Another manipulation method to misplace trust away from self: confuse *own* thoughts.

Theory: make target believe that its original thoughts are in fact not originating from the targets own mind but from the manipulator (abuser). If successful target will be de-facto enslaved.

Counter it by reminding that: There is no real answer to the question: “Where do thoughts come from?”. If an idea emerges without direct sensorial stimuli, it is your own idea or thought. Even if previous “input” from senses (sight, hearing, touch, taste, smell) have led to the “thought” the fact remains that there is no a direct association. Some definitions of terms I use:

sensorial stimuli 🡪 direct association = external thought

active mind + (association \* n) = internal thought (a.k.a. own idea)

active mind = short term memory + long term memory - unconscious

(excluding unconscious processes by autonomous nervous system)

useful thought (aka rational though) = ((structured memory + association) \* nsequential)

(best understood as ‘thought train’ where associations are   
newly-formed, linking existing structured memory items)

*Example:*

While my mind temporary loses focus, it wonders of to another topic. In this example it starts to think about a piece of programming in a BASH Shell script (file extension .sh / similar to .bat on Windows).

All of a sudden, I see a bug is left in my code which will result in an infinite loop because the script expects processed files to have the same file+extension as the original files. When this is not the case the ‘find’ command will reprocess the original file because it was not overwritten by the processed files as it should. The script normal behavior has previously been modified to overwrite the original files. When the file type requires conversion to another type (extension) then this infinite loop will occur. So far for the techy bit.

So, I was wondering of losing focus, daydreaming if you will. All of a sudden, I see an error in something that I recently (few weeks ago) worked on.

Now the manipulator jumps in and claimed that this “error” in my code was “given” to me, as in a “gift”. Something I would not have thought of myself. I would, supposedly, have overlooked it unless the error actually appeared in front of me on the computer screen.

As such the manipulator (abuser) becomes the source of useful thoughts. Provided off course that the target (victim) does not see through this trick. The reason why this trick can succeed is because we tend to give an unknown person a certain amount of “benefit of the doubt”. Particularly when being stressed we might jump to “wrong-logic shortcuts” (see note on rational thought).

*Remember:*

* It is possible to mix-up conversations with thoughts. This is usually a temporary laps, that with a brief ‘pause’ one can self-correct. This simply requires remembering, or have no memory of, the conversation.
* Having no memory of such conversation in this case always means that it could not have contributed to the “useful thought” or the programming error in my example. Even if the conversation actually took place but you forgot about it!
* Our rational mind requires structured thoughts. For example, a memory of a conversation with another person gains structure by adding information such as: with who, when, where…
* Useful thoughts that do not come from “sensorial stimuli” and that are “rational” have therefore no other way for originating except your own mind.
* Rational thinking is a sequential process. It never happens all at once. There is always an order in which ideas form by associating memory.

*Note on rational thought:*

It is governed by absolute logic. A thought, just like any other statement, can be either true, false or unknown. Rational thought assumes full trust in one’s own mind. In this it makes an abstraction from any factor that could lead to doubt. This does not mean that this doubt is gone, only that it is not factored in during rational thought. You would probably add a footnote about this “doubt” in the structured memory.

Logic is a field of Mathematics and as such an exact science. Beware that rational thought requires time and double checking: it is slow. Our mind will take “unconscious” shortcuts to speed up thinking. However, these shortcuts are sometimes in conflict with logic. Research in psychology (incl. done by Cambridge Analitica) has already identified over 1000+ of these wrong-logic shortcuts. Each of these can be ‘weaponized’ into manipulation methods.

Thoughts from other persons also come with a specific structure for the intention of that other person towards you. When intentions are unclear we go to a default of: “not trusted” OR “in doubt”. During rational thought this plays a major role when using thoughts or ideas of other persons. This defaulting can be traced back to our primal survival instinct which I define as this:

survival instinct = curiosity + distrust

The good thing about survival instinct is that it cannot be manipulated. When a threat feels real and we overcome the immobility of fear or panic, the human mind will analyze first and then think of the best action to take. Adrenaline might even kick-in to provide absolute focus on this, especially if one’s life is threatened. The moment a situation is unknown survival instinct kicks in. It is what has allowed ‘homo sapiens’ to survive the battle of the species and, according to yours truly, enabled consciousness for mankind.