



Royal Canadian Gendarmerie royale
Mounted Police du Canada

Are You Vulnerable?

It is important for individuals to be aware of groups known to the public as cults.

A choice without options is no choice!



Canada

Generally people do not seek out a cult; cults actively recruit new members.

People usually get recruited because...

- they have been deceived and systematically entrapped;
- they don't know what the group is;
- they don't know the real nature of the organization;
- they don't know what involvement in the group entails;
- they are feeling lonely, and when approached by a recruiter, are often attracted by the appeal of warmth and sincerity.

When you are travelling and alone, you are more susceptible to the appeal of a group.

Learn to question

If the group is really as wonderful as they say, they should be able to answer any questions you have. Beware of vague answers and groups that pressure you because "everyone else is doing it."

Once you show interest you are easily subject to their recruitment techniques.

Thought Reform Techniques

ISOLATION: a loss of reality is induced by physically separating you from society and rational references.

PEER GROUP PRESSURE: the suppression of doubt and resistance to new ideas are achieved by exploiting your natural need to belong.

LOVE BOMBING: a sense of family and belonging is contrived through hugging, kissing, touching and flattering you.

GUILT: teachings of eternal salvation are reinforced by exaggerating the sins of your former lifestyle.

FEAR: loyalty and obedience to the group is maintained through warnings of serious spiritual or physical repercussions for not conforming to group norms and ideology.

DISINHIBITION: the breaking down of defense mechanisms is achieved by inducing in the recruit child-like or regressive behaviour.

FATIGUE: disorientation and vulnerability are enhanced by prolonging physical and mental activity.

REMOVAL OF PRIVACY: your ability to evaluate the group logically is diminished by preventing you from being alone.

Remember

Under the right circumstances anyone is vulnerable.

It Can Happen To You

Those who think they are immune are only making themselves more vulnerable. Remember the assault is on your emotions, NOT on your intellect. You should know that two basic principles of psychological coercion are:

- 1) If you can make a person **BEHAVE** the way you want, you can make that person **BELIEVE** the way you want.
- 2) Sudden drastic changes in environment can lead to heightened suggestibility, and to drastic changes in attitudes and beliefs.

It is normal...

Most of us have times when we are feeling lonely, depressed or overwhelmed by a decision we have to make. If you have such feelings it will help you to reach out to **SOMEONE YOU ALREADY KNOW AND TRUST...**

- a friend
- a teacher
- a parent
- a counsellor
- a crisis hotline
- a member of the clergy