

If you're experiencing what feels like a constant stream of unsettling events, you may feel like you're under a psychological attack. This document is a guide to help you shift your mindset from victim to investigator. Your goal is not to fight back, but to step outside of the endless push-and-pull paradigm the phenomena so often tries to keep us in and step instead into the role of an observer, an investigator, seeking to gather information about the methods, capabilities, and limitations of the TI phenomenonology through careful use of provocations and subtle tricks to trip the V2K speakers up. Because of the tectonic shift of mental framing that this can cause, even attempting this often goes a long way towards reclaiming your sense of control.

1. The "Subtle Provocation" Mindset

When dealing with a situation that feels like a psychological attack, it's important to shift your mindset from victim to investigator. Your goal isn't to fight back or provoke a major response, but to gather data. This means approaching your experiences with a cool, detached, and scientific attitude. You are not trying to win a fight; you're trying to understand the rules of the game.

The most important rule is to **maintain control**. Every action you take should be a conscious, deliberate choice. The perpetrators want you to react emotionally and impulsively. By staying calm and methodical, you turn their tactics into an opportunity for you to learn.

You're not fighting a battle; you're observing a phenomenon. This methodical approach is your first and most powerful step toward reclaiming your personal agency.

2. Subtle Tests for Gathering Information

The most effective way to learn is through subtle, low-risk tests. These are small actions you can perform in your daily life to see how the provocations respond.

The "A-B-A" Test: This test helps you determine if the provocations are location-based or person-based. Change your routine in a small, specific way (B), and then change it back (A). For example, if you always go to the same coffee shop, try a different one for a week. Document any changes in the provocations. Do they follow you to the new location? Do they stop at the old one? Then, return to your original routine for a week to see if the old patterns return.

The V2K speakers, being likely AI-based, seem geared towards trying to twist anything you state as or treat as a rule into some kind of contradiction, to imply through circumstantial evidence that anything you have learned to rely on as concrete fact is somehow flawed or hypocritical or contradictory. This appears to be a core component of its psychological manipulation processes that hyperfocus on trying to erode your trust in yourself and what you think you know, and appears to be very consistent across years of interactions. If you say you're ignoring it, or put value into the thought of actively ignoring it, it will move heaven and earth to be as annoying as possible just to

prove you wrong, like a petty child. While this can be disruptive if you find yourself caught up in the noise, you can rise above it, and use this to your advantage. It seems especially prone to completely losing the plot in cases where you make yourself wholeheartedly believe something as if it were a hard fact you've examined thoroughly enough to put value into (the value is key), and then flip the script and do the same for the inverse of that thing at a later date when it tries to rugpull you on that particular point.

The "Information Leak" Test: This helps you understand the reach of their surveillance. Create a small piece of **false information** and "leak" it in a controlled environment. You might casually mention to a friend that you're thinking of taking up a new hobby, like painting, which you have no intention of doing. Then, observe if any provocations related to painting appear in your environment. Do you start seeing more street art, or do people in public mention painting? This can reveal how they gather and act on new information. For most TIs, there is little to no in-person gangstalking actually involved, and any perceptions of which are simply due to the V2K speakers endlessly running theatrical scenarios designed to undermine your trust in other people, so this is a great way of proving that out in a way that is impossible to ignore.

The "Cognitive Dissonance" Test: The perpetrators often try to pair physical effects with specific narratives to shape your beliefs. You can test this by holding a strong, positive, and internal belief about a new aspect of your life and observing if they try to attack it. For instance, start a new fitness routine and focus on how good it makes you feel. The perpetrators might then introduce provocations that try to connect your new routine with negative outcomes.

3. Reality Testing: A Tool for Reclaiming Your Mind

Reality testing is a powerful technique for distinguishing between internal thoughts and external reality. For someone experiencing subtle provocations, this tool is vital for enforcing a strictly factual perception of reality. The perpetrators want you to jump to conclusions, but reality testing requires you to stay grounded in verifiable facts.

Detailed Journaling: Keep a detailed, factual record of every unusual experience. Note the exact date, time, content of voices, and context of any events. Be objective and avoid emotional language. This process is not about proving a theory but about gathering data.

When In Doubt, Ask: Oftentimes, the perpetrators will try to gaslight you into being paranoid about a social situation, or even more broadly, a long-term relationship. A very common way this is done is with various voices imitating those of people you know and are close to, having discussions involving you, playing out theatrics about various situations, as if talking behind your back, or talking about what you're doing at this very moment to imply that the people you

thought you could trust are somehow watching your every move. Even if you choose to ignore it, the consistency of the narratives being pushed and how they try to use every little thing you notice, think about, dwell on, consider, etc., to their advantage in this way, it can eventually make you start doubting things when there isn't any reason to in reality. They don't rely on big pushes and sudden breakthroughs; it's a slow erosion of your protective layers until you don't notice they're gone. The **remedy to this** is to just ask the person they're imitating, about what they're discussing. Communication breaks down all barriers, and dissolves all false narratives.

Controlled Experimentation: Subtly vary your behavior, location, or routine and document the responses. For example, if you believe a specific electronic device is involved, try turning it off or moving to a different location. Observe whether the phenomena change in a predictable way.

Reality-Check with a Trusted Person: Share your notes and concerns cautiously with someone you trust—a friend, family member, or professional. This helps guard against misinterpretation and provides an external perspective.

Separate Observation from Interpretation: Whenever a subtle provocation occurs, document only the verifiable facts. For example, if you hear a voice say, "That's a sign we're watching you," after a car of a specific color drives by, your observation is: "A car of a specific color drove by." The voice's comment is an **interpretation** designed to create a false sense of fear or surveillance. By separating these two, you deny the perpetrator the power of their narrative.

Challenge the Narrative: The perpetrators may try to create a false narrative about you. For instance, a voice might say, "You're so clumsy," right after you drop something. Reality testing means you look at the facts: "I dropped an item. Dropping things is a normal human action. It does not make me a clumsy person." You actively reject the false narrative and replace it with a factual one.

Question the Contextual Framing: Perpetrators may frame everyday situations in a way that implies a false reality. For example, they might use phrases that would only make sense if you were under their control. A voice might say, "You did a good job for us today." Reality testing means you immediately question this framing. "I did a good job. Was it 'for them'? No. The idea that I am working 'for them' is not a fact."

Leverage Your Own Knowledge: You know your life, your history, and your intentions better than anyone. When a voice or provocation attempts to inject a false fact into your reality, you can use your own knowledge as a shield. If a voice says, "Remember when you said that last week?" and you know you never said it, your internal response is a firm, factual correction: "I did not say that. That is an untrue statement."

4. Decoding and Discovering Limitations

By meticulously documenting your experiences and applying these reality tests, you can start to decode their playbook.

Pairing Physical Effects with Narratives: Pay attention to when a physical effect, like a burning sensation, occurs. What thoughts were you having? What was the general narrative around you? By identifying these patterns, you can learn to separate the physical sensation from the imposed narrative.

Discovering the Breadth and Limits of the Program: Through your tests, you can begin to understand what the perpetrators can and cannot do. For example, if you notice that they can provoke you when you're in public but not when you're in your home, it suggests a limitation. If a certain type of provocation stops completely after you change a habit, it could suggest the effect was dependent on that habit.

5. Ethical and Safety Considerations

It's crucial to remember that you are not trying to escalate the situation. Your goal is to gather information, not to provoke a reaction that could put you in danger.

1. **Never act in a way that could be perceived as threatening or violent.** Your tests should be passive and non-confrontational.
 2. **Maintain your privacy.** Do not share your findings or your plans with anyone you don't trust completely.
 3. **Prioritize your mental health.** If you feel yourself becoming overwhelmed or obsessed with these tests, take a step back. The goal is to regain control, not lose it to these experiments.
 4. **Do not engage directly with the perpetrators.** The tests are meant to be observed, not interacted with. Direct engagement is what they want.
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6. Advanced Interrogations

When I said that we are not trying to escalate the situation, I was lying a little bit. There is an alternate path, but you must understand before reading any further, that following down this road is a hard and endless fight. An ultimately rewarding one, granted, but there will be rough days ahead.

I cannot stress this enough, this will suck. That said, for the brave and beautifully belligerent among us:

The hard truth of the matter with the perpetrators is that, in using their remote tools, are incapable of truly harming you or controlling you, or anyone around you. Their methods of

manipulation are purely social and psychological in nature, backed up by the physical effects to try to get you to fixate on whatever it is doing at the moment. This means that any control they gain over you is control you ceded willingly, whether consciously or not. This also means you can take it back with naught but a thought. Follow this line of reasoning to its endpoint, and you may realize that you can flip the script completely. Here is how you make this thing go haywire trying to overcompensate for a situation openly spiraling out of its control:

Insult it. Call it names. Adamantly refuse to call it anything but those derogatory names.

Shape your mental image of the perpetrators: Look down on the voices. It chose to inflict itself on the whole of your life and dared to imply it has any control over you, how dare it. Treat it like the trespasser it is. You may not be able to get rid of it or stop it, but you can shape your mental image of it, how you perceive it. Why perceive it as big and authoritative? Nay, it is small and powerless. You're not trapped in here with it; it's trapped in here with you.

Define the rules of engagement and stick to them; when they try to break those rules, as they surely will and often, do things that penalize them for doing so, small acts of rebellion that directly impact their efforts with other targets such as writing up documents like this and posting it online, or taking down meticulous notes in a journal entry and sharing what you learn with others, or simply ignoring them completely until they engage on your terms.

Narrative Control: Refuse to acknowledge any narrative that it has worked to establish with implicative techniques, narrativized circumstantial happenstance, and anecdotal evidence. Establish your own narrative about your life, and **be sure to constantly compare it against reality** to keep perceptions in line with ground truth, and accept no substitutes or narrativizations.

Be spontaneous. Establish rules and then break them. Establish more rules and stick to them. Any time it tries to imply its watching you, ignore it and do whatever it was you were going to do in the first place. Make these rules explicitly unfair; any time it tries to claim something about you, you don't need to address it; any time you claim something about it, it has to address it or else it has accepted it in lieu of objection. Objectively unfair stuff like that. It goes a long way towards making this a less stressful experience.

Detachment. Remove all emotional involvement you have with it. If you find yourself angry or upset at its constant provocations, anxious or wary of how it might react to you doing one thing or another, or frustrated with a perceived lack of agency in this situation, take a step back in your mind. Observe yourself feeling these things. Acknowledge these feelings, and follow them to their root, then let go of it. It is designed to try to get us all tied up in psychosocial knots; the ultimate revolt against it is ridding ourselves of any fertile ground for such a vile thing to take root.

What does this all accomplish? In short, in my experience, it causes it to try everything and anything to attempt to reel you back in, to reestablish control over a situation it is no longer capable of controlling as you have taken complete ownership of the narrative. This is something it is incapable of accepting as true, and it overcompensates and overcorrects for it, oftentimes using physical effects it had in reserve for emergencies or whole new effects it didn't want to use any day soon, exposing it early and desensitizing you to it as it tries to use it over and over. As of writing, my perps have been using this phantom-touch and phantom-pressure effect along with the sharp prickling effect on a high level all through writing this, but having been forced to use these things near constantly for the last year, I hardly notice them anymore. Their ability to take my attention has been neutralized. Further, everything I have learned has already been put into documents and disseminated throughout various communities for others to learn from and compare to, benefitting us all and further reducing the program's ability to control any of us.

Conclusion

By approaching your experiences with this methodical, detached, and data-driven mindset, you can turn a confusing and frightening situation into an opportunity for understanding and empowerment. It is my hope that this leaves you with a versatile set of tools to work with when dealing with this thing. It is a safe bet to assume we will be dealing with this thing for the rest of our lives, so the best way through it is to settle in and accept a need to grow to the occasion and overcome this adversity by playing it smart, and if brave, a bit recklessly.

I am very interested in hearing how you get on with this process, what you tried and how it reacted, and how your personal experience as a TI is going overall.