

<i>General Method</i>	<i>Effects (Purposes)</i>	<i>Variants</i>
1. Isolation	Deprives victim of all social support of his ability to resist Develops an intense concern with self Makes victim dependent upon interrogator	Complete solitary confinement Complete isolation Semi-isolation Group isolation
2. Monopolisation of perception	Fixes attention upon immediate predicament; fosters introspection Eliminates stimuli competing with those controlled by captor Frustrates all actions not consistent with compliance	Physical isolation Darkness or bright light Barren environment Restricted movement Monotonous food
3. Induced debility Exhaustion	Weakens mental and physical ability to resist	Semi-starvation Exposure Exploitation of wounds Induced illness Sleep deprivation Prolonged constraint Prolonged interrogation Forced writing Overexertion
4. Threats	Cultivates anxiety & despair	Threats of death Threats of non-return Threats of endless interrogation & isolation Threats against family Vague threats Mysterious changes of treatment
5. Occasional indulgences	Provides positive motivation for compliance Hinders adjustment to deprivation	Occasional favours Fluctuations of interrogators' attitudes Promises Rewards for partial compliance Tantalising
6. Demonstrating 'omnipotence'	Suggests futility of resistance	Confrontation Pretending co-operation taken for granted Demonstrating complete control over victim's fate
7. Degradation	Makes cost of resistance appear more damaging to self esteem than capitulation Reduces prisoner to 'animal level' concerns	Personal hygiene prevented Filthy infested surroundings Demeaning punishments Insults and taunts Denial of privacy
8. Enforcing trivial demands	Develops habit of compliance	Forced writing Enforcement of minute rules