

## Red Pill Workbook: Systemic Awakening Tracker

*This workbook is designed to guide you or others through a structured awakening process. Each section includes a core system to explore, a deep-dive prompt, reflection space, and action steps.*

### Master Prompt

Explain how the [TOPIC] was designed to benefit the elite while keeping the public passive, overworked, or distracted. Include how it started, how it evolved, and how it's still maintained today through laws, culture, or corporate power. Then tell me what would happen if people unplugged from it completely.

### TOPICS:

1. The U.S. Education System
2. Student Loan Debt
3. The 40-Hour Workweek
4. Minimum Wage Suppression
5. Inflation as Silent Theft
6. Consumer Debt & Credit Scores
7. Stock Market Access for the Rich vs. the Rest
8. Retirement Accounts as Illusions of Safety
9. Tax Code Favoring Corporations & the Wealthy
10. Zoning Laws & Redlining
11. Media as a Tool of Narrative Control
12. Corporate Lobbying & Legalized Bribery

13. The Pharmaceutical Industry & Profit-Driven Medicine

14. The Industrialized Food System

15. The Military-Industrial Complex

16. The Illusion of Two-Party Politics

**Follow Up Questions:**

- What psychological tactics are used to normalize this system?
- What historical efforts have resisted it, and what happened to them?
- How would society shift if this system collapsed?
- Are there alternative models or communities doing it differently today?

**BONUS:**

“How do all of these systems connect into a single web of control?”

## Education System

### Deep-Dive Prompt:

Explain how the education system was designed to benefit the elite while keeping the public passive, overworked, or distracted. Include how it started, how it evolved, and how it's still maintained today through laws, culture, or corporate power. Then tell me what would happen if people unplugged from it completely.

### Follow-up Questions:

- What psychological tactics are used to normalize this system?
- What historical efforts have resisted it, and what happened to them?
- How would society shift if this system collapsed?
- Are there alternative models or communities doing it differently today?

### Reflection:

[What surprised me? What have I personally experienced? How do I see this system around me?]

### Next Steps:

[What can I do to unplug, resist, or educate others about this system?]

## Student Loan Debt

### Deep-Dive Prompt:

Explain how the student loan debt was designed to benefit the elite while keeping the public passive, overworked, or distracted. Include how it started, how it evolved, and how it's still maintained today through laws, culture, or corporate power. Then tell me what would happen if people unplugged from it completely.

### Follow-up Questions:

- What psychological tactics are used to normalize this system?
- What historical efforts have resisted it, and what happened to them?
- How would society shift if this system collapsed?
- Are there alternative models or communities doing it differently today?

### Reflection:

[What surprised me? What have I personally experienced? How do I see this system around me?]

### Next Steps:

[What can I do to unplug, resist, or educate others about this system?]

## 40-Hour Workweek

### Deep-Dive Prompt:

Explain how the 40-hour workweek was designed to benefit the elite while keeping the public passive, overworked, or distracted. Include how it started, how it evolved, and how it's still maintained today through laws, culture, or corporate power. Then tell me what would happen if people unplugged from it completely.

### Follow-up Questions:

- What psychological tactics are used to normalize this system?
- What historical efforts have resisted it, and what happened to them?
- How would society shift if this system collapsed?
- Are there alternative models or communities doing it differently today?

### Reflection:

[What surprised me? What have I personally experienced? How do I see this system around me?]

### Next Steps:

[What can I do to unplug, resist, or educate others about this system?]

## Minimum Wage Suppression

### Deep-Dive Prompt:

Explain how the minimum wage suppression was designed to benefit the elite while keeping the public passive, overworked, or distracted. Include how it started, how it evolved, and how it's still maintained today through laws, culture, or corporate power. Then tell me what would happen if people unplugged from it completely.

### Follow-up Questions:

- What psychological tactics are used to normalize this system?
- What historical efforts have resisted it, and what happened to them?
- How would society shift if this system collapsed?
- Are there alternative models or communities doing it differently today?

### Reflection:

[What surprised me? What have I personally experienced? How do I see this system around me?]

### Next Steps:

[What can I do to unplug, resist, or educate others about this system?]

## Inflation and the Cost of Living

### Deep-Dive Prompt:

Explain how the inflation and the cost of living was designed to benefit the elite while keeping the public passive, overworked, or distracted. Include how it started, how it evolved, and how it's still maintained today through laws, culture, or corporate power. Then tell me what would happen if people unplugged from it completely.

### Follow-up Questions:

- What psychological tactics are used to normalize this system?
- What historical efforts have resisted it, and what happened to them?
- How would society shift if this system collapsed?
- Are there alternative models or communities doing it differently today?

### Reflection:

[What surprised me? What have I personally experienced? How do I see this system around me?]

### Next Steps:

[What can I do to unplug, resist, or educate others about this system?]

## Consumer Debt and Credit Scores

### Deep-Dive Prompt:

Explain how the consumer debt and credit scores was designed to benefit the elite while keeping the public passive, overworked, or distracted. Include how it started, how it evolved, and how it's still maintained today through laws, culture, or corporate power. Then tell me what would happen if people unplugged from it completely.

### Follow-up Questions:

- What psychological tactics are used to normalize this system?
- What historical efforts have resisted it, and what happened to them?
- How would society shift if this system collapsed?
- Are there alternative models or communities doing it differently today?

### Reflection:

[What surprised me? What have I personally experienced? How do I see this system around me?]

### Next Steps:

[What can I do to unplug, resist, or educate others about this system?]

## Stock Market Manipulation

### Deep-Dive Prompt:

Explain how the stock market manipulation was designed to benefit the elite while keeping the public passive, overworked, or distracted. Include how it started, how it evolved, and how it's still maintained today through laws, culture, or corporate power. Then tell me what would happen if people unplugged from it completely.

### Follow-up Questions:

- What psychological tactics are used to normalize this system?
- What historical efforts have resisted it, and what happened to them?
- How would society shift if this system collapsed?
- Are there alternative models or communities doing it differently today?

### Reflection:

[What surprised me? What have I personally experienced? How do I see this system around me?]

### Next Steps:

[What can I do to unplug, resist, or educate others about this system?]

## Retirement System Illusions (401ks, IRAs, etc.)

### Deep-Dive Prompt:

Explain how the retirement system illusions (401ks, iras, etc.) was designed to benefit the elite while keeping the public passive, overworked, or distracted. Include how it started, how it evolved, and how it's still maintained today through laws, culture, or corporate power. Then tell me what would happen if people unplugged from it completely.

### Follow-up Questions:

- What psychological tactics are used to normalize this system?
- What historical efforts have resisted it, and what happened to them?
- How would society shift if this system collapsed?
- Are there alternative models or communities doing it differently today?

### Reflection:

[What surprised me? What have I personally experienced? How do I see this system around me?]

### Next Steps:

[What can I do to unplug, resist, or educate others about this system?]

## Tax System and Corporate Loopholes

### Deep-Dive Prompt:

Explain how the tax system and corporate loopholes was designed to benefit the elite while keeping the public passive, overworked, or distracted. Include how it started, how it evolved, and how it's still maintained today through laws, culture, or corporate power. Then tell me what would happen if people unplugged from it completely.

### Follow-up Questions:

- What psychological tactics are used to normalize this system?
- What historical efforts have resisted it, and what happened to them?
- How would society shift if this system collapsed?
- Are there alternative models or communities doing it differently today?

### Reflection:

[What surprised me? What have I personally experienced? How do I see this system around me?]

### Next Steps:

[What can I do to unplug, resist, or educate others about this system?]

## Zoning Laws and Housing Control

### Deep-Dive Prompt:

Explain how the zoning laws and housing control was designed to benefit the elite while keeping the public passive, overworked, or distracted. Include how it started, how it evolved, and how it's still maintained today through laws, culture, or corporate power. Then tell me what would happen if people unplugged from it completely.

### Follow-up Questions:

- What psychological tactics are used to normalize this system?
- What historical efforts have resisted it, and what happened to them?
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### Reflection:

[What surprised me? What have I personally experienced? How do I see this system around me?]

### Next Steps:

[What can I do to unplug, resist, or educate others about this system?]

## Media and Narrative Management

### Deep-Dive Prompt:

Explain how the media and narrative management was designed to benefit the elite while keeping the public passive, overworked, or distracted. Include how it started, how it evolved, and how it's still maintained today through laws, culture, or corporate power. Then tell me what would happen if people unplugged from it completely.

### Follow-up Questions:

- What psychological tactics are used to normalize this system?
- What historical efforts have resisted it, and what happened to them?
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### Reflection:

[What surprised me? What have I personally experienced? How do I see this system around me?]

### Next Steps:

[What can I do to unplug, resist, or educate others about this system?]

## Corporate Lobbying and Political Influence

### Deep-Dive Prompt:

Explain how the corporate lobbying and political influence was designed to benefit the elite while keeping the public passive, overworked, or distracted. Include how it started, how it evolved, and how it's still maintained today through laws, culture, or corporate power. Then tell me what would happen if people unplugged from it completely.

### Follow-up Questions:

- What psychological tactics are used to normalize this system?
- What historical efforts have resisted it, and what happened to them?
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### Reflection:

[What surprised me? What have I personally experienced? How do I see this system around me?]

### Next Steps:

[What can I do to unplug, resist, or educate others about this system?]

## Pharmaceutical and Healthcare System

### Deep-Dive Prompt:

Explain how the pharmaceutical and healthcare system was designed to benefit the elite while keeping the public passive, overworked, or distracted. Include how it started, how it evolved, and how it's still maintained today through laws, culture, or corporate power. Then tell me what would happen if people unplugged from it completely.

### Follow-up Questions:

- What psychological tactics are used to normalize this system?
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### Next Steps:

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## Industrial Food System

### Deep-Dive Prompt:

Explain how the industrial food system was designed to benefit the elite while keeping the public passive, overworked, or distracted. Include how it started, how it evolved, and how it's still maintained today through laws, culture, or corporate power. Then tell me what would happen if people unplugged from it completely.

### Follow-up Questions:

- What psychological tactics are used to normalize this system?
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### Reflection:

[What surprised me? What have I personally experienced? How do I see this system around me?]

### Next Steps:

[What can I do to unplug, resist, or educate others about this system?]

## Military-Industrial Complex

### Deep-Dive Prompt:

Explain how the military-industrial complex was designed to benefit the elite while keeping the public passive, overworked, or distracted. Include how it started, how it evolved, and how it's still maintained today through laws, culture, or corporate power. Then tell me what would happen if people unplugged from it completely.

### Follow-up Questions:

- What psychological tactics are used to normalize this system?
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### Reflection:

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### Next Steps:

[What can I do to unplug, resist, or educate others about this system?]

## The Two-Party Political Illusion

### Deep-Dive Prompt:

Explain how the the two-party political illusion was designed to benefit the elite while keeping the public passive, overworked, or distracted. Include how it started, how it evolved, and how it's still maintained today through laws, culture, or corporate power. Then tell me what would happen if people unplugged from it completely.

### Follow-up Questions:

- What psychological tactics are used to normalize this system?
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