

CHECKLIST OF COERCIVE AND VIOLENT ACTIONS TO AVOID IN ALL INTERACTIONS

If anyone aims any of the following actions at you, stop the action or leave the scene. Or you can decide to put up with it and recover from the effects later.

ISOLATION (cuts off all social supports for resistance)

force dependence on interrogator	solitary confinement
develop intense concern with self	speak for the victim
withhold info victim needs to know	tell others victim prefers isolation
involve others in scam against victim	tell victim's supporters of false reality
break commitment to victim's safety	turning back on victim/silence
blocking exit/entrance	backing victim into a corner

MONOPOLIZING PERCEPTION (enslaves thoughts)

fix attention on immediate predicament	foster introspection
unnecessarily frequent intrusions	lying to victim
falsely accuse of lying	blame terrorist's wounds on the victim
blaming for interrogator's offense	other false accusation
involve victim in scam	eliminate competing stimuli
interrogating	advising beh response to scam's effects
frustrate noncompliance	enforcing fabricated reality or history
fabricating reality or history	physical isolation
restricted movement or environment	reinforcing victim worry or anxiety
pretending victim controls torture	pretending victim chose the consequence
darkness or bright light	pretending victim can choose consequences
barren environment	monotonous food

INDUCED DEBILITY (impairs resistance)

induced illness (applying stressor)	exploiting a wound
exposure	prolonged interrogation
overexertion	prolonged constraint
violating victim's right	sleep deprivation
	requiring victim to waive a right

THREAT (cultivates anxiety or despair)

threat of endless isolation	threat of endless interrogation
threat of abandonment	threat of death
vague threat	threat against family
letting victim worry unnecessarily	mysterious change in treatment
	creating a scam against victim

OCCASIONAL INDULGENCE (creates Stockholm Syndrome)

promising the unintended	occasional favors
fluctuation of interrog. attitude	assuming victim has misbehaved
reward for partial compliance	consoling for advised beh's consequence

DEMONSTRATE OMNIPOTENCE (suggests futility of resistance)

confrontation	pretending cooperation granted
pretending to know victim's needs	directing victim to torture self
slavery	commanding without option
breaking promise	demo control over victim's fate
ignoring victim's pleas	touching without permission
overt pretense to know victim's needs	withhold support convenient to supply
withhold knowledge needed by victim	cutting victim off during reasoning
revoking reward for compliance	destroying victim's belongings
taking victim's belongings	forcing immediate response

DEGRADATION (inflates cost of resistance, reduces concerns to animal level)

demeaning punishment	insult
taunt	invading privacy
denial of privacy	treating victim like an object
constant unrequested touching	touching victim/belongings without permission
belittling	name-calling

ENFORCING TRIVIAL DEMANDS (develops habit of compliance)

forced writing	enforcement of minute rules
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Adapted from Biderman's Chart on Penal Coercion, from the 1983 Amnesty International Report on Torture.