Techniques used by **Authoritarian Groups**

Whatever their beliefs, all authoritarian groups use similar methods to control their members.

Aggressive Recruitment

Status in the group is gained by recruiting new members, which is a constant activity.

Conditional Love

New recruits are "love-bombed", but this love is conditional upon the recruit accepting the group's doctrines and policies without question.

Capricious and Arbitrary Rules

The rules are trivial, often do not make sense, and those in charge (or in favor) don't have to follow them.

Paranoia and Punishment

The leadership will punish the members for any infraction – and they suspect everyone.

Assimilation and Lack of Individuality

All doubts have to be put aside to ensure conformity to the group's idea of who they should be.

Exhaustive Demands

All time, resources, effort, and energy must go to furthering the group's goals. Anything else is selfish.

Gaslighting and FOG

Confusion, denial, and other gaslighting techniques combine with fear, obligation and guilt to keep the members off-balance and dependent.

Elitism and Xenophobia

Inside the group are the elite, the superior, the chosen. Everyone else is either a potential recruit or an enemy of the Truth.

Isolation and Confinement

Members are separated from the rest of the world, if not by physical boundaries, then by a wall of fear and suspicion.

Ultimate Authority and Dictatorship

The group is the only authority, accountable to no one else; members must obey every command, and have no say in the making of the rules.

Secrecy and Deception

The leadership lies to outsiders about what goes on in the group, and they lie to their members about what's happening outside.

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