

## HOW TO CONTROL PEOPLE

Remember that this is the vicious, criminal 3rd degree version. There are also softer 1st and 2nd degree versions of these "procedures" that people use in everyday living, business, socially, raising children, and working with colleagues, peers, employees. They are psychological and physical control.

General Method	Effects (Purposes)	Variants
1. Isolation	Deprives victim of all social supports of his ability to resist. Develops an intense concern with self. Makes victim dependent upon interrogator.	Complete solitary confinement, complete isolation, semi-isolation, group isolation.
2. Monopolization of perception	Fixes attention upon immediate predicament: fosters introspection. Eliminates stimuli competing with those controlled by captor. Frustrates all actions not consistent with compliance.	Physical isolation, darkness or bright light, barren environment, restricted movement, monotonous food.
3. Induced debility, exhaustion	Weakens mental and physical ability to resist.	Semi-starvation, exposure, exploitation of wounds, induced illness, sleep deprivation, prolonged constraint, prolonged interrogation, forced writing, overexertion.
4. Threats	Cultivates anxiety and despair.	Threats of: death, non-return, endless interrogation, isolation, against family, vague threats, mysterious changes of treatment.
5. Occasional Indulgences	Provides positive motivation for compliance. Hinders adjustment to deprivation.	Occasional favors, fluctuations of interrogation, attitudes, promises, rewards for partial compliance, tantalizing.
6. Demonstrating "Omnipotence"	Suggests futility of resistance.	Confrontation, pretending cooperation taken for granted, demonstrating complete control victim's fate.
7. Degradation	Makes cost of resistance appear more damaging to self-esteem than capitulation. Reduces prisoners to "animal level" concerns.	Personal hygiene prevented. Filthy, infested surroundings, demeaning punishments, insults and taunts, denial of privacy.
8. Enforcing Trivial Demands	Develops habit of compliance.	Forced writing, enforcement of minute rules.

### Biderman's Chart on Penal Coercion (Amnesty International Report on Torture, 1983)



OPINIONS AND FEELINGS ARE FREQUENTLY A PERSONAL TRIUMPH OVER GOOD THINKING  
YOU DEFINE REALITY BY WHAT YOU KNOW, WHAT YOU BELIEVE, AND WHAT YOU DO ABOUT IT.