

HOW TO FREE YOUR LOVED ONES FROM THE CULT OF TRUMP

EXPERIENCE

Mental health professional and cult expert Steven Hassan, author of *Combating Cult Mind Control*, *Freedom of Mind* and *The Cult of Trump*, shares his 40+ years of experience--from what helped him leave his own cult, to helping hundreds of others leave theirs.



EFFECTIVE TECHNIQUES

Donald Trump utilizes the same deceptive psychological techniques that cult leaders do. This helpful guide provides effective techniques to help free their minds.

WHAT IS A MIND CONTROL CULT?

A destructive cult is a pyramid-shaped authoritarian regime with a person or group of people at the top that uses deception and influences the behavior, information, thoughts and emotions of their devoted followers.



EXAMPLES OF MIND CONTROL CULTS



Scientology, North Korean Regime, Jehovah's Witnesses, Multi-Level Marketing, NXIVM, Opus Dei, The Church of Jesus Christ of Latter Day Saints, and the Moon Organization

HOW TO TELL IF SOMEONE IS IN A MIND CONTROL CULT?

Members speak in loaded language and thought-terminating cliches. They think in black-and-white, all-or-nothing, good vs. evil terms, and everyone who does not believe like them are looked down upon. They are constantly bombarded with propaganda by the cult. Members seem incapable of thinking negative thoughts about the leader, doctrine or policies.

CHARACTERISTICS OF A CULT LEADER

- Narcissistic
- Lies a lot
- Grandiose self-image
- Stokes fear
- Paranoid
- Talks a lot about "enemies"
- Harasses critics
- Always needs praise
- Lack of empathy
- Sense of entitlement
- Claims absolute authority
- Blames the media
- Rarely admits mistakes or wrongdoings



HOW TO HELP FREE SOMEONE FROM THE CULT OF TRUMP

- Before focusing on someone else, first learn how mind control works.
- Establish rapport and trust with the other person. Always act with respect, kindness, warmth and integrity.
- Use good communication strategies and active listening to keep the dialogue open and civil.
- Be curious, ask open-ended questions.
- Be patient and wait for them to think and answer (it often will feel like a long time!).
- Keep a collaborative, rather than competitive, frame of mind.
- Find common ground, focusing on things you can agree upon.
- Avoid talking about the cult at first. Tread lightly around this topic until the other person is comfortable with you.
- Find outside topics that share characteristics with Trumpism to ease into the topic.
- Don't get angry when they say offensive things.
- Don't "tell" them. Your goal is to help them make their OWN discoveries.