

Manifest of Peace (MOP)

Voor overlevers, door overlevers, onderzoekers en professionals wereldwijd

MANIFEST OF PEACE (MOP)

If we do not begin with our children, the world will never change.

ORGANIZATION
CONSOLIDATION
STRUCTURE
SOLIDARITY
SAFETY
LOVE
PEACE



A global revolution begins with a few listening hearts.

ISOLATION
FRAGMENTATION
CHAOS
DIVISION
INSECURITY
FEAR
CONFLICT

For survivors, by survivors, researchers and professionals worldwide.

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I. Opening & Foundation

1. Introduction: Manifest of Peace

There are moments in history when societies can no longer look away from what breaks people, divides communities or renders lives invisible. Moments when the call for humanity becomes louder than the systems that have suppressed it. That moment is now.

The Manifest of Peace was born from that reality, and from the conscious choice to do things differently. It is an invitation to reconsider what it means to be human in a world that has too often demanded the opposite. It begins with the conviction that safety, dignity and healing are not privileges, but the foundations of a healthy society. That peace is not merely the absence of violence, but the presence of justice, clarity and human worth.

This manifesto is written for everyone who feels that the future cannot be built on old wounds.

For everyone who understands that silence does not protect, but creates space for repetition. For everyone who knows that true greatness emerges when we choose truth over denial, connection over division, and light over shadow.

The Manifest of Peace is not an endpoint, but a living document. It is shaped by lived experiences, professional insights, scientific frameworks and the courage of those who reclaimed their voices. It invites dialogue, reflection and shared responsibility. Because societies do not change by hoping for peace, but by actively building it, in policies, in systems, in relationships and within ourselves.

We welcome additions, insights and experiences so this manifesto can continue to grow toward a safer, more just and more humane world for all of us. For if we do not begin with the safety and dignity of our children, no society will ever truly change. The future we build begins with them.

With deep gratitude to everyone who contributed

their strength, knowledge, courage and love to the creation of the Manifest of Peace. Your light carries this work.

With love,
The Manifest of Peace Team

Manifest of Peace

1.1 Sources & Ownership

This Manifest is a collective work, shaped by international sources, lived experience, science, dialogue, history and societal insight.

It does not belong to any one person.

It is a contribution to the world, intended to be freely shared, used and applied.

1.2 License

This Manifest is released under the Creative Commons CC0 Public Domain Dedication. Anyone may use, share, distribute, translate, adapt and apply this work without restriction.

It is an open gift to humanity, in service of safety, equality and peace.

2. The Professional Perspective

2.1. Why this perspective is essential

Professionals who work daily with victims of intimate terrorism, coercive control and psychological violence see the same patterns repeating across every layer of the system.

Not because victims somehow “create” the same problems, but because systems are not designed for pattern-based violence.

An analysis of 132 verified cases, submitted by victims and reviewed by a multidisciplinary team, shows that victims consistently become stuck within:

- police
- child protection and safeguarding agencies
- youth care and certified institutions
- child protection courts and guardianship councils
- mental health services and crisis teams
- the judiciary
- sexual assault centres

The obstacles are strikingly similar, regardless of the form of violence: psychological, physical, sexual, digital, financial, medical or through third parties.

This chapter outlines the structural dynamics that trap victims, children and professionals and what is needed to break these patterns.

2.2. Intimate terrorism is not an incident: it is deprivation of liberty

Intimate terrorism is a form of structural, pattern-based violence expressed through:

- psychological manipulation and gaslighting
- isolation
- financial exploitation
- sexual violence and coercion
- digital strangulation and cyberstalking
- medical undermining
- physical intimidation
- serial harassment
- chemical submission (drugging)
- stalking
- assault in all forms, especially post-separation
- abuse by proxy (misuse of institutions)

These forms reinforce one another and create a web of control that can imprison victims for years.

Internationally, this is recognised as coercive control: a form of liberty deprivation that predicts escalation, severe injury and ultimately femicide or partner homicide.

2.3. Trauma responses are systematically misinterpreted

Victims of long-term coercive control show predictable trauma responses:

- freezing
- appeasing
- dissociation
- shutting down
- over-explaining
- emotional dysregulation
- memory problems
- hypervigilance

These are normal survival mechanisms.

Yet in practice, they are interpreted as:

- instability
- unreliability
- resistance
- lack of cooperation
- high-conflict divorce

This is one of the most damaging systemic errors in the Netherlands and globally.

2.4. Perpetrators externalise, victims internalise

Perpetrators often present as:

- calm
- rational
- coherent
- charming
- socially skilled

Victims respond from trauma.

Perpetrators respond from control.

For perpetrators, violence is almost always about:

- power
- dominance
- maintaining position
- financial gain

For many perpetrators, marriage is not an emotional bond but an economic system.

This leads to the credibility inversion:

- the perpetrator is believed
- the victim is doubted

This mechanism is internationally recognized as a core driver of systemic failure.

2.5. Children are structurally left unprotected

International case studies show that children:

- become hypervigilant
- develop fear and nightmares
- show aggression or withdrawal
- experience loyalty conflicts
- become secondary victims
- are sometimes placed with the unsafe parent

Article 31 of the Istanbul Convention obliges states to protect children from violence through a parent. The Netherlands, like many countries, fails to apply this adequately.

2.6. The system repeats the perpetrator's mistakes

Professionals often interpret:

- trauma responses as instability
- coercive control as "conflict"
- pattern-based violence as a "communication issue"
- victims as "difficult"
- perpetrators as reasonable

This results in:

- secondary traumatisation
- incorrect risk assessments
- dangerous custody arrangements
- case dismissals
- escalation toward femicide

The system reproduces the same dynamics victims already endured at home.

2.7. Institutional violence: when systems unintentionally participate

Victims fear not only the perpetrator, but also:

- framing by institutions
- losing their children
- psychiatric labels used against them
- inaccurate reports
- lack of agency
- contradictory decisions
- loss of work, network or safety

This is institutional violence:

when systems, intentionally or not, reinforce the perpetrator's pattern.

2.8. Lack of knowledge about narcissism, psychopathy and manipulation

Professionals consistently lack training in:

- narcissistic dynamics
- antisocial traits
- dark-triad behaviour
- gaslighting
- manipulation
- legal abuse
- abuse through third parties and institutions
- stalking
- digital strangulation

Digital strangulation or the digital dragnet: a severe safety threat

Perpetrators gain access to phones, accounts and private data through Apple or Android accounts.

This allows them to:

- read messages
- track location
- change passwords
- delete files
- sabotage communication
- isolate and intimidate victims

This is not a technical issue, it is a human rights and safety issue.

Without this knowledge, perpetrators remain invisible and victims unprotected.

2.9. Femicide and partner homicide are predictable and preventable

Femicide is not an incident. It is the final stage of:

- long-term control
- humiliation
- threats
- isolation
- escalation

Internationally validated models such as:

- Jane Monckton Smith's eight-stage model
- Safe & Together Institute
- the violence pyramid

show that femicide is predictable when patterns are recognised.

Many countries, including the Netherlands, fail to use these models consistently.

2.10. Digital strangulation and chemical submission are globally underestimated

Perpetrators increasingly use:

- spyware
- hacking
- password theft
- deepfake threats
- GPS tracking
- drugging
- dark-web services

Most municipalities and agencies are not prepared for this.

2.11. Abuse through institutions

Perpetrators misuse:

- child protection
- courts
- schools
- police
- support services
- medical institutions

to control, intimidate or harm victims.

This is one of the most damaging forms of intimate terrorism.

2.12. Systems operate incident-based, not pattern-based

Systems in the Netherlands, and globally, assess:

- isolated incidents
- recent events
- visible harm

But intimate terrorism is a pattern.

Without pattern recognition, violence remains invisible.

2.13. Case coordination is essential

Victims become lost in parallel processes:

- criminal law
- child protection
- family law
- mental health and support services

Without case coordination:

- information becomes fragmented
- risks are misjudged
- victims are re-traumatised

Case coordination is a basic requirement for safety.

2.14. What professionals need

Professionals call for:

- structural training in trauma and (C)PTSD
- knowledge of coercive control
- understanding of narcissistic and antisocial dynamics
- expertise in digital control
- awareness of chemical submission
- use of femicide risk models
- gender-sensitive practice
- pattern recognition
- collaboration with private investigators
- guidelines against framing and victim blaming
- improved evidence evaluation
- safer procedures for children and women (and all gender identities)
- strong case coordination

2.15. What could change

- Recognise coercive control as deprivation of liberty
- Implement Article 31 of the Istanbul Convention
- Criminalise psychological violence
- Use Monckton Smith's eight-stage model
- Include chemical submission in policy
- Recognise digital strangulation as violence
- Identify abuse through institutions
- Establish regional taskforces
- Require gender-sensitive risk assessment
- Strengthen sexual offences units
- Implement case coordination
- Protect children structurally
- Identify unsafe parents
- Recognise trauma responses as survival evidence
- Explore the role of private investigators
- Explore women-friendly police stations

Summary:

Intimate terrorism, coercive control and psychological violence are structural crimes that destroy lives, damage families and affect generations.

Stop secondary traumatisation.

Make institutions safe, skilled and trustworthy.

Recognise patterns.

Protect victims.

Limit perpetrators.

Strengthen professionals.

Be part of the solution.

3. The Perspective of the Affected – The Invisible Worlds of Insecurity

There are worlds that remain unseen by many, yet in which millions struggle to survive every day.

Worlds where power is not used to protect, but to control.

Worlds where fear, isolation and confusion are not incidents, but structures.

Worlds where people, children, adults, employees and citizens are slowly made smaller until they no longer recognize themselves.

This chapter gives voice to those worlds.

Not to ask for pity, but to speak truth.

Not to divide, but to understand.

Because peace begins with seeing what has been hidden for far too long.

3.1 How Insecurity Begins: Normalizing the Abnormal

Violence rarely begins with visible aggression.

It begins with small shifts that hardly draw attention:

- boundaries stretched little by little
- comments that undermine confidence
- dependence created intentionally
- support systems quietly removed
- fear, confusion or loyalty conflicts introduced

International research shows that this phase is crucial.

The affected person adapts to keep the relationship, family, organization or system stable, not because it is safe, but because it feels unsafe to disrupt.

(Sources for Chapter 41: WHO 2021; Stark 2007; Kelly & Johnson 2008)

3.2 The Psychological Dynamics: Control, Confusion and Loyalty

Coercive control does not rely on physical force, but on psychological and emotional mechanisms:

- gaslighting – undermining one's sense of reality
- intermittent reinforcement – alternating warmth and rejection
- threats of loss – children, income, reputation
- unpredictability – creating hypervigilance
- guilt and shame – shifting responsibility onto the victim

Trauma-informed care emphasizes that these are normal human survival strategies.

The nervous system seeks safety, connection and stability, even when that stability is harmful.

(Sources for Chapter 41: Herman; van der Kolk; Safe & Together)

3.3 Why Leaving Is So Difficult

From the outside, it seems simple: “Why don’t you just leave?”

But international research shows:

- the most dangerous moment is often the moment of departure
- financial, emotional or practical dependence creates traps
- threats, intimidation and coercion escalate when leaving
- systems do not always provide safety
- children, family or reputation are used as leverage

Leaving is not a choice.

It is a high-risk process that often requires multiple attempts.

(Sources for Chapter 41: Campbell – Danger Assessment; UNODC – Femicide Reports)

3.4 The Impact on Identity and Self-Perception

Long-term control and manipulation leave deep marks:

- loss of self-confidence
- confusion about what is real
- shame and self-blame
- hypervigilance
- difficulty trusting others
- the feeling of becoming invisible

These reactions are not signs of weakness, but normal responses to abnormal conditions.

Healing begins with recognition:

“What happened to you was real. And it was not your fault.”

3.5 The Child’s Perspective: When Safety Feels Like Control

For children, insecurity does not begin with violence.

It begins with rules that grow larger than their world.

With adults deciding when you eat, when you speak, when you move.

With the feeling that even asking for an apple can be a risk.

Children learn to:

- weigh their words
- hold their breath
- hide their desires
- regulate their emotions to protect adults
- believe their body and needs do not belong to them

Institutional control leaves no bruises.

It leaves traces in trust, identity and development.

When a system makes children small to keep itself manageable, we are not speaking of care. We are speaking of institutional harm.

3.6 Victims of Intimate Terror: The Invisible War Behind Closed Doors

Intimate terror is designed to remain unseen.
It begins with whispers, not with shouting.
With small shifts in power, space and freedom.

Victims learn to:

- move their boundaries
- distrust their own truth
- suppress their emotions
- hide their identity
- downplay their need for safety

When they seek help, they are often not believed.
Their fear is seen as instability.
Their alertness as exaggeration.
Their trauma as evidence against them.

Coercive control leaves no bruises.
It leaves patterns.

3.7 Victims of Sexual Violence and Reproductive Control

Sexual violence is one of the most common yet least acknowledged forms of oppression. It occurs in relationships, in wars, in institutions, in communities, everywhere power is unequal.

Victims experience:

- loss of autonomy over their bodies
- shame that does not belong to them
- silence that is enforced
- guilt that is imposed
- fear that shrinks their world

Reproductive control includes:

- forcing pregnancy
- preventing pregnancy
- sabotaging contraception
- banning or forcing abortion
- taking over medical decisions

This is not a private issue.
It is a global pattern of power over bodies, lives and futures.

3.8 Victims of War: When the World Itself Becomes Unsafe

War destroys more than cities.

It destroys identity, community, future and humanity.

Victims live in a reality where:

- chaos becomes normal
- safety becomes a memory
- families are torn apart
- children grow up too soon

The patterns look different, but the core is the same: power used to dominate rather than protect.

3.9 Victims of Organizational Terror (Corporate, Institutional, Political)

Organizations can break people without weapons:

- intimidation
- isolation
- manipulation
- threats of income loss
- character assassination
- unsafe leadership
- toxic workplace cultures
- bureaucratic dehumanization

The effects are profound:

- burnout
- loss of identity
- fear-based cultures
- dependency
- social isolation

The mechanism mirrors other forms of oppression: power used to control, not to serve.

3.10 Victims of Cults and Ideological Control

Cults use the same techniques as intimate terror, but on a group level:

- isolation
- identity fragmentation
- fear as a tool
- chaos to increase dependency
- sowing division
- enforcing loyalty
- monopolizing truth

The dynamic is universal.

3.11 Victims of Racism, Colonial Structures and Discrimination

Across the world, people live in systems that structurally diminish them.

They experience:

- constant micro-aggressions
- exclusion
- unequal opportunities
- denial of their experiences
- loss of dignity
- generations of trauma

These are not incidents.

These are patterns.

3.12 Victims of Poverty, Migration and State Terror

Poverty is not a lack of money.

It is a lack of safety, choice and future.

Migrants and refugees carry:

- loss of home
- loss of identity
- loss of safety
- bureaucratic dehumanization
- fear of rejection
- existential uncertainty

State terror, in any form, uses bureaucracy as a weapon.

3.13 Victims of Digital Terror and Information Warfare

In the modern world, insecurity is not only physical.

Digital terror creates:

- constant surveillance
- identity destruction
- reputational harm
- polarization
- radicalization
- mass manipulation
- loss of truth

Information warfare attacks the foundations of peace:
trust, truth and connection.

3.14 Victims of Ecological Instability and Climate-Related Insecurity

Climate change is not an environmental issue.

It is a security issue. A peace issue.

Victims experience:

- loss of habitat
- food insecurity
- forced migration
- natural disasters
- loss of livelihood
- community disruption

Ecological instability increases inequality and makes children especially vulnerable.

3.15 The Universal Patterns of Insecurity

All forms of oppression, personal, institutional, organizational, ideological, digital, ecological, military, share the same core mechanisms:

- isolation
- fragmentation
- chaos
- conflict
- fear
- insecurity
- division

These patterns are not accidental.

They are ancient strategies to keep people small.

3.16 The Synthesis: Why We Choose Peace

The Manifest of Peace is built on the insight that insecurity everywhere has the same roots. And that peace everywhere requires the same foundations:

- organization
- consolidation
- structure
- solidarity
- safety
- love

Peace is not an abstract ideal. Peace is a choice for:

- systems that protect
- leaders who serve
- communities that connect
- families that are safe
- children who can grow
- people who are allowed to exist
- a planet that remains livable

Peace does not begin with silence.

Peace begins with truth.

Manifest of Peace

With seeing the patterns that have been invisible for too long.
With repairing what has been broken.
With choosing humanity over power.

When we choose safety, love and responsibility, we do not only build a better society.
We build a better world.

4. The Culture of Silence: How the World Learns Not to See

There is a silence that does not come from peace, but from fear.

A silence that does not protect, but suffocates.

A silence that is not natural, but carefully produced by systems, cultures and power structures that prefer to look away rather than acknowledge.

This silence is not accidental. It is a strategy.

A global pattern that renders victims invisible, protects perpetrators and paralyzes societies.

This chapter explores that silence, how it is created, how it is maintained, and why it takes the same shape everywhere in the world.

4.1 The First Layer of Silence: Shame That Does Not Belong to the Victim

Victims often do not remain silent because they have nothing to say, but because they have learned that speaking is dangerous.

Across the world, people learn:

- that their experiences are exaggerated
- that their emotions are unreasonable
- that their pain is private
- that their truth is too uncomfortable
- that their safety is their own responsibility

Shame is a weapon. Not born in the victim, but planted by the perpetrator, reinforced by the environment and confirmed by systems that do not listen.

4.2 The Second Layer of Silence: The Bystanders Who Look Away

In families, organizations, communities and nations, the same pattern appears: people see more than they dare to admit.

International research shows that bystanders often remain silent because:

- they fear repercussions
- they feel loyalty to the perpetrator or the system
- they want to protect themselves
- they do not know what to do
- they believe it is not their business

Thus a collective silence emerges, one that isolates victims and empowers perpetrators.

4.3 The Third Layer of Silence: Institutions That Fail to Protect

Silence becomes systemic when institutions:

- minimize complaints
- misinterpret warning signs
- frame victims as unstable
- prioritize bureaucracy over humanity
- value reputation above safety
- shift responsibility to other agencies

This happens in:

- schools
- hospitals
- child protection systems
- courts
- corporations
- religious institutions
- governments

Not because people are inherently bad,
but because systems are built to protect themselves.

4.4 The Fourth Layer of Silence: Political and Cultural Interests

In many countries, violence is not acknowledged because it is:

- economically inconvenient
- politically sensitive
- culturally normalized
- historically embedded
- exposing power structures no one wants to confront

Examples around the world:

- nations where domestic violence is seen as a family matter
- cultures where honor outweighs safety
- states where protest is punished
- societies where racism is denied
- economies dependent on exploitation

Silence here is not a lack of information. It is a choice.

4.5 The Fifth Layer of Silence: Digital Silence, Framing and Information Warfare

In the modern world, silence is not created only by withholding speech, but by digital noise.

Digital silence emerges when:

- algorithms fail to detect abuse
- social media punishes victims for vulnerability
- online hate drives people into hiding
- deepfakes and disinformation distort reality
- framing destroys reputations before facts are examined
- tech companies evade responsibility

Digital silence is a new form of oppression: a world where truth is drowned out by volume, not evidence.

4.6 The Sixth Layer of Silence: The Absence of Language

Many victims remain silent because they lack the words to describe what is happening to them. Across the world, language is missing for:

- coercive control
- institutional harm
- digital terror
- reproductive control
- bureaucratic oppression
- psychological captivity

Without language, there is no recognition.

Without recognition, there is no change.

4.7 The Seventh Layer of Silence: The Normalization of Violence

In many societies, violence is so deeply embedded that it is no longer recognized as violence.

Examples worldwide:

- children raised in fear
- women socialized to obey
- employees exhausted by toxic workplaces
- minorities structurally excluded
- refugees dehumanized
- citizens monitored by surveillance

When violence becomes normal, silence becomes inevitable.

4.8 The Eighth Layer of Silence: The Fear of Truth

The deepest layer of silence is the fear of what acknowledgment would mean.

Because if we admit that violence is systemic, we must also admit that:

- our systems fail
- our cultures contain harmful patterns
- our leaders bear responsibility
- our history is incomplete
- our future depends on change

Truth requires courage.

And courage is scarce in systems built for stability, not justice.

4.9 Why Does This Remain Invisible Everywhere in the World?

Because silence is protected by:

- power
- fear
- loyalty
- reputation
- culture
- politics
- technology
- history

And because victims often stand alone against structures far larger than themselves.

Violence remains invisible because the world has learned not to look.

Not because it is absent, but because it reveals too much.

4.10 The Breakthrough: When Silence Cracks

Silence does not break through one voice, but through a movement.

Silence breaks when:

- victims are believed
- bystanders take responsibility
- institutions listen instead of defend
- media choose truth over spectacle
- technology is used to protect
- cultures make space for vulnerability
- politics prioritizes safety over power

Silence breaks when truth becomes more important than comfort.

4.11 The Synthesis: Why We Choose to Speak

The Culture of Silence is not a flaw in the system.
It is the system.

That is why the Manifest of Peace chooses:

- radical transparency
- collective responsibility
- language that reveals
- systems that listen
- leaders who serve
- communities that protect
- digital platforms that center safety
- a world where truth is no longer dangerous

Peace does not begin with silence.

Peace begins with speaking.

With breaking patterns passed down through generations.

With choosing humanity over reputation.

With acknowledging what has been hidden for far too long.

When we break the silence, we break the structures that make violence possible.

And we open the door to a world where safety is not exceptional, but expected.

5. Universal Patterns of Violence: The Architecture of Insecurity

Violence often appears personal, accidental or individual. But behind every form of insecurity in families, organizations, cultures, states and digital worlds', lies a recognizable structure. An architecture of power that uses the same building blocks everywhere in the world.

This chapter exposes those building blocks.
Not to accuse, but to understand.
Not to divide, but to reveal.
Because only when we recognize the patterns can we break them.

5.1 The Pattern of Isolation: Shrinking the World

Isolation is the first and most universal pattern of violence. It begins subtly:

- less contact with friends
- less access to information
- less space to speak
- less trust in one's own perception

Whether it is a partner, a leader, an organization or a state, the strategy is the same.

Isolation creates dependence.
Dependence creates vulnerability.
Vulnerability makes control possible.

5.2 The Pattern of Confusion: Distorting Reality

Coercive control operates through confusion. Through the gradual distortion of what is real.

This happens through:

- gaslighting
- contradictory messages
- unpredictability
- subtle threats
- emotional manipulation

When reality becomes unstable, the perpetrator becomes the only fixed reference point.

Confusion is not a side effect.
It is a strategy.

5.3 The Pattern of Grooming: Creating Trust in Order to Break It

Grooming is the art of deception.

It is the process through which perpetrators:

- build trust
- test boundaries
- create dependence
- enforce loyalty
- identify vulnerabilities

Grooming occurs in relationships, cults, organizations, online environments and political movements.

The goal is always the same:

to create a situation in which the perpetrator has full access to the psyche, body, time or resources of the other.

5.4 The Pattern of DARVO: Reversing Victim and Offender

DARVO stands for:

- Deny
- Attack
- Reverse Victim and Offender

This pattern is visible worldwide in:

- courtrooms
- media
- organizations
- relationships
- political systems

DARVO is a tool of power that turns victims into perpetrators and perpetrators into victims.

It is a strategy that enforces silence and distorts truth.

5.5 The Pattern of Fear: The Invisible Cage

Fear is the most effective mechanism of control.

Not fear of violence itself, but fear of:

- loss
- rejection
- reputational damage
- financial instability
- escalation
- bureaucratic retaliation
- digital attacks

Fear does not need to be spoken.

It only needs to be felt.

5.6 The Pattern of Fragmentation: Breaking Identity

Violence works by breaking:

- self-confidence
- intuition
- boundaries
- relationships
- sense of time
- sense of future

Fragmentation makes people directionless.
And directionlessness makes control easy.

This pattern appears in:

- intimate terrorism
- cults
- toxic organizations
- racist systems
- digital manipulation
- war

Wherever power is abused, identity is broken.

5.7 The Pattern of Normalization: Making Violence Invisible

Violence persists because it is normalized.

Normalization happens when:

- culture romanticizes domination
- media uses framing
- systems minimize complaints
- communities look away
- leaders avoid responsibility
- digital platforms amplify abuse

What becomes normal is no longer seen.
And what is not seen cannot be stopped.

5.8 The Pattern of Dependency: Creating One-Sided Power

Dependency is the glue of every violent system.

It can be:

- financial
- emotional
- practical
- bureaucratic
- digital
- social
- spiritual

Dependency makes people loyal to their own oppression.

Not because they want to be,
but because they see no alternative.

5.9 The Pattern of Escalation: The Cycle of Control

Violence follows a predictable cycle:

1. tension
2. manipulation
3. denial
4. escalation
5. reconciliation
6. silence
7. repetition

This cycle appears in relationships, organizations, political systems and international conflicts.

Escalation is not accidental.
It is a mechanism that reinforces power.

5.10 The Pattern of System Failure: When Protection Becomes Dangerous

Systems designed to protect
can unintentionally contribute to insecurity.

This happens when systems:

- do not believe victims
- misinterpret warning signs
- prioritize bureaucracy over safety
- value reputation over truth
- adopt the perpetrator's framing
- mistake trauma for instability

System failure is not an exception.
It is a global pattern.

5.11 The Pattern of Silence: The Glue That Holds Everything Together

All patterns of violence are made possible by silence.

Silence created by:

- shame
- fear
- loyalty
- culture
- politics
- technology
- history

Without silence, every violent system collapses.
That is why silence is actively produced.

5.12 The Synthesis: Why These Patterns Form the Foundation of the Manifest

These patterns are universal.

They appear in:

- families
- organizations
- cultures
- states
- digital worlds
- wars
- ideologies

They form the red thread through all forms of insecurity.

That is why this chapter is the foundation of the Manifest of Peace.
Because only when we recognize the patterns can we dismantle them.

Peace is not accidental.

Peace is the result of dismantling these patterns and building systems that protect rather than control.

II. Models, Concepts & Core Definitions

1. The PTTSFFMC Model

Eight Domains of Control, Power and Serial Bullying
An International Framework for Recognizing Coercive Control

Coercive control never arises from a single act of violence. It is always a pattern: a strategic accumulation of tactics that reinforce one another. The PTTSFFMC model describes eight domains of control that together form the mechanism through which perpetrators exhaust, isolate, destabilize and entrap their victims.

The red thread running through all domains is serial bullying: a repeated, deliberate and often sadistic pattern of humiliation, intimidation, manipulation and domination, carried out by one or more perpetrators with the aim of breaking, controlling or eliminating the victim.

Serial bullying is not an incident.
It is not a conflict.
It is a strategy.

And in some cases, it is even a source of pleasure for the perpetrator: the suffering of another becomes a confirmation of power and superiority.

Victims recognize this reality immediately.
Bystanders often only see it when it is too late.

This is why this model is needed.

1.1 Psychological Terror: The Core of Coercive Control

Psychological terror is the heart of all coercive control.
This is where serial bullying begins, and where it maintains its power.

Examples:

- gaslighting
- manipulation
- threats and intimidation
- isolation
- guilt induction
- alternating charm and aggression
- creating confusion
- character assassination

Effects:

- identity erosion
- self-doubt
- dissociation
- trauma responses (C)PTSD
- cognitive fragmentation

Psychological terror is the glue that holds all other domains together.

1.2 Technological Terror: Technology as an Extension of Power

Technology is used worldwide as a tool of domination, both in relationships and within institutions.

Examples:

- tracking
- spyware
- access to accounts
- device manipulation
- digital extortion
- control through apps
- cloud-based monitoring

Effects:

- digital stranglehold
- loss of autonomy
- constant surveillance
- hypervigilance

Technological terror makes serial bullying scalable and inescapable.

1.3 Toxicological Terror: Chemical Subjugation

One of the most under-recognized forms of coercive control.

Examples:

- drugging
- administering substances without consent
- manipulating medication
- forcing substance use

Effects:

- cognitive impairment
- memory loss
- medical symptoms that are not believed
- dependency
- loss of credibility

Toxicological terror is silent but profoundly destructive.

1.4 Sexual Terror: Control Over the Body

Sexual abuse within coercive control is not a crime of lust; it is a crime of power.

Examples:

- sexual coercion
- sex as a tool of domination
- filming without consent
- threats to distribute images
- forced prostitution

Effects:

- trauma
- shame
- dissociation
- loss of bodily autonomy

Sexual terror is one of the most traumatizing forms of serial bullying.

1.5 Financial Terror: Economic Captivity

Financial control is a global weapon.

Examples:

- confiscating money or bank cards
- debts created in the victim's name
- blocking access to accounts
- creating economic dependency
- financial blackmail

Effects:

- inability to leave
- poverty traps
- legal vulnerability
- increased risk of lethal violence

Financial terror structurally entraps victims.

1.6 Force: Physical and Other Forms of Coercion

Internationally, the term Force is used: Physical and any other forms of force.

This aligns with human rights frameworks, where force includes:

- physical coercion
- psychological coercion
- sexual coercion
- economic coercion
- institutional coercion
- digital coercion
- social coercion

Examples:

- hitting, pushing, strangulation
- threats with weapons
- intimidation through body language
- threats to children, family or pets
- verbal aggression

Effects:

- acute and chronic harm
- hypervigilance
- fear
- increased risk of femicide

Force is often the final stage of a long pattern of serial bullying.

1.7 Medical Terror: Control Over Health and Care

A form of coercive control that often remains invisible.

Examples:

- withholding care
- refusing to call emergency services
- causing or worsening medical symptoms
- blocking access to healthcare
- manipulating medical information

Effects:

- long-term exhaustion
- unexplained symptoms
- misdiagnoses
- physical and psychological weakening

Medical terror has lifelong consequences.

1.8 Cybercrime and the Digital Dragnet: Total Remote Control

Digital control is one of the fastest-growing forms of coercive control worldwide.

Examples:

- online stalking
- hacking
- identity theft
- reputational damage
- digital isolation
- manipulation through social media
- data theft

Effects:

- total control over communication
- social isolation
- fear and paranoia
- loss of safety

The digital dragnet makes serial bullying present 24/7.

1.9 The Red Thread: Serial Bullying as a Strategy of Power

Across all domains, one pattern emerges: serial bullying.

Serial bullying is:

- repeated
- deliberate
- sadistic
- strategic
- systematic
- aimed at domination

It appears in:

- intimate terrorism
- organizational abuse
- cult dynamics
- war dynamics
- institutional harm
- digital manipulation

Serial bullying is the engine of coercive control.

1.10 International Applicability of the PTTSFFMC Model

The model is designed as an internationally applicable analytical framework because all eight domains occur worldwide.

The use of Force makes the model fully compatible with:

- UN definitions of violence
- the Istanbul Convention
- international coercive control guidelines
- human rights treaties
- academic literature

The model transcends borders, cultures and systems.

1.11 The Link to CPTSD: Why This Model Matches the Body's Reality

Long-term exposure to coercive control almost always leads to a post-traumatic stress response.

Not because victims are weak.

But because the human body is designed this way.

CPTSD is not a disorder.

It is a normal reaction to abnormal circumstances.

Serial bullying is:

- repeated
- unpredictable
- humiliating
- isolating
- confusing
- threatening
- sadistic

This strategic repetition places the nervous system in a permanent state of alarm.

The PTTSFFMC model reflects this reality.

1.12 Why the World Needs To Understand This

As long as the world fails to understand that CPTSD is a normal response to coercive control, victims will remain:

- misunderstood
- unseen
- unprotected
- misjudged
- misdiagnosed

And as long as we fail to recognize that serial bullying is the engine of coercive control, we will continue responding to incidents instead of the pattern.

This insight is the key to:

- better care
- better justice
- better protection
- better prevention
- better international cooperation
- and ultimately: peace

Peace does not begin with silence.

Peace begins with understanding.

With seeing patterns.

With recognizing humanity.

With protecting those who are vulnerable.

2. Consensus vs. (C)PTSD: How Complex Separations Are Misinterpreted

2.1 The Core Error: Behaviour Is Seen as Personality, Not as a Response to Danger

Across many countries, including the Netherlands, courts, child protection agencies, mental health services and related professions often operate from a persistent assumption:

“If both parents show unusual behaviour during a complex separation, both must have a psychological disorder.”

This belief does not stem from malice, but from a systemic misinterpretation of human responses to prolonged insecurity.

What professionals observe is not two disorders.

What they observe are two ends of one human spectrum:

- internalizing: survival turned inward
- externalizing: control turned outward

This is not pathology. It is human behaviour shaped by circumstances that exceed one person's capacity to cope.

2.2 Internalizing Responses: The Inward Survival Strategy

Internalizing responses are common among people who have:

- lived under prolonged pressure
- been manipulated or isolated
- experienced coercive control
- been systematically undermined

These reactions are normal physiological and psychological survival mechanisms.

Characteristics of internalizing responses

- fear
- dissociation
- freezing
- appeasing
- hypervigilance
- self-doubt
- guilt
- somatic symptoms
- exhaustion
- depressive symptoms
- (C)PTSD-like reactions

How systems misinterpret these responses

Internalizing behaviour is often labelled as:

- instability
- emotional volatility
- unreliability
- difficult behaviour

As a result, internalizing parents are:

- less likely to be believed
- misinterpreted
- secondarily harmed by institutions
- sometimes even framed as the problem parent

Not because they are weak, but because they have been surviving for years.

2.3 Externalizing Responses: The Outward Strategy of Control

Externalizing responses occur in people who direct tension, uncertainty or loss of control outward.

This may stem from:

- personality traits
- coping strategies
- a need for dominance
- a history of insecurity
- narcissistic or antisocial dynamics

Characteristics of externalizing responses

- control
- manipulation
- intimidation
- aggression (overt or subtle)
- gaslighting
- a charming public mask
- blame-shifting
- risk-taking behaviour
- lack of empathy
- dark-triad-like traits

How systems misinterpret these responses

Externalizing individuals are often perceived as:

- stable
- rational
- reliable
- the calm parent

Why? Because they:

- speak coherently
- appear socially skilled
- show no visible stress reactions
- control their presentation

But this apparent stability is often strategic behaviour, aimed at:

- influence
- persuasion
- dominance
- reputation management

2.4 Why This Misinterpretation Is So Persistent

Many professionals unconsciously operate from the assumption:

“If both parents show unusual behaviour, both must have a disorder.”

But unusual behaviour in a high-conflict separation is often not a disorder.

It is a logical response to extreme, prolonged and destabilizing circumstances.

What systems see is:

- one parent who internalizes
- one parent who externalizes

Because these extremes mirror each other,
it appears as though both parents have “problems”.

But in reality, it is often:

- one parent trying to survive
- one parent trying to dominate

As long as systems fail to distinguish between these dynamics, they will continue to confuse reactions with personality and patterns with pathology.

2.5 The Endless Reality: Countless Lives, Countless Children, Countless Missed Signals

Behind every case that reaches the news, there are hundreds that never do.

Behind every adult who survives, there are children who:

- witness
- absorb
- carry

This reality is not an exception. It is a pattern.

2.6 Recent Examples: Not to Judge, but to Understand

These examples are not isolated incidents. They are symptoms of systems struggling to recognize coercive control.

2.6.1. The court ruling that strangulation was “not long or hard enough”

What systems often miss:

- strangulation is one of the strongest predictors of lethal violence
- it rarely happens only once
- it usually occurs behind closed doors
- victims often report only when they have no other choice

2.6.2. The woman left with permanent injuries after severe assault

This illustrates:

- how severe partner violence is minimized
- how injuries are treated as isolated events
- how child witnesses remain invisible

2.6.3. The 70,000+ men who drug, abuse and share images of partners

This reveals:

- the scale
- the normalization of misogyny
- the role of digital technology in violence
- the global dimension of dehumanization

2.6.4. Misogyny among students: the leaders of tomorrow

When young people normalize misogyny, violence is not only committed, but also justified.

2.7 The 10-Day Rule: A Structural Barrier to Safety

The 10-day rule makes reporting partner violence nearly impossible. After filing a report the abusive partner is placed out of the home situation for a period of ten days in The Netherlands, after which the abusive partner returns home.

In practice, it means:

- victims fear reporting
- children remain unsafe
- perpetrators return with more control
- escalation is not prevented

Everyone knows this is unsafe.

Everyone knows this costs lives.

2.8 Failing Shelters: When Systems Cannot Protect

Domestic violence shelters are meant to be safe havens.

But due to:

- capacity shortages
- bureaucracy
- restrictive regulations

they cannot always provide what is needed.

This is not a failure of staff.

It is a failure of the system.

2.9 When Governments Withhold Crucial Information

International human rights frameworks require states to:

- protect citizens
- share information essential for safety
- act transparently
- enable prevention

When crucial information is withheld that:

- endangers lives
- perpetuates violence
- prevents victims from protecting themselves
- ...it strikes at the heart of the state's duty of care.

2.10 Trauma Is Not the Whole Story: But It Is a Key Part

Important clarifications:

- Not all internalizing parents have trauma.
- Not all externalizing parents are perpetrators.
- Not all complex separations involve coercive control.

But:

When coercive control is present,
internalizing and externalizing responses are two ends of the same human spectrum.

If systems fail to understand this,
perpetrators remain invisible
and victims remain unprotected.

2.11 The Manifest of Peace Call to Action

For true peace, in families, courts and systems, we must understand:

- behaviour is not proof of stability
- silence is not proof of safety
- emotion is not proof of unreliability
- control is not proof of competence
- trauma is not a disorder
- internalizing and externalizing are human responses
- children always carry what they witness

“As long as systems fail to understand this dynamic, perpetrators remain invisible and victims remain unprotected.”

This insight is not a nuance.
It is a requirement for peace.

3. (C)PTSD and Trauma Responses: The Intelligence of Survival

3.1 Trauma is not a disorder: it is intelligence in action

In the context of domestic violence, intimate terrorism, coercive control and serial bullying, trauma is often reduced to four words:

Fight, Flight, Freeze, Fawn.

But trauma is not a simple model.

Trauma is not weakness.

Trauma is not pathology.

Trauma is an intelligent, human, physiological protection system that does everything possible to keep someone safe in conditions that are unsafe, unpredictable or life-threatening.

Survivors of coercive control are not “unstable.”

They are exceptionally skilled at survival.

Their bodies and brains have developed strategies that are logical, human and universal, yet often misinterpreted by systems.

3.2 Trauma responses are not labels: they are mirrors of humanity

Trauma responses are not diagnoses.

They are survival strategies that emerge when a person:

- lives under prolonged pressure
- experiences coercive control
- has no safe exit
- depends on an unsafe partner
- must suppress signals for years
- is forced to remain constantly alert

They are not signs of incapacity.

They are signs of adaptation.

3.3 The 21 trauma responses: far more than Fight, Flight, Freeze, Fawn

Survivors around the world recognize these 21 responses.

Not to classify; but to validate.

1. Fight

Protection through anger, sharpness, boundaries.

2. Flight

Protection through movement, busyness, avoiding stillness.

3. Freeze

Protection through immobility, shutdown, inability to choose.

4. Fawn

Protection through pleasing, adapting, avoiding conflict.

5. Falter

Pulling back at the last moment, safety first.

6. Fold

Surrendering autonomy to survive within a system.

7. Fixation

Analyzing, repeating, seeking control in chaos.

8. Feign

Putting on a mask, "I'm fine."

9. Folter

Self-criticism, shame, punishing yourself before someone else does.

10. Folt

Threshold stop, the nervous system says: "too dangerous."

11. Flood

Emotional overwhelm, the body can no longer contain it.

12. Fall

Collapse after prolonged tension.

13. Flop

Shutdown, energy drops, the body switches off.

14. Forfeit

Giving up, not from weakness, but from exhaustion.

15. Fragment

Dissociation, protection through distance.

16. Fiddle

Staying busy without direction, safety in activity.

17. Feist

Irritability, sharpness, micro-attacks to protect boundaries.

18. Fyck

Dysregulation, rebellion or impulsive escape, protection through temporary release or numbing.

19. Flock

Reaching out, seeking safety in connection or proximity to others.

20. Float

Detachment, hovering above the body, not having to feel.

21. Fold(back)

Returning to old patterns, safety in the familiar.

3.4 These responses are not instability: they are protection

As earlier chapters show, coercive control places the nervous system in a state of chronic alertness.

These 21 responses are:

- not disorders
- not personality problems
- not signs of incapacity

They are human, physiological reactions to circumstances that were too big, too long or too dangerous to consciously endure.

They deserve:

- recognition
- understanding
- compassion
- protection

Not pathologization.

3.5 How this connects to earlier chapters: trauma as the red thread

Chapter 3 – The Survivor Perspective

Trauma responses are the echoes of what survivors have carried for years.

Chapter 4 – The PTTSFFMC Model

The eight domains of coercive control produce exactly these responses.

Chapter 7 – Internalizing vs. Externalizing

Many of these 21 responses are internalizing, and therefore misinterpreted as instability. Externalizing responses are often seen as stability, even when they are strategies of dominance.

Chapters 23 & 24 – Systemic Patterns and Societal Blindness

Systems miss patterns because they focus on behaviour instead of context.

These 21 responses are exactly the behaviours that systems misinterpret.

3.6 Why professionals must understand these responses

When professionals do not recognize these responses:

- survivors are seen as “difficult”
- perpetrators are seen as “calm”
- internalizing responses are labeled as instability
- externalizing responses are labeled as reliability
- risk assessments fail
- children remain unsafe
- survivors are secondarily traumatized
- coercive control remains invisible

But when professionals do recognize them:

- patterns become visible
- survivors are believed
- children are protected
- escalation is prevented
- systems become more humane
- peace becomes possible

3.7 Trauma responses as foundations of peace

Trauma responses are not only individual survival strategies. They are indicators of the state of our society.

Each trauma response reveals something about:

- how power is used
- how safety is experienced
- how systems respond to vulnerability
- how children grow up
- how relationships function
- how communities handle conflict
- how peace is built or broken

When trauma responses are misinterpreted as instability, weakness or incapacity:

- we lose sight of coercive control
- we protect the wrong people
- we leave survivors unprotected
- we reinforce danger
- we create generations who learn that insecurity is normal

But when we interpret trauma responses correctly, as intelligent, human and logical, something else emerges:

- understanding
- recognition
- safety
- connection
- healing
- peace

Trauma responses are not obstacles to peace. They are the roadmap toward it.

3.8 The essence: trauma is intelligent and deserves respect

Trauma responses are:

- adaptive
- human
- universal
- protective
- logical
- physiological
- evolutionary

They are not signs of weakness.

They are signs of strength.

Survivors of coercive control are not difficult.

They are brilliant at surviving.

And anyone who understands that understands the core of peace.

4. Bullying as an Early Warning Signal of (Intimate) Terror

Why peace begins with the safety of children

Domestic violence, intimate terrorism and coercive control are often viewed as problems of adulthood. But international research shows that the roots of these dynamics emerge much earlier often in early childhood and primary school.

Bullying is not a “childhood issue”. It is an early warning signal of power dynamics, emotional dysregulation, attachment insecurity and relational patterns that, when left unrecognized, can develop into relational aggression, coercive control and severe violence.

Peace does not begin with adults.

Peace begins with children.

4.1 Bullying is not teasing: it is a behavioural risk signal

Research by Olweus, Dodge & Pettit, Kim & Leventhal and longitudinal studies from Scandinavia, Canada and the United States show that persistent bullying is associated with:

- difficulties in aggression regulation
- low empathy development
- externalizing coping
- dominance behaviour
- manipulation
- lack of guilt or remorse
- instrumental use of others

These behavioural clusters are the same ones later seen in:

- coercive control
- relational aggression
- partner violence
- sexual boundary violations

Bullying is not a phase.

It is an early signal of a pattern.

4.2 The link between bullying and later intimate terrorism

Meta-analyses show that children who bully have an increased likelihood of later:

- perpetrating partner violence
- using coercive control
- engaging in relational aggression
- committing sexual boundary violations
- entering the escalation pathways described by Jane Monckton Smith

Helga Smet emphasizes that violence in complex separations often begins with early-developed patterns of dominance and entitlement.

These patterns are visible in childhood, yet often dismissed as:

- teasing
- kids being kids
- something that will pass

This is a missed opportunity for prevention.

4.3 Bullying as part of the pyramid of violence

The pyramid of violence shows that severe violence does not appear out of nowhere.

It begins with:

- normalization of harmful beliefs
- subtle forms of dominance
- social exclusion
- manipulation
- belittling
- bullying

This is the base layer of the pyramid.

When these behaviours are not corrected, they can develop into:

- relational aggression
- coercive control
- partner violence
- femicide or suicide

Jane Monckton Smith demonstrates that femicide follows a predictable escalation pattern. The first stages control, dominance and entitlement are already visible in childhood.

4.4 Why early detection in schools is essential

Early childhood and primary schools are the first places where children:

- form social relationships
- learn to balance power and empathy
- learn to recognize boundaries
- develop conflict-resolution skills
- build moral frameworks

When bullying is not recognized as a risk signal but dismissed as “teasing”, we miss a crucial opportunity to:

- prevent harmful personality development
- guide future perpetrators early
- protect future victims
- break intergenerational cycles of violence

Prevention does not begin at age 18.

Prevention begins at age 4.

4.5 The role of trauma and coercive control in the development of bullying

Children who bully are not “problem children”, they are messengers of an unsafe system.

Children who bully often come from environments where insecurity, power imbalance or emotional neglect are present. Not because they are bad, but because they learn what they see.

Research and practice show that bullying is more common in families where:

- coercive control is present
- a parent displays externalizing behaviour
- violence is modelled as a conflict strategy
- empathy is not developed or even punished
- emotions are ignored or minimized
- power is rewarded and vulnerability discouraged

This aligns with the work of:

- Evan Stark (coercive control)
- David Mandel (Safe & Together)
- Helga Smet (violence in complex separations)

Children do not internalize words, they internalize dynamics.

When a child sees that:

- power works
- manipulation pays off
- boundaries do not exist
- empathy has no value
- vulnerability is dangerous

then bullying becomes a logical, learned strategy to:

- gain control
- create safety
- receive attention
- experience power
- regulate chaos

Not because the child is a “perpetrator”,
but because the child is surviving.

Bullying is not a character flaw.

It is a signal of a system in need of help.

4.6 What organizations can do now: concrete solutions

This is where prevention becomes reality.

Practical, directly applicable measures for schools, childcare, youth services, sports clubs and municipalities:

1. Recognize bullying as a risk signal

Not as behaviour that “comes with childhood”, but as:

- a sign of insecurity
- a sign of power imbalance
- a sign of possible coercive control at home
- a sign of emotional distress

2. Train professionals in power dynamics and coercive control

Not only in bullying protocols, but in:

- relational aggression
- manipulation patterns
- externalizing behaviour
- trauma responses
- indicators of insecurity

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3. Build relational safety as the foundation

Children thrive when they:

- are seen
- are heard
- learn boundaries
- develop empathy
- learn responsibility

4. Introduce empathy education from the first school year

Research shows that empathy training:

- reduces aggression
- decreases bullying
- strengthens social cohesion
- reduces violence later in life

5. Involve parents early and carefully

Not accusatory, but supportive:

- We see behaviour that concerns us.
- We want to explore together what your child needs.

6. Create safe reporting structures for children

Children must know:

- where they can go
- that they will be taken seriously
- that reporting is safe

7. Collaborate with community teams and youth services

Not only after escalation, but at the first signs.

8. Protect children who are victims of bullying

They are at increased risk of:

- internalizing trauma responses
- later victimization in relationships
- attachment insecurity

9. Monitor patterns, not incidents

Bullying is rarely a one-time event.

It is a pattern, just like coercive control.

4.7 The essence: peace begins with children

If we want the next generation to:

- build healthy relationships
- develop empathy
- respect boundaries
- avoid abusing power
- resolve conflict peacefully
- refuse to normalize violence

then we must begin where behaviour begins:

- in early childhood
- on the playground
- in first friendships
- in first conflicts
- in first power dynamics

Bullying is not child's play.

It is an early warning signal of patterns that can later cost lives.

Who takes bullying seriously, takes peace seriously.

5. The Systemic Relationship to Other Forms of Violence

Why coercive control is the structural backbone of the global violence landscape

Violence never exists in isolation.

It manifests through patterns, domains and dynamics that reinforce, overlap and amplify one another.

International research shows that coercive control is the underlying structure of many other forms of violence, within families, communities and institutions.

This chapter describes the systemic relationship between coercive control and other forms of violence.

Not at the behavioural level (covered in Chapter 19), but at the conceptual, societal and international level.

Coercive control is not a subtype of violence.

It is the foundation from which other forms of violence emerge, grow and escalate.

5.1 Coercive control as the core mechanism of violence

Internationally, coercive control is recognized as:

- a pattern of power and domination
- a strategy to undermine autonomy
- a form of terror without physical marks
- a predictor of escalation
- a structure enabling other forms of violence

Researchers such as Evan Stark, Jane Monckton Smith, David Mandel and Kelly & Johnson demonstrate that coercive control:

- precedes physical violence
- is present in femicide cases
- forms the basis of relational aggression
- appears in complex separations
- is visible in childhood trauma and bullying
- is mirrored in institutional and systemic violence

Coercive control is therefore not a “relationship problem”, but a power structure that spans multiple domains.

5.2 Forms of violence as expressions of the same underlying dynamic

In policy and legal systems, violence is often divided into separate categories:

- domestic violence
- child abuse
- sexual violence
- stalking
- cyber violence
- financial abuse
- emotional neglect
- bullying
- institutional violence

But international research shows these are not isolated phenomena. They are manifestations of the same underlying dynamic:

☞ power, control, dominance and entitlement.

When violence is fragmented into categories, we lose sight of:

- patterns
- escalation pathways
- context
- dynamics
- risk
- prevention opportunities

Coercive control connects these categories into one coherent whole.

5.3 International frameworks: Istanbul, WHO, UN Women

International treaties and organizations recognize coercive control as:

- a human rights violation
- a gender-based power issue
- a predictor of severe violence
- a societal problem, not a private matter

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The Istanbul Convention recognizes that violence against women and children stems from:

- power inequality
- structural discrimination
- control mechanisms

And that violence does not begin with physical harm, but with:

- intimidation
- isolation
- manipulation
- psychological oppression

WHO and UN Women

Highlight that violence patterns:

- begin early
- are intergenerational
- are reinforced by systems
- reflect societal structures

Coercive control is therefore not only relational, but a social, cultural and institutional issue.

5.4 The pyramid of violence: from normalization to terror

The pyramid of violence shows that severe violence develops from:

1. normalization of harmful beliefs
2. micro-aggressions and subtle dominance
3. relational aggression and manipulation
4. coercive control
5. physical violence
6. severe harm, femicide or suicide

Coercive control sits at the center of the pyramid:

- connecting the base layer (attitudes, bullying, micro-aggressions)
- to the top (severe violence, femicide)

It is the bridge between culture and crime.

5.5 The role of systems: institutional violence and secondary trauma

Systems can:

- reinforce violence
- conceal violence
- normalize and reproduce violence

When systems:

- assess behaviour without context
- interpret internalizing responses as instability
- interpret externalizing responses as credibility
- fail to recognize patterns
- disbelieve survivors
- interpret perpetrators as calm

they create institutional violence.

This is the systemic counterpart of coercive control:

- control through procedures
- power through interpretation
- exclusion through bureaucracy
- harm through misunderstanding

The result is secondary traumatization, an internationally recognized phenomenon.

5.6 Intergenerational transmission: from bullying to partner violence

Violence patterns do not begin in adult relationships. They begin in:

- attachment
- early caregiving
- school dynamics
- bullying
- early power relations

Children internalize:

- what works
- what is rewarded
- what is dangerous
- what creates power

Therefore, coercive control is:

- visible in bullying
- visible in childhood trauma
- visible in externalizing coping
- visible in entitlement development

And this is why prevention must begin with children.

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5.7 The essence: coercive control is the structure behind violence

Coercive control is:

- the architecture of violence
- the red thread connecting violence forms
- the predictor of escalation
- the blind spot in systems
- the core of intergenerational transmission
- the foundation of relational and societal insecurity

Who understands coercive control, understands the violence landscape.

Who recognizes coercive control, can prevent violence.

Who ignores coercive control, allows patterns to continue.

III. Legal & International Frameworks

1. Clare's Law and Abuse by Proxy

Why modern protection begins with truth, transparency and the recognition of invisible patterns

In the global response to intimate terrorism, coercive control and femicide, two concepts are essential for modern policy:

Clare's Law and abuse by proxy.

Both relate directly to:

- early warning
- risk assessment
- information sharing
- human rights
- and the state's duty to protect individuals from foreseeable harm

These are not policy details.

They are life-saving mechanisms.

1.1 Clare's Law: the right to know, the right to live

Clare's Law, originating in the United Kingdom, grants two fundamental rights:

1. The Right to Ask

Individuals may request information about a (potential) partner's history of violence.

2. The Right to Know

Police may proactively disclose information when there is a serious risk of harm.

International research shows that:

- intimate partner violence and femicide almost never occur "out of the blue"
- there are nearly always earlier indicators: stalking, threats, violence, coercive control
- police and justice systems often hold critical information that is not shared
- timely disclosure can save lives
- Clare's Law complements existing measures, it does not replace them

In several countries, privacy concerns are raised.

However, it is crucial to emphasize that:

- the purpose is proportionate information sharing to protect life
- states have a positive human rights obligation to protect individuals from foreseeable violence
- well-designed procedures can safeguard both privacy and safety

As many survivor advocates highlight:

Information that can save lives must not remain locked away.

Privacy must never become a shield for perpetrators.

Safety must outweigh secrecy.

The call is clear:

“Accelerate the implementation of a national version of Clare’s Law, supported by structural training in red flags, coercive control and femicide risk.”

1.2 Abuse by Proxy, the invisible extension of coercive control

Abuse by proxy refers to violence, intimidation or control carried out through third parties. It is one of the most underestimated and least recognized forms of coercive control.

It manifests in multiple domains:

1. Institutional or Systemic Abuse

Misuse of institutions such as:

- police
- child protection agencies
- social services
- municipalities
- courts
- legal professionals

Examples include:

- false reports
- strategic litigation
- framing the ex-partner as “unstable”
- using systems to maintain control

2. Online and Digital Abuse

- smear campaigns
- cyberstalking
- doxing
- mobilizing online groups to intimidate

3. Use of the Social Environment

- schools
- neighbours
- family
- religious communities
- acquaintances

These are mobilized to apply pressure, gather information or isolate the victim.

4. Cultural and Honour-Based Abuse

- forced marriage
- forced return to another country
- honour-based threats or violence

5. Child-Mediated Abuse (Post-Separation Abuse)

Children are used as instruments of control, retaliation or power.

1.3 Why abuse by proxy is so dangerous

Scientifically, abuse by proxy fits seamlessly within the framework of coercive control:

- it expands the perpetrator's reach
- it continues the abuse long after separation
- it increases the risk of femicide and filicide
- it causes chronic trauma for victims and children
- it often remains invisible because no physical violence is required

Yet in many countries, abuse by proxy is:

- not recognized as a distinct form of violence
- not included in risk assessment tools
- not named in protocols
- not criminalized as a pattern

This leads to:

- patterns being treated as isolated incidents
- underestimation of severity
- secondary victimization
- systems being unintentionally weaponized by perpetrators

The call is clear:

“Recognize abuse by proxy as part of coercive control and as a critical red flag in risk assessment, child protection and criminal justice.”

1.4 Linking Clare's Law, red flags and professional training

Several governments have allocated resources for training on red flags and indicators of intimate terrorism.

But training without content is not protection.

It is essential that:

1. Clare's Law is paired with structural training in:

- coercive control
- femicide risk factors
- post-separation abuse
- escalation patterns

2. Abuse by proxy is included in training for:

- police
- prosecutors
- judges
- child protection professionals
- social workers
- legal professionals
- frontline responders

3. Interdisciplinary protocols explicitly name these patterns

Not as:

- conflict
- communication problems
- high-conflict separation

But as:

- risk factors
- red flags
- predictors of escalation

1.5 Core statement for the Manifest

Clare's Law and the recognition of abuse by proxy are not optional enhancements, but essential tools

to prevent intimate terrorism, femicide and harm to children. Without visibility of patterns and without acknowledging violence carried out through third parties, systems remain blind to the reality survivors live in.

2. The Istanbul Convention and the Istanbul Protocol

2.1. Why the Istanbul Convention Is Essential for the Netherlands

The Istanbul Convention is the most comprehensive international treaty for the protection of women and children against violence. It obliges states to:

- prevent violence
- protect victims
- prosecute perpetrators
- develop gender-sensitive, pattern-focused policies
- protect children from violence perpetrated by a parent
- recognize psychological violence, stalking, sexual violence and coercive control

The Netherlands has ratified the Convention, but implementation remains insufficient.

This is evident from:

- repeated warnings from international monitoring bodies
- structural system failures identified in 132 analysed cases
- the absence of gender-sensitive risk assessment
- the failure to protect children from violence via a parent
- the lack of recognition of psychological violence as a full form of violence

The Convention is not symbolic.

It is a binding legal obligation.

2.2. Article 31: Child Protection: The Most Neglected Article in the Netherlands

Article 31 requires states to:

- protect children from violence perpetrated by a parent
- consider violence in decisions on custody and contact
- prevent children from being exposed to the perpetrator
- prioritize safety over contact

In the Netherlands and beyond, the opposite often occurs:

- children are placed with the unsafe parent
- violence is reframed as conflict
- trauma responses in children are misinterpreted
- protective parents are problematized
- institutions prioritize cooperation over safety
- post-separation violence is excluded from risk assessment

This constitutes a structural violation of Article 31.

2.3. Psychological Violence Is Full Violence

The Istanbul Convention recognizes psychological violence as:

- harmful
- punishable
- predictive of escalation
- a core component of coercive control
- a key risk factor for femicide

The Netherlands does not recognize psychological violence as an independent criminal offence.

As a result:

- victims are not protected
- perpetrators are not held accountable
- children remain unsafe
- escalation is not recognized
- femicide is not prevented

Psychological violence is not “mild.” It is the foundation of intimate terrorism.

2.4. The Istanbul Protocol: How Violence Must Be Professionally Documented

The Istanbul Protocol is the international standard for:

- forensic documentation of violence
- medical reporting
- psychological assessment
- evaluation of evidence
- protection of victims

The Protocol requires professionals to:

- recognize trauma responses
- document psychological violence
- record patterns, not incidents
- report consistently
- avoid assumptions about credibility
- avoid neutrality in cases of asymmetric violence

In the Netherlands, the Protocol is rarely applied, and consequences include:

- inadequate documentation of injuries
- lack of recognition of psychological harm
- inconsistent reporting
- misinterpretation of victims
- underutilization of evidence

This results in institutional harm.

2.5. Where the Netherlands Systematically Fails

Analysis of cases shows that the Netherlands:

- does not recognize coercive control as deprivation of liberty
- does not criminalize psychological violence
- does not apply gender-sensitive risk assessment
- does not implement Article 31
- does not use the Istanbul Protocol
- misinterprets trauma responses
- leaves children structurally unprotected
- lacks case coordination
- lacks specialized teams (unlike Spain, the UK, France)
- does not conduct fatality reviews
- does not monitor femicide nationally
- fails to recognize digital coercion and chemical submission

These are not policy choices.

They are structural violations of international obligations.

2.6. What the Convention Requires (and What Is Missing)

A. Prevention

- gender-sensitive education
- early detection in schools
- training for professionals
- addressing bullying as an early warning sign

B. Protection

- safe shelters
- protection of children
- case coordination
- protection from digital coercion
- protection from chemical submission

C. Prosecution

- criminalization of psychological violence
- criminalization of coercive control
- specialized investigative units
- improved evidence evaluation
- use of the Istanbul Protocol

D. Policy

- national femicide monitoring
- fatality reviews
- regional taskforces
- gender-sensitive risk assessment
- cooperation with private investigators
- guidelines against framing and victim blaming

The Netherlands does not fully meet any of these requirements.

2.7. Why Implementation Is Urgent

The 132 analysed cases show that victims live daily with:

- fear of the perpetrator
- fear of institutions
- fear of framing
- fear of losing their children
- fear of escalation
- fear for their lives

Without implementation of the Istanbul Convention, victims remain:

- unprotected
- unseen
- disbelieved
- retraumatized
- in danger

And children remain:

- secondary victims
- unsafe
- invisible
- placed with the wrong parent

2.8. What Should Happen

- Recognize coercive control as deprivation of liberty
- Criminalize psychological violence
- Implement Article 31: safety over contact
- Apply the Istanbul Protocol
- Introduce gender-sensitive risk assessment
- Train all professionals in trauma responses
- Protect children structurally
- Introduce case coordination
- Establish regional taskforces
- Conduct fatality reviews
- Monitor femicide nationally
- Recognize abuse by proxy
- Recognize digital coercion
- Recognize chemical submission
- Work pattern-based, not incident-based

2.9. Core Message

The Istanbul Convention and the Istanbul Protocol provide exactly what the Netherlands needs:

- recognition
- protection
- evidence-based assessment
- gender sensitivity
- pattern recognition
- child safety
- perpetrator accountability
- femicide prevention

But as long as these standards are not implemented, victims and children remain unprotected, and the system itself continues to contribute to the harm.

3. The Pyramid of Violence and the Eight-Stage Model of Femicide

Why femicide is not an incident, but the endpoint of a predictable pattern

In the context of intimate terrorism, coercive control and partner violence, one truth stands firm: femicide never occurs out of nowhere.

Both the Pyramid of Violence and the Eight-Stage Model developed by criminologist Dr. Jane Monckton Smith demonstrate that lethal partner violence is the endpoint of a structural, recognizable and predictable escalation process.

Those who understand these patterns can save lives.
Those who ignore them leave victims and children unprotected.

3.1 The Pyramid of Violence: an internationally recognized escalation model

The Pyramid of Violence is an internationally recognized concept within criminology, victimology and gender-based violence research.

It shows that severe violence does not arise from a single incident, but from a cumulative process of normalizing, undermining and controlling behaviours.

The pyramid consists of five mutually reinforcing layers:

1. Normalization of harmful beliefs

- sexism
- victim blaming
- entitlement
- need for control

2. Psychological and emotional manipulation

- gaslighting
- isolation
- intimidation
- guilt induction

3. Coercive control

Structural control over:

- time
- money
- communication
- social contacts
- mobility
- autonomy

4. Physical and sexual boundary violations

- threats
- physical coercion
- sexual coercion

5. Severe violence and femicide

- life-threatening situations
- attempted murder
- femicide
- suicide resulting from prolonged terror

The pyramid shows that femicide is not a “fight gone wrong.”
It is the endpoint of a social, psychological and structural process.

3.2 The Eight-Stage Model of Jane Monckton Smith: a dynamic escalation pattern

Criminologist Dr. Jane Monckton Smith analysed hundreds of cases of lethal partner violence and developed the internationally leading Eight-Stage Model of Femicide. It is used worldwide by police, courts and frontline services.

The model is:

- dynamic
- non-linear
- circular
- based on risk structures

The eight stages are:

1. History of controlling behavior, stalking or abuse (Clare’s law)
2. Rapid development into serious relationship
3. Escalation of coercive control
4. Loss of control by the perpetrator by a trigger
5. Increasing threats and control tactics
6. (Big) change in thinking, perpetrator makes strategic plans
7. Planning, preparation and execution of strategic plans of the perpetrator
8. Femicide or attempted femicide/homicide

The model shows that femicide becomes predictable when patterns are recognized early, and therefore preventable.

3.3 International recognition and the question the Netherlands must ask itself

The Pyramid of Violence and the Eight-Stage Model align with a global movement that no longer views violence as an incident, but as a predictable pattern.

During the 34th edition of the global Orange the World campaign, supported by UN Women and the Soroptimists, 171 mayors signed a manifesto committing to:

- recognizing patterns of gender-based violence
- breaking cycles of normalization
- strengthening early detection
- protecting victims and children
- preventing femicide/homicide

This broad support shows that leaders worldwide acknowledge that violence is preventable when patterns are seen in time.

At the same time, it raises a crucial question: Why did only about half of Dutch mayors sign?

Not as criticism, but as societal reflection:

- Why do leaders in comparable positions elsewhere sign unanimously?
- What determines whether municipalities commit to this international standard?
- What does this mean for the safety of women and children in those municipalities?
- And most importantly: what does this mean for our shared responsibility to recognize patterns before they escalate?

These are not political questions. They are peace questions.

When leaders recognize patterns, safety emerges.

When leaders ignore patterns, risk grows.

This is why the Netherlands and many other countries should move toward:

- pattern-based risk assessment
- structural training in coercive control
- recognition of escalation models
- governmental responsibility for prevention

Peace begins with leadership.

And leadership begins with the willingness to see patterns.

3.4 Why these models are crucial for policy and protection

Both the Pyramid of Violence and the Eight-Stage Model show that:

- intimate terrorism is structural, not incidental
- escalation is predictable
- risks are visible early
- victims do not become “suddenly” endangered
- lethal violence is almost always preceded by red flags
- system failures directly contribute to escalation

These models demonstrate that countries must shift from: incident-based responses to pattern-based risk assessment

3.5 Implications for International systems

This means:

1. Risk assessment tools must be updated

Based on:

- coercive control
- escalation patterns
- the Pyramid of Violence
- the Eight-Stage Model

2. Professionals must be structurally trained in pattern recognition

Not only in incident reporting, but in:

- red flags
- coercive control
- post-separation abuse
- abuse by proxy
- trauma responses
- power dynamics

3. Children must never be placed with a parent situated in the higher layers of the pyramid

This is not a “high-conflict separation.”

This is risk of severe violence.

4. Trauma responses must be recognized as evidence of survival

Not as instability.

Not as unreliability.

But as human responses to prolonged terror.

5. Femicide and suicide must be recognized as the final stage of intimate terrorism

Not as incidents.

Not as “relationship drama.”

But as predictable outcomes of a pattern interrupted too late.

3.6 The essence: patterns save lives

The Pyramid of Violence and the Eight-Stage Model of Monckton Smith reveal one truth:

Femicide is not a mystery.
It is a pattern.
And patterns are visible.
And what is visible can be stopped.

This chapter is not only an analysis.
It is a call.
A direction.
A foundation for peace.

IV. Forms of Violence, Patterns & Prevention

1. Chemical Submission (Drug-Facilitated Control): The Invisible Weapon Within Intimate Terror

1.1 Introduction: why chemical submission is so invisible

Chemical submission is one of the most hidden and least recognized forms of violence. It happens silently, without witnesses, often without visible traces, and frequently without the victim understanding what has happened.

It is a form of violence that:

- affects the body
- disrupts memory
- distorts reality
- undermines autonomy
- damages the victim's credibility

For these reasons, it is often missed by:

- police
- healthcare professionals
- justice systems
- child protection agencies
- social networks

Chemical submission is not an incident.
It is a strategic tool within intimate terrorism.

1.2 What chemical submission is

Chemical submission means:

Administering substances without consent, with the purpose of control, manipulation or abuse.

This may involve:

- sedatives
- tranquilizers
- dissociative substances
- GHB
- alcohol combined with medication
- medication cocktails

Characteristic effects:

- rapid onset
- difficult to detect
- memory loss
- reduced awareness
- reduced resistance

These substances are used because they:

- make victims vulnerable
- fragment memories
- disable resistance
- complicate evidence

1.3 Why perpetrators drug victims: strategic motives

International research shows that perpetrators use substances to:

1. Enable sexual abuse
By lowering awareness and resistance.
2. Exert control
By creating confusion, dependency and physical weakness.
3. Undermine credibility
Memory gaps are often misinterpreted as instability.
4. Facilitate long-term abuse
By disrupting the nervous system and breaking reality perception.
5. Create dependency
Fluctuating intoxication leads to fear, doubt and reliance.
6. Hide crimes
Substances mask pain, memories and physical traces.
7. Minimize risk
A victim who remembers little can prove little.
8. Experience sadistic pleasure or power
9. Break the victim's reality
Memory fragmentation creates total psychological dependence.

These are not impulsive acts.

They are planned, deliberate strategies.

1.4 Perpetrator profiles: why this group is so difficult to identify

Perpetrators who use chemical submission often:

- function socially without raising suspicion
- appear charming and strategic
- have access to substances
- possess knowledge of intoxication
- have multiple victims
- use multiple forms of control simultaneously

Many combine:

- substance use
- intimidation
- digital manipulation
- financial abuse
- sexual violence

Systems that respond only to incidents fail to see the pattern.

1.5 Perpetrator strategies: how chemical submission is deployed

International literature describes patterns such as:

- Forced dependency
- Psychological destabilization (gaslighting + intoxication)
- Reputation damage
- Financial and legal dependency
- Digital sabotage
- Evidence destruction
- Multiple perpetrators or facilitators

The goal is always the same: control, fear and impunity.

1.6 Multiple perpetrators: why this risk is extremely high

In some situations, multiple individuals are involved, such as:

- two perpetrators acting together
- a perpetrator with a facilitator
- a social circle that participates or looks away
- perpetrators with criminal connections
- nightlife, party or festival settings

Risks include:

- higher likelihood of repetition
- more complex evidence
- deeper trauma
- greater institutional harm

Protection requires:

- pattern recognition
- restraining orders
- digital safety measures
- specialized risk assessment

1.7 Recidivism: why repetition is almost guaranteed

Perpetrators who drug victims belong to the highest-risk recidivist groups internationally.

Reasons:

- the behaviour is planned, not impulsive
- institutional doubt fuels continuation
- lack of recognition = lack of deterrence
- escalation is common
- new victims are quickly targeted

Chemical submission is a high-risk form of violence.

1.8 Medical and psychological consequences

Chemical submission causes:

Physical

- neurological dysregulation
- autonomic dysregulation
- fatigue
- headaches
- nausea

Psychological

- memory loss
- dissociation
- anxiety
- confusion
- loss of reality perception

Social

- isolation
- loss of trust
- institutional trauma

These symptoms are often misinterpreted, causing additional harm.

1.9 International context: why this is not a local problem

Chemical submission is increasing worldwide.

1. ARD/ZDF investigation

Revealed tens of thousands of men participating in online groups where they:

- learned how to drug victims
- shared images
- exchanged strategies

Not on the dark web, but on open platforms like Telegram.

2. International child abuse cases

Multiple countries have documented cases where children were drugged through:

- drinks
- food
- sweet products

3. Drugging in nightlife

Many countries report rising cases of:

- drugging in clubs
- drugging at festivals
- drugging in social settings

A crucial reality:

A perpetrator almost never stops at one victim.

1.10 International frameworks (safely formulated)

The Istanbul Convention obliges states to:

- prevent violence
- protect victims
- conduct proper investigations
- prevent discrimination
- avoid institutional harm

The Istanbul Protocol is the international standard for:

- investigating abuse
- documenting injuries
- assessing psychological trauma
- preventing institutional harm

Both frameworks recognize that:

- forced intoxication is a form of abuse
- institutional negligence increases harm
- psychological suffering can be evidence of violence

1.11 Why this chapter is essential

Chemical submission is:

- invisible
- strategic
- difficult to prove
- extremely traumatizing
- high-risk
- often part of intimate terrorism
- often part of multi-layered abuse

It requires:

- knowledge
- pattern recognition
- trauma-informed practice
- multidisciplinary cooperation
- protection of victims
- recognition of institutional harm

Peace cannot exist where autonomy is undermined.

Peace begins with making visible what was kept invisible.

2. The “M” of PTTSFFMC: Medical Manipulation

2.1. Introduction: why the medical dimension is crucial

Victims of intimate terrorism often spend years, sometimes decades, living with unexplained physical and neurological symptoms. These symptoms arise from:

- chronic stress and hypervigilance
- repeated physical violence
- strangulation and oxygen deprivation
- chemical submission (drug-facilitated control)
- toxic exposure
- medication sabotage
- severe sleep deprivation
- continuous fear and threat

Yet the medical world rarely connects these symptoms to violence.

As a result, victims are left:

- without a diagnosis
- without recognition
- without protection
- without evidence

Medical neglect and medical manipulation form a structural link in the pattern of coercive control, and are therefore an essential component of the PTTSFFMC model.

2.2. Medical neglect: a systemic blind spot

Many medical professionals are insufficiently trained in the physical consequences of violence. As a result, crucial indicators are missed, such as:

- increased eye pressure and glaucoma after strangulation
- laryngeal and vocal cord damage
- neurological injury due to hypoxia
- memory loss caused by oxygen deprivation
- hormonal dysregulation due to chronic stress
- gastrointestinal symptoms caused by prolonged fear
- signs of drug-facilitated assault
- injuries consistent with coercive control

Symptoms are often misinterpreted as:

- stress
- psychosomatic complaints
- medically unexplained symptoms
- anxiety disorders

Consequences:

- evidence is lost
- injuries are not documented
- victims are not believed
- perpetrators remain invisible
- secondary trauma develops

This is not an individual failure.

It is a training and system failure.

2.3. Medical manipulation by perpetrators

Perpetrators actively use the medical system as part of their control. International literature on coercive control describes strategies such as:

- drugging (chemical submission)
- manipulating or withholding medication
- sabotaging medical appointments
- making victims sick or keeping them sick
- misleading or influencing doctors
- minimizing symptoms in front of medical staff
- using medical records to portray victims as unstable

These strategies cause victims to:

- physically weaken
- experience cognitive decline
- appear less credible
- become dependent
- struggle to seek help

Medical manipulation is a powerful tool of domination within intimate terrorism.

2.4. Chemical submission: underestimated, underreported and dangerous

Drug-facilitated control occurs far more often than recognized. Victims report:

- blackouts
- memory loss
- extreme fatigue
- neurological symptoms
- nausea
- heart palpitations
- fear and confusion

Yet drugging is rarely investigated, because:

- toxic substances disappear quickly
- doctors do not recognize the symptoms
- no standard protocol exists
- victims are not taken seriously
- healthcare and police rarely collaborate

This represents a serious safety risk requiring immediate policy attention.

2.5. The medical economy: how systems unintentionally profit

Victims of intimate terrorism often develop:

- chronic pain
- neurological symptoms
- hormonal dysregulation
- eye problems
- voice and breathing issues
- gastrointestinal complaints
- anxiety and panic
- sleep disturbances

This leads to long-term medical trajectories:

- repeated consultations
- expensive diagnostics
- medication
- mental health treatment
- physiotherapy
- speech therapy
- ophthalmology
- ENT
- neurology
- emergency care

Healthcare does not profit intentionally, but violence generates revenue when the root cause is not recognized.

The cycle continues.

2.6. Why victims live with symptoms for decades

International research shows that victims often:

- spend 10–30 years in medical systems
- see dozens of specialists
- receive no diagnosis
- receive no link to violence
- receive no safety

Manifest of Peace

Causes include:

- lack of knowledge
- lack of pattern recognition
- lack of trauma-sensitivity
- lack of collaboration between healthcare and justice
- lack of protocols
- lack of research into drugging
- lack of attention to strangulation

As a result, victims become patients for life.

2.7. What is needed

- structural training in violence-related injuries
- recognition of strangulation, eye pressure damage and laryngeal injury
- protocols for chemical submission
- trauma-sensitive communication
- multidisciplinary diagnostics
- improved collaboration between healthcare, police and justice
- independent complaint procedures
- regional ombuds offices
- better patient information
- improved documentation and evidence preservation
- research into medical manipulation within coercive control

2.8. Conclusion

Medical neglect and medical manipulation are not peripheral issues. They are a structural component of intimate terrorism and a critical link in the systemic failures that leave victims unprotected for decades.

The “M” of PTTTSFFMC reveals what has long remained invisible:

- violence leaves deep physical traces
- medical signals are systematically missed
- perpetrators can weaponize the medical system
- victims live for years with unexplained symptoms
- drugging and toxic exposure are life-threatening
- healthcare unintentionally benefits from violence-related symptoms
- medical recognition is essential for safety, recovery and evidence

This chapter finally gives victims language for what they have endured, often in silence, often without belief, often without diagnosis.

For anyone who recognizes themselves in this:

You are not alone.

Your symptoms are not “vague.”

Your experiences are not “unexplainable.”

There is a pattern.

There is a cause.

And there is a name for what you have lived through.

Break the silence. Break the patterns.

Become part of the solution.

3. The S of PTTSFFMC: Sexual Abuse

3.1. Introduction: why sexual abuse is a core component of intimate terrorism

Sexual abuse is one of the most under-recognized yet most devastating forms of violence within the PTTSFFMC model (Psychological, Technical, Toxicological, Sexual, Financial, Force, Medical, Cybercrime).

It occurs:

- in childhood
- within intimate partner relationships
- within families
- between siblings
- alongside psychological, physical, and digital violence
- as part of coercive control
- as a tool to create fear, dependency, and domination

Sexual abuse is not an incident.

It is a strategy of power.

It is a pattern.

And it is one of the strongest predictors of later intimate terrorism and femicide.

3.2. Sexual abuse in childhood: the first blueprint of power and control

Research on childhood sexual abuse shows that:

- children often remain silent for years
- perpetrators are usually known to the child
- abuse co-occurs with psychological manipulation
- dissociation becomes a survival mechanism
- shame and guilt become internalized
- the nervous system develops in a state of hypervigilance

These experiences create a lifelong blueprint:

- boundaries become blurred
- loyalty becomes confused with safety
- control becomes confused with love
- violence becomes normalized
- trauma responses become chronic

Survivors of childhood sexual abuse face significantly higher risks of:

- intimate terrorism
- coercive control
- sexual violence in adulthood
- repeated victimization
- (C)PTSD

3.3. Sexual abuse within families: the most hidden form of violence

Intra-familial sexual abuse is one of the most concealed and least reported forms of violence.

It is characterized by:

- secrecy
- loyalty conflicts
- fear of escalation
- dependency
- normalization of boundary violations
- absence of safe adults

Children exposed to this form of abuse often:

- develop complex PTSD
- disconnect from their bodies
- learn that boundaries do not exist
- learn that silence is safer than disclosure
- are often not believed when they speak

This dynamic mirrors the structure of intimate terrorism in adulthood.

3.4. Sexual abuse between siblings (Sibling Sexual Abuse)

Sibling sexual abuse is one of the most common yet least acknowledged forms of sexual violence.

Characteristics:

- it often occurs over long periods
- it is frequently dismissed as “experimentation”
- parents often fail to recognize or respond
- victims experience intense shame
- there is often a clear power imbalance
- it is rarely reported
- it is rarely investigated

Consequences include:

- deep shame and guilt
- disrupted sexual development
- dissociation
- fear and hypervigilance
- boundary difficulties
- increased risk of intimate terrorism in adulthood

Sibling sexual abuse is not a childhood mistake.

It is sexual violence.

3.5. Sexual abuse in adult relationships: a mechanism of coercive control

Sexual abuse within adult relationships is often overlooked because:

- the partners are in a relationship
- consent may exist in other contexts
- victims dissociate
- abuse is reframed as “intimacy”
- perpetrators manipulate (“If you loved me, you would...”)

But sexual abuse in relationships is:

- a tool of domination
- a form of humiliation
- a method to break autonomy
- a predictor of escalation
- a risk factor for femicide

It belongs to the S of PTTSFFMC because it:

- dysregulates the nervous system
- deepens trauma
- creates dependency
- destroys boundaries
- increases vulnerability to all other forms of violence

3.6. Sexual abuse and the nervous system: why victims do not “just leave”

Sexual abuse activates:

- freeze
- dissociation
- fawning (appeasement)
- collapse responses
- fight responses
- flight responses
- and many more trauma responses (over 20 documented in current research)

These are biological survival mechanisms.

Professionals often misinterpret them as:

- instability
- unreliability
- resistance
- lack of cooperation

But they are normal responses to abnormal circumstances.

3.7. Sexual abuse and systemic failure

Survivors of sexual abuse consistently encounter systemic barriers within:

- police (cases dismissed or minimized)
- child protection services (protective parents framed as problematic)
- mental health care (misdiagnoses, pathologizing trauma)
- courts (false neutrality in asymmetric violence)
- support services (insufficient knowledge of coercive control)

Many survivors are:

- not believed
- not protected
- re-traumatized
- punished for their trauma responses

This is institutional violence.

3.8. Social control as a protective factor

Your personal reflection captures the core question:

“If everyone knew, why did no one act?”

This is the essence of social control as prevention.

When bystanders:

- recognize signals
- dare to intervene
- dare to report
- dare to set boundaries

...the risk of escalation decreases dramatically.

Social control includes:

- alert neighbors
- schools that recognize signs
- friends who intervene
- family members who set boundaries
- professionals who collaborate
- citizens trained in recognizing violence

It breaks the isolation perpetrators rely on.

3.9. Sexual abuse within the PTTSFFMC model

The S of PTTSFFMC stands for:

- sexual violence
- sexual coercion
- sexual humiliation
- sexual control
- sexual dependency
- sexual blackmail

It is not a separate category.

It is a core mechanism of intimate terrorism.

It affects:

- the psyche
- the body
- the nervous system
- identity
- sexuality
- relationships
- parenting
- safety

And it is one of the strongest predictors of femicide.

3.10. What needs to change (policy recommendations)

- Structural deployment of specialized teams
- Regional collaboration between existing expert services (e.g., Sexual Assault Centers, Filomena, multidisciplinary domestic violence teams) to assess coercive control, sexual violence, digital control, and escalation risks in an integrated way
- Stronger protection against institutional violence
- Clear guidelines, accountability mechanisms, and oversight to prevent victims from being misjudged, re-traumatized, or placed in unsafe situations.
- Low-threshold bystander trainings
- Short, accessible trainings for citizens to recognize signs of violence, report safely, and support victims, similar to basic first-aid or CPR courses.
- Community-based bystander alert systems
- A system where trained local residents receive an alert in acute situations (e.g., street harassment, suspected domestic violence), similar to AED emergency response networks.
- Greater attention to substance-related coercion
- Including involuntary drugging and substance use under coercion. Requires improved detection, medical expertise, and regional cooperation between healthcare, police, and hospitals.
- Medical screening for perpetrators (carefully framed)
- Exploration of neurodiagnostic screening (e.g., CT scans) when there are indications of brain injury that may influence treatment, risk assessment, or behavioral change, within strict medical and legal safeguards.
- A national emergency signal within existing helplines
- A discreet code or key within emergency numbers (e.g., #55) or a separate short number enabling victims to call for help without alerting the perpetrator.
- Standardized informational support cards for professionals
- Cards that police, social workers, and community teams can hand out, containing emergency numbers, specialized helplines, and practical do's & don'ts for immediate safety.

4. Digital Strangulation & The Digital dragnet

4.1. Introduction: the invisible hand of digital control

Digital technology has added a new dimension to intimate terror.

Where violence used to be primarily physical or psychologically visible, digital control is:

- invisible
- boundary-crossing
- constant
- hard to prove
- hard to stop

Digital strangulation means someone no longer has digital autonomy.

The digital dragnet means someone no longer has digital privacy.

Together, they form a modern form of entrapment that deeply affects:

- safety
- freedom
- identity
- relationships
- reputation
- evidence

Digital control is not a side issue.

It is a weapon.

4.2. What digital strangulation is

Digital strangulation means that a perpetrator uses technology to:

- exert control
- collect information
- track movements
- intercept communication
- manipulate devices
- damage reputation
- undermine autonomy

It is a form of digital hostage-taking.

4.3. The digital dragnet: massive, invisible data collection

The digital dragnet is the broader strategy in which a perpetrator:

- monitors everything
- stores everything
- follows everything
- analyzes everything
- uses everything

The victim often has no idea what is being collected.

The dragnet includes:

- messages
- photos
- location data
- passwords
- cloud files
- browsing history
- social media
- contacts
- documents
- audio recordings
- videos

It is a digital trap that tightens over time.

4.4. Devices: the gateways to control

Perpetrators use devices as instruments of power:

- Phones
 - monitoring apps
 - access to cloud accounts
 - reading messages
 - tracking location
- Laptops and tablets
 - capturing keystrokes
 - stealing passwords
 - accessing email
 - accessing documents
- Smartwatches and wearables
 - heart rate
 - movement
 - location
 - routines

- Cars and navigation systems
 - tracking trips
 - analyzing routes
 - identifying patterns

- Smart-home devices
 - cameras
 - doorbells
 - thermostats
 - lighting
 - speakers

Digital control often starts with one device and ends with full access to someone's life.

4.5. Home network: the invisible digital front door

The home network is one of the most underestimated risks.

Perpetrators may:

- manage routers
- control Wi-Fi passwords
- connect devices
- observe network traffic
- access cloud backups
- misuse shared accounts

Whoever controls the network controls the victim's digital reality.

4.6. Public space: invisible risks outside the home

Digital control does not stop at the front door.

In public spaces, perpetrators may:

- Make unauthorized recordings
 - hidden cameras
 - phones
 - smart glasses
 - festival recordings
 - hospitality venues

- Misuse public Wi-Fi
 - intercept sessions
 - capture passwords
 - access devices

- Use Bluetooth tracking
 - AirTags
 - Tiles
 - other trackers
- Track location through apps
 - social media
 - photo metadata
 - fitness apps

Public space is not always safe, especially not digitally.

4.7. The World Wide Web: the global layer of digital terror

The internet offers perpetrators endless possibilities:

- Distribution of images
 - unwanted recordings
 - intimate images
 - manipulated content
- Reputation damage
 - anonymous accounts
 - gossip platforms
 - social media campaigns
- Digital intimidation
 - stalking
 - threats
 - exposure of personal information
- Dark web
 - anonymous distribution
 - trading of images
 - exchange of information
- Identity misuse
 - opening accounts
 - creating debts
 - impersonation

Digital harm does not stop with one person. it spreads like an oil slick.

4.8. Digital entrapment: when technology becomes a prison

Digital entrapment occurs when:

- devices are no longer safe
- communication is no longer private
- movements are always tracked
- reputation is under attack
- images circulate
- passwords are stolen
- accounts are misused
- systems fail to intervene

Digital entrapment is a modern form of captivity.

4.9. Why systems struggle to recognize digital strangulation

Digital control is often missed because:

- it leaves no physical traces
- victims may appear confused or fearful
- perpetrators can be socially skilled
- professionals lack digital expertise
- incidents are viewed in isolation
- evidence is hard to collect
- digital offences often cross borders

Digital strangulation requires pattern recognition, not incident thinking.

4.10. What is needed to break digital entrapment

Digital safety requires:

- knowledge of digital patterns
- collaboration across disciplines
- trauma-informed practice
- protection over procedure
- rapid intervention
- digital forensics
- risk assessment that includes digital control
- recognition of digital harm

Digital strangulation is not a technical problem. It is a safety problem.

Conclusion: Digital strangulation and the digital dragnet are modern forms of intimate terror. They are invisible, complex, and deeply intrusive.

By recognizing these patterns, in devices, home networks, public spaces, and the global web, we can better protect victims, stop perpetrators sooner, and strengthen systems.

Digital safety is not a luxury. It is a basic condition for freedom.

5. Financial Intimate Terror: The Power Of Money As A Weapon

There is a form of violence that rarely leaves visible marks, yet determines everything.
A form of control that leaves no bruises, yet destroys lives.
A form of terror that does not begin with a blow, but with a bill, a signature, a bank card,
a financial construction.

This chapter is about financial intimate terror.
The invisible power of money.
The silent strategies that break autonomy.
The economic traps that keep victims imprisoned.
And the systems that allow it to happen.

5.1. What financial intimate terror is

Financial intimate terror is not a misunderstanding, not a relationship issue, not a “fight about money.”

It is a strategy of power.
A form of coercive control.

It includes, among other things:

- taking away bank cards
- blocking access to money
- placing debts in the partner's name
- avoiding or delaying alimony
- hiding assets through companies, holdings, or trusts
- concealing income
- manipulating legal costs
- withholding financial information
- creating economic isolation
- giving partners “allowances” instead of autonomy
- sabotaging career opportunities

Money becomes a weapon.
Autonomy becomes a luxury.
Freedom becomes an unaffordable dream.

5.2. Financial terror in wealthy families: the gilded cage

Research shows that financial control is common in wealthy families. Not despite the money, but because of it.

In these relationships:

- one partner often has full control over the assets
- financial structures are used to create dependency
- abuse is hidden behind status, reputation, and apparent prosperity
- the outside world often refuses to believe violence is occurring

Victims live in a gilded cage:
shiny on the outside, suffocating on the inside.

5.3. High-asset divorces: money as a strategic weapon

In divorces involving significant wealth, financial terror often becomes most visible.

Common strategies include:

- moving assets before the separation
- artificially lowering income
- making companies appear “poor” on paper
- transferring assets to new entities
- using international structures
- prolonging legal procedures to financially exhaust the other party
- disputing alimony to buy time
- attempting to block the other party’s legal representation
- withholding or falsifying financial information

This is not accidental.
This is a game of power and money.

And it is a game victims often lose, not because they are weak, but because the system fails to protect them.

5.4. The role of coercive control in financial exploitation

Financial terror never stands alone. It is part of a larger pattern: coercive control.

Coercive control includes:

- psychological manipulation
- isolation
- intimidation
- gaslighting
- sexual coercion
- digital control
- financial dependency

Financial terror is the backbone of this pattern.
Without money, there is no freedom.
Without freedom, there is no escape.

5.5. When money costs lives: separation, escalation, and death

In some cases, financial terror escalates into life-threatening situations.

During relationship breakdowns, we see:

- increased risk of violence
- increased risk of femicide
- increased risk of “suspicious deaths”
- increased risk of financial motives behind escalation

The period between:

- the decision to separate
- and the legal finalization of the divorce

can last over a year in which:

- money is moved
- power is deployed
- control is tightened
- risks increase

Financial terror is not only economic violence. It can also be deadly.

5.6. Why women are structurally disadvantaged

In many countries, research shows that women:

- are more often economically dependent
- more often carry the burden of childcare
- build up less pension
- have less access to financial information
- are more often disadvantaged in complex asset structures

This is not individual failure.

This is a systemic pattern.

And in high-asset divorces, this pattern is amplified by:

- legal inequality
- financial inequality
- power inequality
- information inequality

The result: victims often end up with the least, even when they are the ones who need protection.

5.7. Institutional failure: when systems reinforce financial terror

Victims get stuck in:

- courts that do not recognize financial manipulation
- lawyers who do not understand coercive control
- tax structures that enable abuse
- international constructions that block transparency
- procedures that take years
- systems that confuse neutrality with justice

Institutional blindness makes financial terror possible.
Sometimes even unintentionally.

5.8. What needs to change

A society that wants to stop financial intimate terror must invest in:

- financial expertise within family law
- screening for coercive control in divorce procedures
- transparency in asset structures
- faster procedures when financial abuse is suspected
- protection against economic isolation
- legal support for victims
- recognition of financial terror as a form of violence

Money must not be a weapon.
Justice must not be a luxury.
Freedom must not be a privilege.

The Invisible Power of Money

Financial intimate terror may be the most underestimated form of violence.
It is quiet.
It is strategic.
It is calculated.
It is invisible to those who do not look.

But for victims, it determines everything.

Money can grant freedom.
But money can also take freedom away.
And when money is used as a weapon, it is not a conflict.

It is terror.

This chapter is an invitation to see what has long remained invisible.
To understand that financial control is not a detail, but a foundation of violence.
And to build a society in which money is never again used to keep someone small.

6. Co-occurrence between Forms of Violence

Violence never occurs in just one form.

In practice, victims experience a mix of violent behaviours that reinforce, mask, and normalize one another.

This overlap makes the violence:

- harder to recognize
- harder to prove
- harder to stop
- and far more dangerous for victims and children

Where Chapter 10 describes the theoretical connections, this chapter shows how those connections look in real life.

6.1. Forms of violence rarely occur in isolation

In practice, victims often experience multiple forms of violence at the same time, for example:

- psychological violence + financial violence
- digital violence + stalking
- sexual violence + chemical submission
- parental alienation + institutional violence
- physical violence + medical undermining

These combinations are not accidental.

They are part of a pattern of coercive control.

6.2. How forms of violence reinforce each other

Psychological violence + financial violence

The perpetrator:

- makes the victim dependent
- sabotages work or income
- creates debt
- uses money as a tool of power

The victim:

- cannot leave
- cannot take legal action
- becomes more vulnerable to escalation

Manifest of Peace

Digital control + stalking

The perpetrator:

- accesses phones
- reads messages
- tracks location
- uses social media to intimidate

The victim:

- feels unsafe everywhere
- becomes socially isolated
- loses autonomy

Sexual violence + chemical submission

The perpetrator uses drugging to:

- commit sexual abuse
- blur memories
- create confusion
- make the victim appear unreliable

The victim:

- dissociates
- doubts themselves
- fears reporting

Medical undermining + institutional violence

The perpetrator:

- sabotages sleep, nutrition, or medication
- creates health problems
- uses these to frame the victim as “unstable”

The system:

- sees symptoms but not the cause
- sometimes places children with the unsafe parent
- unintentionally reinforces the pattern

6.3. How overlap leads to escalation

When multiple forms of violence occur together, the risk increases for:

- severe psychological harm
- loss of autonomy
- loss of children
- chronic health problems
- femicide

International research shows that the more forms of violence occur simultaneously, the higher the risk of fatal outcomes.

6.4. Why professionals often miss overlap

Professionals often work within separate domains:

- police see incidents
- child protection sees parenting issues
- mental health services see symptoms
- courts see case files
- schools see behaviour
- support services see isolated signals

But no one sees the pattern.

As a result:

- psychological violence is missed
- sexual violence is not recognized
- digital control is underestimated
- parental alienation is misinterpreted
- medical undermining is not investigated

Victims experience this as institutional violence.

6.5. Real-world examples of overlap

Example 1: The digital stranglehold

A victim reports stalking.

Police see isolated incidents.

But in reality, there is:

- spyware
- password theft
- GPS tracking
- intimidation via social media

The overlap reveals the pattern.

Manifest of Peace

Example 2: Financial terror + parental alienation

A perpetrator refuses alimony, sabotages employment, and initiates legal procedures.

At the same time:

- he manipulates the child
- frames the protective parent
- uses the system as a weapon

This is not conflict.

This is coercive control.

Example 3: Sexual violence + chemical submission

A victim reports confusion, memory gaps, and fear.

The GP sees stress.

Police see no evidence.

But in reality, there is:

- drugging
- sexual abuse
- framing
- medical undermining

The overlap explains the symptoms.

6.6. What professionals need to know

Overlap is not the exception.

It is the norm in intimate terror.

Therefore, professionals must:

- always ask about multiple forms of violence
- recognize patterns, not incidents
- work with gender-sensitive awareness
- take digital and medical signals seriously
- collaborate across domains
- protect children structurally

6.7. Making visible what victims experience daily

Violence never comes alone.

It comes in layers, in combinations, in patterns.

Without recognizing this overlap:

- victims remain unprotected
- children remain unsafe
- femicide remains predictable but not prevented
- the system continues to fail

This chapter is therefore a crucial link between:

- theory (Chapter 10)
- practice (Chapter 18)
- policy (Chapter 27)
- and protection (Chapters 21–22)

7. The Architecture of Control: The Invisible Patterns of Cultures, Closed Groups and Systemic Violence

There are systems that, at first glance, seem to have nothing in common.

Sects.

Cults.

Abusive relationships.

Digital exploitation.

Institutional blindness.

Abuse of power.

But anyone who dares to look closely will see that they share the same foundations.

The same dynamics.

The same architecture of control.

They are variations of one pattern:

power over humanity, control over autonomy, silence over truth.

This chapter explores that red thread and why these patterns appear all over the world.

7.1. The Building Blocks of Every Control System

Research into closed groups, sects and harmful power structures shows that the same elements appear again and again:

- isolation from the outside world
- undermining of self-worth
- normalization of boundary-crossing behavior
- creating dependency
- fear as a binding force
- information control
- enforced loyalty
- punishment of deviation

These patterns are described in countless testimonies, studies and documentaries about closed communities.

Not because the stories are identical, but because the mechanisms are identical.

7.2. The Psychological Architecture of Control

In documentaries such as Beyond Belief and on educational platforms like decult.net, the same strategies become visible:

- gaslighting
- splitting
- idealization followed by breaking down
- emotional blackmail
- fear as loyalty
- guilt and shame as instruments
- black-and-white thinking
- total dependency

These strategies are not unique to one group or one perpetrator.

They are part of a psychological pattern that emerges wherever power is abused.

7.3. The Impact on Children: No Choice, No Frame of Reference

For children, these dynamics are even more profound.

They have:

- no choice
- no autonomy
- no frame of reference
- no ability to understand that what they experience is not love, but control

Many adults who grew up in closed groups say they only understood years later what had been done to them.

The aftermath is significant:

- loss of identity
- difficulty trusting others
- problems with boundaries
- shame
- guilt
- fear
- retraumatization

This is not an incident.

This is a lifelong imprint.

7.4. The Parallels With Other Forms of Violence

The mechanisms visible in closed groups are the same as those found in:

- domestic violence
- psychological terror
- digital exploitation
- radicalization
- group pressure
- institutional manipulation

These are not isolated phenomena.

They are expressions of the same underlying logic.

7.5. Why People End Up in These Systems: It Is Not About Weakness

People do not become entangled in a sect or abusive system because they are naïve.

They do not stay because they are weak.

Children do not become victims because they are careless.

They become entangled because:

- they trust
- they seek connection
- they long for safety
- they hope for recognition
- they are made dependent

The blame never lies with them.

The blame lies with systems that make abuse possible.

7.6. The Path Out of Any Control System Begins With Visibility

The power of harmful systems lies in what is hidden.

In not knowing. In not daring. In not naming.

The way out begins with:

- seeing
- acknowledging
- understanding
- breaking patterns
- connecting
- protecting

Visibility is the beginning of freedom.

Truth is the beginning of safety.

Recognition is the beginning of healing.

The Voices That Are Finally Being Heard.

Manifest of Peace

More and more people are finding the courage to speak about:

- isolation
- pressure
- enforced loyalty
- loss of identity
- the long aftermath of guilt and shame
- the courage required to start over

Recent reporting on former Bhagwan communities once again shows how deep the impact can be in closed systems where abuse of power, boundary-crossing behavior and dependency play a role.

These stories matter, not to sensationalize, but to understand how control works and how people reclaim their freedom.

The documentary currently being developed by the EO, in which people share their experiences of growing up in a sect, is an important step.

Not as an ending, but as a beginning.

An invitation to listen, to learn and to recognize.

For everyone who has ever been trapped in a system that kept them small:
your stories matter.

Your courage matters.

Your existence matters.

And for everyone who listens:

this is how we learn.

This is how we heal.

This is how we build a world where freedom is not an exception, but a foundation.

8. The Invisible Reality: Why We Can No Longer Look Away

There is a reality that has remained in the shadows for far too long.
A reality we prefer not to see, because it is too large, too painful, too disruptive.
But precisely for that reason, it must now become visible.

We need people who dare to look.
Who dare to name what they see.
Who dare to connect the dots.
Who dare to persist.

8.1. The reality behind the screens

Behind the visible world exist structures and systems that are vulnerable to misuse by people with harmful intent.
This is not a new insight.
But it is a truth that has been ignored for too long.

International organizations that combat online child exploitation, such as the Internet Watch Foundation and INHOPE, show in their reports that a significant portion of globally detected abusive material is hosted on servers in the Netherlands.

Not because the Netherlands wants this.
But because the Netherlands:

- is one of the largest internet hubs in the world
- has an extensive hosting infrastructure
- plays a central role in global data flows

This does not make us guilty.
But it does give us heightened responsibility.

8.2. Why this concerns all of us

Children depend on adults for their safety, their future, and their humanity.
When they are harmed, it affects not only them, it affects the foundations of our society.

Violence against children and women is not a private matter.
Not an incident.
Not a conflict.

It is a systemic problem that manifests in:

- violence within relationships
- digital exploitation
- intimidation and control
- victim blaming
- low prosecution rates
- normalization of harmful behaviour
- failing protection systems

These are not isolated points.

These are lines.

And those who follow the lines will see the pattern.

8.3. The digital dimension: abuse moving into the hidden spaces

Digital technology has created a new layer of vulnerability.

Abuse no longer happens only behind closed doors, but also behind screens, servers, and data centers.

Documentaries and investigative reports show the scale at which children worldwide are victimized through digital exploitation.

And how countries with large digital infrastructures, like the Netherlands, hold a key position in combating it.

This requires:

- vigilance
- collaboration
- modernization of legislation
- responsibility from hosting companies
- international coordination
- protection for victims

This is not a future problem.

This is now.

8.4. Patterns that reinforce each other

Those who look closely will see that violence, abuse, intimidation, digital exploitation, and institutional shortcomings are not separate issues.

They are interconnected patterns that reinforce one another:

- violence becomes normalized
- victims are not believed
- perpetrators face few consequences
- systems respond too slowly
- digital platforms amplify the scale
- societal silence keeps it alive

This is not chaos.

This is a structure.

And as long as we fail to name that structure, it will continue to exist.

8.5. Responsibility is not optional: it is a duty

A safe society does not arise by accident.

It emerges when we:

- take victims seriously
- hold perpetrators accountable
- make digital infrastructure safer
- support professionals
- modernize legislation
- break harmful patterns
- refuse to look away

Safety is not a favour.

It is a right.

8.6. The core: it begins with children

If children are not safe, no one is safe.

If children are not protected, nothing changes.

Not in policy.

Not in culture.

Not in the future.

Children are the measure of our humanity.

8.7. A call for courage and responsibility

This is not a text meant to shock.

It is a text meant to awaken.

To say:

- look
- listen
- believe
- protect
- act

We can only do this together.

With courage.

With compassion.

With truth.

With perseverance.

Breaking these patterns is no longer a choice.

It is our responsibility.

For women.

For children.

For everyone who comes after us.

9. Early Warning Signs & Toxic Relationships: Society's Blind Spot

9.1. Introduction: why early signals save lives

Intimate terror rarely begins with violence.

It begins with warmth, attention, and connection.

With a fairy tale.

But behind that fairy tale often lies a predictable pattern of:

- acceleration
- control
- isolation
- emotional pressure
- dependency
- sexual coercion
- power and fear

This chapter reveals what many people are never taught:

how unhealthy dynamics develop into dangerous situations, and how to recognize them early.

Not to create fear.

But to create awareness.

Awareness saves lives.

9.2. The fairy tale: love-bombing and acceleration

Many toxic relationships begin with:

- intense contact
- grand gestures
- constant attention
- rapid intimacy
- immediate connection
- "you're my soulmate"
- "I've never met anyone like you"

It feels like love.

But it is often love-bombing: a strategy to create rapid emotional dependency.

Characteristics include:

- everything moves at high speed
- boundaries shift subtly
- the relationship becomes exclusive quickly
- a sense of “us against the world” emerges

Love-bombing is not love.

It is attachment through pressure.

9.3. The shift: control, isolation, and emotional pressure

After the phase of intensity, a shift often follows:

- jealousy is framed as concern
- control is framed as love
- criticism is framed as “I just want the best for you”
- isolation is framed as “I don’t feel comfortable with your friends”
- boundaries are pushed further and further

Victims often notice:

- they increasingly adjust themselves to the other
- they have less and less space for their own needs
- they walk on eggshells
- they lose support from the outside world

This is not coincidence.

It is a pattern.

9.4. Sex as a tool of power

In many toxic relationships, sexuality is used as:

- pressure
- validation
- control
- punishment
- reward

Examples include:

- irritability or anger when sex is refused
- demanding sex as “proof of love”
- sexual availability as a condition for peace
- sexual boundaries being ignored

This is not intimacy.

It is power.

9.5. The predictable escalation toward intimate terror

Toxic relationships often escalate through a recognizable pattern:

1. Love-bombing
2. Control
3. Isolation
4. Emotional manipulation
5. Threats
6. Physical or sexual coercion
7. Intimate terror
8. Risk of femicide

This is not an incident.

It is a predictable escalation line, described in international models such as that of Jane Monckton Smith.

9.6. Femicide: not a sudden tragedy, but a pattern

In the Netherlands, a woman is killed every eight days.

In 60% of cases, by a (former) partner.

This does not happen “out of nowhere.”

There are always signals.

But they are often not recognized, not taken seriously, or not connected.

Femicide is not a crime of passion.

It is the endpoint of a pattern of control and terror.

9.7. Society’s blind spot

The article you shared captures the essence:

“We teach children to eat fruit and do homework, but we don’t teach them what safety in a relationship looks like.”

That is the blind spot.

We teach:

- math
- language
- history
- sports
- healthy eating

But we do not teach:

- what healthy love is
- what boundaries are
- what respect looks like
- what manipulation is
- what coercive control is
- what early warning signs are
- how to protect yourself
- how to recognize a toxic relationship

Without this knowledge, people remain vulnerable.

Not because they are naïve.

But because they were never taught.

9.8. The role of gender (in)equality

The Netherlands now ranks 43rd on the global gender equality index.

This is not a detail.

It is a safety indicator.

Gender (in)equality influences:

- how violence is recognized
- how seriously victims are taken
- how professionals are trained
- how policy is shaped
- how systems respond to danger

Equality is not a “women’s issue.”

It is a societal prerequisite for safety.

9.9. How this fits into the PTTSFFMC model

This chapter touches multiple elements of the model:

- Psychological and physical terror: the escalation from control to violence, in all possible forms, including digital strangulation or digital dragnet
- Sexual abuse: sex as a tool of power with or without chemical submission (drugging)
- Force, both physical and/or psychological with femicide or homicide: the fatal endpoint of the pattern
- Medical manipulation: the physical and psychological effects of chronic stress and coercive control, but also the intentional undermining manipulation of health
- Coercive control, with or without serial bullying (sadism) lies at the heart of abusive relationships

It shows that intimate terror does not begin with violence, but with patterns.

9.10. Prevention as a societal responsibility

Recognizing early signals is not an individual task.
It is a collective responsibility.

Schools should teach children about:

- healthy relationships
- boundaries
- respect
- consent
- power dynamics
- digital safety

Parents can teach children:

- that love should feel safe
- that boundaries are normal
- that respect is mutual

Healthcare and support services need knowledge of:

- coercive control
- trauma
- early warning signs
- escalation patterns

Employers can be alert to:

- signs of stress
- isolation
- fear
- unexplained symptoms

Media can create realistic portrayals of:

- relationships
- boundaries
- violence
- equality

Government can create policies that:

- prioritize prevention
- strengthen gender equality
- involve lived-experience experts
- ensure multidisciplinary cooperation

Prevention is not a luxury.
It is safety policy.

9.11. A call for awareness and education

This chapter is not a warning,.it is an invitation to:

- learn
- recognize
- understand
- protect
- talk
- teach
- normalize that love should be safe

Awareness saves lives. Education prevents violence.
Knowledge creates freedom.

V. Systems, Power & Society

1. The Invisible History of Women as Property: A global history of power, control and dehumanization

There is a history that rarely appears in schoolbooks, yet it forms the foundation of nearly every society on earth. A history in which women were not seen as people with rights, but as property to be managed, controlled, traded or protected.

This history is not a footnote.

It is a structure.

A global pattern that has shaped who was allowed to speak, who was allowed to exist, and who was expected to remain silent.

This chapter reveals what generations were taught not to see.

1.1 The Roots: When Womanhood Became Ownership

In almost every ancient civilization, a woman's body was not considered her own domain, but:

- the property of her father
- the property of her husband
- the property of the clan
- the property of the state
- the property of religious authorities

From Mesopotamia to the Roman Empire, from ancient China to pre-colonial Europe, laws dictated that women could not inherit, could not own, could not decide.

Their value was measured in:

- dowry
- fertility
- obedience
- honor
- virginity

These structures became the blueprint for the world we live in today.

1.2 Europe and the West: Ownership Disguised as Protection

In Europe, the idea of women as property was encoded in:

- the English coverture system (where a woman legally ceased to exist after marriage)
- the French Napoleonic Code (which placed women under full male authority)
- church doctrines that sanctified female obedience
- social norms that treated female sexuality as family property

this was reinforced by:

- laws preventing women from voting, inheriting or signing contracts
- slavery, in which Black women were both economic and sexual property
- segregation, which systematically dehumanized Black women

The language changed, but the structure remained: women were something to be managed, not someone who could decide.

1.3 Honor, Caste and Rituals of Control

In India, the position of women was shaped for centuries by:

- caste systems that restricted female autonomy
- sati (the ritual burning of widows)
- dowry culture, which turned women into economic burdens
- honor-based violence
- religious and cultural norms centered on female obedience

Although India is rich in matriarchal traditions and female leadership, the historical legacy of women as property remains visible in:

- forced marriage
- sex-selective practices
- violence against widows
- restricted mobility

1.4 Africa: Colonial Disruption and Patriarchal Systems

African societies included both matrilineal and patriarchal traditions, but colonization intensified and exported European ideas of women as property.

Colonial powers:

- banned female leadership roles
- imposed patriarchal legal systems
- controlled female sexuality
- used women as instruments of labor and reproduction

In some regions, this merged with:

- bride-price systems
- forced marriages
- rituals limiting female autonomy

The history of women in Africa is one of strength, but also of structural dehumanization.

1.5 The Middle East: Honor, Control and State Power

In many Middle Eastern countries, female autonomy has been restricted by:

- honor codes
- religious interpretations
- state laws requiring male guardianship
- limitations on travel, work and decision-making
- dress codes used to legitimize control

Although contexts vary widely, one pattern remains: women are seen as carriers of family honor, and therefore as something that must be guarded.

1.6 The Modern Legacy: When History Changes Shape, Not Substance

Even as laws evolve, the historical structure persists in modern forms of misogyny:

- wage inequality
- economic dependence
- reproductive control
- sexual violence
- victim blaming
- institutional bias
- political exclusion

History lives on in systems that still treat women as less credible, less rational, less autonomous.

1.7 Digital Misogyny: The New Arena of Ownership and Control

In the digital world, the old logic of ownership takes new forms:

- online harassment
- deepfake pornography
- doxing
- digital stalking
- algorithms that make women less visible
- misogynistic online communities
- reputation destruction through framing

Digital platforms have become new weapons in an ancient struggle over female autonomy.

1.8 The Common Thread: Power Protects Itself

Whether through:

- colonial laws
- religious doctrines
- cultural norms
- economic structures
- digital platforms
- political systems

The common thread is the same: power protects itself by making women smaller.

Not because women are weak, but because systems are built on inequality.

1.9 The Breakthrough: When Women Take Themselves Back

The history of women is not only a history of oppression, but also of resistance.

Across the world, women reclaim autonomy through:

- education
- activism
- digital solidarity
- political representation
- economic independence
- breaking silence
- rewriting narratives

Every step toward equality is a step toward peace.

1.10 The Synthesis: Why This Chapter Is Essential for Peace

Peace cannot exist in a world where half of humanity is treated as property.

Peace requires:

- autonomy
- equality
- safety
- recognition
- justice
- freedom

The history of women as property is not past tense.

It is a system still embedded in laws, cultures, digital platforms and institutions.

That is why the Manifest of Peace makes this history visible.

Because what becomes visible can be changed.

And what is changed can be freed.

2. Economic Inequality & Dependency: The Silence of the Wallet

The economic foundations of power, control and insecurity

There is a form of power quieter than violence, subtler than manipulation and more deeply rooted than culture: economic power.

Those who have access to money, resources, work, time and mobility have access to freedom. Those who do not have access only to dependency.

Economic inequality is not a side effect of violence.

It is its infrastructure.

A global pattern that determines who can leave, who can speak, who can choose, and who remains trapped.

2.1 The Economic Root of Dependency

In nearly every society, economic inequality is not accidental, it is engineered.

Dependency emerges when someone:

- has no independent income
- has no access to bank accounts
- is not allowed to own property
- is prevented from working
- lacks mobility
- has no financial privacy

This applies in relationships, but also in:

- organizations
- states
- religious structures
- digital economies

Economic dependency is the most underestimated form of control.

2.2 The Historical Legacy: Economy as an Instrument of Power

Across the world, economic power has been used for centuries to keep groups small:

- women were forbidden from owning property (Europe, US)
- caste systems determined who could work (India)
- colonial systems created economic hierarchies (Africa, Asia)
- religious laws restricted women's financial autonomy (Middle East)
- slavery and segregation denied generations economic freedom (US)

These structures did not disappear.

They changed shape.

2.3 The Modern Economy: Inequality as a System, Not an Accident

Today, the same patterns appear in new forms:

- wage inequality
- unpaid care work
- financial dependency within relationships
- limited access to credit
- labor migration without rights
- platform economies that increase vulnerability
- bureaucratic systems that restrict autonomy

Economic inequality is not a flaw in the system. It is the system.

2.4 Economic Dependency as a Form of Coercive Control

Coercive control does not operate only through emotion or psychology. It operates through money.

Perpetrators use economic tools to:

- make leaving impossible
- restrict choices
- control mobility
- block access to information
- dictate time
- increase dependency

Examples worldwide:

- in the US: partners blocking bank accounts
- in the UK: employers using visas as leverage
- in India: families isolating women financially
- in Africa: exclusion through land-ownership laws
- in the Middle East: male guardianship over financial decisions

Economic control is a silent form of captivity.

2.5 The Digital Economy & Digital Dependency

In the modern world, economic power is shifting to digital platforms.

Digital dependency emerges when:

- algorithms determine who gets work
- platforms can freeze or block income
- digital reputation shapes economic opportunity
- online abuse leads to job loss
- deepfakes destroy careers
- digital identities are stolen

Digital economies create new forms of vulnerability and new forms of control.

2.6 Economic Framing: When Blame Becomes a Weapon

Economic inequality is often framed as:

- personal failure
- lack of ambition
- poor choices
- cultural deficiency
- individual responsibility

But this is framing, not truth.

Economic inequality is:

- structural
- historical
- political
- cultural
- systemic

Framing makes victims responsible for their own dependency.
And that is precisely the intention.

2.7 Safe & Together: Economic Patterns Systems Often Miss

The Safe & Together model highlights that systems often:

- fail to recognize economic control
- treat financial dependency as “private”
- overlook economic sabotage
- fail to document financial abuse
- do not acknowledge victims’ protective actions
- do not hold perpetrators accountable for economic harm

A trauma-informed system looks at:

- what the perpetrator does
- how it restricts economic autonomy
- how the victim works to survive

Not at the myth that economic dependency is a “choice”.

2.8 The International Common Thread: Without Resources, There Is No Freedom

Whether it is:

- women in the US without paid parental leave
- migrant workers in the Middle East without passports
- women in India without financial privacy
- activists in Africa without access to banking
- migrants in Europe dependent on employers

The common thread is the same:

Without economic autonomy, there is no safety.

Without safety, there is no freedom.

2.9 The Breakthrough: Economic Autonomy as a Foundation of Peace

Peace is not merely the absence of violence.

Peace is the presence of:

- financial autonomy
- access to work
- property rights
- digital safety
- fair wages
- economic mobility
- social protection

Peace begins when people are no longer dependent on systems, individuals or structures that keep them small.

2.10 The Synthesis: Why This Chapter Matters

Economic inequality is not a social issue.

It is a power issue.

A global pattern that determines who gets to live, who gets to choose, who gets to leave and who remains trapped.

That is why this chapter is a foundation of the Manifest of Peace.

Because without economic autonomy, there is no safety.

And without safety, there is no peace.

3. Parents, Children and the System

Why Structural Responsibility Is the Only Path to Peace

3.1 Introduction: the story that is not an exception

This is the story of a survivor.

A mother.

A child who grew up in a home where abuse, violence, and neglect were the norm.

A child who learned to:

- stay silent
- survive
- adapt
- make themselves invisible

And as international research shows (Cicchetti, van der Kolk, Herman, Anda & Felitti), this is not an exception. Children who grow up in chronic insecurity develop:

- hypervigilance
- trauma responses
- attachment insecurity
- increased vulnerability to manipulation
- increased risk of revictimization

Not because they are weak, but because their nervous system was shaped by danger.

3.2 Intergenerational violence: a predictable pattern

Research in developmental psychology, trauma science, and criminology shows that intergenerational violence is not random. It is a predictable pattern when:

- one or both parents show narcissistic, antisocial, or externalizing traits
- children are manipulated, isolated, or punished for showing emotion
- institutions misinterpret the child's behaviour
- the perpetrator appears socially skilled, charming, and coherent

Children from such families are often labelled as:

- difficult
- loyal to the wrong parent
- instable
- unreliable

But scientifically, these are trauma responses, not character flaws.

And when these children become adults, they often choose, as research by Dutton, Walker and Herman confirms, a partner who resembles the parent who harmed them.

Not out of choice. But because their nervous system was conditioned by danger.

3.3 The system that should protect, but often fails

When these adults become victims of intimate terror again, something happens that is documented worldwide:

- the perpetrator is believed
- the protective parent is framed
- children are assigned to the unsafe parent
- the system becomes a tool of the perpetrator

This is not an incident.

This is an internationally recognized pattern, described by:

- David & Ruth Mandel (Safe & Together Institute)
- Evan Stark (coercive control)
- Joan Meier (GWU High Conflict Study)
- Lundy Bancroft (perpetrator profiles)
- Kelly & Johnson (typologies of partner violence)
- Helga Smet (complex separations)

Their conclusion is unanimous:

When systems remain neutral in situations of coercive control, they automatically side with the perpetrator.

3.4 The words of Safe & Together and the necessary expansion

David and Ruth Mandel state it clearly:

“Place responsibility back on the parent who displays unsafe behaviour.
Not on the parent who is trying to protect.”

But the Manifest of Peace goes further:

Place responsibility also on the system.

Because the system is the responsible parent of the Nation.

And it is time for the system to take that role seriously.

3.5 What the system must acknowledge: scientific foundations

1. Loyalty conflicts are trauma, not defiance

Research by Bowlby, Ainsworth, Main & Solomon shows that children in unsafe environments:

- remain loyal to the dangerous parent
- dissociate
- internalize
- develop parentification

This is not a choice.

This is survival.

2. Trauma responses in protective parents are evidence of terror

Not instability.

Not unfitness.

But:

- hypervigilance
- fragmentation
- freeze
- fawn
- dissociation

As described in Chapter 8.

3. Charming perpetrators are not safe parents

Research on perpetrator profiles shows that:

- charming
- coherent
- rational-seeming

perpetrators are often the most dangerous.

4. Children must never be assigned to a parent who uses coercive control

Article 31 of the Istanbul Convention obliges states to:

- protect children from contact with violent parents
- prioritize safety over contact
- recognize coercive control as a form of violence

3.6 The structural responsibility of the system

This means:

1. Child protection, courts, and support services can no longer remain neutral

Neutrality in situations of violence is not protection.

It is negligence.

2. Loyalty conflicts must be understood as trauma

Not as resistance.

Not as manipulation.

But as a protective mechanism.

3. Trauma responses of protective parents must be recognized

Not as instability.

But as evidence of survival.

4. Children must no longer be assigned to the parent who harms them

Calm behaviour is not evidence of safety.

Emotion is not evidence of unfitness.

5. The system must intervene when history threatens to repeat itself
Intergenerational violence is predictable. And therefore preventable.

3.7 The call to the Ministry of Justice and Security

We ask governments to:

- structurally integrate the Safe & Together framework into policy and practice
- fully implement Article 31 of the Istanbul Convention
- protect children from being assigned to toxic parents
- recognize trauma in protective parents as evidence, not weakness
- place responsibility where it belongs: with the perpetrator and with the system

3.8 The essence: peace begins with children

Because if the system does not take its role as responsible parent:

- children remain unprotected
- perpetrators remain invisible
- protective parents remain punished
- violence remains intergenerational
- stories like too many continue to repeat

A system that neutralizes violence becomes part of the violence.
Peace begins with safety. Safety begins with recognition.
Recognition begins with responsibility.

4. Parental Alienation

Why Alienation in the Context of Intimate Terror Is Not a Behavioural Problem, but a Trauma Pattern

4.1 Introduction: parental alienation is not a mystery, but a pattern

In situations of intimate terror, the parent–child dynamic is never neutral. Research by Helga Smet, David Mandel (Safe & Together Institute), Evan Stark (Coercive Control), Joan Meier (GWU High Conflict Study), Kelly & Johnson, and international trauma scholars shows that children do not “spontaneously” reject a parent.

Children respond to:

- danger
- manipulation
- trauma
- coercive control
- parentification
- system failures

Yet these responses are often misinterpreted in the Netherlands, and worldwide as:

- loyalty conflict
- influence by the caregiving parent
- defiance
- stubbornness
- parental conflict

But in reality, these are survival strategies.

Article 31 of the Istanbul Convention could protect children from contact with a violent parent, if it were fully implemented.

4.2 Situation 1: The child lives with the safe parent and refuses contact with the destructive parent

This is one of the most common situations. Yet systems often interpret it incorrectly.

What the system often assumes

- The caregiving parent is influencing the child.
- The child is loyal to one parent.
- The child must be encouraged to have contact.

What the science says

Helga Smet:

Children who have experienced violence instinctively distance themselves from the source of danger.

Evan Stark:

Coercive control affects children as deeply as partners. They develop hypervigilance, fear, and avoidance.

David Mandel:

Stop pathologizing protective parents. A child who refuses contact with a destructive parent is responding appropriately to danger.

Core point

A child refusing contact with a destructive parent is not evidence of influence, it is a signal of survival.

4.3 Situation 2: Co-parenting or parallel parenting leads to rejection of the safe parent

In the context of intimate terror, co-parenting is contraindicated.

Yet in the Netherlands it is often imposed under the banner of “equal parenting.”

The predictable pattern

- The destructive parent uses contact moments to manipulate the child.
- The safe parent is framed as “unstable,” “overprotective,” or “difficult.”
- The child becomes emotionally exhausted by the double reality.
- The destructive parent subtly or explicitly creates distance between the child and the safe parent.
- Over months or years, alienation emerges, not because of the safe parent, but because of coercive control.

Helga Smet calls this “violence in complex separations”:

The violence does not end after the breakup, it shifts into the parenting dynamic.

David Mandel emphasizes that systems that remain “neutral” are, in reality, aligning with the perpetrator.

Core point

Co-parenting in the context of violence often leads to slow, systematic alienation from the safe parent.

4.4 Situation 3: The child lives with the destructive parent and has already rejected the safe parent

This is the most severe situation.

When a child lives long-term with a destructive parent, a trauma-based identification develops:

Survival alignment

Evan Stark describes how children psychologically align with the parent who holds power, not the parent who provides safety.

What happens

- The child internalizes the destructive parent's narrative.
- The child distances themselves from the safe parent.
- The child uses adult-sounding arguments that do not match their developmental stage.
- The child appears "convinced," but is actually afraid.

David Mandel warns:

Systems that fail to recognize this cause secondary harm by accusing the safe parent of inability to cooperate.

Core point

A child who rejects the safe parent while living with the destructive parent is a victim of coercive control, not evidence of parental inadequacy.

4.5 Situation 4: Medical intimate terror and indirect parental alienation

A lesser-known form of intimate terror is medical undermining: the long-term destabilization, exhaustion, or induced illness of the partner.

This inevitably leads to:

- social isolation
- economic dependency
- reduced parental availability
- emotional distance between mother and children

Children experience:

- mom is always sick
- mom can't come
- mom is tired
- mom isn't like she used to be

The destructive parent exploits this by presenting themselves as:

- the stable parent
- the strong parent
- the better parent

Evan Stark describes this as a classic coercive control strategy:

The perpetrator creates the conditions they later use as evidence against the victim.

Core point

Medical intimate terror is not only partner violence, it is a form of parent–child harm that leads to structural alienation.

4.6 Situation 5: System-induced parental alienation

Sometimes alienation is not caused by a parent, but by the system itself.

How this happens

- Trauma responses of the safe parent are interpreted as instability.
- The perpetrator’s charm is interpreted as reliability.
- “High-conflict separation” becomes a catch-all term that hides violence.
- Loyalty conflicts are misinterpreted.
- Safety is subordinated to contact.
- Article 31 of the Istanbul Convention is not applied.

Joan Meier’s research shows that courts worldwide:

- overestimate perpetrators
- underestimate protective parents
- fail to protect children

Core point

A system that neutralizes violence becomes part of the violence.

4.7 What these situations reveal

These five situations show that parent–child dynamics in the context of intimate terror are not behavioural problems, they are trauma patterns.

This requires:

- recognition of coercive control
- training for professionals
- protection of the safe parent
- implementation of Article 31 of the Istanbul Convention
- correction of systemic failures that currently produce alienation and child harm

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As Helga Smet states:

“Those who do not recognize violence will interpret it incorrectly.”

As David Mandel emphasizes:

“Protective parents must be supported, not punished.”

As Evan Stark concludes:

“Coercive control is not a private issue, but a structural societal failure.”

4.8 The essence: peace begins with the safety of children

A society that does not protect children from coercive control cannot build peace.

A system that protects the wrong parent creates generations of trauma.

And every child who becomes alienated from the safe parent learns that power matters more than love.

A society that does not protect children from coercive control does not protect its future.

Peace begins with safety.

Safety begins with recognition.

Recognition begins with responsibility.

5. Framing, Isolation and Character Assassination: The Strategies That Make Truth Invisible

A systemic analysis of how power protects itself

There are strategies designed to distort truth, isolate victims and protect perpetrators. These strategies are not new. They are ancient. But in the modern world, amplified by digital platforms, algorithms and global information warfare, they are more powerful than ever.

Framing, isolation and character assassination form a triangle of power used everywhere: in families, organizations, media, politics, religious structures and online communities.

This chapter exposes these strategies, not descriptively, but analytically. So readers understand how they work, why they work, and why victims around the world experience the same patterns.

5.1 Framing: Rewriting Reality

Framing is the process through which a perpetrator

or system rewrites the meaning of events to protect itself.

It operates through:

- selective information
- distorted interpretations
- emotional manipulation
- strategic language
- digital amplification

Framing is not a misunderstanding. It is a tool of power.

Internationally, the same patterns appear:

- victims of police violence are framed as “dangerous”
- whistleblowers are framed as “unstable”
- women reporting violence are framed as “dishonorable”
- activists are framed as “threats to stability”
- dissidents are framed as traitors

Framing is the first step in making truth invisible.

5.2 Digital Framing: When Algorithms Assist the Perpetrator

In the digital world, framing is amplified by:

- algorithms prioritizing sensation over truth
- viral misinformation
- deepfakes
- online hate campaigns
- troll armies
- echo chambers
- reputation attacks

Digital framing creates a parallel reality in which:

- victims appear less credible
- perpetrators appear sympathetic
- facts become irrelevant
- volume outweighs evidence

Digital framing is the modern form of character assassination, faster, larger and harder to repair.

5.3 Isolation: Breaking Connection

Isolation is a strategic process in which victims are cut off from:

- support
- information
- credibility
- social networks
- professional help
- family or community

Isolation does not occur only in relationships.

It occurs in organizations, political systems, religious structures and online.

International examples:

- whistleblowers are isolated through non-disclosure agreements
 - institutional abuse victims are isolated through reputation management
 - women are isolated through honor-based structures
 - activists are isolated through state propaganda
 - dissidents are isolated through surveillance and censorship
- Isolation is the infrastructure of control.

5.4 Character Assassination: Destroying Credibility

Character assassination is the process through which a perpetrator or system destroys a victim's reputation to neutralize their truth.

It operates through:

- rumor
- insinuation
- pathologizing
- victim blaming
- social exclusion
- digital campaigns
- framing emotions as instability

Character assassination is effective because it exploits existing biases:

- sexism
- racism
- classism
- xenophobia
- ableism

It is not an attack on behavior.

It is an attack on identity.

5.5 The Safe & Together Analysis: How Systems Adopt the Perpetrator's Framing

The Safe & Together model emphasizes that systems often unintentionally adopt the perpetrator's framing.

This happens when:

- the perpetrator is seen as credible
- the victim is seen as "emotional"
- the perpetrator is believed because he is calm
- the victim is dismissed because she is afraid
- professionals misinterpret trauma responses
- trauma is mistaken for instability

Safe & Together teaches systems to focus on:

- the perpetrator's behavior
- the impact on the victim
- the victim's protective actions

Not on the narrative created by the perpetrator.

5.6 The Power Logic Behind Framing, Isolation and Character Assassination

These three strategies function as a closed system:

1. Framing rewrites reality.
2. Isolation removes support and alternative perspectives.
3. Character assassination destroys credibility.

The result:

- the perpetrator is protected
- the victim is neutralized
- the environment is manipulated
- institutions are misled
- truth becomes invisible

This pattern is universal, from intimate relationships to geopolitical propaganda.

5.7 Why Victims Worldwide Experience the Same Patterns

Because these strategies:

- are cheap
- are effective
- are difficult to prove
- are deeply rooted in culture
- are amplified by digital technology
- are reproduced by institutions

Victims in New York, Nairobi, Delhi, London and Dubai describe the same dynamics, even when their contexts differ completely.

This is not coincidence.

It is a global pattern of power preservation.

5.8 The Breakthrough: When Framing Collapses

Framing, isolation and character assassination lose power when:

- victims are believed
- systems operate trauma-informed
- digital platforms take responsibility
- bystanders intervene
- media recognize framing
- leaders demand transparency
- communities show solidarity

Truth needs time.

Framing needs silence.

And silence is exactly what the Manifest of Peace breaks.

5.9 The Synthesis: Why This Chapter Is Essential

Framing, isolation and character assassination are the mechanisms that make violence invisible.

Without these strategies, perpetrators would have no power.

Without these strategies, victims would not be isolated.

Without these strategies, systems would not fail.

This chapter is a cornerstone of the Manifest.

It exposes the logic behind invisible violence and reveals what has been hidden for generations.

6. Power, Politics and Serial Bullying: The Systemic Architecture of Intimidation

How power protects itself through repetition, isolation and public manipulation
Serial bullying is not childish behavior.

It is not an incident, not a misunderstanding, not a personal conflict.

Serial bullying is a power strategy, a pattern found everywhere in the world where power is unevenly distributed: in politics, organizations, media, religious structures, digital platforms and international institutions.

This chapter analyzes how serial bullying functions as a political instrument, an organizational tactic and a digital attack method.

It reveals how perpetrators mobilize support, manipulate systems and isolate victims, and why these patterns are identical across cultures and continents.

6.1 What Serial Bullying Really Is: A Power Strategy, Not a Personal Conflict

Serial bullying is:

- organized
- repeated
- strategic
- focused on reputation and isolation
- designed to break resistance

The goal is not to hurt someone.

The goal is to eliminate them.

Serial bullying is the social counterpart of coercive control:
a system of intimidation, framing and exclusion that protects power by breaking individuals.

6.2 The Political Logic: Why Leaders Use Serial Bullying

Across political systems worldwide, the same patterns appear:

- leaders ridiculing critics
- opposition members framed as “dangerous” or “unstable”
- whistleblowers attacked instead of heard
- media used to destroy reputations
- bureaucracy deployed to isolate dissidents

Serial bullying is a way to:

- maintain control
- neutralize dissent
- create fear
- enforce loyalty
- distract from abuse of power

It is not a deviation from political behavior.

It is political behavior in unsafe systems.

6.3 The Organizational Logic: How Institutions Normalize Bullying

In organizations, from corporations to hospitals, universities and government agencies, serial bullying emerges when:

- hierarchy matters more than safety
- reputation matters more than truth
- leadership avoids conflict
- HR protects the institution instead of the people
- whistleblowers are seen as threats
- victims are labeled as “difficult”

Serial bullying becomes an organizational defense mechanism.

Not to protect the organization from harm, but to protect the organization from truth.

6.4 The Digital Logic: When Bullying Becomes Viral

Digital platforms have transformed serial bullying from a local behavior into a global phenomenon.

Digital serial bullies use:

- troll armies
- anonymous accounts
- deepfakes
- reputation attacks
- doxing
- algorithms that amplify conflict
- echo chambers that normalize hate

Digital serial bullying is:

- faster
- larger
- more anonymous
- harder to stop
- harder to recover from

The internet turns one bully into a collective, and one attack into a campaign.

6.5 The Safe & Together Analysis: How Systems Help the Perpetrator

The Safe & Together model shows that systems often unintentionally support the perpetrator by:

- judging the victim on emotion
- judging the perpetrator on calmness
- interpreting patterns as “conflict” instead of coercion
- placing responsibility on the victim
- adopting the perpetrator’s framing without investigation
- confusing “neutrality” with safety

Serial bullying thrives when systems:

- do not examine behavior
- do not examine impact
- do not examine patterns

But only examine how someone appears.

6.6 The Power Dynamic: Why Serial Bullying Always Becomes Collective

Serial bullying only works when the perpetrator mobilizes support.

This happens through:

- recruiting allies
- intimidating bystanders
- manipulating systems
- spreading framing
- coordinating reputation attacks
- creating isolation

Serial bullying is never a one-to-one dynamic.

It is a group process in which power is consolidated through social pressure.

6.7 The Psychological Logic: Why Victims Break

Victims of serial bullying experience:

- chronic stress
- reputational damage
- social isolation
- loss of trust
- fear of escalation
- hypervigilance
- identity fragmentation

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Not because they are weak, but because serial bullying is designed to:

- remove support
- sow doubt
- undermine identity
- destroy safety

Serial bullying is an attack on the psyche, not on behavior.

6.8 The International Red Thread: Why This Looks the Same Everywhere

Whether it is:

- political intimidation
- media campaigns
- online hate
- state propaganda
- social control

The patterns are identical because:

- power uses the same strategies everywhere
- systems make the same mistakes everywhere
- digital platforms amplify the same dynamics everywhere
- framing and isolation are universal tools

Serial bullying is not a cultural phenomenon.

It is a power phenomenon.

6.9 The Breakthrough: When Serial Bullying Loses Its Power

Serial bullying loses its effect when:

- patterns are recognized
- systems analyze behavior instead of emotion
- bystanders take responsibility
- digital platforms intervene
- leaders demand transparency
- victims are believed
- framing is exposed

Serial bullying needs silence.

The Manifest of Peace breaks that silence.

6.10 The Synthesis – Why This Chapter Matters

Serial bullying is the social glue of unsafe systems.
It protects power, destroys truth and breaks people.

This chapter is essential because it reveals how power defends itself by damaging individuals. It exposes the strategies that make violence invisible.
And it provides language for a pattern that harms people across the world.

Peace cannot exist in systems that normalize serial bullying.
Peace begins when power is no longer protected by intimidation, but by responsibility.

7. The Asymmetry of the Rule of Law: Why Protection Does Not Work Equally for Everyone

A systemic analysis of how legal systems reproduce power

The rule of law is often presented as a neutral system that treats everyone equally.

But in practice, the rule of law is not a level playing field.

It is a system built on asymmetry: differences in power, resources, access, credibility and protection.

This asymmetry determines who is heard, who is believed, who is protected, and who is neutralized.

This chapter examines why victims around the world become stuck in systems designed to protect them, and why perpetrators often benefit from those same structures.

7.1 The Myth of Neutrality: Why Equality Is Not the Same as Justice

Legal systems claim neutrality.

But neutrality is not a guarantee of safety.

Neutrality means:

- no context
- no power analysis
- no pattern recognition
- no trauma-informed approach
- no attention to inequality

Neutrality does not protect the vulnerable. Neutrality protects the powerful.

7.2 The Asymmetry of Resources: Those With Money Have Rights

In nearly every country, economic power determines:

- who can afford a lawyer
- who has time to litigate
- who has access to evidence
- who can protect their reputation
- who can finance legal strategy

International examples:

- litigation is extremely expensive, forcing victims to give up
- cuts to legal aid make justice inaccessible
- bureaucracy makes procedures endless
- corruption and power networks influence outcomes
- state power determines who has access to justice at all

Justice is not justice when it depends on money.

7.3 The Asymmetry of Credibility: The Calm One Wins

Legal systems often judge:

- tone
- emotion
- presentation
- consistency
- rational behavior

But victims of violence:

- are afraid
- are emotional
- are traumatized
- are hypervigilant
- may appear inconsistent due to stress

Perpetrators, on the other hand:

- are often calm
- are strategic
- are persuasive
- are socially skilled
- are prepared

The legal system confuses trauma with instability and manipulation with credibility.

7,4 The Asymmetry of Framing: When Systems Believe the Perpetrator

As the Safe & Together model explains, systems often unconsciously adopt the perpetrator's framing.

This happens when:

- the perpetrator presents himself as "reasonable"
- the victim reacts emotionally
- professionals fail to recognize patterns
- context is ignored
- behavior is interpreted as "conflict" instead of control

Framing becomes legal fact.

7.5 The Asymmetry of Evidence: When Violence Leaves No Marks

Many forms of violence leave no physical traces:

- coercive control
- psychological manipulation
- digital intimidation
- economic sabotage
- reputation attacks
- isolation

Legal systems are built on:

- tangible evidence
- physical harm
- discrete incidents

But modern forms of violence are:

- subtle
- long-term
- pattern-based
- digital
- psychological

The system is designed for violence that no longer dominates, and blind to the violence that does.

7.6 The Asymmetry of Risk: Leaving Is the Most Dangerous Moment

Victims worldwide face the highest risk when they:

- seek help
- file a report
- leave
- set boundaries
- take legal action

Legal systems often fail to account for:

- escalation
- retaliation
- digital attacks
- reputational harm
- economic punishment

Safety is treated as a legal category, not as a dynamic risk.

7.7 The Asymmetry of Systems: When Institutions Reinforce Each Other

Victims often face multiple systems at once:

- police
- child protection
- courts
- immigration services
- social services
- employers
- digital platforms

These systems:

- do not share information
- do not understand each other's logic
- reinforce each other's mistakes
- adopt each other's framing

The perpetrator only needs to manipulate one system.

The victim must survive them all.

7.8 The International Red Thread: Why Legal Systems Fail Worldwide

Whether it is:

- police violence
- institutional racism
- caste discrimination
- corruption
- state power

The patterns are the same:

- power protects itself
- systems are built for stability, not truth
- victims are seen as risks
- perpetrators are seen as credible
- framing becomes legal fact
- inequality becomes institutionalized

Legal systems are not designed for safety.

They are designed for order.

7.9 The Breakthrough: When Asymmetry Becomes Visible

Asymmetry loses power when:

- patterns are recognized
- systems operate trauma-informed
- professionals analyze behavior instead of emotion
- context is included
- digital evidence is taken seriously
- economic dependency is recognized as control
- framing is exposed

Justice does not begin with neutrality.

Justice begins with understanding power.

7.10 The Synthesis: Why This Chapter Matters

Asymmetry in the rule of law is not a flaw.

It is a structure.

A structure that determines:

- who is protected
- who is believed
- who is punished
- who is neutralized

That is why this chapter is essential to the Manifest of Peace.

Because peace cannot exist in systems that reproduce inequality.

Peace begins when legal systems stop protecting power and start protecting people.

8. Reliable Support Systems: The Architecture of Safety

International principles for systems that protect rather than reproduce harm

Reliable support is not a luxury.

It is a foundation of peace, safety and human dignity.

In a world where violence is increasingly subtle, digital and systemic, support systems must be more than protocols, forms and good intentions.

Reliable support is a structure of protection, built on an understanding of power, patterns, trauma and context.

It is support that does not merely respond to incidents, but understands the architecture of danger.

This chapter outlines the international principles that define reliable support systems, in the United States, the United Kingdom, India, Africa, Europe and the Middle East.

8.1 The Foundation: Safety as a Core Value, Not a By-Product

Reliable support begins with one principle:

Safety is the goal, not the outcome.

This means:

- safety comes before bureaucracy
- safety comes before reputation
- safety comes before neutrality
- safety comes before time pressure
- safety comes before institutional interests

A system that centers safety takes responsibility for the impact of its actions.

8.2 Trauma-Informed: Understanding What Violence Does to People

Reliable support is trauma-informed. This means professionals understand that trauma:

- intensifies emotions
- affects behavior
- creates inconsistency
- triggers hypervigilance
- erodes trust
- complicates communication

Trauma-informed support:

- does not interpret emotion as instability
- does not interpret fear as irrationality
- does not interpret silence as consent
- does not interpret resistance as conflict

It sees trauma as a logical response to danger.

8.3 Safe & Together: Centering the Perpetrator, Not the Victim

Reliable support follows the core principles of Safe & Together:

- Focus on the perpetrator's behavior
- Analyze the impact on the victim
- Recognize the victim's protective actions
- See violence as a pattern, not an incident
- Include context in every assessment

This prevents systems from:

- assessing the victim
- neutralizing the perpetrator
- adopting framing
- missing patterns

Reliable support looks at power, not "conflict".

8.4 Pattern Recognition: The Key to Effective Protection

Violence is rarely a single event.

It is a pattern.

Reliable support recognizes:

- coercive control
- isolation
- framing
- character assassination
- economic dependency
- digital intimidation
- serial bullying
- institutional asymmetry

Pattern recognition is the difference between:

- protecting or harming
- understanding or misinterpreting
- intervening or overlooking

Reliable support sees what others miss.

8.5 Digital Safety: Protection in a New Reality

In the modern world, digital safety is as essential as physical safety.

Reliable support understands:

- doxing
- deepfakes
- online stalking
- reputation attacks
- digital isolation
- algorithmic discrimination
- viral framing

And treats digital signals as real risks.

Internationally, one truth holds: those who do not understand digital danger cannot provide safety.

8.6 Cultural and International Sensitivity: Safety in Different Contexts

Reliable support takes into account:

- racism
- caste systems
- colonial legacies
- honor structures
- migration status
- global gender norms

Cultural sensitivity does not mean excusing violence.

It means understanding context so protection becomes more effective.

8.7 Collaboration: No System Can Do It Alone

Reliable support works integrated.

This means:

- police collaborate with healthcare
- healthcare collaborates with child protection
- child protection collaborates with schools
- schools collaborate with digital platforms
- digital platforms collaborate with governments

Fragmentation creates risk.

Collaboration creates safety.

8.8 Transparency and Accountability: The Basis of Trust

Reliable support:

- communicates clearly
- explains decisions
- acknowledges mistakes
- takes responsibility
- operates without hidden agendas
- protects privacy
- respects autonomy

Transparency is not an administrative value.
It is a safety value.

9. Failing Support Systems: When Institutions Do Not Protect but Reproduce Harm

An international analysis of why support structures fail, and how victims are harmed again inside the system

Support services are meant to create safety.

Yet in many countries, from the United States to India, from the United Kingdom to South Africa, from Europe to the Middle East, victims experience something very different: systems that do not protect them, but expose them to new forms of harm.

Not because professionals have bad intentions,
but because the systems they work in are built on:

- bureaucracy
- neutrality
- time pressure
- lack of context
- lack of trauma-informed knowledge
- institutional interests
- power asymmetry

This chapter examines why support systems fail across the world,
and why victims often experience more harm inside the system than outside it.

9.1 The Structural Problem: Systems Are Built for Order, Not Safety

Support systems are designed to:

- manage files
- classify risks
- follow protocols
- record incidents
- maintain stability

But violence is not an incident.

Violence is a pattern.

And patterns do not fit into protocols.

This is why systems consistently fail when confronted with:

- coercive control
- psychological manipulation
- digital intimidation
- economic dependency
- framing and character assassination
- serial bullying
- institutional asymmetry

Systems are built for clarity, not for complexity.

9.2 The International Red Thread: The Same Mistakes in Different Countries

Despite cultural differences, the same patterns appear worldwide:

- fragmented services
- extremely expensive care
- lack of coordination between agencies
- criminalization of victims
- underfunded social services
- rigid bureaucracy
- institutional racism and class bias
- overloaded systems
- normalization of violence
- strong family and honor structures
- limited resources
- political influence on support services
- lack of protection for activists and women
- legal restrictions on autonomy
- male guardianship
- state control over support systems

The context differs, but the systemic logic is identical.

9.3 The Asymmetry of Support: Why Perpetrators Appear More Credible

Support workers are often misled by:

- the perpetrator's calmness
- the victim's emotion
- framing already circulating in the environment
- social status, language or education
- gender norms and cultural biases

This leads to:

- victim blaming
- pathologizing
- incorrect risk assessments
- neutrality that protects the perpetrator

Support systems often confuse:

- trauma with instability
- fear with irrationality
- resistance with conflict
- manipulation with credibility

9.4 The Safe & Together Analysis: When Systems Focus on the Wrong Person

The Safe & Together model shows that support systems often:

- focus on the victim's behavior
- leave the perpetrator out of view
- fail to see the victim's protective actions
- do not recognize patterns
- ignore context
- adopt the perpetrator's framing without investigation

The result:

- the victim is assessed
- the perpetrator is neutralized
- the system reproduces the violence

9.5 The Digital Gap: Systems Are Blind to Online Violence

Digital forms of violence are underestimated worldwide:

- doxing
- deepfakes
- online stalking
- reputation attacks
- digital isolation
- algorithmic discrimination

Support workers often have:

- no training
- no tools
- no protocols
- no understanding of digital dynamics

As a result, digital violence is not seen as real violence, even though it is often the greatest source of danger.

9.6 The Bureaucratic Trap: When Rules Become More Important Than People

Systems fail when:

- protocols matter more than safety
- time pressure replaces empathy
- files matter more than stories
- risk scores matter more than patterns
- neutrality matters more than truth

Bureaucracy creates an environment where:

- no one takes responsibility
- everyone refers to someone else
- victims get lost
- perpetrators benefit

9.7 The International Asymmetry: Victims Must Prove, Perpetrators Only Deny

In nearly all countries:

- victims must provide evidence
- perpetrators only need to deny
- systems believe the most consistent party
- trauma makes victims inconsistent
- manipulation makes perpetrators consistent

This is not a mistake.

This is a structural asymmetry.

9.8 The Breakthrough: When Support Systems Do Work

Support systems work when they:

- operate trauma-informed
- recognize patterns
- include context
- take digital evidence seriously
- understand economic dependency
- see through framing
- center the perpetrator's behavior, not the victim's
- collaborate instead of fragment

Safety does not come from protocols,
but from understanding power.

9.9 The Synthesis: Why This Chapter Matters

Failing support systems are not an individual failure.
They are a systemic problem.

A problem that determines:

- who is protected
- who is believed
- who is harmed
- who is neutralized

That is why this chapter is essential to the Manifest of Peace. Because peace cannot exist in systems that harm victims a second time. Peace begins when support systems stop reproducing harm and start recognizing, protecting and empowering.

9.9 Empowerment: Victims as Partners in Safety

Reliable support:

- listens
- believes
- acknowledges
- supports
- strengthens

It sees victims not as passive recipients,
but as active partners in their own safety.

Empowerment means:

- restoring choice
- restoring autonomy
- sharing information
- offering options
- recognizing strength

Safety emerges when people regain agency.

9.10 The Synthesis: Why Reliable Support Is a Pillar of Peace

Reliable support is not a service.

It is an infrastructure of peace.

It protects:

- individuals
- families
- communities
- democracies
- human rights

It breaks cycles of violence,
corrects asymmetry,
and restores trust in systems.

That is why this chapter is essential to the Manifest of Peace.

Because peace does not begin with laws or institutions, but with reliable protection of people.

10. Conscious Responsibility: The Choice to Use Power Safely

An international vision of responsibility as a foundation of peace

Responsibility is not an administrative action.

It is a conscious choice to use power, knowledge, position and influence in ways that create safety rather than harm.

In a world where violence is often invisible , digital, psychological, economic, institutional, conscious responsibility is one of the most powerful tools we have. It is the counterforce to framing, isolation, asymmetry and failing systems.

This chapter describes what conscious responsibility looks like at individual, professional, institutional and societal levels, in the United States, Europe, India, Africa and the Middle East.

10.1 What Conscious Responsibility Is, and What It Is Not

Conscious responsibility is:

- active
- intentional
- reflective
- relational
- transparent
- grounded in awareness of power and impact

It is not:

- guilt
- shame
- neutrality
- bureaucracy
- deflection
- I didn't know

Conscious responsibility begins where neutrality ends.

10.2 The Core: Responsibility Is a Power-Aware Choice

Everyone holds power:

- professionals
- leaders
- parents
- institutions
- digital platforms
- governments
- communities

Conscious responsibility means:

- acknowledging that you have power
- understanding how that power affects others
- choosing to use that power safely

It is the choice not to look away, but to act.

10.3 Individual Responsibility: The Micro-Architecture of Peace

Individual responsibility means:

- listening without judgment
- recognizing patterns
- seeing through framing
- refusing to participate in gossip or character assassination
- setting boundaries
- showing solidarity
- taking digital safety seriously

Across cultures, countries and communities, one truth holds:
peace begins with individuals who consciously choose safety.

10.4 Professional Responsibility: Safety Above Comfort

Professionals, support workers, doctors, teachers, police, lawyers, managers, carry a particular responsibility.

Conscious professional responsibility means:

- working trauma-informed
- including context
- recognizing patterns
- centering the perpetrator's behavior, not the victim's
- taking digital signals seriously
- acknowledging mistakes
- acting transparently
- never misusing power

Professional responsibility is not a role.
It is an ethical practice.

10.5 Institutional Responsibility: Systems That Choose Safety

Institutions hold power greater than individuals.
Their responsibility is therefore greater as well.

Conscious institutional responsibility means:

- policies that center safety
- training in patterns, trauma and digital threats
- collaboration across systems
- protection above reputation
- transparency above bureaucracy
- inclusion above asymmetry
- accountability above neutrality

An institution that chooses safety interrupts violence at scale.

10.6 Digital Responsibility: Power in a New Reality

Digital platforms, tech companies and online communities carry enormous responsibility.

Digital responsibility means:

- algorithms that prioritize safety
- rapid response to hate, doxing and deepfakes
- protection of vulnerable groups
- transparency about risks
- collaboration with support systems and governments
- preventing framing from going viral

Digital responsibility is a new form of human rights protection.

10.7 Political Responsibility: Using Power to Protect, Not Intimidate

Political leaders have the greatest influence on safety.

Conscious political responsibility means:

- not using framing or character assassination
- not intimidating critics
- not misusing institutions
- protecting press freedom
- investing in reliable support systems
- acknowledging asymmetry in the rule of law
- basing policy on facts, not fear

Political responsibility is the backbone of a safe society.

10.8 International Responsibility: Safety as a Shared Mission

Violence does not stop at borders.

Digital attacks, economic dependency, institutional asymmetry and framing are global phenomena.

International responsibility means:

- collaborating against digital misinformation
- protecting human rights
- sharing knowledge on trauma and patterns
- addressing gender and power inequality
- strengthening support systems worldwide

Peace is an international infrastructure, not a national exception.

10.9 The Breakthrough: Responsibility as Culture, Not Incident

Conscious responsibility becomes powerful when it becomes:

- a habit
- a norm
- a culture
- a shared language
- a collective expectation

When responsibility is no longer something that happens “sometimes,” but something that happens always.

10.10 The Synthesis: Why Conscious Responsibility Is Essential for Peace

Conscious responsibility is the counterforce to:

- asymmetry
- framing
- isolation
- institutional failure
- digital manipulation
- abuse of power

It is the choice to use power for protection, not for control.

That is why this chapter is a pillar of the Manifest of Peace.

Because peace does not arise by accident.

Peace arises when people, systems and societies consciously choose responsibility.

VI. Future, Solutions & Action

1. Entrapment & Hostage Dynamics: The Invisible Spaces Where Power Holds People Captive

An international analysis of psychological, digital, relational and institutional captivity

Hostage-taking is not only a physical crime.

It is a power strategy that appears worldwide in relationships, families, workplaces, digital environments, political systems and support structures.

Entrapment and hostage dynamics arise when a person:

- cannot leave
- cannot speak
- cannot choose
- cannot breathe within their own life

Not because a door is locked,
but because safety, autonomy, information, reputation or survival are locked.

This chapter reveals how modern hostage dynamics operate subtle, systemic and often entirely legal, in the United States, Europe, India, Africa and the Middle East.

1.1 What Modern Hostage Dynamics Really Are

Modern hostage-taking is:

- psychological
- economic
- digital
- social
- institutional
- emotional

It is the condition in which a person has no safe options left.

Hostage-taking is not only “being held”.

It is being trapped in a system that offers no exit.

1.2 Relational Hostage-Taking: When Love Becomes a Prison

In relationships, hostage dynamics emerge when:

- leaving is dangerous
- economic dependency gives total control
- children are used as leverage
- framing and character assassination make escape impossible
- digital surveillance tracks every move
- threat becomes daily reality

This occurs worldwide:

- coercive control without legal recognition
- honor structures that make leaving impossible
- economic dependency and land-ownership laws
- legal guardianship structures
- digital intimidation and reputation attacks

Relational hostage-taking is one of the most underestimated forms of violence.

1.3 Psychological Hostage-Taking: When Fear Becomes the Key

Psychological hostage-taking occurs when a person:

- lives in constant fear of escalation
- censors themselves
- becomes hypervigilant
- loses space for their own thoughts
- becomes dependent on the perpetrator's emotional climate

The captivity is no longer in the environment, but in the nervous system.

1.4 Digital Hostage-Taking: When Technology Becomes Control

Digital hostage-taking is a defining feature of modern violence.

It occurs when:

- passwords are taken
- accounts are monitored
- deepfakes threaten reputations
- doxing makes leaving unsafe
- online hate campaigns isolate victims
- algorithms amplify framing

Digital hostage-taking is borderless, invisible and often legal.

1.5 Economic Hostage-Taking: When Money Becomes the Cage

Economic hostage-taking occurs when a person:

- has no access to their own money
- is prevented from working
- cannot own property
- is financially dependent on the perpetrator or system
- has no financial privacy

This is one of the most powerful forms of entrapment worldwide.

1.6 Social Hostage-Taking: When Reputation Becomes the Weapon

Social hostage-taking occurs when:

- framing turns the community against the victim
- character assassination removes support
- gossip and insinuation create isolation
- communities replace safety with shame

In many cultures, reputation is a form of survival.
Losing reputation means losing freedom.

1.7 Institutional Hostage-Taking: When Systems Block the Exit

Institutional hostage-taking occurs when:

- police adopt the perpetrator's framing
- support services fail to recognize patterns
- courts confuse neutrality with justice
- immigration status creates dependency
- bureaucracy delays safety
- systems reinforce each other instead of correcting each other

The victim is no longer trapped by one person,
but by a structure.

1.8 Political Hostage-Taking: When Power Silences Dissent

Political hostage-taking occurs when states:

- intimidate critics
- arrest activists
- control media
- deploy digital surveillance
- use framing to neutralize opposition

This happens worldwide, from democracies to authoritarian regimes.

1.9 The Safe & Together Analysis: How Hostage Patterns Become Visible

Safe & Together shows that hostage dynamics become visible when we examine:

- the perpetrator's behavior
- the impact on the victim
- the victim's protective actions
- the context of power and dependency
- the pattern, not the incident

Hostage-taking is not a victim's choice.

It is a perpetrator's strategy.

1.10 The Breakthrough: When Entrapment Loses Its Power

Entrapment loses power when:

- patterns are recognized
- systems operate trauma-informed
- digital threats are taken seriously
- economic autonomy is strengthened
- framing is exposed
- solidarity is organized
- victims regain options

Freedom begins with choices.

Hostage-taking ends when choices return.

1.1 The Synthesis: Why This Chapter Matters

Entrapment and hostage dynamics are not exceptions.

They are power strategies that appear in relationships, systems and societies worldwide.

This chapter is essential to the Manifest of Peace because it:

- names the invisible forms of captivity
- exposes the systemic logic of power
- explains why victims cannot "just leave"
- shows that freedom is a collective responsibility

Peace cannot exist where people live in captivity, not physically, not psychologically, not digitally, not institutionally.

Peace begins when we expose all forms of hostage-taking and return safety to those who are trapped.

2. The Economy of Control: When Love Becomes a Transaction

2.1. Introduction: The invisible layer beneath intimate terror

In many relationships marked by coercive control, love is not a bond but a construction. A system. A transaction. A tool of power.

This chapter is not about individuals, but about patterns recognized worldwide by professionals, researchers and survivors.

Patterns in which:

- money
- status
- power
- family interests

weigh more heavily than safety, autonomy and humanity.

2.2. When love becomes a financial construct

In some relationships, a partner is viewed as:

- an investment
- property
- a risk
- a source of profit
- an extension of family interests

In such systems, marriage is not an emotional commitment but an economic structure. And anyone who disrupts that structure, by setting boundaries, reclaiming autonomy or announcing a separation, becomes vulnerable.

2.3. The financial architecture of control

Professionals around the world observe the same patterns:

- evading alimony
- hiding or transferring assets
- taking out insurance policies without transparency
- economic sabotage (job loss, debt creation, reputational damage)
- creating financial dependency
- concealing financial flows
- isolating partners financially

These are not incidents.

These are strategies.

2.4. The most dangerous phase: when someone wants to leave

International femicide research shows the same pattern:

The moment someone wants to end the relationship is the most dangerous moment.

Not because they are doing something wrong.

But because the perpetrator is losing control.

Systems often fail to recognize this because they:

- focus on incidents rather than patterns
- misinterpret trauma responses
- overlook financial motives
- confuse neutrality with safety
- do not apply pattern-based risk assessment

As a result, victims receive the least protection at the moment they need it most.

2.5. The silent methods: violence without bruises

In severe cases, no visible force is used, but instead:

- digital manipulation
- gaslighting
- reputation destruction
- medical undermining
- financial strangulation
- isolation
- drugging or chemical submission

These forms of violence are:

- subtle
- strategic
- difficult to prove
- socially invisible

But their impact is devastating.

2.6. How systems fail and why

Survivors around the world encounter systems that are meant to protect them, but often do not.

1. Police and justice

- assess incidents, not patterns
- lack knowledge of coercive control
- do not consider financial motives as risk factors

2. Child protection and family law

- treat inequality as “two sides”
- enforce contact with unsafe parents
- misinterpret manipulation as “conflict”

3. Medical sector

- does not recognize sabotage
- lacks knowledge of chemical submission

4. Support services

- work too short-term
- lack specialist expertise

5. Financial and legal structures

- alimony can be evaded
- insurance policies are not monitored
- economic motives are not included in risk assessments

This is not malice.

It is a lack of knowledge and a flaw in system design.

2.7. What people can do: Protection, autonomy and safety

This section can save lives.

Not through fear, but through knowledge.

These suggestions are general, safe and legally neutral, but they offer direction.

2.7.1. Consider a living will with the assistance of a civil-law notary

A living will is not only for after death.

It can:

- determine who makes decisions if you cannot
- prevent a partner from gaining full control
- record your wishes regarding care, finances and children
- prevent misuse of your vulnerability

A living will can be created in any relationship form, including community property marriages.

2.7.2. Consider disinheriting a partner

In the Netherlands, this is possible.

Even in community property.

Even during marriage.

This can:

- remove financial incentives
- reduce risk
- increase autonomy
- strengthen safety

It is not an accusation.

It is protection.

2.7.3. Review insurance policies

Many people do not know:

- which policies are in their name
- who the beneficiaries are
- what amounts are insured
- whether policies were taken out without their knowledge

It is wise to:

- request an annual overview
- check beneficiaries
- cancel unnecessary policies
- demand transparency

2.7.4. Document patterns

Not for evidence but for insight.

Record:

- date
- event
- feeling
- effect
- witnesses
- digital traces

Patterns become visible when you write them down.

2.7.5. Build a quiet safety circle

Not everyone needs to know everything.

But one or two people who:

- know how you are doing
- know where you are
- know your plans
- know whom you trust can be lifesaving.

2.7.6. Grow financial autonomy

Small steps are still steps:

- your own bank account
- your own savings
- your own documents
- your own digital security
- your own passwords

Autonomy is safety.

2.8. Conclusion: The truth systems must learn to see

This chapter is not about one story.

It is about thousands of stories that were never told.

About patterns that remained invisible for too long.

About systems that reacted too late.

About lives lost because no one connected the dots.

The Manifest of Peace does connect those dots.

Not to accuse.

But to protect.

Not to spread fear.

But to save lives.

Not to divide.

But to warn.

So that no one ever disappears into silence again.

3. The New Misogyny: The Invisible War on Cognition, Autonomy and Humanity

3.1 Introduction: A culture that looks away

Across the world, researchers, universities, support services and international organizations are signalling a growing form of misogyny that has shifted into digital spaces. Not hidden, but visible, organized and often without consequences.

This new misogyny is not an incident, but a culture:

- in student associations
- on university campuses
- in digital male-dominated communities
- on encrypted platforms
- in social networks where violence is normalized

The men active in these spaces are not “fringe figures”.

They are students, professionals, IT specialists, lawyers, entrepreneurs, the future leaders of our societies.

3.2 Drugging as a tool of power: recognized by international institutions

International organizations such as:

- UN Women
- Europol (IOCTA reports)
- EIGE (European Institute for Gender Equality)
- WHO
- eSafety Commissioner Australia

warn that drugging is increasing worldwide and is used not only for sexual assault, but also for:

- cognitive undermining
- reputational damage
- biochemical gaslighting
- creating dependency
- undermining credibility
- isolating victims

Research shows that drugging:

- is often not recognized
- is difficult to prove
- is rarely prosecuted
- is frequently dismissed as “alcohol use” or “stress”

Yet the impact is profound and long-lasting.

3.3 Digital platforms: organized misogyny

Europol, EIGE and multiple investigative journalists have confirmed that on encrypted platforms such as Telegram:

- large groups of men are active
- substances are discussed
- experiences are shared
- instructions are exchanged
- photos and videos are circulated
- members encourage one another
- members protect each other from detection

Some of these groups have tens of thousands of members.

This is not speculation.

This is documented digital abuse.

3.4 The link to power networks: a ripple effect

The Epstein files revealed a painful pattern:

- power
- money
- misogyny
- impunity
- digital networks
- normalization of abuse

What we now see on digital platforms is not a copy, but a ripple effect of the same dynamics:

- the same contempt for women
- the same belief that they will get away with it
- the same culture of silence
- the same systemic blind spots

This is not an individual problem.

This is a structural societal problem.

3.5 What this reveals about victims: facts from research

International literature on coercive control, stalking, drugging and digital terror shows:

3.5.1 Victims are chosen deliberately

Not because they are weak, but because they are:

- intelligent
- influential
- full of potential
- autonomous
- boundary-setting
- future-oriented

Perpetrators choose strategically.

3.5.2 Drugging creates doubt

Research shows that drugging leads to:

- memory loss
- cognitive noise
- confusion
- emotional dysregulation
- physical exhaustion

Systems often misinterpret this as:

- instability
- exaggeration
- psychosomatic symptoms

3.5.3 Victims are not believed

Because:

- there is no direct evidence
- symptoms are vague
- perpetrators appear coherent and charming
- systems work incident-by-incident

This is a globally recognized pattern.

3.6 What this says about our society

International reports show that we:

- normalize misogyny
- underestimate digital crime
- do not take drugging seriously
- fail to protect victims
- fail to prosecute perpetrators
- fail to hold universities accountable
- fail to educate young men
- allow power structures to persist

This is not a women's issue.

This is a humanity issue.

3.7 What people can do: protection and autonomy

These suggestions are general, safe and legally neutral, but they offer direction.

3.7.1 Consider a living will with the assistance of a civil-law notary

A living will can:

- determine who makes decisions if you cannot
- prevent misuse of your vulnerability
- protect autonomy

3.7.2 Consider disinheriting a partner

In the Netherlands, this is possible, even in community property.

This can:

- remove financial incentives
- reduce risk

3.7.3 Review insurance policies

Many people do not know:

- which policies are in their name
- who the beneficiaries are
- what amounts are insured

Transparency is protection.

3.7.4 Document patterns

Not for evidence but for insight.

3.7.5 Build a quiet safety circle

One or two people who know how you are doing can be lifesaving.

3.7.6 Strengthen financial autonomy

Small steps are still steps.

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This chapter is not about one story.
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About lives lost because no one connected the dots.

The Manifest of Peace does connect those dots.

Not to accuse.
But to protect.
Not to spread fear.
But to save lives.
Not to divide.
But to warn.

So that no one ever disappears into silence again.

4. Why an International Human Rights Claim Is Necessary

4.1 Introduction: When states fail in their core responsibility

Governments exist to protect their populations.

This is not a moral preference, but a legal obligation, established in:

- the Universal Declaration of Human Rights
- the UN Charter
- the European Convention on Human Rights
- the Istanbul Convention
- the Convention on the Rights of the Child
- CEDAW
- the Geneva Conventions
- the Responsibility to Protect (R2P) norm

These treaties require states to:

- prevent
- protect
- investigate
- prosecute
- ensure transparency
- provide redress
- recognize patterns

When states fail to do so, we are not speaking about an error , but a human rights violation.

4.2 Historical patterns: States that knew, but did not act

Throughout history we see the same pattern:
information was available, but action did not follow.

Below, the major cases are connected thematically to show the pattern clearly.

4.2.1 Rwanda & Srebrenica: failure of international protection

In both cases:

- warnings were known
- risks were documented
- UN forces were present
- signs of genocide were visible

Yet states did not intervene.

The result: mass murder that could have been prevented.

These cases reveal the danger of:

- bureaucratic delay
- political neutrality
- ignoring patterns

4.2.2 Churches, youth care & Indigenous schools: institutional violence

In these systems:

- complaints were known
- victims were visible
- reports existed
- patterns repeated

Yet institutions:

- protected themselves
- minimized harm
- chose reputation over children

This shows how institutional loyalty can override humanity.

4.2.3 Digital crime, Telegram & misogyny: modern forms of state failure

Digital platforms with tens of thousands of members:

- share substances
- normalize drugging
- distribute images
- instruct one another
- undermine safety

Governments:

- lag behind
- underestimate digital misogyny
- lack legislation
- lack expertise

This demonstrates that digital safety is a human right, and states are failing to uphold it.

4.2.4 Femicide & coercive control: gender-based state failure

International research shows:

- femicide is predictable
- coercive control is a key risk factor
- separation is the most dangerous moment
- patterns are known

Yet:

- it is not recognized
- it is not measured
- it is not prevented

This shows that gender-based violence is a structural human rights violation.

4.3 Why these cases are legally relevant

These cases demonstrate violations of:

- the right to life
- the right to safety
- the right to protection
- the right to truth
- the right to non-discrimination
- the right to bodily integrity

International law is clear: when states know that citizens are at risk and fail to act, they are responsible.

4.4 Safe & Together applied to states

Safe & Together teaches professionals to:

- look at patterns
- look at behaviour
- look at risk
- look at responsibility

But states do not apply this to themselves.

States often display the same dynamics as perpetrators:

- denial (“it’s not that bad”)
- minimization (“isolated incidents”)
- neutralization (“two sides”)
- shifting responsibility (“not our task”)
- failure to recognize patterns
- blaming victims

Safe & Together states:

Responsibility lies with the party that holds the most power.

In society, that is the state.

4.5 Why an international claim is necessary

An international claim is not an attack.

It is a last resort when:

- national systems fail
- victims are not protected
- patterns are ignored
- information is withheld
- lives are lost
- children are unsafe
- digital crime escalates
- misogyny is normalized
- coercive control is not recognized

A claim is:

- a signal
- a boundary
- a protection
- a call to responsibility
- a tool to enforce change

It is not revenge.

It is justice.

4.6 The link to the present

This chapter is not only historical.

It is current.

Today we see:

- wars escalating
- digital misogyny growing
- drugging increasing
- femicide rising
- children unprotected
- systems failing
- information withheld
- victims disbelieved

The patterns of the past are still active.

That is why an international claim is not a luxury.

It is a necessity.

4.7 Conclusion: The responsibility states cannot escape

Governments can do many things.

They can make laws.

They can start wars.

They can withhold information.

They can build systems that protect or systems that harm.

But there is one thing they cannot do: escape their responsibility.

Not legally.

Not morally.

Not historically.

Not humanly.

The Manifest of Peace says:

- see the patterns
- acknowledge the harm
- protect the people
- take responsibility
- learn from Safe & Together
- and be the government you claim to be

For our children.

For our future.

For peace.

5. The System and the Individual: How a Small Group Can Transform an Entire System

5.1. Introduction: the vulnerability of systems

In every system, small or large, private or public, one universal truth holds:

It takes only one destructive actor to destabilize an entire system.

Not because that person is stronger than the system, but because systems are vulnerable to:

- manipulation
- fear
- division
- loyalty conflicts
- information control
- social pressure

This vulnerability exists in:

- families
- schools
- teams
- organizations
- religious groups
- political movements
- cults
- societies

The same tactics that can break a family can destabilize an organization, a community, or a nation.

5.2. Scientific foundation: why one destructive actor is enough

Research in social psychology, systems theory and conflict studies shows that systems are vulnerable to individuals who:

- manipulate
- seek power
- lack empathy
- demand control
- sow division
- monopolize information

Three scientific models explain this:

A. The Bad Apple Effect (Felps, 2006)

One destructive actor can:

- corrupt group norms
- undermine cooperation
- break trust
- create conflict

Negative behavior is more contagious than positive behavior.

B. Abusive Supervision (Tepper, 2000)

One person in a position of power can:

- create fear
- manipulate information
- enforce loyalty
- isolate individuals

This leads to:

- stress
- illness
- burnout
- polarization

C. Coercive Control (Stark, 2007)

Coercive control operates through:

- isolation
- intimidation
- gaslighting
- dependency
- information control

These tactics are universal and scalable.

5.3. Parallels with cults: the same tactics, different scale

Research on cults (Hassan, Lalich, Singer) shows that destructive leaders use the same tactics as perpetrators of intimate terrorism:

- isolating members
- controlling information
- punishing dissent
- creating an enemy image
- claiming exclusive truth
- manipulating emotions
- fostering dependency

The difference is not the tactic, but the scale.

What happens in a family can be magnified in a cult.

What happens in a cult can be replicated in an organization.

What happens in an organization can be mirrored in a society.

5.4. Patterns are universal: and recognizable

Once you learn to see the patterns, you see them everywhere:

- in relationships
- in families
- in teams
- in companies
- in religious groups
- in political movements
- in cults
- in states

The tactics are always the same:

- gaslighting
- isolation
- fear
- guilt
- division
- framing
- intimidation
- dependency
- character assassination

This is not coincidence.

It is human psychology.

5.5. Why one person is enough to undermine peace

Peace requires:

- cooperation
- trust
- openness
- empathy
- responsibility

But it takes only one person who chooses:

- power
- chaos
- manipulation
- division
- fear

...to tilt the entire system.

Not because that person is stronger, but because systems are rarely prepared for strategic destruction.

5.6. The opposite truth: transformation begins not with one person, but with a small group

It is essential to state this clearly:

No system is restored by one individual.

Transformation always begins with a small group, a nucleus, that finds each other, strengthens each other, and slowly grows.

This is supported by research:

- Collective Action Theory: change begins with a committed minority
- Social Contagion Theory: positive behavior spreads through clusters
- Critical Mass Theory: a small group can shift norms once a tipping point is reached
- Prosocial leadership: sustainable change is created by groups, not individuals

One person can spark awareness.

But a small group:

- keeps the fire alive
- builds momentum
- creates new structures
- protects one another
- attracts others
- becomes a counterforce

Peace does not begin with one person.

Peace begins with a core group that finds each other.

5.7. Our current society is not designed for these dynamics

Here lies the turning point.

Global research on institutional violence, system failure and trauma shows:

Our current society is not designed to recognize, carry or repair the consequences of coercive control, let alone support the people trapped within it.

Why?

- systems are incident-based, while violence is pattern-based
- systems strive for neutrality, while violence is asymmetrical
- systems react, while prevention is essential
- systems are fragmented, while violence is interconnected
- systems use old models in a new world
- systems lack language, knowledge and structure

We are living in the space between an old world that is collapsing and a new world that has yet to be designed.

We are at a global tipping point.

5.8. The way forward: how systems can become resilient

This chapter is not only an analysis.

It is a direction.

- from incident-based to pattern recognition
- from neutrality to acknowledging asymmetry
- from fragmentation to integrated response
- from reactive to preventive
- from hierarchy to relational safety
- from old systems to new structures
- from silence to truth
- from individuals to connected groups

Change begins with a nucleus, a small group that grows into a movement.

5.9. Final Declaration: The Awakening of a Global Movement

The Manifest of Peace has set something in motion that is larger than one voice, one story or one nation.

It has brought people together across the world — people who had never met, yet recognized the same patterns, felt the same truth, and found the same courage.

Not because they are perfect.

Not because they are powerful.

But because they found each other.

And that is how every great transformation begins: not with one person, but with a small group that sees each other, strengthens each other, and refuses to look away.

We are at a tipping point.

The old systems can no longer carry the new reality.

But everywhere, people are rising and saying:

“It can be different. It must be different. And we will make it different.”

The Manifest of Peace is not a document.

It is a movement.

A direction.

A new language for what was invisible.

A new foundation for what is possible.

It brings together people who choose:

- truth over silence
- connection over division
- courage over fear
- humanity over power
- seeing patterns over repeating patterns

And when people unite in these values, something emerges that no system can suppress: collective clarity, collective strength, collective peace.

So let us not only hope.

Let us build. Let us connect. Let us continue.

Because peace is not an endpoint.

Peace is a movement that grows, from person to person, from group to group, from nation to nation.

And that movement has begun.

VI. Future, Solutions & Action

1. Policy Change and Action

The world at a Turning Point

Not only The Netherlands is standing at a critical crossroads. Current systems respond too late, too fragmented, and too incident-focused to patterns of intimate terror, femicide, psychological manipulation, and structural violence. Policy change is not a wish, it is a necessary step to protect lives, break entrenched patterns, and build a society in which safety and dignity are central.

This chapter outlines concrete action points that directly contribute to awareness, prevention, systemic reform, and real protection for victims. These recommendations are grounded in international treaties, scientific evidence, professional practice, societal signals, and the urgent reality faced by victims in the Netherlands.

1.1. Research & Scientific Strengthening

- Structural support for research on femicide, intimate terror (PTTSFFMC*), and serial harassment.
- Strengthening the Dutch Femicide Monitor (Leiden University) and consolidating existing research efforts.
- Supporting knowledge platforms such as safewomen.nl (Radboud University Medical Center).

1.2. Law, Access to Protection & Accountability

- Improve legal pathways for victims whose reports are dismissed or not forwarded to the Public Prosecution Service.
- Request dismissal letters and case files from the district prosecutor's office.
- File a formal complaint with the police.
- If ignored: escalate to the National Ombudsman.
- Acknowledge and document that the most dangerous moment for women occurs just before, during, and immediately after the relationship breakdown, long before a formal divorce.
- Strengthen mandatory referral, follow-up, and case documentation within police and prosecution services.

1.3. Safety, Shelter & Protection in Practice

- Develop safer, more flexible hiding locations that are not restricted by current legislation.
- Reform existing shelters (such as women's refuges) so they are no longer forced to operate with their hands tied.
- Establish Mind-Safe Houses for victims of psychological intimate terror.
- Create cooling-off facilities for perpetrators, so victims are no longer the ones forced to leave their homes.
- Recognize that many women currently flee through private investigation agencies, an unsustainable and unjust situation, especially for children.

1.4. Awareness, Education & Public Communication

- Develop a documentary for broad public distribution to raise awareness.
- Promote societal understanding of all forms of intimate terror (PTTSFFMC*).
- Establish a Dutch mentorspas website for toxicological intimate terror.
- Strengthen educational programs for professionals, policymakers, and the general public.

1.5. Legislation, International Treaties & National Implementation

- Full implementation of Article 31 of the Istanbul Convention within the Dutch legal system.
- Full implementation and enforcement of the Istanbul Convention as a whole.
- Implementation of the Istanbul Protocol, including criminalization of the forms of torture described on pages 87–88.
- Provide citizens with model letters to advocate for policy change across the three responsible ministries.

1.6. Future Actions & Ongoing Development

- Additional action points will be published on the website following the launch of the crowdfunding campaign.
- The movement will evolve alongside new insights, lived experiences, and societal developments.
- The Manifest remains a living document, adapting to the realities of victims and the needs of society.

Direction of Solutions

- Policy change is essential to break entrenched patterns.
- Safety is a political choice.
- Prevention, awareness, and systemic reform must be central.
- The Netherlands must fully implement and uphold international treaties.
- Victims deserve protection, recognition, and access to justice.

2. The Taskforce Pilot Rotterdam-East HGTO

2.1 Introduction: a pilot that shows what is possible

Since 2024, a pilot in Rotterdam-East has demonstrated that violence is predictable, preventable, and stoppable when a system chooses:

- offender analysis
- pattern recognition
- multidisciplinary collaboration
- rapid intervention
- forensic expertise
- and real accountability

This pilot is not an experiment.
It is a functioning peace model.

The Domestic Violence Team East (HGTO) is the first police team in the Netherlands dedicated exclusively to:

- severe stalking (SASH cases)
- intimate terror
- non-fatal strangulation
- complex domestic violence cases

And the results are remarkable.

2.2 What the team itself says: a revolutionary approach

The HGTO works with:

- a fixed core of specialized police officers
- dedicated prosecutors for direct communication
- one phone number for victims (no repeated retelling)
- fast internal lines with coordinators and chain partners
- drastically shortened processing times
- faster arrests
- more pre-trial detention (suspects remain in custody longer)
- close collaboration with FARR for injury assessment in non-fatal strangulation
- new forensic techniques to detect neck injuries even after longer periods

The HGTO is the only police team in the Netherlands fully dedicated to these cases.

The pilot has been extended for three years, a recognition of its effectiveness.

Rainbow Ribbon Worldwide supports this pilot because of its proven impact on safety and prevention.

2.3 Why this pilot works: the science behind it

The Rotterdam approach aligns with international best practices such as:

- the Duluth Model (USA)
- the Safe & Together Model (USA)
- the MARAC model (UK)
- the Norwegian risk assessment model
- WHO guidelines on violence prevention
- Canadian Domestic Violence Death Review Committees

Research by DSP-group and Leiden University confirms that:

- multidisciplinary collaboration
- information sharing
- pattern recognition
- offender analysis

lead to:

- faster interventions
- better protection
- clearer insight into risk profiles
- reduced recurrence
- more control over escalation

This is exactly what is happening in Rotterdam.

2.4 Focus on offender profiles: a breakthrough in safety

The pilot systematically maps offender profiles.

These profiles match internationally recognized high-risk patterns, including:

- narcissistic personality structures
- antisocial traits
- controlling and manipulative behaviour
- recurring violence dynamics
- stalking behaviour
- coercive control

This is crucial, because:

Predicting violence begins with understanding the offender, not assessing the victim.

By placing offender behaviour at the centre:

- risks become visible earlier
- escalation is stopped sooner
- victims become safe more quickly
- children receive better protection

2.5 Non-fatal strangulation: the strongest predictor of femicide

One of the most important components of the pilot is the collaboration with FARR to better identify and prove non-fatal strangulation.

International research shows that:

- non-fatal strangulation is one of the strongest predictors of femicide
- victims often show no visible injuries
- forensic expertise is essential
- many cases are otherwise missed

Through new techniques, HGTO can detect neck injuries even after a longer period.

This saves lives.

2.6 Visit from Members of Parliament: recognition of impact

Members of Parliament Ingrid Coenradie and Songül Mutluer visited the pilot to gain insight into this innovative approach.

During their visit, it was emphasized that:

- offender profiles match international high-risk profiles
- victims gain faster access to compensation
- high-risk situations are identified earlier
- escalation is stopped more quickly
- this approach deserves national implementation

Their visit confirms that the pilot is not only locally relevant, but nationally significant.

2.7 Why this pilot is essential for national policy

The Rotterdam pilot demonstrates that:

1. Pattern-based work is more effective than incident-based work

Incident-based work misses escalation.

Pattern-based work prevents escalation.

2. Offender profiles are crucial for risk assessment

Without insight into offender behaviour, violence remains unpredictable.

With insight, violence becomes predictable and therefore preventable.

3. Rapid information sharing saves lives

When police, prosecution, child protection and courts share the same information, safety becomes possible.

4. Victims are better protected when the system takes responsibility

Not passive.

Not neutral.

But active, coordinated and expert.

5. Compensation is recognition

The Violent Offences Compensation Fund plays a vital role in recognition and recovery even when there is not yet a conviction.

2.8 The essence: this is peace in practice

The pilot in Rotterdam-East proves that:

- offender analysis works
- risk assessment saves lives
- multidisciplinary collaboration is essential
- victims become safe more quickly
- children are better protected
- patterns become visible
- escalation can be stopped

This is not a local innovation.

This is a blueprint for national safety.

Safety should not be a pilot: safety must be policy.

World peace begins at home.

Family safety begins with patterns.

Recognizing patterns begins with responsibility.

3. Deepening and Education: an invitation to reflection and awareness

Violence, boundary-crossing behaviour and control are not isolated events. They exist within patterns within culture, within systems, and within the ways we are taught to look at safety, boundaries and relationships.

The Manifest of Peace shows how deeply these patterns run. But to truly understand how violence develops, how it becomes normalized, and how we can break it, education is essential.

Accessible, understandable information that helps people to:

- recognize warning signs
- understand boundaries
- find language for what they feel
- see patterns that would otherwise remain hidden
- protect themselves and others more effectively

That is why this manifest includes an appendix with additional materials to help readers deepen their

understanding of:

- all forms of violence
- boundaries and consent
- signs of unsafety
- the impact on victims
- how bystanders can act
- where to find help

It is not a theoretical document, but a practical tool.

It offers language, examples and insights that many readers find clarifying, especially those who are new to this topic or who need clear, accessible explanations.

3.1 What the Manifest provides and what the appendices add

The Manifest focuses on:

- systemic patterns
- societal structures
- institutional blind spots
- the dynamics of control and violence
- the need for cultural change

The appendices provide:

- foundational knowledge
- clear explanations of key concepts
- relatable examples
- practical guidance
- deeper learning for those who want to explore further

Where the Manifest offers depth, the appendices offer breadth.

Together, they form a complete picture: from personal experience to societal context, from early warning signs to structural patterns.

They are intended for:

- readers who are new to the topic
- professionals who want to share basic information
- bystanders who want to know how to help
- parents, teachers and caregivers
- policymakers who need accessible explanations
- anyone who wants to understand how violence begins and how it can be prevented

3.2 An invitation to deepen your understanding

Let the information come in.

Use it as a mirror, a guide, a starting point for conversations.

Knowledge is not a solution in itself.

But knowledge is the beginning of awareness.

And awareness is the beginning of change.

These appendices are an invitation to take that step and they will continue to grow, as is fitting for a living document.

4. Mensifest – 8 March 2026: 15-POINT ACTION PLAN

These 15 concrete measures are essential for an effective national approach:

1. National funding must also reach small municipalities

Work regionally and learn from Utrecht's model.

2. Learn from large municipalities

Do not reinvent the wheel, adopt what already works (e.g., Filomena Rotterdam).

3. Housing as a priority

Both temporary and structural solutions, close to home so women can continue working.

4. Creative housing solutions

Use vacant buildings (including churches) for temporary safe accommodation.

5. Strengthen bystanders

Provide a first-aid toolkit: what to do when a woman turns to you for help.

6. Regional reporting and support centre

For professionals in the chain: intervision, practical support and safe referral without escalation.

7. Awareness in frontline services

Training based on real-world practice: how to identify signals and ask the right questions.

8. Integrated support

Youth care and adult services standing together alongside the family.

9. Support for mentors

Intervision and low-threshold backup when signals arise.

10. Engage employers

Include in subsidy conditions: support employees during private crises.

11. Strengthen social legal aid

Legal clinics, a regional Ombudsman desk, and

non-digital support options.

12. Specialized sexual-offences investigation units

High-quality and sufficiently staffed, including at regional level.

Manifest of Peace

13. Address perpetrators directly

Clare's Law, mandatory treatment with consequences, violence registration (including for employers/schools), and perpetrators pay the costs.

14. Perpetrator leaves, not the victim

The offender leaves the home as the default; relocation of the victim only as a last resort and with proper support.

15. Prevention in schools

Mandatory resilience training, a confidential counsellor in primary schools, and teaching aggression regulation.

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First version created for Orange the World 2025 in Wijdmeren.

Later expanded with contributions from multiple sources and included in the memorandum on System Failure for the Parliamentary Committee on Justice and Security, submitted on 20-01-2025 by Rainbow Ribbon Worldwide.

Incorporated into the motion adopted on 21-01-2026 by the Hilversum City Council for establishing women's shelters in Hilversum.

Shared with Alderman G. van Voorden on 19 January, along with the national document and the proposed table of contents for a potential book on this topic.

5. APPENDIX – Rodney Vlais Flip-Book

Rodney Vlais is an internationally recognized specialist in violence dynamics, abuse of power, and behaviour change among perpetrators. His work is used worldwide by practitioners, researchers and policymakers because he precisely exposes how control, intimidation and psychological terror emerge and how they are maintained.

His contribution to the Manifest of Peace is valuable because he:

- provides insight into the thinking and behavioural patterns of perpetrators
- shows how systems can unintentionally reinforce violence
- offers concrete tools for prevention and early detection
- connects individual experiences to broader societal structures

His perspective deepens the Manifest and helps readers understand how violence is reproduced not only personally, but also systemically.

The flip-book is an accessible, visual and practical resource that offers foundational knowledge about:

- boundaries and consent
- signs of unsafety
- the impact of sexual violence
- how bystanders can take action

Where the Manifest provides depth and systemic analysis, the flip-book offers clarity, recognition and practical explanation for anyone who is new to this topic or needs a clear starting point.

This makes it a valuable addition:

it not only enhances understanding, but also makes the Manifest directly usable in practice.

↳ <https://heyzine.com/flip-book/07a4c8688a.html>

VII. Closing & Practical Appendices

1.1. The Path to Peace: Final Words of the Manifest of Peace

Peace does not arise on its own.

Peace begins when people choose to truly see one another.

Not as roles, not as case files, not as problems but as human beings.

Human beings with stories.

Human beings with pain.

Human beings with strength.

Human beings with hope.

This Manifest was born from the conviction that peace begins where courage and humanity meet.

Where we dare to look at what is difficult, and still choose connection.

Where we acknowledge that patterns shape us, but that we have the power to break them.

Peace is not an endpoint.

Peace is a daily choice.

A choice to listen.

A choice to understand.

A choice to act.

A choice to build a world in which no one has to remain invisible.

1.2 Reflection: What we have revealed together

In this Manifest, we have shown how violence can hide in silence, in systems, in relationships and in structures.

But we have also shown that insight is the first step toward change.

We have made patterns visible.

We have given language to what often remains unspoken.

We have shown that peace does not arise by looking away, but by looking together.

By acknowledging what goes wrong, we can build what can be made right.

And that is where our strength lies: no one has to carry this alone.

Peace grows when people find each other.

When knowledge is shared.

When experiences are recognized.

When systems learn from the people they are meant to serve.

1.3 Summary Message: Walking the Path to Peace Together

The path to peace is a shared journey.

A journey that requires:

- openness
- curiosity
- compassion
- responsibility
- collaboration
- and the willingness to keep learning

Peace emerges when we recognize and break patterns.

When we protect each other instead of dividing each other.

When we make systems more humane.

When we choose dialogue instead of judgment.

When we invite rather than exclude.

This Manifest is not a finished document.

It is a living whole, a foundation that grows with every voice that joins.

With every experience that is shared.

With every step we take together.

1.4 Call to Action: Help Build the Manifest of Peace

Everyone reading this carries a piece of the solution within them.

Your insights, your experiences, your contributions can help others.

They can improve systems.

They can change lives.

That is why we invite you to write with us, think with us, and build with us toward a world in which peace is no longer a wish, but a reality.

✉ Send your additions, ideas or reflections to:
rainbowribbonworldwide@gmail.com

Together we make this Manifest stronger.

Together we make patterns visible.

Together we build a world in which peace is not the destination, but the starting point.

2. Legal Disclaimer, Privacy & Methodology

Applicable to the entire Manifest of Peace

2.1 Purpose and scope of this disclaimer

This chapter applies to the entire Manifest of Peace and ensures:

- legal accuracy
- privacy and safety of all involved
- professional integrity
- ethical responsibility
- proper handling of information

The Manifest is written to promote system improvement, awareness and safety. It is not a case file, not a dossier, not a collection of testimonies, and not a legal assessment of individual situations.

2.2 Legal disclaimer

This Manifest contains only:

- anonymized insights
- abstracted patterns
- professionally reformulated dynamics
- newly created, original text

It contains no:

- verbatim quotes
- personal data
- identifiable details
- individual case descriptions
- confidential documents
- medical information
- legal files

All content has been rewritten in neutral, professional language.

The Manifest is a new, original work that cannot be traced back to specific individuals or situations.

The Manifest is intended as:

- pattern analysis
- description of systemic dynamics
- contribution to policy development
- tool for awareness
- invitation to dialogue

It is not intended as:

- evidence
- legal substantiation in individual cases
- replacement for professional diagnostics
- assessment of guilt or liability

2.3 Privacy & confidentiality

The safety and privacy of all involved are central.

Therefore:

- all contributions from survivors, professionals and experts are fully anonymized
- all insights are processed into patterns, not cases
- all examples are abstracted and non-traceable
- no personal details, locations, timelines or identifiable elements are included
- no individuals, institutions or professionals are evaluated

The Manifest adheres to:

- the GDPR (General Data Protection Regulation)
- ethical guidelines for research and publication
- professional standards for confidentiality

2.4 Methodology – How insights were gathered

The insights in this Manifest are based on:

- verified patterns from practice
- multidisciplinary analyses
- international literature
- professional experience
- conversations with experts
- trauma, violence and systems research
- evaluations of pilots and policy models
- abstracted signals from various sectors

All content is:

- fully rewritten
- contextualized
- analyzed for patterns
- translated into systemic insights
- processed into a new, independent whole

The goal is system improvement, not individual case analysis.

2.5 Ethical principles

The Manifest is written from:

- respect
- humanity
- safety
- care
- responsibility

It chooses:

- protection over sensationalism
- patterns over incidents
- system critique over blame
- knowledge sharing over judgment
- connection over polarization

The Manifest is an invitation to reflection, not condemnation.

2.6 Use of this Manifest

This Manifest may be used for:

- policy development
- education
- training
- awareness
- public dialogue
- research
- system improvement

It may not be used for:

- legal action against individuals
- identification of persons
- traceable case discussion
- harmful interpretations
- misuse of information

2.7 Final statement

This Manifest is written with one purpose: to contribute to a world where peace begins with safety, safety begins with recognition, and recognition begins with responsibility.

This disclaimer protects:

- the people we speak about
- the people who shared their insights
- the professionals who contribute
- the integrity of the Manifest
- and the mission of peace it carries

3. Methodology, Sources & Evidence Base

3.1. Introduction: why this chapter exists

This Manifest is built on an exceptionally broad and diverse knowledge base. It is not a theoretical document detached from reality, but a synthesis of:

- lived experience
- professional practice knowledge
- international frameworks
- scientific insights
- case-based patterns
- conversations with survivors
- conversations with professionals
- official investigations

Transparency about this foundation is essential, not only to ensure reliability, but also to honour the people who shared their experiences, expertise and stories.

This chapter outlines:

- the origin of the information
- the scope and nature of the conversations
- the frameworks and literature used
- the methodological choices
- the limitations
- and the key sources supporting each chapter

3.2. General source overview

The Manifest is based on a unique combination of sources.

3.2.1 Conversations with survivors

- Many conversations with survivors of all forms of violence
- Ranging from intimate terror to digital coercive control
- Including survivors of stalking, sexual violence, system violence and coercive control
- Conducted in various contexts: support services, police contact, informal conversations, long-term trajectories

3.2.2 Official investigations

Many conversations were conducted by official investigators, including:

- a detective
- safety professionals
- chain partners
- specialized support workers

These conversations were analysed for patterns, dynamics and recurring mechanisms.

3.2.3 Professional practice knowledge

In addition to direct conversations with professionals, a wide range of publicly available sources was used in which professionals share their knowledge, experiences and concerns. These sources complement the conversations and reveal patterns recognized across sectors.

Professional input came from:

- youth care
- mental health services
- social work
- police and detectives
- legal professionals
- victim support
- education
- community teams
- medical professionals
- digital safety and cybercrime experts
- social and community organizations
- policy professionals

Publicly accessible sources included:

- investigative journalism
- LinkedIn articles and analyses
- public reflections by professionals
- policy documents and reports
- public posts by survivors and practitioners
- open-access research and sector analyses

These sources were analysed for recurring patterns, system failures, risks and signals that aligned with the conversations.

3.2.4 Lived experience

Survivors of:

- intimate terror
- sexual violence
- digital coercive control
- stalking
- parental alienation
- system violence
- institutional harm

shared their insights, patterns and recovery experiences.

3.2.5 International frameworks and literature

The Manifest aligns with:

- the Istanbul Convention
- coercive control literature
- femicide models (including Jane Monckton Smith)
- trauma research
- digital violence studies
- sociological and psychological frameworks
- international best practices

3.2.6 Pattern analysis

The information was:

- thematically organized
- analysed for patterns
- compared with international literature
- tested against practice experience
- synthesised into a coherent whole

3.3. Sample description

3.3.1 Survivors

- Many survivor stories worldwide
- Ages ranging from adolescents to older adults
- Both men and women (majority women)
- Diverse socioeconomic and cultural backgrounds
- Various forms of violence and entrapment

3.3.2 Professionals

Including:

- support workers
- safety professionals
- police and detectives
- legal professionals
- medical staff
- digital safety experts
- education professionals

3.3.3 Investigators

- official investigators
- a detective specializing in violence patterns
- professionals who followed long-term cases

3.3.4 Themes

The conversations and cases covered:

- intimate terror
- coercive control
- digital coercive control
- stalking
- sexual violence
- system violence
- parental alienation
- institutional harm
- trauma
- power and dependency
- entrapment
- femicide risk

3.4. Methodological approach

3.4.1 Synthesis of three knowledge sources

The Manifest is built from:

1. Lived experience – the voices of survivors
2. Practice knowledge – insights from professionals
3. Scientific knowledge – international literature and models

These three forms of knowledge were treated as equally valuable.

3.4.2 Pattern recognition

The analysis focused on:

- recurring dynamics
- escalation patterns
- mechanisms of power
- system failures
- cumulative harm

3.4.3 Triangulation

Information was consistently tested against:

- multiple sources
- multiple perspectives
- multiple disciplines

3.4.4 No individual case descriptions

No individual stories are described.

All information is anonymized and aggregated.

3.5. Sources & evidence per chapter

Chapters 1–5: Foundations & perspectives

Based on:

- survivor conversations
- practice experience
- international literature

Chapters 6–10: Models & concepts

Based on:

- scientific literature
- international frameworks
- practice observations

Chapters 11–13: Legal & international frameworks

Based on:

- Istanbul Convention
- international legislation
- policy documents
- femicide literature

Chapters 14–22: Forms of violence & patterns

Based on:

- many conversations
- professional case patterns
- international literature
- digital safety expertise

Chapters 23–30: Systems & power

Based on:

- professional conversations
- system analyses
- case patterns
- international best practices

Chapter 31: Entrapment

Based on:

- pattern recognition
- survivor conversations
- system failures
- coercive control literature

Chapter 17: Digital Strangulation & Digital Dragnet

Based on:

- case patterns
- digital safety experts
- international literature
- survivor conversations
- input from professionals and detectives

Chapters 32–40: Solutions & action

Based on:

- policy documents
- practice experience
- international examples
- professional input

3.6. Limitations & transparency

This Manifest is:

- not a scientific study
- not a statistical analysis
- not a legal manual

It is a synthesis of:

- practice
- lived experience
- literature
- international frameworks

Its purpose is to:

- make patterns visible
- identify system failures
- protect survivors
- support professionals
- influence policy

3.7. Conclusion: why this evidence base matters

This chapter acknowledges:

- the people who shared their stories
- the professionals who contributed their knowledge
- the investigators who uncovered patterns

It makes the Manifest:

- reliable
- transparent
- professional
- ethical
- future-proof

And it offers the world a document that is not only true, but also responsibly grounded.

4. Acknowledgements

To everyone who contributed to the Manifest of Peace:

4.1 A word of deep gratitude

The Manifest of Peace is not the work of one person, one organization or one country. It is the result of a global movement of people who believe that peace is not an abstract ideal, but a daily responsibility.

This chapter is a tribute to everyone, nationally and internationally, who contributed to the creation of this living document.

4.2 Thanks to the international community

Our gratitude goes out to the many international researchers, professionals, organizations and survivors who shared their insights, knowledge and courage.

Thank you to:

- trauma scientists who revealed the workings of the human nervous system
- coercive control researchers who exposed patterns of invisible violence
- femicide experts who save lives by identifying risks
- international taskforces that developed new standards
- human rights organizations that safeguard dignity and safety
- academics who gave language to complex patterns
- professionals who protect lives every day
- survivors who transformed their experiences into wisdom

Without your work, this Manifest would not exist.

Your insights form the foundation on which this document stands.

4.3 Thanks to national partners and contributors

Our gratitude extends to everyone in the Netherlands who contributed to this Manifest:

- professionals in care, safety, education and justice
- researchers, policymakers and innovators
- experts by experience who shared their insights
- organizations that dared to name harmful patterns
- people who work daily on safety and recovery
- parents, children and families who raised their voices
- pioneers who developed pilots that save lives
- those who work to change the system from within

Your contributions shaped this Manifest into a document that not only analyses, but also guides.

4.4 Thanks to the survivors

Above all, our deepest gratitude goes to the survivors, the people who endured violence, broke patterns and transformed their experiences into strength.

Your stories are not only valuable.

They are indispensable.

You gave language to what often remains unseen.

You spoke where silence was the norm.

You showed the world that peace begins with recognition.

This Manifest carries your voice.

And your voice carries the future.

4.5 Thanks to everyone who believes in change

To everyone who reads, shares, discusses, critiques, expands or carries this Manifest forward: Thank you.

You are the reason this document lives. You are the reason it grows. You are the reason it has impact.

Peace does not arise from one person. Peace arises from a community that refuses to look away.

4.6 A living document for a living world

The Manifest of Peace is not an endpoint.

It is a beginning.

A foundation that grows with every new voice, every new experience, every new step toward safety and humanity.

We hope, and believe, that this Manifest will:

- inspire systems
- move policymakers
- support professionals
- acknowledge survivors
- and elevate global peace to a new level

Not because it is perfect, but because it is human.

Because it is true.

Because it is collective.

4.7 Final statement of gratitude

To everyone who contributed:

Thank you for your wisdom.
Thank you for your courage.
Thank you for your humanity.

Together we build a world in which peace is no longer a wish, but a reality.

A world in which safety is the norm.
A world in which patterns are broken.
A world in which no one has to remain invisible.

Thank you for being part of the Manifest of Peace.