

# The Biderman Report of 1956 and COVID-19

Chart of Coercion	COVID-19
<p><b>Isolation</b></p> <ul style="list-style-type: none"> <li>• Deprives individual of social support of his ability to resist</li> <li>• Makes individual dependent upon the captor</li> <li>• Individual develops an intense concern with self.</li> </ul>	<p><b>Isolation</b></p> <ul style="list-style-type: none"> <li>• Social distancing</li> <li>• Isolation from loved ones, massive job loss</li> <li>• Solitary confinement semi-isolation</li> <li>• Quarantines, containment camps</li> </ul>
<p><b>Monopolization of Perception</b></p> <ul style="list-style-type: none"> <li>• Fixes all attention upon immediate predicament;</li> <li>• Frustrates all actions not consistent with compliance</li> <li>• Eliminates stimuli competing with those controlled by the captor</li> </ul>	<p><b>Monopolization of perception</b></p> <ul style="list-style-type: none"> <li>• Restrict movement</li> <li>• Create monotony, boredom</li> <li>• Prevent gathering, meetings, concerts, sports</li> <li>• Dominate all media the 24/7, censor information</li> </ul>
<p><b>Induced Debility and Exhaustion</b></p> <ul style="list-style-type: none"> <li>• Weakens mental and physical ability to resist</li> <li>• People ...become worn out by tension and fear</li> </ul>	<p><b>Induced debility</b></p> <ul style="list-style-type: none"> <li>• Forced to stay at home, all media is negative</li> <li>• not permitted to exercise or socialize</li> </ul>
<p><b>Threats</b></p> <ul style="list-style-type: none"> <li>• Cultivates anxiety and despair</li> <li>• Gives demands and consequences for non compliance</li> </ul>	<p><b>Threats and Intimidation</b></p> <ul style="list-style-type: none"> <li>• Threaten to close business, levy fines</li> <li>• Predict extension of quarantine, force vaccines</li> <li>• Create containment camps</li> </ul>
<p><b>Occasional Indulgences</b></p> <ul style="list-style-type: none"> <li>• Provides motivation for compliance</li> <li>• Hinders adjustment to deprivation.</li> <li>• Creates hope for change, reduces resistance</li> <li>• This keeps people unsure of what is happening.</li> </ul>	<p><b>Occasional Indulgences</b></p> <ul style="list-style-type: none"> <li>• Allow reopening of some stores, services</li> <li>• Let restaurants open but only at a certain capacity</li> <li>• Increase more people allowed to gather</li> <li>• Follow concessions with tougher rules</li> </ul>
<p><b>Demonstrate Omnipotence</b></p> <ul style="list-style-type: none"> <li>• Demonstrates futility of resistance</li> <li>• Shows who is in charge</li> <li>• Provides positive motivation for compliance</li> </ul>	<p><b>Demonstrate Ominpotence</b></p> <ul style="list-style-type: none"> <li>• Shut down entire economies across the world</li> <li>• Create money out of nowhere, force dependency</li> <li>• Develop total surveillance with nanochips and 5G</li> </ul>
<p><b>Degradation</b></p> <ul style="list-style-type: none"> <li>• Makes resistance seem worse than compliance</li> <li>• Creates feelings of helplessness.</li> <li>• Creates fear of freedom, dependence upon captors</li> </ul>	<p><b>Humiliation or Degradation techniques</b></p> <ul style="list-style-type: none"> <li>• Shame people who refuse masks, don't distance</li> <li>• Make people stand on circles and between lines</li> <li>• Make people stand outside and wait in queues</li> <li>• Sanitation stations in every shop</li> </ul>
<p><b>Enforcing trivial demands</b></p> <ul style="list-style-type: none"> <li>• Develops habit of compliance</li> <li>• Demands made are illogical and contradictory</li> <li>• Rules on compliance may change</li> <li>• Reinforces who is in control</li> </ul>	<p><b>Enforcing trivial demands</b></p> <ul style="list-style-type: none"> <li>• Family members must stand apart</li> <li>• Masks in home and even when having sex</li> <li>• Random limits on people allowed to be together</li> <li>• Sanitizers to be used over and over in a day</li> </ul>

[www.beingfree.ca](http://www.beingfree.ca)

The Chart of Coercion above is drawn from the [Biderman Report on communist brainwashing techniques](https://consensualenslavement.com/bidermanreport.html) used by the Chinese and North Koreans on captured American servicemen to make them psychological as well as physical prisoners. Dr. Alfred D. Biderman M.A. and presented his Report at the New York Academy of Medicine Nov 13, 1956. Compare right column with your experience this year.

\* Biderman Report <https://consensualenslavement.com/bidermanreport.html>

Amnesty International Report on Terror <https://www.amnesty.org/en/documents/pol10/0001/1983/en/>