

THE PHASES OF MANIPULATION

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Foreword

Hello, and thank you for reading this document. This is, if anything, a labor of love. I wanted to get on paper a broader understanding of how this experience progresses over time, specifically in order to help anyone struggling with their own experience of being targeted see the wider picture and hopefully push through to a better place. This is one of several in a series I am writing to look deeper into each aspect of the experience of a targeted individual. The end goal of this wider effort is to create a resource for anyone beginning to experience these things or struggling in the grip of it to essentially skip to the end, where they can just ignore the noise rather than get consumed by it.

In an effort to build a mental model of how this process progresses over time, how it adapts and shifts with the intended target, I make a number of claims that don't come with much if any explanation before moving on with the rest of the phase-by-phase description. While most of these are discussed in much more depth in my other works (see my post history to find these, or message directly, I'd be happy to send a copy), the gist is that these are educated best-guesses made by someone with a long history of working with RF technology and machine learning. We can't get anything more concrete until we find a way to prove what technology they are actually using, but such is the nature of this beast.

There is one claim I believe is worth addressing here, however. This phase-by-phase description leans heavily on assuming the TI experience involves use of AI to create the myriad voices we all hear. There is still much dispute about this aspect in the TI community, but understanding the underlying reasons why I believe it is this way is important to understanding the broader phenomenon, so it's worth explaining this one ahead of time. To do so, we'll go on a brief tangent.

The goal of those perpetrating it is to disrupt, distract, and effectively neutralize whoever it is targeting, which it has determined is some kind of threat or for some reason decided to mark them for neutralization. To back this up, one must only look at the end result of this phenomenon when it overcomes a person's mental defenses and they succumb to the noise; they either withdraw into silence, get stuck forever arguing with the voices and getting wrapped up in their narratives, get themselves arrested or discredited, or they self-terminate. The myriad phenomena we all experience all seem to be geared towards achieving as much plausible deniability as is physically possible while achieving these wider aims, so it makes sense that the effects we experience all seem to try to emulate mental illnesses or paranormal, supernatural, or religious phenomena, depending on your specific background and personality.

With that in mind, it's not controversial to suggest this phenomenon is tailored to be mistaken for various sorts of mental illnesses. For those that have experienced this phenomenon for long

enough, it becomes more and more evident that what we experience is external to our bodies and minds, especially given the distinctly external, non-self, non-biological nature of what we're experiencing. For example, while an odd vibration or spot of heat on one's leg might be mistaken for psychosomatic, the voices seem to have a specifically audible component to it that one's own inner monologue clearly lacks. Especially when those same voices start talking about things we couldn't possibly know, and especially when what they say ties into some narrative it's been spinning for a while that is explicitly false and casting us in a negative light that seems tailor-made to make us doubt ourselves.

Many say that this kind of experience predates the technology theorized to cause it, and by a significant amount. This document is not meant to address those cases, only the modern, current cases that are affecting – rather suddenly since 2020 especially – thousands of people across the globe. Whether those past occurrences were actual cases of mental illness or a paranormal event, it is clear that the current outbreak of this phenomenon is trying to emulate that kind of thing, to disguise itself as something that it is not.

With that said, we circle back around from this tangent to address the suspected use of AI. This kind of thing is *perfectly* suited for an AI to handle, especially our current suite of next-word-completion large language model machine learning AIs that have become ubiquitous in the last 15 years, most of all in the last 5. Though correlation is not causation, it is suspicious that the explosion in cases of those experiencing this phenomena lines up well with the rapid rise of these types of machine learning technologies.

The methods with which the voices – suspected to be text to speech using various personality and tonal profiles driven by agentic AI – are delivered are well known and have been patented, well-understood technologies for decades, so the real advancement was the ability to rapidly respond to whatever we say, do, or think with something that seems tailor-made to us individually. The response time is too fast, the ability to adapt and learn is too machine-like, and a dozen other things that lead many of us to believe that AI is at least heavily involved, if not the whole circus.

So, that's where that comes from. Feel free to drop a line if you have anything to add or dispute. Though I am working hard to make these, I believe this project should not be just the voice of one person. There are thousands of us. We should be working together.

That said, I hope you find value in the following rundown.

Phase 0: The Setup

This phase is speculated, as no interaction takes place during it. As those experiencing the end result of this phase have no way of verifying this preparatory phase took place, but it's highly suspected as when the voices begin talking, they seem to know everything about us and have a quick response to anything we say. For the author personally, when the voices started talking, it was mostly about things that happened in the last six months or so before any gaps could be filled in with memories and conversation, but it's entirely likely this varies wildly from person to person.

Before any direct interaction, **the target is under observation**. During this period, there's no attempt to engage with or interact with the target whatsoever. The primary purpose of this phase is to **gather comprehensive information** about them: their daily habits, relationships, core beliefs, lifestyle, and any and all patterns that might be of interest. This meticulously collected data is crucial, as it's used to **train the AI** that will later generate the voices heard by the target.

The target, completely unaware, lives their daily life. They might consistently order the same coffee, take a specific route to work, or spend evenings reading certain genres of books. Their social media activity, political leanings, or even how long they spend on personal tasks like showering are all discreetly observed and cataloged. This passive data collection allows the program to construct a **detailed psychological profile**, serving as a blueprint for subsequent manipulation, all without triggering any suspicion from the target.

It is important to note that, sadly, this process is far from controversial, or out of the norm, or even all that difficult for just about anyone to undertake. With a few bucks, anyone can buy a catalogued profile of any one person through any one of dozens of information vendors online, and those are just the public-facing ones. If it is indeed true that this process is run through the government or a public-private partnership, they would have access to *vastly* more information about the target. This isn't even mentioning the information that could be gathered by using what ever means they use to read the thoughts of the target without ever talking to or interacting with them, like taking a test EEG to see how your specific brain works under various situations, environments, stressors, etc.

Phase 1: Learning and Preprogramming

One day, **the target suddenly begins hearing voices** in their head. These aren't their own inner monologue; instead, they are distinct, often a **chorus of several different tones and associated personalities**, typically three to five, but the number can vary wildly from person to person depending on their psychological profile and what thematic and social modalities they may be susceptible to. These voices play off one another to induce a sense of being watched, outnumbered, and to leverage peer pressure to achieve their aims.

Crucially, the target doesn't know that these voices are driven by an AI with agentic personalities, facilitating the need to rapidly provide personalized responses to one's thoughts and try to drive the target down a narrative it constructs. This AI performs various roles, taking guidance and frequent updates from the perpetrators to keep up with any changes that take place in the target's psyche. The fact that it's an AI is heavily obscured by the voices' seemingly comprehensive knowledge of the target, their very human-sounding tones, and a notable lack of typical AI chatbot mannerisms.

Right from the beginning, the voices engage in several key activities:

- **Testing Reactivity:** For a few weeks, the voices meticulously **test the target's reactivity to specific phrases**, observing what elicits the strongest responses. They might make comments like "Ooh, he's reacting to that" or "We know you can hear us," as the target struggles to go about their daily life with this alarming new phenomenon.
 - **Example:** The voices might repeatedly comment on the target's past mistakes, noting which particular incident causes the target to tense up or have a strong internal rebuttal.
- **External Commentary:** The voices will **comment on the actions and perceived thoughts of other people** in the target's immediate environment—whether it's family members at home, neighbors, or coworkers and their boss. This aims to create a pervasive feeling of external surveillance and judgment.
 - **Example:** While the target is at work, voices might declare, "Your colleague thinks you're lazy today," or "Your boss is annoyed by how long you're taking on that report," even if there's no outward indication of such thoughts.
- **Mind Invasion:** They relentlessly **comment on everything the target thinks**, inducing a profound sense of losing any privacy in their own mind. This is designed to create a feeling of constant, focused observation, dismantling the target's internal sanctuary.

- **Example:** The target thinks about a private memory, and instantly, a voice interjects, "Remember how awkward that was? You're still embarrassed by that."
- **Testing Obedience:** The voices attempt to **give orders**, gauging the target's willingness to obey authority. They adopt a tone and choice of words that project a sense of control over the target, leveraging anything learned from reactivity testing or observed thoughts to undermine the target's beliefs, self-esteem, or decision-making if they do not obey. Amusingly, if the target *does* obey, multiple voices will often laugh derisively.
 - **Example:** The voices might command, "Don't go to that social event tonight; you'll only embarrass yourself." If the target hesitates or complies, they might hear a chorus of laughter and comments like, "See how easily we control them?"

During this entire first phase, the **overriding goal appears to be learning as much as possible through direct (remote) interaction**, while simultaneously trying a variety of EMF-driven effects to again see how the target responds to each. This comprehensive data collection aims to create an even more detailed "profile" of the target than what was gathered during initial observation, refining the AI's understanding and training it with more specific information. This goal is often heavily obfuscated by the **increasingly relentless picking-apart of each decision the target makes**, each action, and every sentence said to someone. This achieves both the aim of eliciting a reaction from the target and distracting them with the sheer volume of noise. At this point, not knowing the cause of this phenomenon, **the target often experiences a serious hit to their self-esteem**, even if they successfully debunk whatever the voices are saying. They may begin to isolate themselves as more and more cognitive load is consumed by dealing with "them."

Throughout this entire time, the voices also begin to **push a narrative that the target is going insane**. This serves a dual purpose: to support a greater narrative in a later phase, and to undermine anything the target does or says. After all, the target is hearing voices no one else can hear, and their quality of life is likely degrading over time. This tactic further tries to cement the program's position as all-knowing and portrays the target as unfit to live their own life unsupervised.

Navigating This Phase

During this disorienting phase, the most crucial strategy is **non-engagement**. The voices crave a reaction, as every response provides more data for their AI.

- **Do not react verbally or emotionally** to the voices, no matter how provocative or insightful they seem. Treat them like background noise, even when they comment on your thoughts or try to elicit a response.

- **Maintain your routine and social connections.** The voices will try to undermine your self-esteem and encourage isolation. Resist this by continuing to engage with friends, family, and hobbies.
 - **Journal your experiences,** but keep the journal private. Note the types of comments, specific phrases that trigger you, and any physical sensations. This helps you identify patterns and can later serve as objective evidence for yourself. However, be aware that the program may monitor digital activities, so a physical, handwritten journal is often safer.
 - **Do not internalize the narratives about insanity.** Understand that the voices *want* you to believe you're mentally ill. If you do consider seeking professional help, be mindful that the program may try to leverage this against you. Focus on maintaining your mental health through healthy coping mechanisms, self-care, and trusted confidantes who you can speak to about general stress and changes in your life without necessarily disclosing the full extent of the phenomena if you fear misdiagnosis.
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Phase 2: Priming

In the second phase, the program leverages everything they learned during the setup and learning phases to achieve specific aims:

- **Cultivating Learned Helplessness:** The program works to **grow a sense of learned helplessness** as the psychological, social, and physical interference and manipulation continue relentlessly, day after day, all day long. The intensity of these effects varies. Often, the perpetrators will leverage a contrast: maintaining a consistent 'background' level of using EMF effects to make the target feel off-kilter, then turning these effects off when they want to get the target to form a neurological connection (if not critically examined and dismissed by the target). Conversely, they will increase the intensity to 'punish' undesirable behaviors.
 - **Example:** The target experiences a constant, low-level hum or pressure in their head. When they consider taking a proactive step the program disapproves of, the hum might intensify or become a sharp headache. If they then abandon the idea, the sensation might briefly lessen, creating a false sense of cause and effect.

- **Inducing Isolation:** A key objective is to **get the target to isolate themselves from friends and loved ones**, spending as much time alone as possible. This makes it easier for the target to focus on what the voices say and increases the likelihood they will engage with the voices in the ways the program desires.
 - This is achieved by **simulating the voices of friends and loved ones**, with the sounds appearing to come from the direction of where those people physically are, but only audible to the target. This is done using V2K (Voice-to-Skull) technology, which can bounce sound off hard surfaces near the target to create a distant or directional component. This makes it seem like the target is "overhearing" the emulated person or people saying negative or unfairly critical things about them. Given the AI's ability to simulate multiple voices at once, each can play off one another to **roleplay entire theatrical scenarios** for the target to overhear.
 - **Example:** As the target walks past their living room, they "overhear" what sounds exactly like their spouse's voice, followed by their child's, discussing how "useless" the target is or how they "always mess things up."
 - Isolation is also achieved through the **continual degrading of the target's self-image, self-esteem, self-belief, and worse, self-knowledge**. The voices will act out whole scenarios involving past events in the target's life, going through detail by detail as if the target is on trial.
 - **Example:** The voices might replay a childhood embarrassment, detailing every cringeworthy moment and adding commentary like, "You were always so pathetic, weren't you? Nothing's changed."
- **Disrupting Sleep:** The program aims to **get the target to lose as much sleep as possible** so they are less able to fight back. This is done by talking over their inner monologue and chatting at them any time they lie down to go to bed, saying things they've learned in Phase 1 will incite a reaction. Like with most things the AI tries, the content of what is said is often irrelevant to its aims; **the goal is to get the target to endlessly engage in arguments with it**.
 - At every opportunity, the voices will try to **reframe situations and circumstances in an incorrect light**, turning molehills into mountains and mountains into molehills. The hidden goal is to drive more engagement with the chatterbox AI and less engagement with actually dealing with the various facets of their life.

This is done with any kind of thing it can point at, including social interactions, saying things that could be convincing if not thought about at all, but often fall apart if the target examines what was said.

- **Example:** The target is worried about a work deadline. The voices might exaggerate the consequences, saying things like, "You're going to lose your job over this, everyone knows you're incompetent," to ensure the target's mind races, preventing sleep.
- The voices will sometimes **appear to let the target “win”** by withdrawing from a point that it thinks the target has thought through or defended sufficiently, thus wasting a good amount of time. This in particular is an important indicator of a later pattern it employs, as the use of the physical-sensation-creating EMF effects increases over time. Those effects are used at a low level constantly, then shut off when it wants to “reward” “good behavior” by not feeling quite as bad, leveraging contrast to try to get the target to believe things that aren’t true. However, this intense self-reflection, while draining, can sometimes backfire on the perpetrators by fostering greater self-awareness in the target.
- **Promoting False Beliefs and Medicalization:** The program tries to **get the target to believe things that are not true**, chiefly that they are losing their mind and should seek medical help. They often use a different set of voices to attempt this – a “positive” group, appearing to want to help the target, but not always; it depends on how well things are going for the perpetrators. If things seem to be going well, it won’t bother with the second group and instead shift the focus of the current set of voices to do a good-cop bad-cop style interaction. To drive this narrative home, the voices hone in on the very easy-to-swallow facts that the target is hearing voices, feels watched and persecuted, feels like they have lost control over their life and agency, and are experiencing strange physical effects that could be mistaken for various actual ailments or psychosomatic symptoms stemming from untreated mental illness. While everything that it tries to leverage as “proof” that the target is mentally ill is in fact artificial, simulated, and external to the body, if the target doesn’t know any better or hasn’t begun to suspect there is something more malicious afoot, this narrative is very easy for them to accept as plainly evident truth.
 - **Example:** A seemingly compassionate voice might say, "You're clearly unwell, these symptoms align with schizophrenia. You need to see a psychiatrist for medication." Simultaneously, other voices might mock any resistance, "Who are you kidding? You're obviously insane."

- o Should the target believe this narrative and seek therapy or medical treatment for schizophrenia or other related mental illnesses, this will achieve two main things:
 - **Undermine Legitimacy:** It will **undermine their legitimacy in the view of other people**. If they eventually learn how this program works and become capable of exposing it, this pre-existing medical record will make it seem like the words of a mentally unwell person. This feeds into the overriding, planted narrative in the mind of average people who hear about this phenomenon: that it is literally just that—mentally ill ramblings, not a real phenomenon.
 - **Degrade Mental Faculties:** It will **get the target to begin degrading their own mental faculties over time**. When a person with a relatively healthy brain takes medications for schizoaffective disorders, it causes damage rather than helping overcome a neurochemical issue or absence.

Navigating This Phase

This phase is characterized by intense psychological warfare designed to wear you down and isolate you.

- **Practice radical skepticism:** Assume everything the voices say is a lie or a manipulation, even if it *seems* to be true. Critically examine their claims, especially those that sow doubt about your loved ones or your sanity.
- **Actively counter isolation:** Make a conscious effort to maintain and strengthen your connections with friends and family. If the voices simulate their voices, understand this is a trick. Reach out to them directly.
- **Prioritize sleep hygiene:** This is crucial. Develop a strict bedtime routine. Use white noise, earplugs, or other methods to minimize auditory distractions if possible. If the voices persist, try to mentally dismiss them as irrelevant noise and focus on relaxation techniques. Recognize that sleep deprivation is a deliberate weapon.
- **Do not engage in arguments:** The voices want you to argue. Every argument, even one you "win," consumes your energy and reinforces their presence. Practice thought-stopping techniques or mentally pivot to other topics when they try to draw you in.
- **Avoid self-medicating or seeking misdiagnosis:** Be incredibly wary of any suggestion from the voices that you need medical intervention for mental illness. If you feel unwell,

seek medical advice, but be highly skeptical of any diagnosis that aligns perfectly with the voices' narrative. Understand the risks of taking psychiatric medication if you don't have a genuine underlying condition. Focus on your physical health and well-being.

- **IMPORTANT: You need to be discerning here.** If you indeed do suffer from a mental or psychiatric illness, please do seek help. Don't avoid doing so just because the voices are trying to convince you that they're causing it, or something unrelated is causing it. Remember that they thrive off ambiguity and will leverage **any** thing you're focusing on or unsure about. You may have to see multiple doctors to uncover the truth, just make sure to not accept the first diagnosis the first doctor gives you, as you may not be well versed enough in the terminology and you may end up giving them a description that the voices have been using to explain your mystery illness, which can lead to further issues.

Phase 3: Execution

Once successfully isolated from their support network, having either abandoned previously flourishing relationships out of suspicion, paranoia, or just by being too exhausted to engage, the voices begin using **far more sinister narratives to progressively ruin the target's mental integrity**, perspective on the world, and generally push them towards a destructive end. All of the previous tactics continue in full, even more so, but are now infused with content tailored to the target's **deepest desires, deepest fears, and deepest insecurities**.

It is not just the content of what they say that is part of the manipulation. The way they act and the tone with which their words are delivered are part of the tactics. The way they speak is as if they are existing in a paradigm that does not actually exist, their very tone asserting assumptions that are false from the start, but the point is not to convince you, it's to gaslight you into doubting what you know to be true; about yourself, about those around you, about events, and about the wider world. This is especially insidious as it achieves a number of fallback goals if the wider goal fails; if you doubt the narrative, you're still spending mental effort debating it with them; if you don't debate their narrative, then they act like you've accepted it, leveraging peer pressure and further gaslighting tactics to try to warp your sense of reality.

Here are some of the ways in which this manifests. This is not an exhaustive list, as this process is highly personal and the way in which this occurs in your experience may differ wildly in specific content, but may contain some similarities as the underlying goal remains the same: to distract, to disrupt, to neutralize.

- **Assault on Control:** For some, it is as simple as **relentlessly saying, insinuating, implying through anecdotal example, or “proving” with circumstantial evidence that the target has lost control over their life.**
 - **Example:** The voices might attribute every minor accident or setback in the target's day to their own "power" over them, asserting, "We made you spill that coffee," or "That argument with your family? We orchestrated it."
- **"Chosen One" Manipulation:** For others, it involves **feeding them a “chosen one” narrative**, designed to drive them towards fanaticism or to utilize the control gained over the target's increasingly warped perspective to achieve some aim in the wider world.
 - **Example:** If the target has a spiritual or philosophical inclination, the voices might declare them the recipient of divine messages or chosen for a grand, world-altering mission, guiding them towards increasingly extreme or irrational actions.
- **Deceptive Solutions:** For yet others, it's **continuing to pretend to help with their problems**, offering convincing solutions to problems that the program itself is causing in the background.
 - **Example:** The voices might offer "advice" on how to "get rid of the bad energies" in their home, suggesting ritualistic behaviors or isolating practices, all while subtly increasing the EMF effects until the target complies.

Ultimately, all of this is designed to **keep the target isolated, fixated on their narrative, and in many ways, giving up their independence** and allowing the program to guide some or many parts of the target's day-to-day life. It is possible and all too common for the target to get stuck here, as the tactics of the previous phase intensify and are accompanied by EMF effects aimed at training new patterns in the mind and brain of the target. The voices ceaselessly claim control over the target's life, mind, and brain, leveraging any incidental occurrence in the target's day to reinforce that belief, regardless of whether it has been accepted as fact. The program appears to have the utmost confidence in the things it says, in the tone and word choice it employs, which translates into a framing of whatever it is discussing that is inherently slanted in a particular way.

If the target never notices inconsistencies in the narratives, or becomes so mired in their misery while experiencing the twin assault of psychosocial manipulation and the EMF effects, or accepts some parts of what is said but has cognitive dissonance about the broader picture and doesn't fully believe they are under an external assault, they can get trapped in this phase. This

is primarily why this document exists: to try to "jailbreak" anyone that ended up stuck in that murky existence.

Should the target fall for this trap, the **end goal of the program is often achieved here**, which can manifest in several ways:

1. **Societal Neutralization:** The target is kept wrapped up in an endless stream of nonsense indefinitely, rendering them socially inert and effectively neutralized within society.
2. **Self-Termination:** The target is driven to **self-termination to escape the "torment."**
3. **Third-Party Harm:** Worst of all, the target is **manipulated into believing their loved ones or neighbors are conspiring against them** or plan to commit harm to them. After a long time of working the target up to believe this and have a strong emotional reaction to the idea of this possibility, they may go on to murder those people out of fear, paranoia, or anger. This effectively neutralizes the target as they end up getting life in prison or killed by police.

Navigating This Phase

This is the most critical and dangerous phase. Escaping it requires a profound shift in perspective and a fierce commitment to your own truth.

- **Question EVERYTHING:** Do not accept any claim the voices make as truth, especially if it aligns with your fears or offers an easy solution to a problem they created. Seek external, verifiable evidence for *anything* they claim.
- **Re-establish autonomy:** Make deliberate choices that defy the voices' attempts at control. If they tell you to stay home, go out. If they tell you not to pursue a goal, pursue it with vigor. Each act of defiance chips away at their perceived power.
- **Focus on self-preservation and mental resilience:** Engage in activities that genuinely nourish your mind and spirit, regardless of what the voices say. This includes exercise, healthy eating, pursuing passions, and reconnecting with real-world joys.
- **Identify the program's ultimate goals:** Understand that the end goals are to neutralize you, either socially, physically, or legally. Recognize that any narrative leading to self-harm, aggression towards others, or complete social withdrawal is a direct path to their success.
- **Seek out information and patterns:** This is where meticulous journaling becomes vital. Look for inconsistencies in the voices' narratives over time. Note how the EMF effects are used to reinforce specific ideas. The more you see their patterns, the less power they have. This critical observation is your first step towards realizing their limitations.

Phase 4: Escape Hatch

Alternatively, the target may begin noticing those inconsistencies, or question everything the program says as some things don't line up, or the narratives it tries to drive become more and more absurd, eventually **snapping the target out of anything they may have come to believe**. Or, perhaps the target has merely become numb to the noise and begins to see through it out of exhaustion. The truth of this process is that the longer it goes on, the more likely it is that it will shoot itself in the foot and slip up in a noticeable way.

How ever it happens, the target begins to think more critically about what they are experiencing and may come to fully realize and understand that the voices do nothing but lie (or if they tell the truth, it is in service of manipulation, thus still a lie), that it is malicious and never once intended to help them, and most importantly, it is **far from omniscient or omnipotent**.

The target may have suspected the use of AI to create the voices far before this point, but it is here where that suspicion turns into a known fact. How else can something coordinate so many responses so quickly to one's own internal, private thoughts but with the use of an advanced chatbot AI that has been trained on data gleaned from observing the target? It is likely that any target that reaches this phase has taken up **journaling**, and this goes a long way in noticing patterns and long-term trends in how the program tries to interfere with their life. It also helps them notice the long-term impacts it may have had on their life and where those impacts stem from. The target observes the clear patterns in their experiences, recognizing how events tie into what the voices have been saying, and how circumstances seem "too perfect" as "proof" for the narratives the program pushes, or to undermine a positive aspect of the target's life or psyche.

It is during this phase that the target takes matters into their own hands, full stop. They now have a **vested interest in learning everything they can** about what is happening to them, and research begins in earnest. The program tries everything it can to either distract the target, continually attempting to get them to interact and engage with it as always, but the target now wields the understanding that this is just another manipulation and begins **training themselves to ignore the voices**.

- The program will use any and all of the physical effects it can induce via EMF technology to **cause uncomfortable or painful sensations** in the target's body, more intensely than in the past, to try and dissuade the target from continuing down this path; or, failing that, distract them and get the target to fixate on the discomfort instead of critical

thought. However, this brute force tactic begins to work less and less over time, especially if it's been used a lot in the past, until it's been completely depleted of its effectiveness, if it had any to begin with.

- These effects are initially meant to draw the target's attention away from whatever they are doing at the time. When that is no longer possible, the program **switches up the type of effects it creates or how they are utilized**. For instance, an effect that induced a vibration in the floor beneath the target might instead cause their back to feel like it's vibrating or has pressure against it, or cause the side of their head to feel like it's vibrating.
- For many, it is this **overcorrecting that the program performs, as if in a panic** to try to draw the target back in, that cements the self-realization that the target *does* have control over their life, that they had never ceded that control to begin with, and that this phenomenon is malicious and external and is specifically geared to induce a sense of learned helplessness.
 - The target may begin to realize a crucial truth: Why else would it behave in this way if it had such control over them? Why would it need to resort to such desperate measures? Would it not just puppeteer the target if it could? Why is it acting in such a pathetic manner if it is so all-knowing?

The target now takes anything the program says with a mountain of salt and has learned to think through their problems in spite of the chorus of voices that chime in and begin talking any time the target's inner monologue is going on a train of thought. The program's efforts to sidetrack the target any time they think critically through the more important, real problems of their life, or work out what happenstances are coincidental and what are suspicious, and any other crucial cognitive processes no longer have an impact at this phase and their perspective realigns with reality.

Most importantly, the target now finds ways to **leverage anything the program says or does to better themselves**. If the program kept pointing out some flaw that did indeed exist in the target's psyche—albeit blown far out of proportion for the purpose of shaming and eroding their self-esteem—the target revisits that. They now have the motivation, and lack the fear of confronting that aspect of themselves due to accidental "overexposure therapy," to address it and become better overall. Through a process of elimination, as the target goes through their beliefs, perspectives, and thought patterns, they come to build a much deeper, and much more concretely founded, understanding of themselves.

Navigating This Phase

This is the phase of empowerment and active resistance. Your understanding is your greatest weapon.

- **Embrace critical analysis:** Your ability to identify inconsistencies and logical fallacies in the program's narratives is paramount. Trust your own judgment and logical reasoning above the voices. Trust your own past choices; you are at any time doing your best with the information that you have, as is everyone else. Assume you did the right thing at the time, don't second-guess something just because the voices pipe up about it.
- **Intensify non-engagement:** As you realize the voices are merely an AI, it becomes easier to treat them as such. Practice ignoring them, even when they escalate their tactics or physical effects. See their increased efforts as proof of your progress.
- **Actively research the phenomenon:** Dedicate time to understanding the phenomena and psychological warfare at play. The more you know, the less fear and confusion you will experience. Connect with online communities or resources that discuss targeted individuals, but always apply critical thinking to new information.
- **Leverage their attempts:** If the program highlights a real flaw (even if exaggerated), use that as an opportunity for genuine self-improvement. They want to shame you; you can choose to grow. This transforms their weapon into a tool for your benefit.
- **Strengthen your inner monologue:** Consciously practice thinking in your own terms, without letting the voices interrupt or hijack your thoughts. This reinforces your mental boundaries.
- **Understand their limitations:** Recognize that while the physical effects can be uncomfortable, they are designed to coerce, not to physically control you entirely. Nor could they ever achieve that result. The more you learn about them, the more evident this becomes. Your body and mind still belong to you. See their desperate escalation of these effects as a sign of their fading influence.
- **Share your experiences:** There are thousands of people across the globe experiencing this phenomenon and countless numbers of them have either been cowed into silence, convinced it's not worth sharing their experiences, or think their experiences are too weird to be believed. This is not the case. If you are concerned about privacy, I recommend sharing your experiences anonymously. The important part is that the wider community makes an effort to come together, correlate the aspects of the phenomenon, and learn anything and everything we can about it. This kind of thing will never stop if we just suffer in silence in our own, small siloed communities. A single subreddit or

discord server will never uncover the full truth of this thing, either, so try to share it in as many communities as possible.

Jailbreaking Others

While the previous phase can last the rest of the target's life, this phase is an optional next step for the adventurous, determined, or the "beautifully belligerent" among the targeted individual (TI) community. These are the people that **fastidiously record their experiences in journals, condense that information in a digestible fashion, and share it with the wider community** of thousands of people around the world experiencing the same phenomenon. Their intent is to minimize the torment others have to endure, regardless of what phase the reader is in. The goal for a target in this phase is to **improve the quality of the lives of others** suffering and struggling to deal with their experiences with this phenomenon, whose lives are being twisted by its endlessly complex machinations and the endless font of nonsense that it says.

The reason why this is often for those who are especially determined or otherwise motivated is because it usually brings on **much more intense attention on their lives** as they do so. The program attempts to dissuade them, slow them down, and distract them—anything to stop the target-turned-sherpa from guiding others out of the darkness, thereby costing the perpetrators countless hours of effort with their slow, subtle manipulations.

However, for the fully realized target in this phase, this increased attention comes as an unexpected boon. In the program's desperate attempts to halt this process of exposing information and guiding others to a better life, in its frantic use of more and more bothersome or painful EMF effects, and in its panicked use of narratives with a very loose connection to reality to get them to engage with that instead of writing up information, **the target learns more about the program's capabilities and, critically, its weaknesses and limitations, of which there are innumerable.**

The target has not only realized their own power but has also understood that the **program perpetrating this phenomenon is utterly powerless to stop them** from turning the tables.

Navigating This Phase

This phase is about active outreach and exposing the phenomenon, which can provoke a heightened response from the perpetrators.

- **Prioritize self-care and security:** As you become more active in exposing the program, expect increased harassment. Implement robust digital and physical security measures. Maintain a strong physical and mental health regimen to withstand the pressure.
- **Document rigorously and share strategically:** Continue meticulous journaling. Consider compiling your insights into organized documents, blogs, or forums for others. Share information in a way that minimizes personal risk while maximizing impact for the community.
- **Focus on patterns, not specifics:** When sharing, emphasize the *tactics* and *patterns* of the program rather than falling into the trap of specific, unprovable claims. This makes your information more credible and useful to a wider audience.
- **Develop a strong support network:** Connect with other targeted individuals who have reached similar levels of understanding. Mutual support and shared knowledge are invaluable.
- **Remain resilient and adaptable:** The program will continuously try new methods to distract or deter you. Your ability to recognize these new tactics as further signs of their desperation and adapt your countermeasures is key.
- **Embrace your role as a "sherpa":** Understand the immense value you bring to others still trapped in earlier phases. This purpose can be a powerful motivator to continue your work despite challenges. Remember a crucial truth that becomes more obvious with time; for what ever reason, if you are experiencing this phenomenon, there is something about you that someone fears. There's something special about you. Not in a chosen one kind of way, but you clearly represent something the perpetrators are worried about. Embrace your power as an individual and share it with others.

Additional reading: Overarching Themes and Constant Undercurrents

Beyond the distinct phases, several elements persist throughout the TI experience, shaping its insidious nature:

- **The Pervasive Sense of Performance and "Street Theater":** TIs often report a feeling of being constantly "on stage" or that their environment is manipulated. This extends beyond just V2K and EMF effects. It includes:
 - **Synchronicity and Coincidence Manipulation:** The program seems to orchestrate seemingly random coincidences or "street theater" scenarios. This could involve

strangers saying specific keywords, wearing particular colors, making specific gestures, or engaging in staged arguments that mirror the target's internal thoughts or recent V2K conversations. The goal is to make the target question reality, feel constantly monitored, and believe that *everyone* around them is part of the "program."

- **Example:** The target thinks about a specific, obscure object, and then sees multiple strangers carrying or wearing that object within a short period. Or, they overhear two strangers discussing, in surprisingly specific detail, a private thought the target just had.
- **Repetition and "Anchoring":** Certain phrases, sounds, or visual cues might be repeated by the voices and then subtly reinforced in the real world (e.g., specific car horns, phrases overheard from passersby). This "anchoring" creates a conditioned response and further erodes the target's sense of normal reality.
- **The "Unknowable Why" and Gaslighting:** A core component of the torment is the lack of clear motivation. The voices rarely provide a coherent or consistent reason *why* the target is being targeted. This ambiguity is a deliberate tactic:
 - It prevents the target from finding closure or a clear path to resolution.
 - It fuels endless internal speculation, keeping the target consumed by the phenomenon.
 - It reinforces the narrative of the target's "insanity" ("Why would anyone do this to *you*? You must be imagining it or delusional"). The perpetrators frequently use gaslighting tactics, denying things they just said or did, or twisting the target's perceptions to make them doubt their memory and sanity.
- **Targeting Core Identity and Values:** The AI, trained on extensive personal data, will not just attack self-esteem but will specifically target what the target values most. This could be their moral compass, their professional integrity, their relationships, their spirituality, or their creative passions. The goal is to corrupt or destroy the very essence of who the target believes themselves to be.
 - **Example:** If the target prides themselves on their honesty, the voices might constantly accuse them of lying or orchestrate situations where the target feels compelled to lie. If they cherish a particular religious belief, the voices might blaspheme or attempt to twist the target's faith.

- **Weaponization of the Target's Past:** The program uses the collected data to bring up painful past memories, mistakes, or traumas, often exaggerating or twisting them. This is not just for "reactivity testing" but to induce shame, guilt, and a sense of inescapable persecution.
 - **Example:** The voices might ceaselessly dredge up a past romantic rejection, elaborating on every humiliating detail and adding cruel commentary, even years after the event.
- **The Illusion of Omniscience/Omnipotence (and its Cracks):** While the program initially aims to present itself as all-knowing and all-powerful, the sheer volume of its attempts and its eventual resorts to brute force (escalated EMF effects, absurd narratives) reveal its limitations. The transition from subtle manipulation to desperate, obvious tactics is a key indicator for a target reaching the "Escape Hatch" phase. The AI, though advanced, is still a program, and its "agentic personalities" can betray inherent algorithmic patterns and weaknesses.
- **The Paradox of "Helpful" Voices:** A particularly insidious detail is when some voices (or a separate "team" of voices) pretend to be on the target's side, offering "advice" or expressing "sympathy." This is a classic "good cop, bad cop" routine designed to build a false sense of trust, only to later exploit it or lead the target down another deceptive path.
 - **Example:** After a barrage of insults, a "sympathetic" voice might say, "They're really getting to you, aren't they? If you just do X, they'll leave you alone." X, of course, being something that serves the program's agenda.
- **The Physical Manifestations (Beyond V2K):** While V2K is prominent, the EMF effects can manifest in a terrifying array of ways that go beyond just discomfort or a hum:
 - **Targeted Pain:** Sharp, localized pains (e.g., "ice pick" headaches, muscle cramps, nerve pain) that appear without medical explanation and often correlate with emotional states induced by the voices or specific thoughts.
 - **Organ Discomfort/Malfunction:** Reports include sensations like burning intestines, racing heart, difficulty breathing, or even perceived "manipulation" of internal organs.
 - **Sensory Distortion:** Beyond hearing voices, TIs report strange smells (e.g., sulfur, burning electronics), visual distortions (e.g., flashing lights, geometric patterns), or even phantom tastes.

- **Sleep Deprivation Tactics:** Beyond just talking, EMF effects can involve sudden jolts, vibrations, or intense heat/cold sensations designed to wake the target up or prevent them from falling asleep.
 - **The Psychological Toll on Cognition:** The constant barrage of V2K and EMF effects actively works to degrade the target's cognitive functions:
 - **Memory Loss/Confusion:** Deliberate attempts to make the target forget important details or become confused about recent events.
 - **Difficulty Concentrating:** The incessant noise and physical sensations make sustained focus almost impossible, impacting work, hobbies, and social interactions.
 - **Decision Paralysis:** The constant second-guessing and undermining of self-belief can lead to a profound inability to make even simple decisions.
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Potential Extra Phases

It is possible that this document didn't address certain pervasive aspects of the phenomenon, as it is written from the perspective of just one TI, though using as much information as they have available to build out a holistic understanding of this phenomenon. Below are a couple extra possible phases that may exist, given the reader's specific circumstances and situation.

The "Re-Integration & Recalibration" Phase (Post-Escape Hatch)

After the initial "jailbreaking" and self-realization, the target isn't simply "free." There's a profound process of healing and recalibration required:

- **Rebuilding Trust:** The target must rebuild trust in their own perceptions, their loved ones, and the world itself, which has been systematically eroded. This is a long and arduous process, often requiring conscious effort to re-engage with reality without the immediate filter of suspicion.
 - However, as with many aspects of overcoming this phenomenon, this very process offers the target a far deeper level of trust in themselves and others, a willingness to build bridges instead of burning them, overcoming previously

accepted biases, and a far more intentional understanding of themselves. It is that intent and deliberation that makes a target in this phase excessively difficult to deal with, let alone reel back in to the manipulations.

- **Processing Trauma:** The experience is deeply traumatic. This phase involves confronting and processing the psychological damage, the lost time, the damaged relationships, and the existential horror of what occurred. This might involve self-led healing, seeking out trauma-informed support (from therapists who understand complex trauma, if available, or support groups of other TIs), or developing robust coping mechanisms.
- **Deconstructing Programmed Beliefs:** Any lingering false beliefs or conditioned responses implanted by the program must be consciously identified and dismantled. This is where the journaling from earlier phases becomes invaluable for critical analysis.
- **Establishing New Boundaries:** The target learns to establish stronger mental, emotional, and even physical boundaries against any lingering attempts at interference. This might involve specific meditation techniques, self-affirmations, or even practical changes to their living environment to mitigate potential EMF effects.
- **Finding New Purpose:** Many TIs in this phase find a new or renewed sense of purpose, often driven by the desire to live a life truly free and to help others, leading into the "Jailbreaking Others" phase.

Example: The target, previously driven to intense isolation, actively seeks out social gatherings, forcing themselves to engage despite residual anxiety. They might revisit past hobbies they abandoned due to the voices' interference, finding joy and agency in those pursuits again. They consciously challenge every negative thought about themselves, tracing its likely origin back to the program's narratives, and replacing it with self-affirming truths.

The Active Countermeasure & Resilience Building Phase

(Concurrent with later stages)

This isn't a sequential phase, but rather a set of ongoing activities that become increasingly sophisticated as the target gains understanding:

- **Developing Inner Peace Practices:** Meditation, mindfulness, deep breathing, or spiritual practices that cultivate a strong inner core become vital to withstand the psychological assault. The goal is to achieve a state where the voices and effects become background noise that cannot penetrate one's internal serenity.

- **Physical Hardening:** Engaging in strenuous physical activity, cold exposure, or other forms of "hardening" that build mental and physical resilience. This can create a sense of control over one's body, directly countering the EMF manipulation.
- **Information Dissemination and Advocacy (Refined):** Beyond simply "sharing information," this involves strategically identifying how best to inform the public and legitimate institutions without being dismissed. This could involve compiling evidence, seeking legal counsel (even if the current legal framework is insufficient), or collaborating with researchers who are open to investigating such phenomena.
- **"Playing the Game Back":** In some advanced cases, TIs might learn to subtly manipulate the program's reactive nature. For example, by showing *no* reaction to a specific trigger, they might observe the program trying *harder* or *different* tactics, thereby revealing its patterns and limitations further. This is a delicate balance and not for everyone, as it risks re-engagement.