the students' faces as they reacted to the different stimuli.

These first trials hardly violated ethics. But ethics came into question when students were asked to behead living rats with a knife. Exactly two thirds of the students willingly beheaded the living rats. The other third was forced to watch as Landis beheaded the rats himself.

The study did nothing to prove whether or not humans share common facial expressions, though later experiments have proved that this hypothesis is true. Human beings do share universal facial expressions across all cultures. However, this experiment did prove the fact that many people are willing to do anything that they are told to do by an authority figure.

Milgram Study

The above conclusion that humans are willing to obey authority figures even in doing horrible things they feel repulsed by was also proved by another horrific and scary experiment called the Milgram Study. The experiment took place at Yale during the summer of 1961. Stanley Milgram conducted this experiment where subjects were told to administer electric shocks to a learner whenever he made a mistake. He wanted to use it as a means to find out how sensitive people were to authority, in an attempt to explain why so many Nazis were willing to partake in the Holocaust thirty years before. Many people were still grappling with the horror of the Holocaust and this experiment was intended to find out why Nazis were willing to do the cruel and horrible things that they did. Were they really just following orders?

Milgram had a person involved in the experiment and a volunteer. The volunteer did not know that the other person was just an actor. Both people would draw slips to determine their roles, but both slips always said teacher. The actor would then lie and say that he was supposed to be the learner, in order to give the subject the sense that he had randomly received the role of teacher.

The teacher and learner were then sent to separate rooms where they could communicate but could not see each other. The teacher was then supposed to read a word and a list of four possible pairs for the word. The learner was supposed to press a button to indicate his response. If he got the answer wrong, the teacher was instructed to give him a small electric shock using an electroshock device. The teacher was allowed to experience a small shock so that he could know what the learner would feel should he get the answer wrong. The shock was so small that it barely stung. Unbeknownst to the teacher, the learner did not really receive any kind of shock at all during the study.

As the study progressed, Milgram began to ask the teacher to administer greater and greater amounts of electricity in each shock when the learner gave a wrong answer. The actor began to bang on the wall and cry out in pain after several jumps in voltage. The teacher usually wanted to go check on the learner, but was not allowed to. Instead, Milgram continued to insist that the teacher keep reading questions and administering shocks. Many teachers wanted to stop at 135 volts. But Milgram told them, "Please continue. The experiment requires that you continue. It is absolutely essential that you continue. You have no other choice, you must go on." The volunteers were expected to continue giving shocks up to 450 volts, which is an extremely painful level of electricity. Milgram also reassured subjects that he would take full responsibility to any harm that was inflicted on the learner, and that the volunteers would not be in trouble with any authority for hurting the learner. Students were allowed to leave the study if they continued to refuse to keep giving huge shocks to the learner, but here is the interesting part of the study: sixty-five percent of volunteers continued giving shocks all the way up to 450 volts.

The conclusion from this study was that people are willing to do what authority figures tell them to do. If someone else is in control and takes responsibility for the outcome of something, people are typically willing to do what they are told. Creating a sense of urgency, as if there is no other choice, also influences people to do what they are told.

Little Albert

Little Albert was a nine-month-old baby boy born to a wet nurse named Rosalie Raynor that John Watson was having an affair with. John Watson paid her a dollar to let her baby participate in a study about fear conditioning in human beings. It is unclear if Little Albert was Watson's son or not. This experiment was highly unethical because Little Albert could not give consent and was not debriefed at the end of the experiment.

For two months, Dr. Watson exposed Little Albert to fluffy white lab rats with no attempt at conditioning. Then, at the end of the two months, he placed Little Albert alone in a room with a white lab rat. Little Albert was not afraid of the rat and enjoyed petting it and playing with it. Then, Dr. Watson would come up behind Little Albert and crash a hammer against a steel bar. The sound would scare Little Albert into crying. After a few sessions, Little Albert became terrified of the white lab rat because he had formed an association between the rat and the scary sound. He had become conditioned to expect a negative consequence whenever he saw the rat.

Little Albert's fear began to also extend to anything white and fluffy. He would cry and refuse to play with white, fluffy toys. His fear had turned into a phobia.

Then Little Albert left the experiment with no debriefing and Dr. Watson was dismissed from John Hopkins University for his affair with Rosalie Raynor. Little Albert most likely had a fear of fluffy white objects from then on, but it is unknown exactly how the experiment affected him through life because he passed away at age six. His death was unrelated to the experiment.

This experiment, though unethical, proves that human beings are very sensitive to conditioning. They can learn to fear things that are unrelated to stimuli just because of fear associations that form in their brains. The human brain seeks to form associations in order to react with fight or flight to certain stimuli that may signal danger is present. These associations are often subconscious and very strong. They can drive human behavior.

Learned Helplessness

The Learned Helplessness Study was performed on canine subjects, but its principles can be applied to humans as well. The Stanford Prison Experiment is one experiment that helped prove how humans can be taught to be helpless. This experiment further confirmed findings on helplessness.

Mark Seligman and Steve Maier conducted this experiment in 1965. They put three different groups of dogs in harnesses. Group 1 was released from the harness after a few hours with no harm done to them. Group 2 was paired and leashed together and one dog from each pair was administered a small electric shock from a device that could be stopped by pressing on a lever. Dogs in the third group were also paired together and one dog was shocked, but pressing the lever on the device did not cease the shocks.

Later on, all the dogs from all three groups were placed in a box together. They were administered shocks at random. The dogs could escape from the shocks simply by jumping through a door in the box. The dogs from Groups 1 and 2 hopped out of the box immediately. The dogs from Group 3, however, had learned to be helpless and simply stayed in the box, seeming to believe that nothing could be done to escape the pain of the shocks. The Group 3 dogs only learned to jump out of the box when they were physically moved by the scientists at least two times.

This study indicates that people can learn to be helpless. If they think nothing can be done to avoid a bad situation, then they become complacent and do not help themselves, even when an obvious solution lies right under their noses. People who learn to be helpless become dependent on another person to help them learn how to overcome their issues.

The Well of Despair

Dr. Harry Harlow conducted an inhumane experiment on rhesus monkeys in 1960. In this experiment, he took baby rhesus monkeys who had already developed healthy bonds with their mothers and isolated them in steel boxes for up to a year. These monkeys were not allowed to interact with their mothers at all, thus severing the wonderful bonds that they had formed early in life. At the time of release from the box, all of the monkeys were psychotic and never recovered and returned to normalcy.

This study was horrific. But it proved a key point: Even with a happy childhood, people can become psychotic and twisted through life circumstances. A good childhood is not necessarily a foundation for a successful adulthood if a child is later exposed to certain horrific events or conditions. It also proved that isolation is capable of driving anyone crazy. Social interaction is required for a degree of mental health and normalcy.

David Reimer

David Reimer is a sad case of a test subject whose life was ruined at the hands of a psychologist. David Reimer was born in 1965 and was brought to the hospital by his parents for a routine circumcision when he was eight months old. Unfortunately, the hospital used the wrong equipment on little David and burned off his penis. Psychologist John Money saw David as an opportunity to learn about gender fluidity and whether it was nature or society that made people act male or female. He proposed that the family give David a sex change operation and turn him into a girl, in order to recover from his lack of normal male genitalia.

David became Brenda for fourteen years. She had a surgically constructed vagina and took hormonal pills. Nevertheless, she acted like a boy and not a girl. She was confused and had conflicted feelings about everything in life. Kids rejected her and teased her at school because she was not a normal girl.

When Brenda was fourteen years old, her parents finally admitted the truth to her. Brenda became David again, stopped taking estrogen pills, and had a penis surgically constructed. He

struggled with gender identity issues his entire life and finally killed himself at thirty-eight.

Dr. Money reported that the experiment was a success. He believed that he had proved the fact that gender is formed by nature, not nurture. Unfortunately, his experiment created a short life of conflict and misery for one innocent individual.

Project MK-Ultra

Project MK-Ultra refers to a massive amount of CIA mind control experiments that occurred over thirty years. The project was conducted by “front organizations” posing as pharmaceutical companies, colleges, or other legitimate businesses. Over eighty-eight facilities were used as sites for the experiments. Subjects varied, but were often defenseless people who did not know what was going on.

Some of the subjects gave informed consent, but most did not. Prostitutes, mental patients, and prisoners who could not say no were often experimented on. In addition, drug addicts were bribed to experiment with CIA drugs in exchange for more heroin. Subjects were often coerced into taking drugs such as LSD, enduring physical and sexual abuse, and undergoing hypnosis designed to make them go crazy.

Often, academics who were conducting research for this project were totally unaware that their research was actually for the CIA. This lack of informed consent from all parties involved made these experiments highly unethical, but the poor treatment and mysterious deaths of many of the subjects also led to a 1975 investigation into the CIA’s activities.

However, the CIA destroyed many of the files from the project in 1973. Therefore, the US government was unable to perform a conclusive investigation. Investigators were forced to rely on the chilling accounts of survivors of the experiments, as well as a few fragmented documents left behind. While the results of the experiments are unclear, many of the subjects were left with permanent harm and many even died.

What You Gain from Knowing about These Experiments

Now that you have read about these unethical experiments, you have gained some knowledge that is extremely useful when using forbidden psychology techniques. These experiments reveal some nuances of the human brain that you can use to your advantage. It is important to learn about experiments like this and develop an understanding of psychology in order to become an effective manipulator. The human brain often operates on a subconscious level and using the common subconscious behaviors of human beings to your advantage can allow you to gain control over their minds.

The first vital piece of information you learned is that most people will do anything that an authority figure tells them to, even horrid and inhumane things. Put yourself in a place of authority and you are able to control people and get them to do what you want.

The second vital piece of information is that human beings are incredibly sensitive to conditioning. They can be manipulated through associations between stimuli and results. You can manipulate people by conditioning them to have certain associations between actions and rewards or punishment. Then, when they see a certain stimuli, they will perform an action you want to avoid punishment or receive some sort of reward. Often people are unaware of their conditioning. This revelation is the cornerstone of brainwashing and covert manipulation.

Another vital revelation from the Learned Helplessness study is that people can be taught to be helpless and to depend on someone else entirely. Instead of fixing situations themselves, people exist in a state of feeling that nothing can be done. You can exploit situations and gain a position of power where people rely on you to help them.

From the CIA study, you learned that it is possible to totally change someone's life. Mind control is possible. You can get into someone's mind and cause them permanent harm, gain confessions, and even teach the person new behavior and mannerisms. Brainwashing acts on their premise.

Also, you learned that no one is immune to being mentally manipulated and changed through life circumstances, thanks to Dr. Harlow's monkey study. Even people who have sturdy brains and happy childhoods are possible victims. You just have to expose people to certain stimuli and life circumstances to change them.

Finally, you learned that people are incredibly protective of their personal identities. Identity is natural and not necessarily a product of nurturing and environment. You cannot change a person to the very core. But stripping away someone's identity can literally drive a person crazy, even to the point of suicide.

Chapter 3: Forbidden Government Methods of Interrogation and Other Illegal Psychology

It probably does not come as a surprise that certain government agencies engage in psychological activities, some of them of questionable nature. Earlier, we covered MK-Ultra, the illegal mind control experiments that the CIA conducted over the course of thirty-some years. There are many other experiments that have also caused controversy.

These experiments are classified for two reasons. The first reason is that the government does not want the results of their research to fall into enemy hands. While German and Soviet governments have been known to conduct psychological research as well, the United States does not want other countries to learn what it has discovered. This indicates that the United States has possibly made some great strides in the areas of mind control, interrogation, and even mind reading.

The second reason is that many of these government experiments violate ethics. Mind control can pose great harm to subjects, thus making it unethical. Some experiments on mind control involve torture, illicit drug use, and other deeply harmful methods of mental torture that can result in permanent harm or even death of the subjects. The government is often conducting these experiments to find ways to torture prisoners and get pertinent information from people who are strong-willed. Therefore, they need to experiment with ways to harm people.

In addition, many people refuse to be part of the harmful and even brutal experiments that the government conducts, so the government uses subjects who are unable to refuse and thus unable to give informed consent. This further violates ethics. As in MK-Ultra, many subjects are prisoners, mental patients, and other people who were unable to fight or give informed consent. Soldiers were the

unfortunate victims of military experimentation with amphetamines in the 1940s. It is also believed that abducted children are used for government experiments.

Many government experiments are not possible or ethical enough to be performed at universities. The research is often only performed with the purpose of finding new ways to get information from enemy spies. As a result, this information is top secret and undisclosed to the public. There is little or no similar university research available to the public. Unfortunately, this means that the average person is kept from a wealth of information that the government may have on how the human mind works and how it can be controlled. There is a great deal of information that we simply have no access to.

Ethics has created some laws that the United States government is obliged to follow. These ethics protect people from inhumane treatment. However, it is not uncommon for the government to blatantly break laws and violate ethics. There have been many ethical investigations into the CIA and other government bodies, but usually the investigations did not get very far. The CIA and other top-secret agencies are very good at destroying documents to prevent disclosure of their experiments. Using classification for public protection as an excuse, the CIA can perform countless assaults on the mental health of innocent civilians without being prosecuted. The lack of surviving evidence protects them from any sort of conviction.

The only evidence that typically remains are former test subjects, who may or may not be reliable witnesses. It is very easy to dismiss a homeless man rambling about top-secret CIA experiments as some crazy junkie with paranoid schizophrenia. Confirming the reality of test subjects' claims is nearly impossible, without any records. As a result, witness and victim accounts are not admissible evidence. They also do not give us a clear view into what really goes on in the labs of the CIA. We are unable to discern what is real and what is fabrication.

Nevertheless, the common themes of mind control and mind reading experiments suggest that there is a source of the rumors.

Someone had to get these ideas from somewhere. The most common images of CIA research include microchips and highly effective, intensive interrogation grilling tactics that make police questioning seem like a walk in the park. These images are common because they must have some element of truth.

The following are some illegal activities that the CIA, NSA, and other government bodies are believed to engage in. While there is no hard evidence that these tactics are actually in use, there is probably at least some truth to the rumors. Certainly these intelligence tactics are illegal, since they usually are done without the informed consent of the subjects. Often even the test administrators are not aware of their involvement in these tactics. However, these tactics are useful glimpses into the world of mind control and forbidden psychology in action.

Interrogation

The Central Intelligence Agency, Defense Intelligence Agency, Federal Bureau of Investigation, National Security Administration, and the common police force are all adroit interrogators. Interrogation is necessary for these government agencies to find and apprehend criminals as well as enemies of the Nation.

But interrogation is not always a good thing. The honesty that is supposed to come from interrogation is hard to come by. Certain type of interrogation often employs trickery or even torture to get the subject to confess to certain crimes. Therefore, this type of interrogation is often under fire for being inhumane. The government is often being investigated for human rights abuse in its interrogation tactics, but once again it is notorious for destroying evidence to avoid any sort of conviction.

Interrogation straddles a fine line. On one hand, it is totally unethical because no one gives consent to be interrogated. On the other hand, it is necessary for justice and peace. Interrogation is necessary for finding out information to apprehend criminals and enemies of the state. But the harm that befalls interrogation subjects is not always controlled by any sort of overseeing body.

In addition, interrogation attempts have been known to mislead or pressure people into making false confessions. Sometimes, police or other investigators are so determined to find a culprit that they will get the wrong person to confess in order to close a case. Wrong people are convicted all the time based on incorrect or false confessions. While there are laws in place to prevent this, false confessions still happen and are a real risk for interrogation.

Enhanced Interrogation

Enhanced interrogation is a nice way of saying “torture.” The CIA and Defense Intelligence Agency partake in enhanced interrogation against political prisoners in places such as Guantanamo Bay. Their enhanced interrogations are designed to break prisoners down into confessing. This cannot be done without some sort of torture involved. All torture methods used in these detainee black sites were explicitly approved by the George W. Bush administration to “halt” terrorism.

Some common methods used in enhanced interrogation include waterboarding, walling, hooding, slapping, sensory overload, sexual abuse, rectal feeding, and threats of physical harm to the detainees’ families as well as the detainees. Some of these forms of psychological torture are covered in Chapter 5.

Often, the CIA has lied about techniques it uses. For instance, during an investigation of the Salt Pit, a CIA prison, evidence of waterboarding was discovered, including a board and buckets of water. But the CIA denied any use of waterboarding at that facility. The CIA has also been known to destroy video footage and documents depicting torture. The fact that the CIA lies about its enhanced interrogation attempts and hides evidence suggests that something wrong or illegal is going on.

Torture is generally considered illegal by the Geneva Convention and the UN. The UN Convention against Torture is one of the governing bodies that attempts to make torture illegal and to promote humane treatment of prisoners. But the United States, along with other countries such as Iran and Venezuela, continues to practice torture. Unfortunately, this is because torture is just the easiest and best way to get information. When trying to get ahead in

international politics and war, governments understand that they need to get information about the enemy. The only way they can do this is by targeting people who possibly know things. Often, enemy spies and soldiers are trained to not betray their country of origin. Torture is necessary to get them to open up and give the desired information. Governing bodies such as the UN Convention against Torture cannot take away on the government's best weapons.

Torture works by corroding someone's will to withhold information. By making someone's suffering strong enough, you can make someone give up information just to make the pain stop. Psychological and physical torture are both used by the CIA and DIA, often hand in hand. Both types of torture are great at making the human mind break. However, psychological torture is best because it does not entail harm to the physical body, and it can easily break down the mind, leading to a confession. It is easy for the government to use psychological torture without leaving any evidence of their activities.

Electromagnetic Mind Control

It is believed by many groups that the CIA and other government agencies have developed top-secret means of mind control and mind reading using electromagnetic and microwave rays. While there is no solid evidence of these methods at work, they do explain the sudden onset of cancer, inexplicable nerve pain, and even mental illness and psychosis.

If real, these methods are forbidden because they are performed without the informed consent of subjects. They are also highly covert, using invisible radio waves that cause symptoms that seem similar to common injuries or illnesses. Sadly, these electronic devices are able to gain control over people and direct their actions, cutting down on the basic human right of freedom of action. People are unable to determine that they are being controlled and put an end to it.

This mind control is certainly not well-known. There is no proof that it actually exists. But there are multiple disturbing accounts of people being driven to mental illness or other illness by possibly nefarious and unknown means. The evidence of ray attacks

is lacking, but the many blogs and sites dedicated to this subject are often taken down off of the Internet. Brigitte Althof is one of the loudest voices speaking out against abuse through ray attack, but there have been many attempts to silence her. There is also very real and tangible evidence of microchip tracking by satellite and other means by which the government has conducted research on these subjects, so it is possible that electromagnetic and radio mind control is either reality or in the works. If it is real, there are many unethical yet useful applications for long-distance mind control by electronic device.

Chapter 4: Interrogation

Interrogation is not just for the police and super-secret CIA operatives. There may be times when you need to interrogate your child or loved one to find out what they are not telling you. There are times when your loved ones lie to you, and you must get to the bottom of the truth. There may even be times in your career when interrogation is a useful tool for getting you ahead.

Most people lie at some point in their lives. This does not mean that you cannot find out the truth with some careful and calculated interrogation attempts. Using these CIA methods at home can actually work. Just remember to focus on your true goal, which is to get the truth. Do not get distracted by little arguments or hurt feelings. Getting the truth is the first step. Then you can worry about how you will handle the truth. Your reaction is entirely up to you, but when getting the truth out of someone, you should not be focused on reacting. You just need to focus on interrogating.

Use Respect

The best way to get someone to want to tell you the truth is by being respectful. If you treat someone with respect, they are more likely to want to please you. Put down your cell phone, turn off the TV, and cut out all other distractions so that you can give your interrogation subject your full and complete attention. Listen to what they say.

You also want to be very nice. Create an atmosphere of kindness and gentleness. Instead of being rude and harsh as you demand the truth, make it appear that you are not angry and that you are simply and respectfully asking for the truth. Use such words as, "I think we can work this out, if you can just try to remember what really happened."

Approach everything from an angle where you are trying to work the situation out. Ultimately, this attitude is beneficial because it lets your subject feel like telling the truth is the best way to reach a

solution. It will also put you in the ideal frame of mind for actually finding a solution with someone, rather than letting your emotions fly off the handle and creating drama. Your relationships will often work out better if you approach everything with the viewpoint that you are trying to reach a reasonable solution.

By attempting to reach a solution, you will naturally use speech, body language, and actions that will result in better communication with your subject. You will be more inclined to use polite language and cooperative terms in an attempt to bridge the communication gap with your interrogation subject. In the end, you will be less of an interrogator, and more of a partner in the quest for good, honest communication. You and your subject will bond and this will facilitate honesty, if you give your subject the chance to develop such an honest bond with you.

Think about how you would approach a friend. This is how you want to approach someone that you are interrogating. Most likely, you are interrogating a loved one. Therefore, you want to treat them as if they are loved. Make sure that they know how loved they are. Treat them with respect. Even if you are angry or trying to find out an ugly truth, you can be kind about it. This will create the bond and trust needed for honesty.

Bolster Their Ego

You can praise someone for their abilities. This can lead them to feel that they are special to you. Based on this feeling, people may sense that there is a close relationship there. They may also feel like you look up to them. They are thus more inspired to talk to you as if you are a friend. In this conversation, they may end up being honest with you, thinking that you will understand and even appreciate what they admit to you.

For instance, if you want to find out someone's feelings for someone else, you can use friendship to start conversations about personal things like crushes. Then, the person may admit to you a crush he or she has.

Facilitate an Atmosphere of Honesty

You can facilitate an atmosphere of honesty when trying to question someone. This atmosphere will make someone feel more comfortable telling you the truth. The purpose of an atmosphere of honesty is to make someone feel like they can tell the truth because they owe it to you.

The first step to creating this atmosphere is creating a bond or a sense of camaraderie. Being friendly and kind is one way to do this. When someone feels a bond with you, he or she is far more likely to want to be honest with you. He or she most likely will feel like you deserve the truth and that you are a nice person who can handle the truth.

You can further create this atmosphere by admitting to something yourself. By admitting to some small lie that you have told, you can make it seem OK to enter confessing mode. By the law of altruism, people are often obliged to return nice favors that you do for them. If you tell the truth about something, someone is likely to feel obliged to follow your lead and tell the truth about some small thing too.

Use Guilt

Guilt trips are a powerful way to get people to do what you want. This form of manipulation can certainly be helpful when you want someone to tell you the truth. Most people want to be honest and carry a certain amount of guilt when they are deceptive. You can exploit this guilt to get someone to reveal the truth to you.

The best way to guilt someone is to show them how much harm they are causing by being dishonest. You do not want to reveal how hurt you are, because this will make someone want to avoid telling you the truth. But you can indicate things like, “We can’t work this out if you don’t tell the truth, and this situation can really be resolved if you just tell the truth. I hope that we can work this out.”

It is also very useful to leverage someone’s feelings for their loved ones. Use their loved ones to make them feel guilty about the harm that they are causing. You can threaten to hurt someone’s

loved ones, or you can point out how someone is hurting their loved ones themselves. You can essentially use loved ones as blackmail.

Bluff that You Already Know it All

By pretending to know everything, you can make a liar very nervous. You can say that you know everything, and even give some hints to how much you know. You can base your hints on lucky intuition, to make it appear that you really do know everything. The liar will begin to wonder just what you really do know. He or she may accidentally reveal everything when he or she asks you, “Do you know about such-and-such?” The liar may also just break down in nervousness and confess all.

Pretend to be Incompetent

By pretending to be an idiot, you can give someone a sense of superiority over you. They will then explain things to you like you are dumb, in order to establish how smart they are. In the process of explaining, they may reveal the truth about something.

This technique is actually used by the government. The CIA will use female interrogators to interview sexist prisoners, particularly terrorists being held at Guantanamo Bay. Terrorists will feel that the female interrogators have to be stupid because of their gender. Therefore, they do not take the interrogators seriously and may slip up in the process of being condescending and careless.

Rationalize the Action

Rationalizing the action basically means that you determine the cause of someone’s actions. Understanding the cause of someone’s actions can help you determine how to best approach the situation and find a rational solution. Most people are good, but everyone lies. Just because someone lies does not mean that they are terrible, worthless, or out to deliberately hurt you. Sometimes good people get in over their heads.

With this understanding in your voice and your actions, you can come across as more understanding. People will feel less afraid

of you and more able to talk to you. They will be able to see that you understand.

Of course, you will also appear more rational. This rationality can set people at ease because they will be less afraid of the possibility of you flying off the handle in irrational emotion once the truth is revealed. People will believe that you are level-headed and a cool thinker.

Rationalizing others' actions can also make you feel better. With a clear understanding of how others feel when they lie to you or withhold information from you, you can easily begin to work through your feelings of betrayal and anger. This can make you stop losing faith in humanity, and instead will make you more sympathetic and more able to process someone's deception.

False Rationalization

You can offer a rationalization when interrogating someone. "I know you did this. Because you felt angry, you broke the window. Then you lied about it because you did not want to have to pay for it." You suggest false reasons why the person lied.

Many people will make the mistake of correcting you. By doing so, they admit to their own guilt. Referring to the window example, someone might confess without meaning to by saying, "No! I didn't lie so I wouldn't have to pay for it."

This is a common police tactic. You throw in an incorrect detail. Since human beings instinctually want things to be correct, they may offer a correction which will give away their guilt.

Throw in Incorrect Details

As in the previous section, people want things to be correct. The brain will become upset at the presence of an incorrect detail. Some people who are not careful will give themselves away in an effort to right wrong details.

When interrogating someone about an incident, you can try altering details from the truth. This can make someone want to correct you, thus admitting to their own guilt. For instance, if you are

confronting someone about stealing your things, perhaps mention that other items went missing than what really did. The person might say, “That’s weird because I never took that...” in confusion when you mention items that they did not steal.

Project Blame onto Others

It is easy to point the finger at people when you are certain they are responsible for an offense. But sometimes deflecting blame onto others is helpful in getting a confession to the truth. You can suggest that someone else is at fault, rather than the person that you know is at fault. You may say, “I’m sure it’s your friends that made you do it.”

On one hand, honest people will feel guilty and want to admit to their own responsibility, rather than letting another person take the fall. They are likely to admit to their own guilt when defending the innocence of their friends or other loved ones. This technique works especially well with children and teenagers, who are likely to be very attached to their friends.

On the other hand, projecting blame onto others also removes the spotlight from the subject. This can relax your subject, making him or her more open to confessing. He or she will no longer feel like you suspect him or her. This helps minimize the seriousness of the offense, taking the sense of danger and drama away from confession. When a subject is at ease, he or she may make a mistake.

Minimize the Seriousness of the Offense

You can make someone feel more comfortable confessing to something by minimizing the seriousness of an offense. Making an offense seem less serious can make someone feel like the consequences are less severe. Therefore, they will be more open to the idea of confessing to the truth.

Minimizing the seriousness of the offense incorporates some of the following tips, such as using neutral language and avoiding angry reactions or approaches. You need to approach the interrogation like it is no big deal. A blasé attitude can create a sense that confessing is not a big deal either, and it is possible to tell the truth without getting a huge reaction.

Often, liars are extremely nervous about how you will react when you learn the truth. Carrying on a lie is stressful and unpleasant. Liars are usually relieved to be able to drop the lie and come clean. If you remove the fear of reaction by minimizing the seriousness of something, then most liars will no longer fear telling you the truth and they will want to be honest at last.

See It from Their Side

Empathy is an important factor in interrogation. You do not have to be empathetic by any means. But choosing to be empathetic can help you see things from the other person's side. This can minimize your own frustration and hurt. You may be surprised at how much better you feel when you try to see things from another's point of view.

More than anything, however, empathy allows you to see how to reach the other person. It gives you a glimpse into how to best approach someone. For instance, if you understand that your subject is lying out of fear of your judgment, you then have the information necessary to make them more comfortable telling you the truth. All you have to do is reassure them that there is nothing to fear because you love them no matter what.

Another example is that if you understand that your child stole an extra cookie after dinner because her friend is allowed to have an extra cookie after dinner, you can explain that sweets are not healthy and that your child's friend is not as lucky as he may seem.

Spotting when Someone is Lying

An important part of interrogation is being able to tell when someone is lying. That way, you can determine if you are really receiving the truth, or if you need to keep interrogating someone. You can also use this information to confront someone about lying.

Most people have unique tells that indicate when they are being less than honest. However, sometimes it is hard to discover tells. You have to know someone well to know all of their tells, and even then, some people are great liars.

There are usually some common tells that you can rely on. The main one is a behavioral or speech pause. This is when someone stops talking for a moment, as they scramble to make up a logical story that you will buy. The brain needs time to think of stories. The truth does not need to be made up, and so people usually do not pause before telling you the truth.

Another tell is when there is a disconnect between someone's spoken words and their actions. For instance, someone may be saying that they are happy, but their tense and sad body language reveals otherwise. Another common example is when someone says yes but shakes their head no, or vice versa.

Covering the eyes or the mouth is a subconscious motion that liars make as they attempt to cover up the truth. While being untruthful, liars will often cover their mouth with their hands, or look sharply away. They may not even want to face you anymore.

Excessive swallowing or throat clearing indicates sharp spikes of anxiety in someone. This can mean that they are nervous as they utter a lie. Naturally lying makes people nervous, as they fear that their lies may fail to convince you. This is always a way that people can stall for time before giving you an answer so that they can think of a good lie.

Fidgeting and sudden personal grooming efforts can also be signs of deception. Instead of looking at you or dedicating attention to you, the liar is uncomfortable and wants to get away from the conversation. Fidgeting and messing with hair or adjusting clothes are signs of this agitation.

Sweating is another big sign. Someone should not be sweating excessively when you are asking questions. If someone is, he or she is probably very nervous. This could be because they are lying. It could also be because they are terrified of what the truth will bring. You cannot use sweat as a sign of lying every time, but it can be cause for concern.

Ways to Phrase Questions

When talking to someone about an uncomfortable subject, it is best to use neutral terms, rather than terms that carry negative

connotations. This removes the urgency from a situation and makes the subject feel like he or she is in less trouble.

For example, if you are trying to find out if your daughter is the one who stole a cookie out of the jar, do not demand, “Did you steal the cookie?” “Steal” is a strong word, suggesting something very serious and bad. Instead, ask the more neutral question, “Did you take the cookie?” “Take” is a far less scary word because it does not carry with it associations with a crime and potential punishment. Your daughter is more likely to be honest because she no longer fears being punished for stealing, which she knows is very bad. By using the term take, you make her think that you are taking the situation less seriously.

This can also work when confronting someone about cheating. Using the word “cheating” is likely to create a defensive reaction. Your partner may justify what they did by saying it is not cheating, and they can claim that they have a different definition of cheating than you just to escape being in trouble. Instead, ask something like, “Did you talk to her about sex? Did you touch her?”

Use terms geared toward resolving conflicts. This can create the sense that it is OK to be honest. It can also create a sense of teamwork and mutual cooperation, which can inspire others to be honest. Consider saying something like, “I want to work this out. But I need you to be honest with me, so that we can reach a solution. It is best if you tell me if you did this or not.”

Avoid phrasing questions that make it seem like this all about you. You do not want to focus on your motives for getting the truth. No one will want to admit something uncomfortable to you if they do not see any personal benefit for themselves. Try to make it seem like a team effort between the two of you and mention how the other person will benefit from telling the truth. For example, instead of saying something like, “I need to hear the truth” or “Tell me the truth!”, it is better to use phrases like, “We can work this out if you tell me the truth so that we can be happier” or “Please tell the truth so that we can begin to find a real solution. If you are lying to me, it indicates that there is a deeper problem. We should address that deeper problem so that we can both be happier.”

It is also best to avoid asking dozens of questions. Grilling someone is rarely successful because it makes people feel defensive. Rather, it is better to cease questioning and begin a monologue of statements. These statements can include such terms as, “I think you are being dishonest with me and this is something that we really need to get to the bottom of.”

Hide Emotions

When you are trying to find out the truth, you are probably in a bad situation. You are likely dealing with betrayal, which can make you feel enraged and hurt. But projecting these emotions are likely to motivate your subject to continue lying, in order to avoid your rage or hurt feelings.

Being calm and emotionless is ideal in an interrogative event. While you are trying to get the truth from someone, you must never reveal any explicit negative emotions. Pretend as if you are not angry. You might even want to smile.

In addition, it is best to use a calm voice. Yelling only makes your subject become defensive and even scared. Fear is rarely the way to get the truth out of someone, unless you want to employ torture. Often, playing “good cop” and being nice is far better than using fear and torture. Therefore, limit your yelling and anger. The calmer your voice is, the more likely your subject will feel comfortable telling you the truth.

Be Understanding

When you learn the truth finally, you may want to explode at someone. This is a natural human reaction to betrayal and hurt. However, explosions of rage are guaranteed to make a situation sour. Your subject will feel as if he or she can never confide the truth in you again, if you suddenly burst into emotions after a calm interrogation.

Try your best to be understanding. Again, empathy is very useful here. Most likely, someone did not do something to deliberately hurt you. Try to place yourself in the other person’s shoes. Why would they feel that they had to lie to you?

It may be useful to have a conversation with your subject about their motives for lying to you. This conversation may be hard to have. You may be confused, hurt, enraged, and even sad. Some hurtful things may become revealed. But by talking over the truth, you can learn some valuable things about your relationship with your subject. You can even learn how to better communicate in the future.

Combine Methods

Do not be afraid to combine methods when interrogating someone. You can combine methods for optimal success at times. Multiple methods can help you hit all the sensitive points that will get your subject to fall. However, be careful to not appear too desperate when combining methods. If you use too many different methods at once, you may overplay your hand and make it obvious that you are interrogating someone. Like in manipulation, interrogation of loved ones needs to be subtle.

You may also have luck using a partner in your interrogation techniques. For instance, two parents can interrogate their child using the good cop/ bad cop routine. Having someone else help you can certainly succeed in overwhelming your interrogation subject. One or both of you can hit sensitive points, until you find the one that makes your subject crack.

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Chapter 5: Psychological Torture

Psychological torture is intended to cause psychological harm using mental and verbal tactics. Most psychological torture methods are not physical, though it is possible for psychological torture to include physical tactics. The very act of physically torturing someone obviously has psychological effects of fear and trauma upon them, so physical torture could be considered parallel to psychological torture. Psychological torture is often used in interrogation, and also mind control.

What is the use of knowing about psychological torture? The average healthy, sane person has no use for psychological torture. It is usually not something you ever need to use in your lifetime. Torture is something that only psychopaths and spies (who are arguably psychopathic) need to know. However, understanding psychological torture can be useful. You never know when these tactics may come in handy. In a future post-apocalyptic society, for instance, these methods may prove useful in getting ahead and defeating enemies. More than anything, however, learning about psychological torture is simply interesting and completes your study of forbidden psychology.

Undoubtedly, psychological torture is a forbidden application of psychology concepts. No one ever gives informed consent to be tortured. People also can and often do suffer permanent harm from psychological torture. Torture is usually performed with the aim of retrieving information or simply hurting someone for amusement. There is no ethic that permits this kind of behavior.

Psychological torture works best by withholding a common human need from someone. Removing such needs as sensory stimulation, sleep, food, and water can have a debilitating effect on people. Making people endure endless monotony or stimuli, such as in water torture, can also drive people into psychologically unwell

states. Inflicting the anticipation and fear of impending physical harm is also successful in making the human mind shatter.

Psychological torture usually causes permanent mental harm, even leading to suicide. The human mind is broken by the torture. Returning to normal is usually impossible. Former prisoners of war are examples of people who are still alive today, carrying around the wounds of psychological torture. Many former POWs suffer from alcoholism, depression, anxiety, PTSD, and a plethora of other conditions. A large number of veterans from Vietnam suffer from mental illness and drug abuse and many of them are now homeless, wondering the streets and unable to take care of themselves.

Sensory Deprivation

Sensory deprivation can easily drive someone insane. Using a device such as a blindfold or an isolation tank, one or more of a subject's senses are completely cut off. Any and all stimulation of that sense is removed. This can cause people to go insane as human beings require sensory stimulation to keep their brains active and to feel like a part of the living world.

Monotony in sensory stimulation can also have the same effect as sensory deprivation. A monotone sound or other stimulation that remains constant and static creates what is known as the ganzfeld effect. This effect is identical to the effect of sensory deprivation.

The ganzfeld effect and sensory deprivation both give rise to hallucinations, suicidal behavior, and an altered state of consciousness. It appears that people who experience either of these effects of psychological torture lose touch with reality without their senses functioning properly. The loss of reality is sometimes permanent.

To illustrate how serious sensory deprivation is, there is a room that is known as the quietest room in the world. This room is located at the Orfield Laboratories in Minneapolis, Minnesota. It is ninety-nine point nine percent sound absorbent, meaning that it really is the quietest manmade structure in the world. Nobody has been able to stay in this room past forty-five minutes. Just standing in the room for a long period of time induces hallucinations.

Sensory deprivation of even just one sense is thus a powerful way to break the human mind. The human mind relies on senses for its grasp of reality. Removing its bearing on reality can cause the mind to fray, leading to hallucinations as the mind attempts to create its own reality.

Sensory Overload

Sensory overload is the opposite of sensory deprivation. Exposing someone to too much stimulation of any of their senses can result in sensory overload. People will become irritable, lethargic, and overwhelmed very quickly. They will be unable to concentrate and will be irritated easily, even by tactile stimulation, such as their own clothing.

The level of agitation that sensory overload causes can lead to a lack of emotional control in subjects. Recipients of sensory overload torture often become angry and aggressive and are prone to attack or unintentional self-harm as they act out their rage. Lengthy exposure can lead to hallucinations and post-traumatic stress disorder, a permanent reaction to a traumatic event.

Sensory overload is not just a deliberate torture technique. It is torturous in everyday situations. Often, urban environments also cause sensory overload in residents. Mental disorders such as ADHD, ADD, and schizophrenia have all been associated with sensory overload. This indicates the psychological harm that can be caused by using sensory overload as a torture device.

Loud music, crashing pots and pans, and an overexposure to light are all possible sensory overload tools. It is important to expose someone to a very extreme and large amount of stimuli. Hitting all of someone's senses with noise, light, tactile sensations, and strong odors can be especially effective in achieving rage and anxiety.

Sleep Deprivation

The effects of sleep deprivation on the human mind is astounding. The true psychological effects of sleep deprivation became public during a publicity stunt in 1959, when a Top 40 radio personality named Peter Tripp challenged himself to go two hundred hours without sleep. The stunt was meant to benefit the March of

Dimes, but it ultimately revealed the effects of sleep deprivation on the human brain. After just a few days of staying awake, Tripp began to hallucinate, and by forty hours, he required chemical help to remain awake and functional. While Tripp did not sustain permanent damage from this “Wake-a-Thon,” he made it clear how harmful lack of sleep can be. Others who have attempted (sometimes successfully) to beat his record, such as the high school student Randy Gardner who made it two hundred and sixty-four hours awake, have all experienced hallucinations as well. The psychosis associated with stimulant abuse is partly attributed to sleep deprivation.

Because of its devastating effects on the human mind, sleep deprivation is a useful psychological torture technique. Keeping someone awake by thwarting their attempts to sleep or administering stimulants such as amphetamines can successfully mentally break the person.

Mock Executions

A mock execution is literally the mock, or fake, execution of a person. A person may be led to believe that he is being led to his own execution, or he may be forced to watch the fake execution of someone he loves or a fellow prisoner from his cause. Seeing someone die or believing that one is about to die have very powerful effects on the human mind. Subjects will often break down in terror in an attempt to halt their own death.

Seeing another person die, whether the person dies or not, is very traumatic. It triggers mass hysteria. Preparing for one’s death also creates deep fear. Seeing a mock execution is a semi-humane way to expose someone to the fear of death, without physically hurting anyone.

White Torture

White torture combines sensory deprivation and isolation, creating an extreme environment of hostility and loneliness for the subject. Subjects are typically unable to withstand white torture very long before they lose all sense of personal identity and all aptitude

for social interaction. White torture can truly destroy a person for life.

White torture is most popular in Iran. It is carried out on journalists in the Evin Prison in Iran. The name “white torture” refers to the fact that many prisoners are kept in windowless white cells and served only white rice on white plates. Prisoners also have to slide a piece of white paper under the door in order to be taken to the restroom. The walls are sound-proof and guards wear noiseless shoes to further add to the sensory deprivation of this torture technique.

Britain, the United States, and Canada have also been accused of using similar means of torture, where prisoners are unable to move and forced to listen to white noise. This method is not physically harmful but has become labeled as “severe maltreatment” and “inhumane” because of the severe psychological damage it caused its victims. Venezuela also conducts white torture in an underground political prison known as “La Tumba,” or “The Tomb.”

A survivor of white torture describes the long-term effects that the torture had on his mental health. He cannot sleep without medication and he still feels very lonely, even years later. He cannot feel comfortable with himself or initiate social interaction and relationships.

The pain and craziness that white torture causes often leads to prisoners and victims confessing. Even if they are not guilty, people will confess to crimes just to avoid the mind-numbing loneliness and horror of white torture.

Chinese Water Torture

Chinese water torture, also known as Spanish water torture, is a method of torture that uses the seemingly innocuous dripping of water onto someone’s bare skin to drive someone crazy. Humans instinctually associate dripping water with a hollow in the ground below. Therefore, humans will become terrified and convinced that a hollow is forming in their own skin when they are exposed to a constant drip of water on a body part. The forehead is usually the most sensitive and successful spots for water torture, as it is closest

to the brain. People will become convinced that a hollow is forming in their own foreheads. This fear can make people frantic, to the point where they may break down and tell all in an interrogation.

Waterboarding

Waterboarding is scary for torture victims because it simulates drowning. The subject is strapped to a board, with their heads facing up, and then they are dunked into water or have water poured down their mouths and noses. The temporary experience of drowning is so unpleasant that it will sometimes cause people to break down and confess during interrogations.

Fear of death and the desire to escape the unpleasant circumstances can lead to control over victims. This is why torture like waterboarding is so successful. People will do anything to avoid feeling like they are powerless and about to die a horrible death by drowning. They will even confess to crimes they did not commit or reveal information that they were not supposed to ever reveal to end waterboarding.

Hooding

Hooding is just like what it sounds, the process of using a full-coverage hood on a subject. The hood causes sensory deprivation and prohibits clear breathing. Without being able to see, subjects become particularly anxious and disoriented. They cannot tell what other subjects are doing or when and how they will be beaten next. They are prevented from anticipating or understanding the actions of their interrogators. Paired with beating, hooding is especially anxiety-provoking and dreadful. It is also possible to leave a subject alone for a long period of time with a hood on; the subject will grow increasingly anxious with time, as he or she anticipates the return of the torturer.

Hooding also can lead to mental weakness in the form of hallucinations if it is performed for long enough. The sensory deprivation aspect of the torture can make subjects very unstable mentally. Coupled with anxiety and disorientation, it is a very successful torture method.

Hooding has long been used on prisoners that are about to be hung or executed. It leads to mounting dread of the upcoming execution, compounding the terror of death. In World War II, it was used by the Nazis as a popular torture technique. In 1997 and again in 2004, it was forbidden by the Geneva Convention as an inhumane form of treatment of prisoners because it is so torturous.

Half-Hanging

Half-hanging involves tightening a rope around a victim's neck until the victim passes out from oxygen deprivation. The victim is then revived and the process is repeated. The terror of oxygen deprivation is instinctual and inherent to everyone. The lack of knowing when you will be killed is what adds to the psychological horror of this torture technique.

In addition, repeated lack of oxygen can have damaging effects on the human brain. Lack of oxygen leads quickly to hallucinations, lack of clarity, and exhaustion. As the brain attempts to repair itself from the damage caused by lack of oxygen, it cannot dedicate as much energy to thinking of what to say. Therefore, the oxygen-starved brain is more likely to give in to interrogation attempts.

Walling

Walling is more of a physical torture method, but it does create the humiliation and mental defeat that make subjects crack psychologically. Walling is where subjects are placed into a collar. They are then repeatedly slammed into a wall by the collar. They bounce off of the wall by their shoulders and sustain only minor physical injury, such as bruising. Often the walls used are not even hard, but rather bouncy walls that the subjects easily collide into with minimal physical pain.

The feeling of being dragged into walls can defeat the mental fortitude of subjects. It is humiliating to feel that you have no control. The torturer is the one in control, as he hurls people about as he pleases. This is how walling can help defeat prisoners or other subjects. In addition, walling can create learned helplessness, where subjects feel like they are unable to help themselves and so they become totally dependent upon their captors. This learned

helplessness can make subjects confess as they depend on the help of their captors and become willing to do anything for their captors' approval.

Electric Shock Torture

Electric shock torture is physical. However, this torture counts as psychological because of the fear and suspense that it caused victims. Since electric shocks can be delivered at different voltages and in controlled intervals, the subject may not know when the next shock will occur or how much it will hurt. The subject may even be lulled into a false sense of security with low shocks, before being literally and metaphorically shocked by a sudden surge of high-voltage electricity. The anticipation of the pain of an impending shock is often worse than the shock itself, which is why this form of torture is considered primarily psychological.

Electric shock often did not leave any marks or permanent physical damage upon victims. This could be useful, especially when interrogating someone discreetly. Electric shock torture is also easy to perform in a variety of circumstances, making it convenient to the torturer.

This torture works by using some sort of prod or electrode to administer shocks to the human body. The most sensitive areas to place prods or electrodes are the genitals and the head. A voltage of under a hundred is usually best to avoid cardiac arrest. How much can be administered really depends on the strength and resistance of the human body.

Parrilla

Parrilla is a form of electric shock torture where a subject is strapped or tethered to a metal frame. Then the subject is exposed to electric shocks, which are of course magnified by the metal frame. The shocks are usually delivered via electrodes fixed to sensitive parts of the body, such as the nipples and genitalia. The word *parrilla* means grill in Spanish and essentially it is a grill for the victims placed on it. *Parrilla* is common in South America and other Spanish-speaking countries.

This form of torture crosses the line into physical torture, just as all electric shock torture methods do. However, it goes to show that physical torture has a very strong mental effect on people's psychology. Subjects would often break down in terror while being prepared for the *parrilla*, without even receiving a single shock. Women especially were found to be extremely sensitive to this torture method.

Nuremburg Plate

The Nuremburg Plate is essentially a Merry-go-round of torture. Most commonly used in the Medieval ages, the Nuremburg Plate is a massive torture device that is in the shape of a wheel, or disc. Subjects are chained to the plate by their arms and legs and then spun in a circle. The spinning would lead to disorientation, dizziness, and vomiting in victims. The beauty of the Nuremburg Plate is that its effects were purely psychological; the level of unpleasantness and discomfort it induced led to psychological harm, but never any lasting physical harm or visible damage to the body.

The Nuremburg Plate is so named because of its use inside Nuremburg Castle in Bavaria, Germany. Supposedly, it was never used outside of Nuremburg Castle. It had great appeal and popularity as a torture device for people who were suspected of treason.

Starvation

Starvation can include denying someone food or it can include providing someone with food but telling them that it is poisoned and forcing the prisoner to throw it up for self-preservation. The body very quickly will give away to hunger. Soon, obtaining food will preoccupy a person's brain, to the point where the person will give up information or do something just to get nourishment. People will develop poor impulse control early in the process of starvation, and later in starvation they will demonstrate complete apathy and lack of energy or will. Both stages of starvation provide a torturer with an element of control and leverage over the prisoner.

The human body can theoretically last for three weeks without food. However, starvation begins working on the brain immediately.

Brain functions are noticeably compromised after just a day of poor nutrition. A healthy brain and intelligent thought requires a certain caloric intake and healthy nutrition, such as vitamins. Relatively quickly, people can be broken by starvation.

Starvation is a common POW tactic. Famine is also commonly used to gain submission over enemy or rebelling populations during war. This is because starvation quickly weakens people and gives the torturer or ruling country easy control.

Tarring and Feathering

Tarring and feathering is a form of unofficial civilian torture used to humiliate subjects into either confessing to crimes or running away out of town. Subjects would be stripped down, covered in pine tar, and then rolled or showered with bird feathers. The feathers would stick to the tar. The subject would be paraded around town, where he or she would have to withstand jeering and the humiliation of looking like a chicken. This punishment is both uncomfortable and humiliating. It often breaks subjects down without even inflicting serious physical harm.

Historically, this torture method was most common in feudal Europe and then in colonial America. One of the most recent cases of this torture method was in Minnesota at the time of World War I, when John Meints was tarred and feathered for his lack of support of war efforts.

Bamboo Torture

Bamboo torture is not always a practical or possible means of torture. It was chiefly used in Asia during WWII, when prisoners of war were tied up and suspended above thickets of bamboo. Since bamboo is very fast-growing, it was only a matter of time before the young shoots grew tall enough to begin piercing the prisoners' bodies. The shoots were very sharp and inflicted great pain and even death upon prisoners. The psychological aspect of this torture lay in the fact that prisoners had to suspend in the air for days, anticipating slow, unavoidable pain.

Abacination

Abacination is the terrifying method of blinding someone over time. Usually a chemical agent is used. The chemicals are contained in cups over the subject's eyes. As the chemical slowly corrodes the cup material, it then drips into the subject's eyes, corroding away the eyeball tissue. The result is slow blindness. The subject must sit and endure encroaching blindness, which is a truly terrifying experience.

Chapter 6: Mind Control

Is mind control truly possible, or is it just a figment of the imaginations of people like Ian Fleming and movie directors? It depends how you view mind control. It is certainly possible to gain strong influence and practically total control over someone else's mind. But you cannot ever gain full control over someone else's mind. People do have free will and can shake off your mind control if they so choose. The important thing is to make sure that people do not ever realize that they have a choice in whether or not you have control over them. This can be hard to do, but it is possible, especially if you never let someone know that you do have control over them.

Mind control often refers to something very positive: the ability to be in control of your own mind. Not others' minds. However, it is possible to gain some control over others' minds, often with the aid of emotional manipulation or mind-bending drugs.

The CIA has often experimented with mind control. Following World War II, in 1945, the CIA began Project Paperclip, which oversaw a series of mind control experiments that often broke ethical laws. These experiments were designed to discover how people could be manipulated into memorizing pertinent information or confessing information and crimes against their will. A variety of means were used to obtain mind control, from hypnosis to torture to LSD. Often, the CIA was able to break people and make them go permanently insane or even commit suicide, but they were not able to create mindless robots that they could control at will.

Total mind control has been observed in interpersonal relationships. Someone, often a manipulator, is able to skillfully manipulate another person into becoming an automaton. Many abusers in relationships have total mind control over the victim, who hates the situation but cannot leave. The toxic environment of fear created by abuse and manipulation can have an amazingly powerful effect in gaining mind control. The bond that underlies interpersonal

relationships is perhaps what makes these relationships more conducive to mind control than in CIA studies. This is because people are naturally more willing to please their partners than a stranger.

In addition, the line between emotional and mental control is practically nonexistent. Emotional control is often necessary to gain mental control, and vice versa. Influencing the emotions can deeply hurt someone. By hurting emotions, you can gain control over someone's self-esteem, and their thoughts about themselves. You can then exploit this control for your own advantage. Abusers are examples of people who understand the link between the mental and the emotional, and they will use emotional blackmail and abuse to gain total mind control over their victims.

Undetected Mind Control

Mind control works best when it is undetected. People will get scared and throw off obvious attempts at mind control. Therefore, mind control must remain covert. Mind control is possible through subliminal methods, such as suggestions or brief exposures to images. It can also be very effective when used on traumatized individuals who have lost their healthy sense of self.

Trauma-based mind control is believed to be a common Illuminati tactic, as well as an Intelligence Agency tactic. Nazis and Italians especially showed interest in experimenting with undetected mind control in World War II, and Britain found success in using traumatized soldiers with Multiple Personality Disorder in combat. In mind control, a person or government acts as a programmer, programming the minds of individuals. Like a computer programmer, you can basically do anything you want with someone's mind, you just have to know how to give the proper commands. The human mind is often as malleable and controllable for outside sources as a computer.

Using trauma, you are able to gain control over the minds of victims. You can then extort your victims to give you or do whatever you want. Often, a symptom of undetected mind control is mental illness, such as Multiple Personality Disorder or anger management problems. Victims typically have no recollection of the actions they

performed while under mind control, and they often struggle with their consciences. Undetected mind control usually wreaks havoc on the mental and emotional fortitude of its victims.

Mind control is meant to be undetectable. Therefore, undetectable methods are often employed, such as subliminal commands. Subliminal messages are often slipped into advertising. They can easily be transmitted to victims over TV, the Internet, or other methods. Using a certain word or image very briefly will place the subject of the word or image into a victim's mind. Then, the victim will repeatedly think about it.

For instance, if you want to control someone and make them get McDonald's, you can show them a fleeting picture of a Big Mac without saying anything. They will then begin considering Big Macs subconsciously, which will manifest in hunger for McDonald's. Eventually, the person may decide, "Let's go get some McDonald's!"

Another subliminal cue can take the form of certain triggers. This form of mind control calls for hypnosis, which is covered in the following chapter. A person is exposed to a trigger and taught to do something or make some sort of association at the presence of the trigger. Triggers can make you want to do something. A simple sound, such as a bell or a song, can be a trigger.

Media mirroring is where you talk about something, and shortly thereafter, you see an advertisement about your conversation. This experience can seem like an eerie coincidence. In reality, however, it may be a sign of media mind control. The media is so strategically planned out, that advertisers may know what you will be talking about. They then can target you with specific advertisements while your mind is in a more impressionable, receptive state because you were just thinking about the subject.

Stronger forms of mind control are less subliminal. Trauma-based mind control works by inflicting trauma onto a person. It is believed that the Nazi Monarch Project and the CIA's MK-Ultra were two programs that used trauma-based mind control to gain control over individuals, turning them into slaves, informants, or even assassins. There is also a project called the Montauk Project, where young men were kidnapped and programmed to become psycho

killers that would erupt and kill people at the presence of a trigger. It is believed by some that the Columbine shooters, Ted Bundy, the Batman killer, and other mass shooters are actually Montauk Boys who were programmed to perform these killings at twenty-five different facilities throughout the US. While the truth of the Montauk Project is uncertain, it is certain that mind control is possible when trauma is used.

Victims of trauma-based mind control are often abducted and forced to live in horrendous conditions, where they have no freedom. Some reports of abducted child prisoners being kept in steel cages and beaten and tortured in underground military facilities run by the CIA have surfaced. On top of living in these horrendous conditions, the prisoners are often threatened with death and exposed to the deaths of others. This hardens them against death while also making them fearful and willing to comply. Various psychological torture techniques covered in the previous chapter are applied to prisoners to break them mentally. When prisoners reach a desired level of malleability, they will then be trained to perform whatever task they were designated for. They are more likely to comply out of fear. Also, when they receive praise for training well, they likely want to please and will continue doing their best for their captors.

This mind control is not necessarily covert. But it is still undetected because victims often fail to realize why they are being abused the way that they are. The victims may be totally unaware that they are at the mercy of the government, for instance, and may instead believe that they are being held captive by some madman. In time, they forget to question what is happening to them because they are too focused on the mere action of survival. Usually, the victims even lose their memories thanks to trauma and repression.

This form of mind control is also generally undetected because the victims are well-hidden from the public. When victims are released to perform their work, they either possess no memories or they are deemed crazy by the public as they blabber about what they went through. Therefore, the public remains unaware of what is going on. These mind control victims are free to perform their designated tasks, without anyone suspecting that they are preprogrammed to be assassins.

Brainwashing

Brainwashing is the process of changing someone into a new person. Through brainwashing, you can gain control of someone's mind and alter their beliefs, likes, and dislikes. You can reprogram them into being someone completely different than who they were born as. Brainwashing is totally against someone's will and it is accomplished with a mixture of force and subtlety. It is certainly a forbidden psychological art because of its harmful implications and the way it can hurt its victims.

Brainwashing can happen in relationships. Have you ever known someone who became totally different after a few months of being with someone? Brainwashing is also a rumored CIA go-to weapon for breaking down prisoners and converting enemies to the United States' side. Brainwashing usually happens in a relationship of some sort where one person has the ultimate control and is able to break his or her victim down into someone new. By breaking a victim down, the brainwasher is able to get total control and is able to manipulate the victim to do anything.

Brainwashing is useful in many ways. Once you have brainwashed someone, they hold your beliefs. They can become a soldier, literally or metaphorically, who will champion your causes. They can become pawns at your mercy that you can manipulate to do your bidding.

The first step of brainwashing usually involves isolation. You can weaken your victim and remove part of his or her identity by disabling his or her social supports. You should make it seem like his or her friends and family are no good and convince him or her to avoid the people he or she loves by choice. Isolation is a great way to get victims into a vulnerable state. When someone is completely alone, they will usually depend more on you than anyone else. They also no longer have people who can reassure them of who they are and convince them that they are in a toxic situation. You are in ultimate control here.

The next step involves you monopolizing someone's attention. You want to gain control by always being present in the person's mind. You can achieve this by doing everything that you can to

infiltrate every aspect of your victim's personality and attention. Stay on someone's mind by constantly calling or texting and dropping by unannounced. Be sure to go along with them shopping or on other activities to gain control of their free time. Set clear rules, and offer highly unpleasant consequences, such as high drama or intensely sour vibes, to punish them when they break the rules.

Finally, you will want to gain emotional control. You can achieve this by sometimes indulging your victim's every whim, making him or her feel like you are so kind. Then, suddenly, you can tell him or her that they are not good enough, and that you will leave. Make it clear that if you leave, he or she will be forever alone. Other, more scary threats can also work, if you so choose. Use degradation to strip away their self-esteem and make petty demands to keep them scrambling to please you. Often, through these methods, you can make someone totally dependent on you for emotional support. They will never leave you and they will do their best not to disappoint you. They rely on you to make them feel validated about themselves.

When you finally have someone in a position of total dependence on you, you are in the optimal position to begin brainwashing. You can begin to turn someone into introverted reflection by suggesting deep flaws that exist in their souls. You can suggest personality flaws and harmful habits that may or may not exist. People will become so insecure when they repeatedly hear how they are wrong. They will begin to change themselves to please you and to stop being so bad. You can influence their changes by praising changes you want and discouraging ones you do not want.

Brainwashing is not gentle guidance. It is a forceful change. You are taking control of the person that you are brainwashing, breaking them down, and turning them into an automaton at your disposal. Brainwashing is not nice and you should not use it on your loved ones. However, it could be useful if you ever need to control someone to get your way. Keep in mind that brainwashing removes someone's identity. This can lead victims to experiencing great emotional disturbance, multiple personality disorder as they recall aspects of their old selves, and even suicide when confusion and loneliness consume them. You must be careful and only employ brainwashing when it is totally necessary.

Chapter 7: Hypnosis

Despite dramatic movie portrayals of hypnotism, hypnosis is not a way to turn people into zombie killers that activate at the sound of a bell or a certain song. Hypnosis also is not an evil Jedi mind trick. Hypnosis has a wide array of uses, and can actually be used for good things, such as emotional healing and pain control. People have found great success in using hypnotism to overcome trauma and heal from emotional wounds.

Basically, hypnosis is the action of bringing someone into a state of mind where the barrier between their conscious and subconscious is minimized. This creates a very impressionable mental state, as the person has access to more parts of their mind than usual. The process of hypnosis works by relaxing a person so that they no longer are listening or paying attention to their rational mind. Their judgment is thus impaired, leaving their deeper mind open to suggestion.

The unconscious, or subconscious, mind is really the head honcho of any person's mental operations. Just because we are not aware of our subconscious minds does not mean that our subconscious minds do not wield a tremendous amount of power over us. We learn how to do things by rote and then our subconscious mind takes over, having us perform actions without thinking about them.

Basically, the subconscious mind is running in the background, controlling our actions and our feelings, without making its presence known. This is very useful so that we do not have to think over every little thing that we do. But it can also pose problems. Once the subconscious mind learns to perform an action in an unhelpful or harmful way, it will lead you into unhelpful or harmful action every time. You may learn to have unhealthy reactions to things, resulting in self-sabotage and other issues.

This is why it can be hard to quit smoking or other habits. Your subconscious believes that a cigarette is the proper way to

handle stress. It leads you to smoking, even when you consciously do not want to smoke anymore because you hate the stench of smoke and you know that cigarettes are bad for your health. This is true for all habits that you cannot seem to quit, no matter how hard you try. Your subconscious mind is responsible for behaviors that you cannot control.

Fortunately, the subconscious mind is also quite impressionable. Without the filtration of your conscious mind, your subconscious is very sensitive to any information that it receives. It will learn easily if it is presented with information that is untainted and unfiltered by the rational mind. Therefore, the subconscious mind can be taught new tricks. It is possible to change the way the subconscious mind automatically responds to situations.

Hypnosis makes it possible to break down the barriers between subconscious and conscious. Therefore, you can transmit messages into your deep brain and teach your brain new habits. Your subconscious will receive the information and learn from it without the blockages posed by the conscious mind because those blockages are removed during hypnosis. Hypnosis can effectively make you break old habits, like smoking. It may also help you do things that you normally would not do, by teaching your subconscious to believe that doing these things is possible. If you are living in constant fallout from a trauma, hypnosis can teach your brain to not think about the trauma and to operate in a normal, unharmed way. Basically, hypnosis opens doors in your brain so that you can teach yourself new things.

Hypnosis is not limited to teaching someone new habits. It can also help heal physical ailments. Changing the way the brain processes pain and approaches self-care is possible through hypnosis. You can reprogram your brain to control pain better, for instance. The mind and the body are strongly linked, so the way your brain handles your physical sensations and bodily functions can effectively change your physical health.

This is how hypnosis can be helpful and healing. It is also how hypnosis can be used for bad.

Just as you can use hypnosis to teach the mind good habits, you can also use it to teach the mind harmful habits. You can feed someone bad suggestions while they are in the easily impressionable hypnotic state and watch them come back to wakefulness with new bad habits and thought patterns. Just as hypnosis can make one quit smoking, it can also be used to teach the brain to take up smoking. A hypnotist really has a great deal of power, and it is up to the hypnotists how they choose to use that power.

In addition, hypnosis can expose subjects to past traumas that they have repressed in their memories. This can be a very traumatic and painful experience for subjects as they relive events that they would rather forget. If done incorrectly or with the intention of harm, hypnosis can psychologically damage a person by reopening old wounds and restarting emotional pain that has long been buried.

Is hypnosis useful for mind control? Absolutely. But the actual application of hypnosis for mind control is not well-known. Research about this topic is typically unethical and top-secret. It is rumored that government agencies such as the CIA and the KGB are well-versed in mind control hypnosis. But whether or not this is true is unknown. They have certainly experimented with the possibilities that hypnosis has to offer, but the results are not known to the public.

Hypnosis does not give you direct control over someone's mind, only influence. Thus it is not possible to hypnotize someone to become a ruthless killer. Even if you place the idea in someone's mind while they are under hypnosis, they can reject the idea if it goes against their basic nature. That is why the average person cannot be programmed through hypnosis to become an assassin, because it goes against their nature.

However, it is possible to make people who already have an inclination for killing into killers. Through hypnosis, you can unlock their suppressed desires and encourage them to take actions that they are normally inhibited from making.

In addition, a trigger can make someone feel or think thoughts that you planted into their mind. This is because a trigger can transport a person back into a hypnotic state if a person has been

exposed to the trigger enough times and learns to associate it with being hypnotized. But that is all a trigger does. It does not make someone go crazy and start killing people.

Basically, you cannot use hypnosis to make someone do something that is totally against their nature. You can use it to influence their thoughts and feelings, however. You can then employ triggers to make people react to life events and situations in certain ways.

It is also very hard to hypnotize someone against their will. Usually people have to be willing to listen to and follow your relaxation cues to enter the hypnotic state. If someone is against being hypnotized, they can resist all attempts to go into the hypnotic state.

How to Perform Hypnosis

Hypnosis is rather a cross between art and science. There are no exact rules for how to perform hypnosis. Many people have developed their own unique techniques. However, generally, hypnosis always begins with deep relaxation guided by music or linguistic prompts. When a subject reaches a state of deep relaxation, it is then possible to make linguistic suggestions and ask the subject questions.

To hypnotize someone, you should find a simple trigger, such as a special meditation gong. People will learn to associate the sound of the gong to the special state of hypnosis. In time, you can easily lead someone into hypnosis just by hitting the gong, or playing whatever trigger you chose. Associations within the brain will cause the person to recognize the trigger and the state that always follows it, so that the person will learn to more easily descend into hypnosis.

Verbally, guide your subject through various stages of relaxation. You are basically relaxing the person's mind while also making them sensitive and responsive to your verbal cues. You can play relaxing music as well. It is helpful to have the subject in a room with dim, sensual lighting and minimal distractions, to further facilitate total relaxation. Offer suggestions that lead the subject to descend into their own minds, very slowly. You can suggest that they

relax their muscles one by one, or you can lead them on an imaginary walk through a calming forest. Guided imagery is often very effective as it transports the subject to another place mentally and leads the subject on a metaphorical journey which encourages a journey deeper into the brain.

As the person listens to you and follows your cues, his or her mind will learn to listen to everything you say. If someone agrees to let you hypnotize them, they are placing a lot of trust in you, because they are giving you ultimate power over them for as long as the session lasts. This trust allows them to want to follow your voice. The deeper you guide them into relaxation, the more easily they will begin to follow all of your cues. Their mind will come to accept your words as law and obey you without question. This is how you gain control over your hypnotism subject. Never underestimate the importance of a good guided journey into relaxation.

When someone attains a hypnotic state, they will still be awake but they will no longer be aware of their conscious mind. Their mind is an open, impressionable state. This is when you can start to make suggestions that the subconscious mind can absorb. It is often more effective to keep your suggestions brief and simple so that they sink into the subject's mind more easily.

You can suggest anything that you want. "Quit smoking." "Stop hurting yourself." "Break up with Joey." Your suggestions will be absorbed into the subject's mind and the subject will be more likely to act on them when they are awake. Make sure that you have an ultimate goal for the hypnosis session that you can emphasize while your subject is in hypnosis. You may want to tackle several issues, but it is most effective if you focus on a single one.

However, there is no guarantee that the subject will act on what you suggest. Especially after just one session, your subject may not have the power to act on his or her subconscious urges. Therefore, it often takes multiple sessions, and even then, results are not always guaranteed. Basically you are employing persuasion. While hypnosis makes someone more easily persuadable, it does not mean that persuasion will work. You have to find the perfect technique. Often, this is another benefit to doing multiple hypnosis

sessions with someone, because you begin to learn how to persuade them more effectively.

There has been some signs of success in combining drugs and hypnosis. “MK-Ultra” is an example of an unethical government experiment that tested drugs and hypnosis for mind control. Otherwise known as the CIA’s illegal mind control experiments, MK-Ultra yielded a wealth of information about how control can be attained over a subject’s mind. The purpose of these experiments were to find out how to get confessions from prisoners. The experiment used a mixture of torture such as sexual abuse and sensory deprivation, hypnosis, and drugs such as LSD to break down prisoners into telling confessions. Because the results were destroyed in 1973, it is unclear exactly what conclusions the CIA drew from these experiments. However, there does appear to be some strength to the idea of using a combination of drugs and hypnosis on subjects to get more complete mind control, or else the CIA would not have followed the experiments using LSD for so many years.

Drugs can make someone more susceptible to the relaxation of hypnosis and then they may be more prohibited from making judgments about your suggestions, leading to them being more easily persuaded. Impairing someone’s judgment can make hypnosis more successful. Psychedelic drugs, such as LSD, can be especially useful in reaching new areas of the mind in subjects and impairing their judgment.

However, using drugs with hypnosis is a risky business, since drugs can also impair the mind’s ability to process what you say. Your subject may actually become more difficult to work with when you pair drugs with your technique. Drugs may break their concentration or their ability to absorb pertinent information.

In addition, you should keep in mind that all people react differently to drugs. What works with one person may not work with another. LSD and other psychedelics can make some people more susceptible, and others more resistant and suspicious to your hypnosis attempts.

Chapter 8: Persuasion

Necessary Persuasion

Persuasion can have a negative connotation of desperation and neediness. While this is not entirely untrue, there are countless situations throughout life when persuasion is truly necessary. Persuasion is not always guaranteed to work, but you can improve your chances by using the following tips. There are many aspects of human psychology at play that you can influence to yield the results you want.

Reciprocity

The first method, reciprocity, may seem somewhat cold because it is built on the idea that no one does anything for altruistic purposes. If someone does something nice for you, you owe them a favor in return. The reverse is also true.

You can start doing favors for people in order to make them feel like they owe you. When people owe you, they are more likely to say yes to requests you may have. You can always bring up something someone owes you when a person refuses to honor one of your requests, too.

Consistency and Commitment

People crave consistency in their lives. It is one of the few things that can make people feel secure in this crazy day and age. Therefore, promising people consistency when you are persuading them is a great way to get people to say yes. If someone already gives to a charity, for instance, they are more likely to be consistent and agree to give to yours if it is for the same cause. People will be consistent in their assent if it follows the same lines.

Social Proof

Social proof is the need people feel to fit in. Therefore, by making something seem like everyone is using it, you can make

people want to buy it or do it. People are naturally driven to fit in, and will fork over money or expend great effort just to fit into a certain brand they want to fit in with. People feel like social proof is a way to make friends and be accepted by society. You can promise people social proof if they accept your proposal and do what you want.

Authority

People need authority. The Stanford Prison Experiment and the Milgram Experiment both indicate how people are willing to blindly follow anyone who exudes authority. Use your authority to tell people what to do. This takes the hard part out of persuasion and makes people want to follow your words as law.

To give off the vibe of authority, you need to present yourself in a confident way, with your head held high. Speak in commands, not requests. When people challenge you, ignore it and simply repeat your commands. Offer to assume all responsibility should something go wrong. These things will make people trust you and want to follow your lead.

Scarcity

Another aspect of human psychology that is essential for influencing people is scarcity. People are naturally hard-wired to be competitive for resources because of ancient times when resources were very limited. People love to compete for things, and when they hear that something is scarce, they are twice as likely to try to get something before someone else does.

Even if resources are not truly scarce, creating a sense of scarcity can drive people to act. Therefore, scarcity can be used as a very effective method of influence and persuasion, especially in sales or romance. Convince people that you are in high demand, or that your product is, and you will find that people jump at the chance to be with you or buy what you are selling. It is a common business tactic to convince customers that supplies are running out or an offer will expire in twenty-four hours. This creates a sense of scarcity. Buyers feel that they must act soon or else they will miss out.

Scarcity can be also used as a means to ignite people into violence. Riots can be stirred up by ringleaders who point out the scarcity of resources and make citizens panic. Politicians are experts at using scarcity to incite people into a sense of panic. Then, they offer a solution to the issue by promising to end the scarcity.

You can employ scarcity as means to get people to do what you want. Creating a sense of scarcity can have an amazing impact on how desperate people become. People will literally do almost anything to get to a resource before it runs out. Whether you wish to sell something or lead people into some sort of action, using scarcity can drive people to quickly do what you want.

Touching

Strategic touching allows you to forge a bond with someone. People respond well to tactile touch. Touching can make them feel that you care. It can also create the illusion of closeness and intimacy. The closer people feel to you, the more likely they are interested in helping you. Touch can build your social network and get people to feel comfortable around you, both of which are important aspects in influence.

Touch does not have to be excessive or intimate. Just brushing someone's hand is often sufficient to build a bond.

Mirroring

When human beings like each other, they often mirror one another's body movements and gestures. This mirroring creates a sense of similarity. People like seeing similarity in each other. It also confirms to one another that they are accepted by one another. Since humans are herd animals constantly looking for validation from others, similarity can satisfy their worry that they are not fitting in by showing them that they are. It is a common observation that married couples look exactly alike after many years of marriage, but actually this phenomena is caused by years of mirroring.

Also known as the "chameleon effect," mirroring is easy to do. Just wait about two to four seconds after someone makes a movement and then mimic their movement. This mirroring can help

you forge a trusting bond that can give you a hand when you are persuading someone.

Eye Contact

Eyes are considered windows to the soul. When you provide eye contact, you are essentially baring your soul to someone. This makes you look both confident and brave. Other people will feel that they can trust you if you provide eye contact.

The only time when direct eye contact can pose a problem is when it may seem like a power struggle. Two powerful people who sustain direct eye contact may view this eye contact as a challenge for power. Only one person can win. Unless you want to engage in a staring contest, it is best to avoid direct eye contact with people in charge. Instead, let them feel like they are in control by dropping your eyes submissively. This can make people like you more if they feel like they are in control over you.

Framing

Framing is phrasing your words in such a way that people are logically driven to give the response you desire. You can get anything you want by phrasing your words in the right way. You want to use framing to provide a context that gets someone into the mood to do what you are talking about.

There are three elements to framing: placement, approach, and word choice. Placement is connecting with the right people at the right time. Approach people when they are tired or hungry or right after they see an ad. At these vulnerable times, people are more open to doing things. You are more likely to get a yes.

Approach involves appealing to people by offering either a positive gain or loss that they will get. A gym might use the promise of weight loss to persuade new customers into joining.

Word choice is also a sneaky and important aspect in framing. The way words are strung together can have a positive or negative effect on the listener. Always use word combinations that evoke positive images in the person you are attempting to persuade. Avoid more negative images.

Contrast Framing

Contrast framing is a businessman's favorite. Businesspeople use this technique to shift your focus off of what you can afford and onto the benefits you can get from a more expensive item. A good salesperson will never let you talk about or focus on price; rather, he will insist on the benefits of a more expensive item, such as a restoration of family values or an increase in home satisfaction, and gloss over the price.

When using contrast framing, you want to always shift the person's focus off of the negative. Plant it on the positive instead. Find out things that are important to them, and then promise that they will get it if they do what you want.

Physical Framing

Physical framing is the act of physically changing the environment for someone. You can influence someone into having a certain frame of mind by changing their environment. Make the environment reflect the kind of mood you want the person to enter.

For instance, a romantic dinner and candlelight can physically frame a night for sexual intimacy. The smell of baked cookies at an open house event can physically frame a home to seem like a pleasant atmosphere, leading to people wanting to buy it.

Reframing

Reframing is the very opposite of framing. It is changing the frame that the other person is using against you. It is changing someone's mind. When someone expresses a thought that goes against what you want, you can easily "reframe" his mind to move along with your desires more evenly.

If you ask someone to do something for you and they reply that it is a hassle, reframe their negativity by describing how the hassle could actually benefit them in the long run. If someone gripes that it is too far to drive, for instance, you can reframe this by saying, "You have a chance to listen to some great tunes." Try to turn negatives into positives, happiness into sadness, sadness into happiness, or whatever serves your ends.

Anchoring

Anchoring is the process of comparing two products or selections. One is ridiculously horrible or expensive. The other is more reasonable. A person is more likely to choose the reasonable option and believe that it is good deal even though it is in fact not a good deal after all.

Anchoring is especially useful when persuading someone to buy something. You can use it to negotiate a price. Say you are selling a car. You offer the car for ten grand, a good five or so grand above its Kelley Blue Book value. Someone swoops in and offers you seven grand for the car and believe that they just got a good deal, even though their offer is still above the book value of the car.

Ask Yes Questions

The more people say yes, the more likely they are to keep saying yes. By asking yes questions, you can get someone to say yes to something you want, almost by habit. You want to put people into a yes frame of mind when you are using persuasion.

Salespeople are doing this when they ask questions like, “It’s a nice day, isn’t it?” Or “You like to save money, right?” These are questions that people are almost always going to say yes to. Once a salesperson gets customers to start saying yes, he puts their mind into a “yes” frame. Thus, his customers are more likely to want to say yes to his sales.

Congruence

Congruence involves taking conclusive action before a decision has even been made. Taking this action can force the other person to agree to something because they feel like the deal is already closed and they have no choice but to say yes. This plays on the natural human desire to comply and to not disappoint.

When businessmen are attempting to close a deal, they often like to shake hands before the deal is even truly closed. This drives the purchaser to subconsciously feel that the deal is already closed, and so they agree to make the purchase or sign the contract.

You can apply congruence to your persuasion techniques with quite positive results. For instance, if you are trying to persuade a friend to go to a certain pizza place but the friend is thinking Chinese, start walking in the direction of the pizzeria as you continue to discuss what to do. This movement toward the place you want to go is congruence and it can drive your friend to say yes to pizza.

Congruence usually involves physical action. But it can also entail verbal action. Talking like the deal is in the bag already is a way to make people feel like saying yes. Use terms like, “When you buy this” or “I can’t wait to start working here.”

Congruence does call for some subtlety, however. You do not want to appear pushy or you could lose the deal altogether. Rather, use congruence only when a deal seems to be almost closed but the person still has some reservations.

Speak Fluidly

When persuading someone, confidence is key. Fluid speech is a way of talking that appears more confident. You speak as if your words are liquid, pouring easily and smoothly out of your throat. Avoid using words like “um” and “uh” that interrupt the smooth flow of your speech. These words can make you seem less confident and less knowledgeable.

You should also expand your vocabulary so that you appear smarter. Try using a thesaurus to familiarize yourself with new words and terms.

Get People to Come to Conclusions Themselves

One of the most powerful ways to get people to see your view is to present them with information and ask pointed questions designed to make them reach whatever conclusion you want them to reach. Framing questions is a useful way of getting people to come around to your way of thinking without forcing them to see things your way. You can use framing when you do this.

Forcing your beliefs and needs on other people only encourages them to become defensive and challenge the truth of

what you are saying. It can also make people feel that you do not know what is best, but that you are simply being bossy and pushy. Therefore, it is best to make someone feel like they reached a conclusion on their own.

Try to convince people of the logic of your statements by having them reach the conclusion you are trying to make themselves. Feed them information and ask them questions that bring them to the desired conclusion.

For instance if you want to make someone stop staying up all night, you will only come off as pushy and bossy if you snap, “You need sleep to do well in school!” Instead, you should ask, “How do you think a lack of sleep will make you feel tomorrow?” the person will realize that lack of sleep will make him or her cranky and groggy, and thus he or she will reach the conclusion that he or she should go to bed earlier.

Another application for this trick is getting people to feel that ideas you think up are actually their own. If they feel that they deserve credit for an idea, then they are more open to it. People love to be in charge, so give people the sense that they are when it comes to great ideas you have. For instance, if you have a great idea to remodel a house but no one else is on board, you can point out how the bathroom door opens awkwardly. Really complain about it. Then, someone may reach the same idea about how to remodel the house that fixes the bathroom door issue, and they will say, “Why don’t we do this?”

Ask for Help

Asking for help is a great way to make others feel needed, which boosts people’s self-esteem. When you ask for help from people, people feel that they are a special part of your team. This appeals to the herd instinct that all people share. If they feel like a part of a team, then they form a subconscious commitment to continuing to do things for you.

Asking strangers for help for huge things right off the bat is foolish. But you can establish rapport and a team spirit if you ask for small things.

Women especially can experience high rates of luck with asking men for favors. Men like to feel needed. It is in their instincts to want to help women. Asking for help is a great way to convince a man that he is needed and it is also a great flirtation technique.

Foot in the Door

Much like asking for help and asking yes questions, “foot-in-the-door” is a manipulation or persuasion technique where you make a small request. When the person agrees, you then make your real request. The person has a harder time saying no since they have already said yes to you before.

Try asking people for small favors, such as ride to the store. When they say yes, then ask for something bigger, such as a small loan for groceries. This technique takes some impudence and may result in failure sometimes. But people are surprisingly susceptible to guilt. They would rather please you than upset you. Socially, humans are very sensitive and hate saying no. Therefore, this method does have a high rate of success.

Door in the Face

This technique is the polar opposite of foot in the door. You ask someone to do something outrageous. When they say no, then you ask for a smaller favor that they are more likely to say yes to. For instance, you can ask someone for a million dollars. When they snort and say no, you then ask, “OK, but do you think you can spare a few dollars to this campaign?” People will feel like your next request is really small and they will be more likely to oblige.

Offer a Warm Drink

You can appear warm and hospitable if you offer someone a hot drink. While trying to persuade someone, offer them hot tea or coffee. The feeling of the warm drink between their palms will make them subconsciously feel that you are also warm. Similarly, you can offer someone your coat or jacket when it is cold out. This warm act makes you seem like someone who is warm and caring. People will be more likely to do things for you if they feel you are a warm, wonderful, lovely person.

Dark Persuasion

Dark persuasion is actually a term for manipulation. It is called “dark” because of its sneaky and possibly harmful implications. When you are using dark persuasion, you are taking control of someone’s mind without their consent. You cannot do this lightly. Dark persuasion is just that, dark, and it should be used with care. Read on to the next chapter on manipulation to gain a more thorough understanding of dark persuasion and its nuances.

Chapter 9: Manipulation

Manipulation can be your most useful tool in getting your way. By using manipulation, you can weave a web of emotions around a person, until that person feels entirely dependent upon you and will do whatever you say. Manipulation can range from subtle and small, to totally controlling another person's life. If performed correctly, there are few limitations to what you can accomplish with the careful and calculated manipulation of another human being.

Certainly manipulation is forbidden psychology. It is not something that is considered "polite" or "acceptable" in society. No one wants to be manipulated, and no one wants to admit to being manipulative. Yet we all use manipulation in our daily lives. Manipulation is often a survival mechanism that allows us to politely get our way. The most vibrant salespeople and the sweetest TV commercials are all forms of manipulation, who are actively trying to manipulate consumers into wanting to buy a product. It is likely that you use some similar form of consumer manipulation with your own clients or customers at work, in order to get more money. Parents will manipulate their children to behave or to eat their vegetables. Manipulation is also incredibly common in relationships, as one partner tries to get the other to want to eat at a certain restaurant, remember to put the toilet seat down, or even say "I love you."

The more ugly side of manipulation is emotional abuse, which is covered in even more depth in the following chapter. Emotionally abusive manipulation is when you gain complete control over someone for your own nefarious purposes. You manipulate someone to trust in you totally and to sacrifice their own beliefs, values, and needs for your own.

The art of manipulation is surprisingly simple, despite how complicated and clever it may seem. In essence, manipulation is offering someone a terrible loss or a significant gain in exchange for doing what you want. You are offering a person a consequence for obeying or disobeying you. If you make the consequence tempting or

scary enough for an individual, then that individual is more likely to be motivated to do exactly what you want.

Manipulation also involves violating a person's basic human rights. People have the right to feel, to make their own decisions, and to set priorities. You strip away these rights when you manipulate someone. You make decisions for them, and influence them to follow your decisions rather than their own. You deny them the right to feel so that you can gain ultimate control and cut out any feelings that may work against you. You also set priorities for them as you control their lives and the directions their lives take.

Usually, it is best to ask people directly for what you want. A polite, "Will you do this for me?" can work wonders. But sometimes you know that you cannot ask someone for something. Either someone will say no, or you will be judged harshly for the favor you want. That is when manipulation can be your most useful tool for getting what you want. Manipulation can also give you tight control over others. You can get what you want time and again, as long as you employ the right manipulation tactics. Sometimes it requires some people reading or some trial and error to find out how to manipulate someone in the best way.

Manipulation works best when you are able to weave a tight emotional web around people. This web works on the principles of gain or loss. For instance, if someone wants to be loved and is terrified of being abandoned, then you can play on both their wants and their fears by offering promises of love and threats of abandonment. As a result, the person will feel like only you can provide him or her with love, and if he or she does not do what you want, you will leave and no one else will be as loving.

Often manipulation takes time and work. You must get to know someone to understand how to manipulate him or her the best. Often, manipulators are good people readers and can learn a great deal about a person in a short amount of time. While this is great, it is an essential skill. You can begin manipulating something using information you gain about them over time. That time allows you to also subtly make covert threats and promises that weave the crucial emotional web around your victim.

It is important to be discreet when you are employing manipulation. Blowing your cover will result in losing everything that you have worked for with someone. Manipulation works best through subtle techniques and hints, not blatant efforts.

Here are some of the best manipulation tactics that you can use to gradually gain control over someone without being obvious. If you are ever caught using one of these tactics, it is best to feign innocence. Even apologize if you must. Never admit to being manipulative, as it will make you lose your control.

Making an Offer Someone Can't Refuse

Manipulators are great at reading people. Before manipulating someone, you must know what they fear the most and what they want the most. You can then understand what to offer them so that they become attached to you. You will want to promise them what they want the most, and threaten them with what they fear the most should they ever disobey you.

It can take a while to learn these things about people. But if you develop your character reading and discernment, you can read people more easily. You can gather a lot of information about their needs and fears just by reading their body language and the things they do not explicitly say. You will learn to comb their speech for signs of what they are insecure about and where they are feeling needy or lacking in life. Then, you can tailor your promise to match what they really want.

One thing that most people want is love. People crave to be accepted, approved of, and liked by other human beings. Loneliness is one of the greatest fears most people have. It is often easy to use the promise of love and the threat of rejection to manipulate people. You convince them that you have all the love that they need, then you make them feel like they are inherently flawed and that they will be alone if they leave you. Usually, this works, but it works best on insecure people who do not love themselves. A secure person is usually more immune to manipulation, especially of this kind.

The key to this type of manipulation is to make someone an offer that is too good for them to refuse. The offer needs to be of the

ultimate appeal to someone.

Exploit Fear

The flip side to promising someone what they want is to threaten them with what they fear the most. You can exploit someone's fears and insecurities to gain control over them. Find out what scares someone the most, and you have some very pertinent information about someone. You have a weakness that you can very easily infiltrate and exploit.

There are two ways that you can use someone's own fear against them. The first way is to threaten someone with what they fear the most to keep them from leaving. If someone fears ageing, for instance, you can claim that they will grow old alone if they leave you.

Another use for someone's fear is when you want to influence someone. Say you know someone who is afraid of snakes, and you want to go to the zoo but you do not want them to come along. You can influence them to be too afraid to join you at the zoo by pointing out that there is a snake exhibit and wouldn't it be horrible if the snakes got out during your visit? You can make someone too afraid to do or not do things by exploiting their fears.

You can learn a lot about what scares someone just by listening to them and observing their behavior. If someone is overly critical of themselves or seems terrified of losing control of anything, you just spotted a deep-seated fear that they have. If somebody admits to a fear of not being good enough or of snakes or of anything, keep a mental note of that. You should remember as many details about someone as you can because you never know when these details will come in handy.

FOG

You literally want to fog someone's clarity and views in a manipulative relationship. You definitely do not want to come across as manipulative, so you can obscure your actions using FOG. FOG is an acronym that stands for fear, obligation, and guilt. You want someone to fear crossing you, to feel obligated to you, and to feel guilty when they fail to do what you want.

FOG is possible through a variety of emotional manipulations. You want to use exploitation of fear to get people to fear crossing you. Then you want to use sweetness and kindness to create a sense of obligation. When someone does not do things your way, you want to pout or act hurt to inspire a sense of deep guilt within someone.

Be Sweet

You want to follow up on the offer that is too good to pass up by being sweet. Keep someone feeling like you do care and you are a good person with plenty to offer. Little romantic gestures, remembering birthdays, and even huge surprises are all great ways to show that you care and to earn someone's trust.

A person is likely to feel like you must love them if you are willing to make efforts of any kind for their happiness. In addition, you will be so pleasant and endearing that people will not suspect how terrible you are acting as you manipulate them. They will feel indebted to you and will convince themselves that they are either just imagining things or just being too sensitive when they accuse you of being a terrible person. Finally, being sweet plays into FOG because it allows you to make people feel obligated to you. Because of the rule of reciprocity, people want to do nice things in exchange for nice things you do for them. They will feel obligated to do things the way you want if you are always doing them favors and paying them compliments.

Emotional Blackmail

Emotional blackmail plays on the premise that fear, obligation, and guilt are the secret emotions that you want to stir up when you are manipulating someone. You basically use fear, obligation, and guilt to make someone feel like they owe you and they must do what you want. Then, if they fail to do what you want, you can offer the threat of hurting them, badly.

You can use all sorts of threats. Threats can range from, "I'll leave you" to "I'll destroy your family and your job." To successfully perform emotional blackmail, you need to know what someone ultimately cares about. If they lose this thing, they will really hurt.

Then you can use what they care about as a bargaining tool or a threatening device.

Emotional blackmail can even include literal blackmail. If some sort of truth would hurt someone should it leak, then you can use that truth as a means to get your way. “I will tell everyone about...” is a good threat to hold over someone’s head.

Passive-Aggressive Behavior

Passive-aggressive behavior allows you to act aggressively, without getting caught. You act in a way that makes others find it impossible to confront you for any specific behavior. Nevertheless, you are still able to express aggression and create a lingering fear of your anger.

Passive-aggressive behavior is non-direct. It involves snide comments or notes that do not directly confront an issue, but rather make people feel uncomfortable enough to do what you want. It is a type of revenge that is designed to mask the underlying vengeance you feel.

You can use all sorts of indirect methods to express your anger and hostility. You can sulk and act sullen, you can refuse to do tasks, and you can conveniently “forget” about important things, such as birthdays. You can also leave passive aggressive notes or messages that say things like, “I worked really hard on this so it would be nice if everyone respected what I did.” Making snide comments designed to hurt someone, without actually insulting them, is another way to be passive-aggressive. You might dismiss someone’s hard work, for instance. Basically, you want to do things that put a hitch in another person’s plans or efforts, while disguising your true intentions. You are masking your anger.

Gossiping

Gossiping is essentially another form of passive-aggressive behavior. When you use gossip as a manipulation tool, you are indirectly circulating your emotions and making someone aware of your anger or hurt, without ever confronting the person directly.

For instance, if someone asks you to do them a favor, you might say yes with a smile. Secretly, however, you are miffed that you are supposed to do this task for them. You tell everyone in the office how upset you are and how busy you are and how this favor is really taxing you. Eventually, someone is going to mention to the person how put-upon you feel. You delegated your responsibility of communicating with that person to everybody else in the office.

Gossiping is a good way to stir up negative emotions in an office. You can get everyone to be on your side and to confront the person you are angry with for you. You do not have to say anything or admit to being upset at all. Moreover, you can make the person you are angry at very uncomfortable, once he or she learns that the entire office has been talking.

Changing the Energy of a Room

You can make someone so uncomfortable that they will eventually give in and let you have your way. You can do this by sulking and exuding a sour energy that will lower the overall vibe of the atmosphere. This childish behavior is embarrassing, but surprisingly effective. Often people will become so annoyed by your behavior and so embarrassed by you that they will give in.

This sulking works especially well when someone makes you come to a party or event where you do not want to be. You can manipulate the person into wanting to leave early and go do what you want to do by making the vibe of the party awful. You will be the most unwelcome, scowling guest, ruining it for everyone. The person will finally have enough and will leave just to get rid of your sour attitude.

You can also employ this trick where you are attempting to get your way. If someone chooses to defy you in any way, you can create a sour, pouty vibe until you get your way.

Causing Drama

Just as you can lower the energy of a room by being childish, you can also create a nasty environment that leads to people giving in to you by creating high drama. Throwing a childish tantrum while you are attempting to get your way may make people just give in to

get you to stop. We have all heard stories of the psychotic girlfriend, who throws a fit when her boyfriend talks to people she does not approve of or goes to a party without her permission. This girlfriend is a classic manipulator. You can borrow tactics from her if you want to be an unpleasant force to be reckoned with. Throw a fit, blow up someone's phone, smash car windows, and show up at a party or a person's house screaming and yelling. You will be so unpleasant that people will give in just to get rid of your unbearable and embarrassing behavior.

You will also create an element of fear. People will avoid upsetting you by not doing what you want in order to avoid your ugly outbursts. You will gain a reputation as volatile, and this can be both helpful and harmful. It certainly aids you in establishing the FOG that is so helpful in manipulation.

Be Embarrassing

Embarrassing someone is another very successful form of emotional blackmail or emotional abuse. You hurt someone's ego in front of others. This leads people to fear you because they do not want to be hurt by you and embarrassed by you anymore. You can act in embarrassing ways or reveal embarrassing secrets about someone to others until you embarrass the person into giving into you.

Part of manipulation involves gathering information on people. You can later use this information against them. When you get someone to confide in you, you gain great amounts of information about what can embarrass them. This information is quite powerful. You can reveal secret crushes and past faux pas to embarrass someone.

But you do not need information to embarrass someone. You can embarrass someone just by acting absurdly. They will be embarrassed to have you in their company and will do what you want just to get you to lay off. Children often use this tactic, crying, screaming, and acting like animals in public out of boredom. They know that eventually they can break their parent down into taking them home or out to the car or doing something to entertain them, just so the behavior stops.

Lying

When you lie, you disable someone's ability to trust you. You make reality murky and unclear. If you are caught lying, you can use gaslighting to deny that you ever told a lie. This is another form of the FOG, in that you are creating a metaphorical fog over reality. Like gaslighting, constant lying can start to make someone question their sanity and their perception of reality. Soon, they do not know whether to believe you or not, and whether or not things are as they seem.

Lying enables you to keep some control over a person. By lying, you withhold the right to the truth that people have. You also keep a slice of reality to yourself. You take away someone's full knowledge of something, and you obscure the true reality.

You should read the tips on deception before engaging in lying as a manipulation form, however. Unsuccessful lying is detrimental to your relationships and can really backfire. You must make sure that if you lie, you are able to never be caught with solid proof.

Positive Reinforcement

Positive reinforcement is where you reward behavior in order to encourage it. By rewarding behavior, you encourage it, and increase the likelihood of someone engaging in the behavior again in the future. As part of manipulation, you always want to make people feel eager to do things for you in the future. The best way to do this is to provide people with some sort of motivation. A pleasurable reward is usually the best way to provide this motivation.

Offering someone positive reinforcement is as simple as saying thank you. Just showing someone gratitude can release feel-good hormones in their brain. But you can also offer affection, ice cream, a back rub, or a hug. These actions also release serotonin and other feel-good chemicals that make people want to perform the action again. People will strive to get chemical rewards in their brains.

Keeping the Spotlight Trained on You

A key part of manipulation entails keeping control and dominance in all situations. You can do this by always keeping yourself at the center of everyone's attention.

When someone is suffering from a cold, you should act like you are dying. When someone gets into a car wreck, you had a much worse one that you can talk about. When someone suffers from a headache, you have a brain tumor. These are just examples of how you can discount everyone else's drama to keep the attention on you. Never miss an opportunity to direct attention away from others, even in situations where others warrant attention. Having the attention taken from you equals less power over others and less omnipotence in the minds of those you are attempting to control.

This also has the added potential to discount and take away from the feelings of others. When you are performing manipulation, you want to deny others the right to feel. By discounting the severity of something that they have gone through and promoting the severity of your own experiences, you are denying them the right to feel badly about something that happened. Instead, you are making them feel like they should not complain, since others have had it worse.

Playing the Victim

Playing the victim is extremely important in manipulation. By playing the victim, you hide the fact that you are really the perpetrator. You also conjure guilty feelings, which is the final part of FOG. You should always act like the one who is hurt so that others will feel guilty for hurting you.

You can spin arguments made against you, as well. If someone claims that you did something wrong, you can defend even your most vile actions by claiming that you acted out of self-defense or as a direct result of someone else's actions. Place the blame on others so that it never falls on you.

Playing the victim also convinces people to feel sorry for you and to do what you want so that you feel better. Loved ones especially will believe your victim stories and do their best to help you. You can use a victim story to get people to help you in ways that you need.

Unfortunately, playing the victim is a well-known manipulation tactic. Many people watch for it and have no part in it. It is best to not abuse the victim role. Use it only when you are being accused of serious transgressions and you need to find your way out.

End Manipulation

So far, this chapter has been a guide to how to manipulate people. But this chapter has a useful reverse application: protecting yourself from manipulation. Other people are after the same success in life as you are, and you are likely to run into constant manipulation attempts from countless sources throughout your day.

Some of the manipulation is more benign, such as from advertisers or children. While it is not nice to be manipulated, you can usually handle these forms of manipulation without great hurt. You can ward off manipulation attempts with a laugh when you are able to recognize them clearly. Just look for some of the methods listed here in your loved ones, especially children. Also look for the persuasion methods from the previous chapter, as many of these persuasion methods are manipulative. You can ask people to not manipulate you or you can ignore their attempts, but do not let even minor manipulation go on too long. People will learn that they can walk all over you and will test you more and more if you do not stand up for yourself.

Other forms of manipulation are more serious. You may find that certain relationships you have are actually highly toxic. You may be the object of serious manipulation, as someone you know and love tries to use you for their own ends. This is a horrible feeling. It could be ruining your quality of life. Watch for people that constantly discount your feelings, your experiences, and your thoughts. Watch for people who repeatedly embarrass you, gossip about you, or pout and sulk when you do not do things their way. These people are toxic, and you do not need them in your life. You need to stop allowing their manipulation and you may even need to end the relationship.

Always keep your basic human rights in mind. You have the right to feel the way that you do, to set priorities, and to make your own decisions. This is your life and you have every right to live it how

you want. Being used and robbed of your rights by some manipulator is not OK. You have the right to become enraged and to put an end to the manipulation. Often, manipulators will make you feel guilty for confronting them and they will twist the situation to make you look like the guilty one. Do not fall for this trick. As you learned in this chapter, that is just another form of manipulation, and you do not have to tolerate it. Instead, hold your ground and walk away from a conflict with a manipulator with your head held high. You know in your heart that you are right and they are wrong, even if no one else believes you. You may also want to avoid confronting a manipulator, and instead simply avoid them.

Chapter 10: Emotional Abuse

Emotionally abusing someone is usually only necessary for gaining mind control over someone. It is the foundation of manipulation. Emotional abuse uses hurt feelings to lower someone's self-esteem. With little self-esteem, people are more susceptible to your suggestions. They also desperately crave approval in order to feel better about themselves, so they seek to please you to earn your love and praise, and they will do whatever you want. Unfortunately, emotional abuse is very hurtful and it should not be used unless you absolutely have to.

You can gain the control you need for emotional abuse relatively quickly. But gaining control is a process that you must tend to carefully. You must ensure that you weave a tight web of guilt, fear, and inadequacy around someone. Through this web, you can make someone feel like they are trapped. They will be so low and so desperate for attention that they will strive to please you. They will be under your control.

Finding a Victim

It is usually a good idea to seek out people who are already vulnerable. These people usually have been emotionally abused already as children and have little or no self-esteem. Lonely and isolated people are also great victims because they need someone to fill the void.

A good abuser is also a salesperson. He or she is able to sell him- or herself with a smile. If you are trying to emotionally abuse someone, you must appear like a beacon of shining light. Convince the person that you have all they want. This will make people want to be near you and they will agree to do what you say. Use sales techniques to make yourself appear wonderful to attract people, and then use manipulation to get someone to fall under your spell and remain under your control.

Isolation

Isolation is key when preparing a victim for emotional abuse. By isolating someone, you protect them from healthy outside influences. You remove all of their support and all of their self-esteem. You make them totally dependent on you for emotional and social support. Slowly, you can erode someone's relationships and convince someone to feel that only you have their best interests at heart. You want to make it appear that the isolation is their own choice, not yours.

Isolation is rarely ever someone's choice. You must make isolation seem tantalizing and positive. Begin by convincing someone that all of their friends and family are terrible people. Point out unfair ways that family and friends have wronged someone. This is how you can gradually make someone think that his or her family and friends are to be avoided. You also need to make someone feel like you have their best interests at heart when you isolate them. No one will agree to isolation otherwise.

You can also isolate someone by getting them to move away with you somewhere. In the case of the CIA, capturing people and holding them captive also leads to isolation. You can simulate CIA methods by setting up circumstances so that someone is always alone. For instance, you can entice them to move to an area where they have no family or friends, just to be with you. You can then prevent them from making new friends by not letting them have a car and not giving them rides to places. But you do not have to go to these extreme measures to make someone withdraw into him or herself. You can use manipulation alone to disable someone's trust and affection for family and friends, causing him or her to retreat into introversion with you.

Isolation does not have to be complete and total. Offering people some social exposure is often sufficient to make them feel as if they are not being isolated. However, you should only expose them to people that you approve of. These are people who will not challenge your authority or lead someone to begin to see your bad side.

Gaslighting

You can disable someone's confidence and make them question their sanity using gaslighting. Gaslighting is when you

challenge someone's perception of something obvious. For instance, if someone thinks that the sky is blue, you can challenge that and claim that it is actually a cloudy day. You want to challenge someone's perception to the point that the person begins to doubt his or her own senses. They begin to wonder, "Am I crazy?" There will be doubt in all aspects of the person's judgement, corroding away at his or her sanity.

Gaslighting works especially effectively in arguments. You can argue a point or make a statement. When someone challenges your statement, you can deny ever saying it. This can make people very frustrated and it can drive them to question their sanity. Very quickly, you can begin to impair someone's ability to trust their own sense. People may threaten to record you, but you do not have to worry because you can even gaslight the things that people record. Usually victims of gaslighting will not bother recording.

Denying People their Right to Feel

Denying someone's emotions is another strong form of emotional abuse. It removes someone's right to feel. It attacks the reasons behind their emotions, making them feel as if they are wrong for feeling the way that they do. You can attack and dismiss and belittle someone's every thought and emotion, to cut them down to a smaller size and strip away their ego.

You can tell someone that they have no right to feel a certain way. You can also make fun of their feelings, and call them things like "cry baby" or "pussy." Above all, you can offer severe punishments for certain emotions. For instance, if you say something rude and a person gets mad at you, you can say, "You have no right to be mad. I am the victim here, not you." Then you can give them the silent treatment or threaten to kick them out if they remain angry with you.

Soon, people will not trust their emotional judgment. They will likely feel afraid to express their emotions around you. With this fear, you can avoid confrontation. You can also get someone to do whatever you want because they come to depend on you for telling

them how to feel. They will avoid doing anything to hurt or upset you and they will disregard their emotions, out of a belief that they are wrong for feeling a certain way.

Treating Them as a Child

Discounting someone's emotions is just as effective as discounting their intelligence and maturity. By treating someone as a child, you put yourself into a position of adult authority. You can make someone feel like they are somehow beneath you and must follow your lead and your advice to succeed in the world.

People often resent and fight being treated like children, particularly when they are adults. But you can firmly reassure someone that they are very immature and point out actions that could be interpreted as immaturity. This way, you can make people feel like they are really children.

Use Guilt

Guilt is a powerful emotion and therefore it is a great weapon for use in emotional abuse. You can use guilt to make your victim feel like he or she is in fact in the wrong, and you are a victim yourself. You can also use guilt to make your victim feel like a terrible person that no one could love. Both forms of guilt trips are effective because they lower your victim's self-esteem significantly. They also distract your victim from the fact that you are doing horrible things to them.

It is often helpful to blow up every little thing that someone does to you. People are likely to make mistakes. If you make each mistake seem like the worst thing in the world, however, you can create a very powerful weapon. Show your hurt and do not be shy. Make a dramatic production out of it. This way, you can inspire the guilt that is so useful for you.

Pointing out Flaws

An emotional abuser is never an encouraging or kind influence. Rather, emotional abusers cripple one's self-esteem. You can begin to cripple someone's self-esteem by constantly pointing out how they are not good enough. You want to constantly make

them question their worthiness and their goodness by attacking them in many ways.

It is often most effective to target someone's deepest insecurities, as they are more likely to believe you and to feel hurt if you tell them something that they already worry is true. For instance, if someone has body image issues, attacking their weight is a good way to cripple their self-esteem and cause them great emotional strife.

You should always point out flaws in someone's soul. Point out the mistakes they have actually made in the past and use those mistakes as evidence that someone is actually a terrible person. By using their own mistakes against them, you can drive someone to question his or her goodness. He or she will often begin to look inward and attempt to repair his or her flaws, whether those flaws really exist or not. While you attack someone for their flaws, you can also offer them kind and gentle guidance to show them how to behave more properly. Your guidance can be your key to leading someone into a path that you desire. This is brainwashing at work.

It is also most effective to attack someone's level of loveability. You can also make someone worry that they are loveless and that only you can love them. Since people desire to be loved, this can be especially hurtful. You can make someone depend on you for love by making him or her believe that only you could stand to be with him or her. Make your love seem like a gift and make them feel as if they are unworthy of it.

Pointing out flaws can also include name-calling and cutting remarks. You can make someone feel bad about themselves by repeatedly exposing them to your disapproval and frustration. The more someone hears something, the more likely they are to believe it. So over time, you can degrade someone's self-esteem significantly just by saying little things often.

Violate Privacy

Privacy is an important part of someone's identity. Violating their privacy thus removes a part of their identity and violates their

human rights. It can create many unpleasant emotions for them, as well, which is a goal of emotional abuse.

You can violate someone's privacy by snooping through their things. Read their texts, their emails, and their journals. You can also spy on them, or have others spy on them. Reveal little bits of information that you have found out to set them on edge and let them know that their privacy is being invaded. Never admit to actually reading their private correspondence or journal entries, however. You never want to admit to any wrongdoing of any kind.

In addition, you can embarrass someone by revealing their personal details to others. Spread rumors or openly tell others things right in front of them. These actions will humiliate and hurt someone who has confided in you and trusted you. It will make them question if they should trust you again, which places them in a very awkward and uncomfortable position of doubt and confusion.

Predict Doom

You can predict doom onto every venture and every part of someone's life in order to cripple them with fear. Making negative predictions about the outcomes of events can scare your victim into not wanting to risk it. You can use this to scare people into staying under your control, or to simply keep adding misery to their lives. Either way, constantly being negative, controlling, and discouraging is emotional abuse.

Doom is a way to discourage people from taking any risks or chances in life. You can predict their failure in school, business, a relationship, parenthood, or any other scary yet exhilarating life event. Definitely use past failures or personality flaws when you say, "This will not work out well for you. Remember how you failed before?"

You can take on the pretense that you are simply "watching out." Disguise your negativity as concern and protectiveness. "I am just looking out for what's best for you," is a common term that parents and romantic partners use when they are being over-controlling. "I am worried that you will try this, and you will be so hurt when you fail. I just don't want to see you hurt." But true

concern can easily take the form of being over-controlling, so avoid letting concern turn into emotional abuse unless you want it to.

Be Sweet

Being mean all the time is not likely to earn you the devotion of your victims, no matter how much you cripple their self-esteem. You need to occasionally motivate people to like you. You can do this by having moments where you are the sweetest person alive. You indulge someone's vices and whims, you give positive feedback, and you do nice things like bring them their favorite dessert while they are at work. You should always put effort into the people that you love, but you must also put effort into the people that you are trying to manipulate and emotionally abuse. Find out what your victims love and then give it to them often, to sweep them off of their feet.

Accusations

You can make someone feel awful by constantly leveling accusations at them. Accuse them of being mean, of being fake, of stealing things, of having low character. The different things you accuse them of can slowly chip away at their self-esteem. It will also make people fear you and walk on tiptoes around you out of worry that you will come up with another accusation.

It is quite possible to base your accusations on truth. You can use past behavior or circumstantial evidence to make someone appear guilty. Then, you can use your accusations to spread rumors about someone and lower their character in others' eyes. This further lowers someone's defenses and self-esteem and creates a hostile, toxic environment of bad emotions.

Chapter 11: Seduction

Seduction is one of the most coveted of forbidden psychology skills. Everyone desires to be loved and wanted. Sexual attraction is a form of being wanted that many people like to feel. By seducing others, you can gain both the sense that you are wanted, and a level of control over the person who finds you attractive.

Seduction is about more than just getting someone to have sex with you. Your motives can involve just sex or a relationship, or they can involve gaining control over someone for your own personal ends. When you seduce someone, you must make them an offer that is too good for them to refuse. Once they accept your offer, they put themselves into a vulnerable position which you can use for your advantage. Seduction is necessary to get someone close enough to you for you to gain control over them. This art is the best way to begin manipulation, mind control, deception, and other forms of control over someone else. You cannot gain this control over complete strangers. Rather, you need to attract someone and make them want to be close to you. This closeness is what allows you to begin gaining viable control over a subject.

In spy movies, the hot chick spy often uses seduction to get men to do what she wants. These movies are only fiction, but they illustrate a concept that many people are instinctually familiar with: the concept that sex gets you what you want. This is because human beings are hardwired to want sex. Sex can boost the ego and can make people feel like they are in control. It is certainly a useful tool for gaining control over people. Even just the promise of sex is enough to make most people feel good, to the point where they are willing to do anything to continue receiving the reward of feeling positive about themselves. Spy movies use the premise that seduction is a great way to get control over people, and this premise is true.

In a darker application of seduction, seasoned psychopathic criminals are often adept at seducing people in order to rob, rape, or

even murder them. Abusive partners are not attractive to their victims because they showed their abusive side at the first meeting. Rather, they wove a web of seduction to attract someone, gained control over the person, then revealed their abusive tendencies. Bad people often lure victims in before doing bad things.

The theory behind seduction is that it offers people the promise of something much deeper than just sexual contact. It offers people a chance to feel good about themselves. To successfully seduce someone, you have to make them an offer that is too good for them to refuse. Usually all this offer has to entail is ego gratification. You can seduce someone just by making them feel good. The promise of continuing to feel good makes people want to remain close to you. They open up to you and begin to want you and even trust you. You can then use their new openness toward you as a tool to get what you want.

Seduction often calls for you to make some small sacrifices. You may have to put yourself in a place of weakness in order to appeal to someone with a big ego and lots of vanity. You may have to spend some money to make someone consider you as a worthwhile prospect. You may have to invest time and effort into seducing a particularly difficult target. These sacrifices may not pay off in the end, either, as someone gets wise to what you want or grows fickle for some other reason. However, if you become good enough at seduction, you will be less likely to lose targets. All of your efforts will ultimately pay off in the end when you get someone to do what you want.

The art of seduction may seem like a mysterious and even impossible venture. Without confidence, you may feel like you have to be some hot movie star, like Brad Pitt or Penelope Cruz, to be able to seduce people. But physical attraction and suavity are not the only requirements of seduction. It is possible to get someone to desire closeness with you just by offering them something that they want. Most people want affection and acceptance. If you offer this to people, especially insecure people, you may just be able to seduce them successfully.

You can use this section for advice on how to approach someone that you like but who does not give you the time of day. These tips can greatly enhance your chances of getting your crush to reciprocate attraction in a way that they never did in the past. However, you can also use this section for far more nefarious means if you so choose. You can use the principles of seduction to get people to fall under your spell. Once people are under your spell, you can begin to work your magic of emotional manipulation and mind control for control over a person. You can seduce someone so that you can use them for whatever ends you have in mind. You can gain access to someone's mind and heart by making them fall in love with you and become dependent on you emotionally.

The best manipulators are usually the best seducers. Seduction is the only way that they can get victims. You can be this way if you so choose. Or you can simply use seduction to unlock what you want in another person, without any harmful intentions in your heart. Like all subjects in forbidden psychology, there are both good and bad applications for seduction. But all applications of seduction are very useful for obtaining your ultimate goals.

Find the Ideal Target

Seduction works best on people who are receptive to it. When you are trying to seduce someone, you need to find someone who is open to being seduced. If someone is closed off, you do not have to give up, but you will need to work harder. It is entirely up to you if you are willing to expend the effort or go after an easier target.

What you intend to do with your target can influence how much effort you are willing to put in. If you have set your sights on a seemingly unattainable person, then you are probably more than willing to exhaust all efforts to seduce that person. But if you just want someone to feed your ego and provide other needs for you and you are not picky, you can go for the easiest person that you can find.

There is a reason that some people earn the reputation of being "easy." This is because they are not hard to seduce. Most easy people have low self-esteem and allow themselves to be used and abused. They do not put up a fight against injustice and they do not demand respect or good treatment. People who are "easy" are major,

appealing targets and are likely to attract many cheap and bad people. You can exploit an easy person's low self-esteem by offering them promises of love and affection. These people need love so badly that they will jump at any chance to experience it.

The easiest people to seduce are vulnerable people. Some of these easy people are emotionally needy and screaming for affection, like in the description above. But other easy people are those who are in need in other ways. Perhaps they are homeless, addicted to drugs, or in need of food. These people are very easy to seduce because you can easily spot what they need, and then promise them what they need. Your kindness will be like a beacon of hope that weak, needy people are drawn to. You can more easily seduce people when you offer them comfort and satisfaction of their needs.

Boost their Ego

The main part of seduction is making someone feel good. Ego stroking and flattery are great ways to do this. By telling someone what they want to hear, you can secure their adoration and devotion. You can easily seduce someone by offering them compliments and flattery that make them feel amazing.

Be careful not to go overboard, however. You do not want to come across as fake. When you try to boost someone's ego, try to find things that you genuinely like about them, so that your compliments and flattery are genuine and sincere.

One of the best ego boosts you can give someone is making them feel like they are the apple of your eyes, the sun to your moon, and the peanut butter to your jelly. You want to make someone feel like they are special, unique, and practically omnipotent to you. People crave to be special. They like to be the center of attention. If you make someone feel like the only object of your attention, you are providing an exhilarating rush for them. They will crave this special feeling and they will come back to you for more and more of it. When you are seducing somebody, give them all of your attention and shut out all distractions, even your phone. You want to dedicate your time entirely to your subject, so that you can instill this exhilarating sense of being your only one.

Project Confidence...with a Dose of Imperfection

Confidence is the best way to attract people. When seducing someone, you do not want to let shyness or insecurity get in the way of your interaction. Be bold and do not hold back when talking to someone. You want to hold your head high, give firm handshakes, and project the vibe that you believe in yourself. You do not want to slouch and appear insecure, as this is a big turn-off. If you down talk yourself, you will make others believe the bad things you say about yourself.

But people love to see a small crack in your confidence from time to time. This crack convinces people that you are human and that they can help you or even fix you in some way. Women especially are drawn to imperfections because it appeals to their mothering instinct. While you want to appear very confident when seducing someone, you do not want to appear perfect. Instead, let a sliver of your humanity show sometimes. You can tear up over puppies or reveal a silly insecurity or a humiliating nickname from your childhood.

Come on Strong

There are so many people in the world that most people have multiple suitors trying to hit on them at once. That makes people very picky. You have to stand out from the rest. You cannot stand out if you hang back, playing it cool and being a wallflower. Rather, you need to be very forthcoming and you need to come onto people strongly, in such a way that they cannot resist you.

The ancient art of chivalry and flirtation is especially useful for seduction. Chivalry is practically dead, so you will stand out from the crowds if you act like a dashing gentleman or lady. Make every attempt to be suave, polite, and seductive. Be extremely flirtatious, offering flattery and ego boosting in your flirtation attempts. Do not be afraid to hold doors open and pull chairs out for the person you are trying to seduce.

You want to appear like you are absolutely wonderful. You want to seem like you offer manners, care, and tenderness that no

one else does. Pair that with great listening and conversational skills, and you will come off as absolutely irresistible.

Do not shy away from traditional romantic gestures. A bed sprinkled with rose petals, pink champagne on ice, a picnic under the stars, and kissing in the rain are all strong, traditional romantic gestures that almost everyone identifies with. These gestures work because they are traditional, and they are beautiful. Almost everyone can appreciate them. Making these romantic gestures are sure to sweep someone off of their feet because it shows how you care and it resonates within someone's picture of romance. Disney prepared kids to grow up with certain ideas of what romance is; you can be that prince or princess and appeal to the inner child in others. This is all part of coming on strongly.

Use an Indirect Angle

While you do want to come on strong, you do not want to ever reveal your true intentions. Coming at someone from an indirect angle can help you disguise your true intentions. You can convince someone to want to be with you if you show them what they want to see, not reality. Make it clear that you like someone, but do not force the issue at first.

Some people react well to a strong romantic approach. But others respond better to a slow approach. If someone is hard to get, you should try to come on more strongly. If someone is shy or distracted, you may want to approach more subtly.

A subtle approach calls for you to hide your intentions entirely at first. You can feign disinterest at first. Hang back and behave nonchalantly, to create a neutral relationship. Then you can begin to make your moves, once you are closer to someone. Time is your best friend and you can use it to slowly build up seduction efforts. However, keep in mind that if you take too much time, you may miss your chance. You do not want to wait forever.

Drop Elusive Hints

When you are seducing someone, you want to plant ideas of sex into their minds without being outright crude. Crudeness and bluntness when it comes to sexuality often scare off people, since

modern society calls for a level of prudence and sexual repression. Being too open to talking about sex can get people labeled as whores. Therefore, most people are uncomfortable with and even scared of the subject of sex. Women are likely to throw drinks in your face and men are likely to disrespect you if you are too blunt about sex. Rather, it is ideal to take a subtle approach and drop sexually suggestive hints that plant thoughts about sex into someone's mind.

Body language is a great way to drop sexual hints without saying anything explicitly. You can lick the foam of beer or espresso off your lips with the tip of your tongue when talking to a guy, or wrap your lips around the mouth of a beer bottle. Wear revealing clothing or sexy perfume or cologne. You can place a hand on a woman's lower waist or the back of her arm. These little gestures plant the idea of sex into someone's brain without you having to say a single word. When someone thinks of sex but their desire is unsatisfied, the thoughts about sex continue to grow and drive someone crazy. This can build up until someone just has to have you.

Haunt their Periphery

When seducing someone, you never want to leave their mind for too long. The saying "Out of sight, out of mind" is certainly true. If someone has enough time to forget about you, then all of your seduction attempts have been wasted. Keeping yourself on someone's mind is possible without being bothersome or annoying.

The first most important thing to do when you want to stay on the top of someone's mind is to give them little gifts or experiences to remind them of you. For instance, if you take someone to various places around your town or city, all of those places are likely to serve as reminders of you to them. Gifts also serve as reminders. You can also make someone remember you by singing a popular song to them or sharing an experience with them while a certain popular song plays, so that they will often hear the song and think of you. Plant little pieces of yourself in someone's life so that they are constantly being reminded of you throughout the day.

In addition, you do not want to come across as obsessive or clingy. Calling and texting constantly is a bad idea. But sending a text

every day or every few days, just to remind someone of your existence, can help you remain on their mind.

Be Intriguing

A little bit of mystery makes people want to learn more about you. It can pique someone's interest, leading to them chasing after you. It is often appealing to others if you keep yourself shrouded in some mystery.

It is not necessary to hide everything about yourself. Showing some personality is actually best to get other people to begin to open up to you. However, you should not offer full disclosure. It is far more effective to smile elusively and only volunteer information when someone asks. You can make the focus about the other person rather than yourself. This accomplishes two things: it makes you seem mysterious and it grows the ego of the other person you are working to seduce.

It can also be infuriatingly attractive to people if you maintain an element of mystery in your interest and give mixed signals. Mixed signals create a puzzle for other people. Men and women alike want to win, and they find mixed signals a challenge. They begin to wonder if you really like them and they become determined to find out the truth and to ensure that they really do have your true interest.

Mixed signals can be risky. You want to give more interest and flirt more than you want to feign disinterest and pull back. If you do not give more than you hold back, you can easily push someone away and make them lose complete interest. The secret to mixed signals is to remain alluring. You must show some interest and you must continue to be sexually exciting by flirting. You only want to withhold your affection occasionally so that you maintain an aura of mystery and you avoid appearing desperate.

Be Unpredictable

A little bit of unpredictability can be thrilling and exhilarating. Spontaneity can hook people. One day, you may offer a romantic date, and the next you may offer camping in the woods. One day you may be sweet, and the next you may be withholding your affection.

Make sure that you are never the same, but always different, to keep someone on their toes.

Predictability can easily become boring. By being unpredictable, you can give someone a thrilling sense of suspense. They look forward to each day with you because they cannot wait to find out what you have in store. The element of suspense and surprise can make your relationship more engaging and more addicting than average relationships.

If you are predictable, you may seem dependable. This is great for long-term relationships. But when you are trying to sweep someone off his or her feet for other purposes, you do not want to come off as dependable. This is boring. Rather, you want to seem fascinating and being unpredictable achieves this.

Intellectually Stimulate Someone

Engaging someone's intelligence can make someone feel like you care about more than just the physical aspects of a relationship. This can make someone begin to trust you and rely on you for something deeper. They may begin to take a relationship very seriously, if they feel like you value their intelligence.

Many people also take pride in their intelligence. Engaging someone's intelligence can make a person feel like they are more intelligent, which stimulates their ego. Ego stimulation feels great so the person you are trying to seduce will begin to associate you with the rewarding experience of feeling good. They will want to spend more time around you in the future just to continue to have their ego stroked and their intelligence stimulated.

Be a Good Listener and Conversationalist

Nothing makes someone swoon harder than good conversation. Good conversation shows someone that you are listening and you care. You are making an effort and this means a lot to people. Therefore, good conversation is a big part of making someone want you.

Good conversation also allows you to gain insight into how someone's mind works and what they want. You can use the

information you glean in conversation to know how to offer someone what they really want. Offering someone what they really want is the cornerstone of seduction.

Conversation needs to be a balance between listening and talking. The even exchange of communication validates both members of a conversation. To create a sense of depth and bonding, it is best to be empathetic. Listen well, acknowledge everything said, and offer similar anecdotes. Show that you really care and you really are listening. This can make someone feel important, leading him or her to trust you and feel a bond with you. Creating a sense of dependency in the other person can help you gain the upper hand in any future relationship. Sometimes, being kind can actually give you a tremendous advantage for more nefarious purposes, such as manipulation and mind control.

When you converse with someone, you are working on both making a good impression of yourself, and getting to know the other person.

Make an Offer too Good to be Refused

It is best to offer someone what they could really use in their lives to seduce them. Usually all you need to offer is some ego gratification. Almost all people love affection, attention, and flattery. They need love. By providing a bit of ego stroking, you can make people want to keep coming back to you for more.

But some people have other needs that you can offer to get their affection. For instance, a person who is destitute may feel indebted to you if you offer them a place to stay and some kindness. Find out what people really want and then give into their needs. This can make people want to be around you, and it can also make people feel indebted to you which can make them more likely to do what you want.

It is also a great idea to follow the flow of someone's moods. Women especially grow comfortable with men who indulge their emotional whims and do not challenge or complain about their mood swings. By reflecting someone's moods, you can make someone feel like you understand them and feel the same way that they do about

things. They will open up to you. In you, they will sense the emotional understanding that they have always sought.

Chapter 12: Deception

Deception is one of the most hated of all acts. Lying is one of the number one relationship no-nos and liars often sit on the top of people's lists of what they despise. Yet everyone lies and everyone forgives lying. Deception is often necessary. It is very hard to go through life telling the truth all of the time. People like to say that honesty is the best policy, but sometimes dishonesty is an even better policy. You need deception to get you through many situations. Learning how to deceive people masterfully can help you through a wide variety of life situations.

Is Deception Necessary?

Before you tell a lie, you should discern whether or not dishonesty is the best policy. Sometimes it is and sometimes it is not. The hard work behind deception can make it not worthwhile, in the long run. Weigh the benefits of lying and telling the truth.

Often, people lie to avoid hurting someone's feelings. Ask yourself how hurt someone would be if they knew the truth. You may think that they would be hurt by the truth, but there is a chance that they will handle the truth better than a lie. Lies and deception can undermine relationships and destroy trust. Really make sure that your lie is foolproof or your relationship is worth losing if you want to deceive someone.

People also lie to avoid getting in trouble for something they do wrong. How much trouble do you stand to get into? Is it a little bit? Or is it enough to warrant the effort and mental focus that deception calls for?

Finally, people use deception to look better. They create facades to showcase sides of their personalities that make them look awesome. They tell lies to make their lives seem better and more interesting. This kind of deception is very common, especially in dating. If you want to lie about your life or yourself, consider why you feel so insecure that you must be dishonest about your real life.

Maybe it is time to consider changing yourself or your life to be more in line with the lies that you tell. Using deception to make yourself seem more interesting will usually fail in time.

I am not trying to dissuade you from lying. Sometimes lying is very necessary and makes life easier. A life of only honesty would actually be brutal. But deception takes a lot of effort and work and it carries certain risks. You need to enter the world of deception with some caution.

Plan Your Lie

Lies require you to jump over some ethical hurdles and even think of what to say. Therefore, lies often require some planning. There are situations where you will have to make an impromptu lie. But in situations where you can plan your lies carefully, take full advantage of the time you have to create a perfect lie.

First, use your time to create alibis if you can.

Second, use that time to think of a set story. Then stick to that story, no matter what. You can find ways to defend your story if you stand by it. Be sure that your story is logical and believable, and also make sure that you do not create too many details. However, you can create more details if you are pressed.

Third, think of a fallback if you are caught. This could be the truth. It could be another lie. Whatever you do, you want to have an explanation for why you lied. You could say that you simply forgot something, or you could admit to lying. You should create several fallback options that are suitable for a variety of outcomes of your initial lie.

Avoid Getting Caught

The only way to effectively deceive someone is to avoid indicating that you are not being honest. People hate dishonesty and watch for signs of lying, known as tells. Tells give it away when you are lying. Some people are very adept at learning and identifying tells, and those who know you well may also know your tells. You must learn how to lie effectively and not give away your tells to even the most discerning of lie detectors.

A tell is usually the indicator that you are struggling to think of a lie. Telling the truth is easy because you do not have to think of a logical story. But when you are lying, you must think of a story that makes sense and then you must put effort into being convincing. The pause you take while you come up with a story is usually the tell that you are lying.

In addition, you should believe that your behavior in deception is perfectly acceptable. Guilt is often what makes you give away your lying, because you are nervous. Fiddling with your clothes, nails, or hair, biting your lip, and fidgeting are all signs of your nerves and your guilty emotions. Grooming yourself or organizing the area around you is a sign that you are trying to “clean up” or cover up your lie. Avoid feeling guilty so that you can avoid these guilty and nervous tells.

Without giving away any tells, you can tell a convincing lie. But then you must also make sure to keep your stories straight so that your lies do not come out later. Sometimes you can take notes, but usually you must rely on your memory. Lying to multiple people can make your lies even more confusing and conflicted. Deception does not always involve lies, however. It can involve any sort of subterfuge with your behavior. If you are not being upfront, you are engaging in some sort of deception.

The best deception is when you do not tell an outright lie. Deception does not just involved lying. It can also involve trickery and slick disguising of your true behavior or intentions. You can erect a façade that deceives people. You can lie by omission. You can keep secrets and act normal on the outside to avoid ever giving away what you are hiding behind your smile. However you choose to engage in deception, the best deception is where you can say, “I never lied,” should you ever get caught. You cannot really get into trouble if you simply lie by omission or fail to mention something, because you can always justify your actions by saying, “You never asked.” You can avoid getting in trouble and you can also make your own guilt disappear because you remove your accountability for your deceptive actions.

Follow Conversational Rules

When using deception, you want to appear as normal as possible to convince others that you are telling the truth. You want to appear totally yourself in order to avoid arousing suspicion. Acting unnaturally or unusually in any way is a sure giveaway.

Conversation is governed by several rules. The first rule is known as the maxim of quality. This is where people expect you to provide honest answers. The second is the maxim of quantity. You do not want to say too little or too much. For instance, you do not want to answer questions about your day with a plethora of detail or a mere, "Not much." The third rule is the maxim of relation, which means that you stay on topics that are related to your original conversation topic. The final rule involves the maxim of manner, which means that your answers should be direct and to the point. If someone asks you how they look, they want a phrase like, "You look good." Saying that someone looks interesting can be confusing because it is not direct, and that implies something bad is going on in your mind, preventing you from uttering a simple compliment.

Following these maxims allows you to appear like you are carrying on a normal conversation. You never want to talk too little or too much, use unclear phrases, change the subject abruptly, or provide obviously erroneous answers. If you violate any of these conversational rules, you can arouse a lot of suspicion about your honesty and the motives lying underneath your conversation.

You can use these conversational maxims as guidelines for how to mislead someone, too. You can use the maxim of relations to change the subject, giving the hint that you do not want to follow the line of conversation anymore. This subject change can imply to people that you are not willing to discuss the matter anymore. This can prevent them from digging further and learning the real truth.

You can also use the maxim of quantity to tell a lie by omission. You give just enough information that it makes your conversation partner feel like you are telling the truth. But you leave out something that you do not want to talk about. When you omit something, you are technically lying, but you cannot get into as much trouble because you did not make anything up. You technically told the truth.

You should avoid telling bold-faced lies unless you know that your story can never be verified. When you do tell a lie, it is best to gloss over it and include as few details as possible. Never divulge too many details. But divulge enough that it is not suspicious.

Obscure Details

When using deception, it is best to be vague about the details of your life or in your lie. You can use more abstract linguistics to help make the details more vague. For instance, instead of saying that you were reading a book at the library, just say you spent your afternoon reading. Instead of describing what you ordered at a restaurant or even what restaurant you went to, just say that you ate out.

The fewer details you mention, the fewer small things you need to keep track of when you work to keep your stories straight. You then run less of a risk of giving yourself away by messing up a tiny detail later on. People often forget small details, but you will be surprised what people can remember, especially if they suspect you of lying. You never want to give someone any little thing that they can remember and use against you later on.

You also have less to come up with while fabricating a falsehood. This can make lying easier. You do not have to spend as much time struggling to fabricate little unimportant details. You can just state the basic bare bones facts and move on.

You can blame incorrect or left-out details on your faulty memory if need be. But you at least do not have to keep track of countless little things that are so easy to forget. The more general you are, the easier your lies are to tell.

Body Language

Your body language is essential in keeping a lie convincing. You can give away that something is off or different if you have unnatural, stiff body language or shifty eye contact. Alternatively, leaning too far forward or holding eye contact too much is also suspicious. The best way to act is to act like you are doing nothing wrong.

This is where imagining that you are innocent whether you are or not is extremely helpful. A self-belief that you are telling the truth and doing nothing wrong will manifest in your body language and eye contact levels. You will appear more natural, relaxed, and truthful if you convince yourself that you are.

There is a strong connection between body and mind. Your body subconsciously reflects what is really going on in your mind. This is why liars have tells. When you lie, you want to maintain a good level of control over your body. Act like the part you are playing, and your body language will react accordingly. Really, the art of lying is all in the mind and your mind influences all of your actions during the act of deception.

Specifically, you want to avoid grooming yourself, rubbing your hands together, fidgeting, or licking your lips. You want to also avoid turning a shoulder to the person you are lying to or avoiding eye contact with them. If you are sweaty out of nervousness, do not give it away by wiping frantically at your sweat. Keep your shoulders relaxed, keep your hands on the table in front of you or at your sides, and maintain normal eye contact.

Use Affection and Physical Closeness

This tactic is not ideal when you are lying to a cop or other authority figure. But if you are lying to loved ones, maintaining affection and physical closeness are great ways to appear like you deeply care and you are being honest. You will inspire trust in your loved ones by standing close to them and even touching them on the arm or shoulder.

You do not want to do this in a way that is abnormal. Rather, you want to maintain the appearance of normalcy. So if you are not normally physically close to someone, being so while lying is actually the opposite of what you should do. However, most loved ones like to be relatively close. If you are often physically close to a loved one, be sure to be this way when lying.

Being affectionate can remove some of the trouble you get into if you are ever caught lying. By being loving, you can make your loved ones feel like you did not mean to lie.

When dealing with authority, it does not always hurt to use flirtation or even seductive behavior. Cops and interrogators are human, too. They are vulnerable to sexual desire and the need to protect people that they like. By making a cop or other authority figure like you, you can inspire a need to believe you and to go easy on punishing you in the future.

Don't Wait to Be Asked

If you bring up a lie upfront, you can make it seem like you have nothing to hide and you are telling the truth. You give the appearance that you are willingly volunteering information. A liar would not do that, right?

When you have something to hide, do not wait for someone to ask, "Why are you late?" or "How was your day?" Just launch into your lie immediately. Do not give people time to pry and probe at your lies, either. Offer the information, no more, no less. Then change the subject if you can, or answer questions if you must.

Spot Deception

Becoming a master of deception can truly make you adept at spotting when others are deceiving you. You begin to recognize the techniques you learned in this chapter in those around you. You can then defend yourself against deception and demand honesty from others when you are able to catch them in the act.

Always watch for tells. Excessive grooming, rearranging, and sweating are good indicators. Long pauses or stammering when you ask a question indicates that someone is struggling to make something up on the spot. Of course, you also need to watch for excessive or too little detail. Inconsistent behavior also lets on that something is going on under the surface, something less than truthful.

Be Consistent

You need to be consistent in your lies. Never claim to do something unusual or unique, as this may arouse suspicion, especially in loved ones. When you do lie, say that you were doing something that seems to fit your character. You can also use your

normal routine as an alibi for lies. For instance, if you are usually getting coffee at nine in the morning, you can tell cops or other people who want to know where you were at nine that that is indeed what you were doing. Most people who know you will believe this and verify it.

This of course also entails your behavior while lying. Your behavior needs to remain consistent, as does your story. You never want to give anyone reason to suspect that something is amiss.

Conclusion

You have now reached the end of your foray into forbidden psychology. You can decide where to go from here. With more research and practice, you can master the arts of manipulation, mind control, deception, and seduction for your own advantage. Or you may just be content to set this book down, content to have satisfied your curiosity about forbidden psychology. Either way, you now have knowledge about forbidden psychology which sets you apart from most other people.

Most other people are not brave enough to study something like dark, forbidden psychology. They are not willing to test the limits of their comfort levels and to explore subjects that they know nothing about. But you are brave. That is why you have completed this book. Your bravery and your curiosity show that you have a more open mind than most people. You can use your open mind to achieve whatever you want to achieve with it.

How you use this book is entirely your choice. The contents of this book are not light. Many of these forbidden psychology concepts are very dark, and very harmful. You can cause some serious damage to others and the world as a whole by using these manipulation attempts. On the other hand, you can use these tactics for good to further your life without harming others. Certainly many of these tactics can be useful, even in normal day-to-day interactions and conflicts. You do not have to be a sociopath and manipulate your loved ones constantly, but you can use manipulation to aid you in overcoming difference with others in a positive way. It really lies on your conscience.

No matter how you choose to use the information from this book, you have done a brave thing by reading it. This was the beginning of your journey into the world of forbidden psychology. Whether your journey into this subject is short or long, you now have the information and knowledge to do what you will with forbidden psychology.

You also now have the tools to protect yourself from the dark arts of psychology. You can identify when someone is running some sort of subliminal scam on you, and you can defeat their attempts. A thorough understanding of the enemy is what can help you defeat the enemy.

Thank you for reading.

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