

Are YOU under mind control?

Mind control is sometimes very subtle in the way it is used and it can be hard to recognise it. Try answering these 20 questions by circling Y for yes or N for no. (Taken from a list of 52 questions in the book *Mind Control* by Guy Steward.)

1. Is your doctrine legislated rather than guided? Y/N
(You should be free to search things out for yourself.)
2. Are your moral choices legislated rather than guided? Y/N
3. Are you unsure of the background of your leader(s)? Y/N
4. Do you solely rely on information given to you by your group? Y/N
5. Is there pressure to avoid all other information about your group? Y/N
6. Is there pressure on you to agree with all that the group says? Y/N
7. Are your leaders generally inaccessible to ordinary members? Y/N
8. Are leaders or other members hostile to your questions? Y/N
9. Are you fearful of your leaders? Y/N
10. Is your group secretive about its doctrines or its actions? (For example, is there any doctrine you have been instructed not to share with outsiders?) Y/N
11. Are members ever “disciplined” by threats, bribes, or other unpleasant pressures to conform? Y/N
12. Were you required to cut all ties with the past (including friends and relatives) when you joined? Y/N
13. Do others within the group make decisions for you? Y/N
14. Are you dependent on your leader’s or on others’ approval for what you do? Y/N

15. Are you afraid of leaving? Y/N
16. Do people constantly leave amidst controversy, strife and bitterness? Y/N
17. Do you condemn those outside your group as being “ungodly” or “satanic”? Y/N
18. Do you use “God wants me here” as an excuse to avoid facing the issue of leaving? Y/N
19. If your group uses the Bible, does it only use it with reference to (or explanation from) another person’s teachings? Y/N
20. If self-employed, would your business seriously struggle if you left? Y/N

Count up your number of “yes” answers. If 4-5 you may be under mind control. If over 10 your group likely has serious problems.

How to protect yourself, your church and your community from mind control

- 1. Be informed.** Know what mind control is and what to do about it.
- 2. Be aware.** Be on the alert for warning signals of the abuse of time, abuse of intimacy, misuse of finances, etc.
- 3. Be prepared.** Have plans for informing and warning others, both in your church and community (eg, a leaflet drop).
- 4. Be discerning.** Find out what a group really believes before joining. Don’t let others take advantage of you in a time of transition or crisis – eg, a change in location such as a student moving to a university in a different city, a financial crisis such as losing a job, a change in relationships like a death in the family, etc.

*This pamphlet was prepared by The New Zealand Cult List (copyright © 2004–2016) and can be freely downloaded from our web site (www.cults.co.nz).
This pamphlet may be updated periodically.
This version revised 4 August 2016.*

Cult Mind Control

Mind control is one of the most common characteristics of a cult. Most cults use mind control.

Mind control is manipulating people’s thoughts and actions through deceptive techniques. It allows a cult to make its members think and do as the cult leaders desire. The mind control wrecks people’s lives so they eventually cannot think for themselves.

Mind control is not forced on people. They have a choice of whether to resist the control or submit to it. It is often much easier in the short term to submit to the control.

A cult often has one charismatic leader who all the members (and sub-leadership) look up to. This makes mind control much easier for the cult. A pyramid-like control structure means that authority all ends up with one individual at the top of the pyramid.

Mind control is not the same as brainwashing.

Brainwashing usually involves torture to force victims to change their beliefs and/or actions. The effects of brainwashing are normally short-lived when the torture (or threat thereof) is removed. The word “brainwashing” was invented in 1951 by an American journalist to describe an effect that happened to American soldiers during the Korean War who were captured and tortured to change their beliefs (such as embracing communism).

This pamphlet is based on the book *Mind Control* by Guy Steward. It is available from Jubilee Resources (www.jubileeresources.org). Our thanks go to Guy Steward for his assistance in preparing this pamphlet.