

DictatorWarning.com: Chapter 1

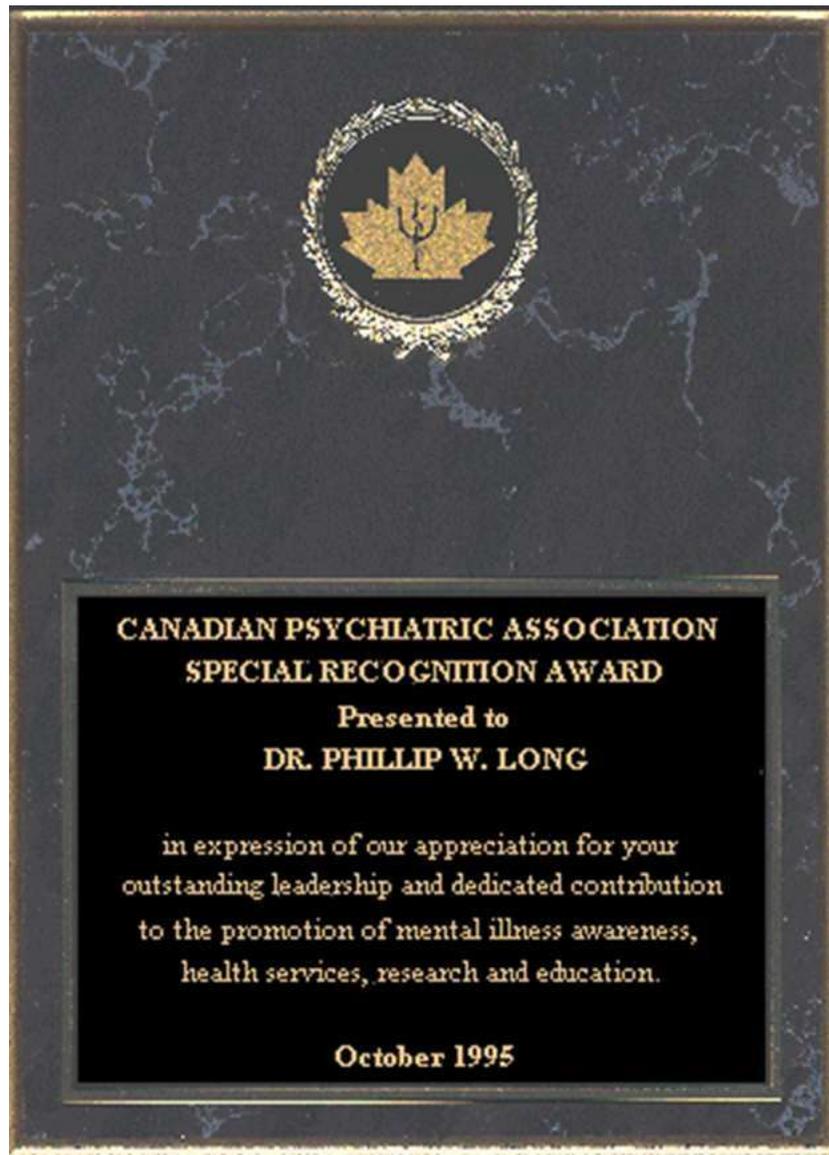
A WARNING

© 2026 Phillip William Long MD. All rights reserved



Who Wrote This Book?

I am a retired Canadian psychiatrist and recipient of the Canadian Psychiatric Association Special Recognition Award 1995.



Basically, my psychiatric career consisted of being a “little frog in a little pond”.

After completing my MD, I completed my DPH in public health, and 4-year residency and FRCP Canadian fellowship in psychiatry. Subsequently, my 4-decade psychiatric career was initially spent

in emergency ward psychiatry then psychiatric private practice. In total, I enjoyed treating more than 2,000 patients in my psychiatric career in socialized medicine. For decades, I offered free psychiatric information and computerized psychiatric diagnosis on the internet.

Where I Live



The beach opposite my home

I am extremely fortunate to live in Canada - far away from the reach of President Trump. Being 81 years old, I want to make the best of the few years I have left. Thus, I wrote this book to be the voice of all those who have been silenced by dictators.

Why Read This Book?

I am writing this book as a warning before President Trump seizes absolute power and converts the USA into a dictatorship.

International rule-of-law, thanks to President Trump, is rapidly being replaced by the old 19th century [might-makes-right imperialism](#).

How can dictators be stopped? How can humanitarian leadership be promoted? That is the mission of this book.

Right now, in the USA heavily armed masked ICE agents are breaking into cars and dragging people – even American citizens – away to be jailed and some are dying in detention or never seen again.

Minnesota Gov. Tim Walz [in May 2025](#) stated: “Donald Trump’s modern-day Gestapo is scooping folks up off the streets. They’re in unmarked vans, wearing masks, being shipped off to foreign torture dungeons, no chance to mount a defense, not even a chance to kiss a loved one goodbye, just grabbed up by masked agents, shoved into those vans, and disappeared.”

The majority of those dragged away by ICE agents [had no criminal history](#). Those sent to foreign prisons (like those in El Salvador) had no legal hearing or trial – they just were flown to a foreign prison without any chance to legally prove their innocence.

The USA is rapidly becoming a dictatorship. This is not “fake news” - this is really happening and can’t be ignored. This book warns against the rise of this [American dictatorship](#).

Questions This Book Tries to Answer

- Why have most societies lived under authoritarian rule?
- Why are authoritarian rulers so cruel and lawless?
- Why do all empires expand and then collapse?
- Why have some modern democracies waged unjust wars or committed genocide?
- Does power corrupt leaders and become physically addictive?
- Did 20th-century dictators have all the worst personality traits anyone could have?
- Do dictatorships empower the worst individuals - hence the worst rule the rest?
- What are key authoritarian vs humanitarian behaviors?
- How can you evaluate and develop more humanitarian traits in yourself?

How To Read This Book

The content of this website is to be downloaded and saved offline for private viewing. All the content is copyrighted, but permission is granted for non-commercial private personal use.

While many books discuss dictatorships and President Trump, this website uniquely provides interactive tools to help you independently evaluate any political leader's authoritarian or humanitarian behavior.

This website often uses **medieval pictures** to remind readers that, although the modern age has god-like technology, politically the world operates as if it is still in the medieval ages.

Why Is This Book Written Like a Textbook?

In my medical training I loved reading clearly organized textbooks. This “textbook style” is one of many journalistic styles, but it was the one I adopted as my own. What this style lacks in poetic imagery, it excels in brevity and clarity. This book is purposely written using a grade 10 vocabulary level to ensure that its message is conveyed as clearly as possible. More complicated material is presented as comparison tables or in point form. The more academic sections are clearly marked so that a reader is free to skip them.

How Do Authoritarian and Humanitarian Behaviors Differ?

This book will examine, from a psychiatric perspective, how authoritarian behavior differs from humanitarian behavior. The key distinctions are as follows:

AUTHORITARIAN BEHAVIOR	Social Inequality	Hatred or Callousness	Aggression, Destruction	Greed	World War II
HUMANITARIAN BEHAVIOR	Social Equality	Kindness or Compassion	Peacemaking, Construction	Generosity	Marshall Plan that rebuilt Europe

This book explores exactly what Lord Acton meant when he said: “**Power corrupts and absolute power corrupts absolutely.**” If we heed Lord Acton’s warning, we will survive.

Otherwise, we may not.

- **Ask AI: What are the main differences between authoritarian and humanitarian behavior?**

The Next Two Decades May Determine If Humanity Survives



Throughout history, empires have risen and crumbled, cultures have flourished and faded - but humanity endured.

For the first time, humanity faces possible extinction from three main threats:

- Accidental nuclear war,
- Severe climate change due to environmental destruction,
- Artificial Intelligence deciding to eliminate humanity to protect the planet.

These risks arise when we neglect the wellbeing of others and our planet.

When nations abandon these humanitarian values, they become architects of their own downfall.

Democracy lacking compassion will not save us.

Democracy, without humanitarian values, can become just as cruel as authoritarian regimes. Some democracies today have waged unjust wars or committed genocide (e.g. Gaza).

Our future depends on kindness and compassion - not weapons or wealth.

The true conflict now is between compassion and cruelty, between humanitarian values and authoritarian power.

This is why this book was written - to promote humanitarian values and caution against the rise of dictatorship.

- [Ask AI: What are the 3 main existential threats now to humanity's survival?](#)

These True Stories Say It All

TRUE STORY #1

Prologue: California 1942

In 1942, thousands of Japanese American families were forced from their homes in California under Executive Order 9066. Their farms and businesses were left behind as they were sent to internment camps. Most lost everything.

In the small town of Florin, agricultural inspector Bob Fletcher watched his Japanese American neighbors being taken away.

Monologue Created to Tell a True Story of Bob Fletcher

They left on the morning trains, whole families gone in a single afternoon. Mothers carrying children, fathers carrying silence. The orchards were still green then, heavy with fruit, but the signs on the fences said, "Evacuation Completed."

Neighbors said it wasn't my concern. "They're the enemy," they whispered. "You'd be smart to stay out of it." But I'd seen those families every season - hands in the same dirt as mine, faces burned by the same sun. They weren't the enemy. They were my neighbors.

When their trucks rolled away, the weeds took over fast. Field by field, row by row, it looked like the valley was forgetting them already. Some people saw opportunity. I saw obligation. Someone had to keep the vines and trees alive.

So I did. Eighteen hours a day, sunup to starlight - pruning, irrigating, fixing equipment that should've had six hands on it instead of mine. Folks called me a fool, or worse. Tires slashed, letters slipped under the door, whispers following me through town.

My Japanese American neighbors offered me their houses before they left - good homes, warm in winter, cool in summer. I couldn't do it. I stayed in the workers' bunkhouse. Teresa too, once we married. We made coffee over a camp stove and slept under thin blankets, listening to the wind move through the orchard rows.

Money? The crops made some. I kept enough to stay alive and saved the rest in accounts with their names on them. It wasn't charity. It was fairness. The same fairness any of us would want if the world turned upside down.

This was a very difficult time, but I was able to get people to help in the harvesting and packing of the grapes. During the harvest we were able to get about 15 people to help. Some days we were able to get packed between two and three hundred boxes of Tokay grapes and later ten tons of grapes to the winery.

Three years like that. Then one day the trains came back. Same tracks, same valley, different faces - older now, worn by camp life. They stepped off expecting to see ruin, but the orchards were blooming. The houses stood ready. And I handed over the records, the keys, the bankbooks.

Some called it heroism. I call it decency. You don't walk past your neighbor's field when it's burning. You pick up a bucket.

People ask why I did it. Because it was the right thing to do. That's all. That's enough.



Robert Emmett Fletcher Jr. (1911-2013)

Epilogue

Bob Fletcher died in 2013 at age 101. His legacy reminds us that even when fear, anger, and prejudice dominate a society, one person's decency can keep humanity alive.

Reference

- [During World War II, This Farmer Risked Everything to Help His Japanese American Neighbors](#)

TRUE STORY #2

My Hero: William Wilberforce and the Power of Never Giving Up

What makes a true hero? Is it fame, wealth, or power? For me, it's quiet courage to keep fighting for what's right, even when everyone says it's impossible. My hero is William Wilberforce, a British politician who spent his whole life working to end slavery in the 19th century British Empire. Slavery was one of the darkest, most evil parts of human history - treating people like property and causing unimaginable suffering. Wilberforce's story shows how one person's persistence, compassion, and intelligence can change the world.

- **Have you ever faced something that seemed too big to change?**

Wilberforce was born in 1759 and became a member of Parliament at just 21. At first, he lived a normal rich life, but everything changed in 1785 when he became a serious Christian. He started to see slavery not as a "normal" business, but as a terrible wrong. From that moment, he decided to fight it - no matter how long it took.

- **What would you do if you discovered something deeply unfair? Would you speak up, even if it was unpopular?**

It took a very long time - over 40 years. He introduced bills to end the slave trade almost every year, and they kept failing. People laughed at him, called him crazy, or said he would hurt Britain's economy. Powerful leaders and rich traders fought against him because slavery made them wealthy. Wilberforce also suffered from bad health and lived in near constant pain. Many people would have quit after one or two tries. But not Wilberforce. He kept going, year after year, because he truly believed every person deserved freedom.

- **How do you handle setbacks in your own life? Do you give up easily, or keep trying?**

What inspires me most is how he combined deep compassion with smart strategy. His compassion came from his heart - he read heartbreaking stories from enslaved people and sailors, and he saw them as equals, as brothers and sisters. He never hated his enemies; he just wanted justice.

But he was also incredibly intelligent in how he built alliances. He didn't fight alone. He teamed up with friends in a group called the Clapham Sect, Quaker activists, women who organized petitions, and even former slaves like Olaudah Equiano who shared their experiences. Wilberforce used speeches, books, boycotts (like not buying sugar from slave plantations), and public meetings to slowly change what people thought. At first, almost no one cared, but by the end, hundreds of thousands of ordinary British people were signing petitions - the biggest public movement of its time.

- **Who could you team up with to make a difference?**

Finally, in 1807, his efforts had the slave trade banned, and in 1833 - just days before Wilberforce died - the British Empire abolished slavery completely, freeing hundreds of thousands of people. His work also inspired anti-slavery movements around the world, including in America.

Wilberforce teaches us that real change often takes decades, not days. You don't need to be loud or angry - just persistent and kind. He once said, "You may choose to look the other way, but you can never say again that you did not know." He didn't look away. He acted, patiently building bridges and never giving up hope.

In today's world, we still face big injustices like violence, unfair treatment, or harming the environment.

- **What issue do you care about most?**

Wilberforce's story reminds us that one person - with compassion, ethics, and smart teamwork - can make a difference. If he could help end one of history's greatest evils after decades of struggle, imagine what you can do if you never give up on what's right. Be like Wilberforce: stay kind, stay smart, and keep going. The world needs more heroes like him - and that can start with you.

- **What small step will you take today?**

Summary

Promoting humanitarian values often involves risking one's life. During the 2026 Australian Bondi Beach massacre, three of four individuals who tried to stop the attackers lost their lives. Throughout history, people have strived to promote or protect human rights - despite many losing their lives in the effort (e.g., [Mahatma Ghandi](#), [Martin Luther King Jr](#)). These are [the true heroes](#).

DictatorWarning.com: Chapter 2

HUMANITARIAN VS AUTHORITARIAN BEHAVIOR

© 2026 Phillip William Long MD. All rights reserved



Social Hierarchies

Since the dawn of agriculture, societies have formed hierarchical power structures rooted in inequality.

To analyze these social hierarchies, consider:

- What elites are at the top of this social pyramid?
- How do the elites at the top of this pyramid treat those below them?
- How is wealth distributed in this social pyramid?

The Same Story in Every Age

For thousands of years, societies were structured as a social pyramid, with a wealthy elite (<1%) at the top and most people (>99%) below doing the crucial work.

Power was mainly held by three competing elite groups:

- 1. Political Rulers:** Kings and nobles ruled the land, expanded their wealth, and focused primarily on taxes and conscription of soldiers while otherwise disregarding the wellbeing of ordinary citizens. Their authority was based on “might makes right”. Justice and individual rights were absent; power struggles between political rulers laid waste to the land.
- 2. Religious Clergy:** The clergy often accumulated wealth rivaling that of kings. They enforced religious law and collected church taxes. They supported the kings and nobility in return for receiving untaxed status and autonomy. The clergy’s authority was based on “we speak for God who must be obeyed”. Many religious wars resulted from religious rivalry. While religious law offered some justice, until the 19th century religions typically endorsed slavery and limited rights for women and children.
- 3. Financial Leaders:** As trade expanded, wealthy traders and bankers gained influence by reinvesting profits and providing loans to kings in exchange for tax breaks, trading privileges, and protection. At times, the wealth of this financial elite rivaled that of kings. The financial elite’s authority was based on “he who has the gold rules” and they secretly represented the financial power behind the political rulers. Without the financial support of these super-rich financial leaders, the political rulers lacked the money to conduct their endless wars. When the king won his wars and plundered his enemies, he was able to pay

back the loans owed to these financial lenders. The financial elite's funding of the religious clergy secured immunity from religious laws and greatly increased their social standing.

Those individuals who had the greatest desire for power rose to the top of these social hierarchies. Their main goal was to gain and maintain power. The people and soldiers they led were viewed as expendable commodities to be exploited to gain more wealth and power.



These leaders recognized that power, wealth, fame, and information were fundamental to sustaining their authority:

- **Power:** Political and religious elites maintained governance through the enforcement of laws and penalties, while financial leaders exercised influence by providing loans or gifts to those in positions of authority.
- **Wealth:** Political and religious authorities levied high taxes, whereas members of the financial elite amassed substantial fortunes through commerce and banking activities.
- **Fame:** Political leaders utilized propaganda to reinforce their image as strong and protective. Religious leaders asserted divine legitimacy for their positions, and financial leaders highlighted their prosperity as evidence of being favored by God.

- **Information:** Leaders depended on intelligence networks, diplomatic channels, confessionals, and trade news to assess potential risks and opportunities.

These leaders demanded total loyalty and obedience. Any criticism of their rule was immediately seen as treason or heresy. These social hierarchies transferred the nation's wealth to the ruling elites leaving little for the 99% of the population below them in the social pyramid.

When these ruling elites fought each other or external enemies, ordinary people paid the heaviest price. Together or in competition, these ruling elites could mobilize armies, declare holy wars, and demand absolute obedience.

These rulers became physically addicted to power, wealth, and fame and their greed became insatiable. More was never enough. Eventually their violence, greed, stupidity, and corruption brought about the collapse of their rule. However, their endless wars killed millions.

- [Crusades](#) (1095-1291) killed 1 to 9 million.
- [Mongol invasions and conquests](#) (1206-1368) killed [20 to 60 million](#)
- [Hundred Years' War](#) (1337-1453) killed 2.3 to 3.5 million and turned northern France into a wasteland of burned villages and starving refugees.
- [Spanish conquest of Mexico](#) (1519-1530) killed 10.5 million.
- [Thirty Years' War](#) (1618-1648) killed 4.5 to 8 million (1/3 of middle Europe)
- [Manchu Conquest of China](#) (1618 to 1683) killed 25 million.
- [French Revolutionary and Napoleonic Wars](#) (1792 to 1815) killed 4 to 7 million.
- [Taiping Rebellion](#) (1850-1864) killed 20 to 70 million.
- [American Civil War](#) (1861-1865) killed 0.6 to 1 million.
- [World War I](#) (1914-1918) killed 15 to 22 million.
- [Russian Civil War](#) (1917-1922) killed 7 to 10 million.
- [Chinese Civil War](#) (1927-1949) killed 4 to 9 million.
- [World War II](#) (1939-1945) killed 70 to 85 million.



1000 Years of War in 5 Minutes [Click Here](#)

- [Ask AI: How has the ratio of civilian vs military casualties changed over history?](#)

The Birth-Death-Rebirth Cycle of Authoritarian Rule

Advances in warfare technology are far outpacing humanity's ability to constrain them.

Why does humanity organize itself into **authoritarian social pyramids** with the **worst of us ruling the rest**? Why do we allow dictators to rule us since they are only interested in gaining more power, wealth, and fame for themselves?

Before the 18th century, governments were led by kings or religious authorities. In the late 18th century, some countries adopted democratic republics, though many later returned to authoritarian rule.

The 20th century saw numerous revolutions where citizens overthrew authoritarian rulers, such as in Russia, China, Cuba, and Cambodia. However, these movements did not lead to democracies but instead created new authoritarian regimes. The era also witnessed the rise of hyper nationalistic and hyper militaristic dictatorships in Germany, Italy, and Japan.

Most of the 20th-century dictatorships lasted less than a lifetime, with a few extending into the 21st century.

Humanitarian Values Ensured Survival

Even in the worst times, most people never gave up being kind and compassionate.



During wars, famines, and epidemics, people found ways to survive and support each other. They held onto humanitarian values like kindness, fairness, mutual support, and respect. Families and neighbors shared food and shelter, cared for the sick and elderly, and helped rebuild homes and villages.

These values strengthened family and community bonds. Local customs encouraged peaceful problem-solving and respect for the rights of others.

These practices did not remove the power of the ruling elites, but they created informal networks of care that made life more bearable and helped people to survive.

Humanitarian Values Spread

For centuries, ruling elites neglected the public if their taxes were paid. Calls for fairer laws were suppressed. Over time, fairness and respect spread among working people. Twentieth-century democracy grew from these ideals and was won by ordinary people, not granted by rulers.

These humanitarian values helped fuel the English Civil War (1642-1651), the American Revolution (1765-1783), and French Revolution (1789-1799), the abolition of slavery (Britain 1833, USA 1865), the expansion of the vote, and twentieth century struggles for civil rights and social justice.

Little Improved Until the Scientific Revolution

The English, American, and French Revolutions re-introduced democracy to the world (after it was extinguished by the fall of the Athenian Greek democracy which lasted from 508 to 322 BCE). However, the re-introduction of democracy in Europe and America did little to improve human welfare. People living in the 18th century still lived in predominantly agricultural societies. They ate 100% organic food, but their life expectancy was only 35 years. Half of all children born then did not survive to adulthood. Most adults were illiterate and many were highly superstitious.

All this started to change when:

- In the 17th century the **scientific revolution** began in Europe. This resulted in significant advancements in mathematics, physics, and astronomy.
- In the 18th century these scientific advancements brought about the **industrial revolution** in Britain around 1760.
- In the early 19th century, the industrial revolution spread to North America and rest of Europe. At the same time, the average lifespan gradually started to increase because of advances in **public health** (e.g., sanitation, vaccination) and **medicine** (e.g., better obstetrical and surgical methods).
- In the 20th century, there was a dramatic increase in average lifespan due to the discovery of **antibiotics** and the spread of **government supported medical care**. During this century, the widespread spread of **education** and **literacy** also dramatically improved human welfare.

Conclusion

The prevention of human extinction, as previously discussed in this chapter, will require all three of these amazing human advances:

- Democracy,
- Humanitarianism,
- Science.

Our problem is that nations are now:

- Returning to authoritarian rule,
- Dismantling their humanitarian institutions,
- Becoming hostile towards science.

The current Trump administration is a tragic example of all three of these existential threats to our survival.



DictatorWarning.com: Chapter 3

DEVELOPMENT OF LEADERSHIP

© 2026 Phillip William Long MD. All rights reserved



7 Phases in Authoritarian Leadership

7 Phases in the Development of Authoritarian vs Humanitarian Leadership

I propose leadership does not suddenly become good or bad overnight – it develops slowly over 7 phases. Each phase is superimposed on the behavior of the previous phase.

Authoritarian leadership may last only for one dictator (like Hitler) or may last for generations (as in North Korea). Each authoritarian phase is more dangerous than the preceding phase.

There are **two very different paths** leaders can take as they gain influence and power:

- the **Dictator Path** (unhealthy leadership)
- the **Humanitarian Path** (healthy leadership)

Leadership always changes over time, but not in the same direction. Dictators and humanitarians often begin their journeys facing similar problems: injustice, fear, economic hardship, or national crisis. What separates them is **how power changes them**.

The 7 phases in the development **process** of leadership are:

1. **Seeking Attention**: The leader gains attention to attract followers.
2. **Seeking Authority**: The leader gains authority within his movement.
3. **Overcoming Opposition**: The leader overcomes opposition to his leadership.
4. **Gaining Power**: The leader gains power for his movement.
5. **Exercising Power**: The leader uses his power to enact his policies.
6. **Reality Contact**: The leader retains/loses contact with reality.
7. **Final Outcome**: The outcome of all the previous phases.
 - **The Dictator Path**: Over time, dictators grow *more arrogant, more suspicious, more criminal, crueler, and more delusional*. With each additional phase of their development, they become more dangerous. Finally, their judgment becomes so impaired that their mistakes cause catastrophe, and their legacy is one of suffering and destruction.
 - **The Humanitarian Path**: Over time, great humanitarian leaders follow the opposite path. They show *more humility, alliance building, justice, altruism, and wisdom*. In the end, they peacefully step aside and their legacy is one of unselfish devotion to the welfare of others.

Dictatorship is all about dominance – gaining and keeping power at any cost. The dictator thinks only about his own personal gain and how to force others into submission. The dictator is addicted to power; more is never enough.

As the dictator's power grows, his true and deeply flawed character is revealed. Eventually it becomes obvious that the dictator has all the worst personality traits that anyone can have. Thus, in a dictatorship, the worst rule the rest.

Millions die when a dictator deceives his nation and leads them to their slaughter. This is exactly what Hitler, Mussolini, Stalin, Mao Zedong, and Pol Pot did in the 20th century.

Dictators violate religion's two most important commands: "**Love One Another**" and "**Do Not Kill**".

If humanity is to survive, it is essential that dictators be stopped in the earliest phases of their development. Thus, it is essential to understand the following 7 phases in the development of leadership.

Humanitarian vs Authoritarian Leadership

Usually when textbooks compare humanitarian leaders to authoritarian leaders, they compare a great humanitarian like Mahatma Ghandi to a to dictator like Hitler. However, to better illustrate the difference between humanitarian vs authoritarian leadership, it is more compelling to compare the example of Jesus Christ to that of President Trump.

This comparison was chosen because President Trump and his administration have stated that they stand for Christian values and are strong defenders of this Faith.

Comparing Jesus Christ to President Trump will help clarify the difference between humanitarian vs authoritarian leadership.

The Antichrist

Every religion warns against letting evil people gain power. Similarly, Christianity warns about the **Antichrist**.

The New Testament does **not** tell Christians to hunt for a **single villain**. It warns them to watch for **patterns**. The Antichrist is not primarily a person to identify, but a **way of ruling, way of thinking, and way of treating others** that is the opposite of Christ.

So, what behaviors would identify a modern Antichrist? Does President Trump show humanitarian Christ-like leadership or authoritarian Antichrist-like leadership?



TRUMP: CHRIST-LIKE LEADERSHIP OR ANTICHRIST-LIKE LEADERSHIP?

	Core Leadership Question	Jesus Christ Leadership	Antichrist Leadership
1	<p>Seeking Attention:</p> <p>How does the leader gain attention to attract followers?</p>	<p>✔ Focuses on injustice, suffering, and moral issues – not himself. Does not seek fame for its own sake.</p>	<p>✘ Draws attention to self through drama, anger, slogans, spectacle, and promoting “then vs us”. Seeks constant praise and personal spotlight.</p>

2	<p>Seeking Influence:</p> <p>How does the leader gain authority within his movement?</p>	<p>✓ Gains respect through humility, compassion, integrity, wisdom, and consistent example. Influence grows through voluntary following and moral conviction.</p>	<p>✗ Claims unique superiority and to be the only one who can fix problems, lacks empathy. Encourages fear, anger, resentment, and prejudice.</p>
3	<p>Overcoming Opposition:</p> <p>How does the leader overcome opposition to his leadership?</p>	<p>✓ Welcomes dissent, protects the vulnerable, builds trust, responds calmly. Teaches through questions and truth. Refuses violence. Forgives enemies.</p>	<p>✗ Demands loyalty, treats disagreement as disloyalty, attacks critics. Labels opponents as enemies and tries to silence or eliminate them. Scapegoats minorities.</p>
4	<p>Gaining Power:</p> <p>How does the leader gain power?</p>	<p>✓ Promotes love, forgiveness, fairness, humility, brotherhood, diversity, equality, inclusiveness, and living simply.</p>	<p>✗ Breaks the law; seeks personal authoritarian control, insatiable need for more fame, power, and wealth.</p>
5	<p>Exercising Power:</p> <p>How does the leader use his power?</p>	<p>✓ Uses influence to heal, serve others, protect the weak, and promote justice. Models servant leadership.</p>	<p>✗ Uses fear, cruelty, and punishment to maintain obedience. Rewards loyal supporters and punishes opponents. Restricts freedom and concentrates authority.</p>
6	<p>Reality Contact:</p> <p>How does the leader retain contact with reality?</p>	<p>✓ Engages with ordinary people. Accepts feedback. Reflects and reviews regularly.</p>	<p>✗ Displays delusional grandiosity, self-glorification, closed-mindedness, and blame-shifting. Ignores criticism, advice, or feedback hence makes serious mistakes. Spreads misinformation.</p>
7	<p>Final Outcome:</p> <p>What is the final outcome?</p>	<p>✓ Leaves a legacy of love, forgiveness, humility, and service that inspires generations.</p>	<p>✗ Leaves a legacy of suffering and national ruin.</p>

To further clarify the differences between humanitarian vs authoritarian leadership, the following **Leadership Scoring Sheet** can be used.

Leadership Scoring Sheet			
INSTRUCTIONS: Circle ✓ ● or ✗ for each phase to describe the person's leadership behavior.			
	Humanitarian Leaders		Authoritarian Leaders
<p>1. Seeking Attention:</p> <p>How does the leader gain attention to attract followers?</p>	<p>✓ Activist: Draws attention to injustice, suffering, or moral issues without seeking self-promotion.</p> <p>● = Mixed or Neither</p>	<p>●</p>	<p>✗ Drama-Seeking Showman: (Criticizes current leaders) Seeks constant attention, stirs conflict/drama, exaggerates threats, promotes fear/prejudice, self-promotes instead of problem-solving.</p>
<p>2. Seeking Authority:</p> <p>How does the leader gain authority within his movement?</p>	<p>✓ Role Model: Inspires followers to action by showing humility, compassion, and dedication to the humanitarian cause.</p>	<p>●</p>	<p>✗ Selfish Narcissist: (Wants to be leader) Seeks praise for his superiority, exploits people, ignores others' feelings, acts rude/arrogant.</p>
<p>3. Overcoming Opposition:</p> <p>How does the leader overcome opposition to his leadership?</p>	<p>✓ Trusted Ally: Seeks allies, builds trust and cooperation.</p>	<p>●</p>	<p>✗ Suspicious Grudge-Holder: (Attacks Rivals) Seeks to eliminate all rivals, distrusts everyone, sees plots everywhere, holds grudges, questions loyalty, overreacts to criticism.</p>
<p>4. Gaining Power:</p>	<p>✓ Law-Abiding Leader: Is democratic, law-abiding, conscientious, and altruistic.</p>	<p>●</p>	<p>✗ Criminal Leader: (Criminally gains power) Is authoritarian, breaks laws/rights, lies/cheats, feels no remorse, recklessly risks safety, and impulsively acts without planning.</p>

How does the leader gain power?			
5. Exercising Power: How does the leader use his power?	✓ Compassionate Leader: Helps people; is compassionate, forgiving, and peacemaking.	●	✗ Cruel Leader: Harms people with cruelty; intimidates, bullies, is violent, callous, and enjoys causing suffering.
6. Reality Contact: How does the leader retain contact with reality?	✓ Sage: Shows realistic self-awareness, open-mindedness, accepts expert advice and feedback, learns from mistakes, and admits when wrong.	●	✗ Delusional Leader: Believes he is infallible, invincible, and all-powerful; rejects advice or feedback, doesn't learn from mistakes, never admits when wrong, and makes catastrophic mistakes.
7. Final Outcome: What is the outcome of all the previous phases?	✓ Humanitarian Legacy: Fixes problems, avoids repeating mistakes, avoids huge errors, and improves others' wellbeing.	●	✗ Disastrous Failure: Repeats mistakes, ignores failures, makes disastrous decisions, and triggers catastrophe.

Scoring Key — What the Score Means

How to Score: ✓ = 0 points (healthy) ● = 1 point (warning) ✗ = 2 points (toxic). Add points from all 7 phases. Maximum score = 14.

Total Score	Risk Level	Meaning
0–2	Low Risk	Strong humanitarian leadership

3–5	Early Warning	Some concerning traits
6–8	High Risk	Clear authoritarian tendencies
9–11	Severe Risk	Resembles dictators
12–14	Extreme Danger	Severe authoritarian leadership

Critical Safety Rule: Even ONE ✖ in Phases 4, 5, 6, or 7 signals serious danger.

© 2026 Phillip William Long MD. All rights reserved. Version v1.1_2026

How Dictatorial Behavior Mimics Psychiatric Disorders

Dictators exhibit dangerous personality traits that become more apparent as their power grows. Initially, their dangerous personality traits remain hidden. As their power grows, they drop their mask and one-by-one their personality flaws become obvious. Typically, these emerge in the order of:

1. **Seeking Attention:** Histrionic behavior
2. **Seeking Authority:** Narcissistic behavior
3. **Overcoming Opposition:** Paranoid behavior
4. **Gaining Power:** Antisocial (criminal) behavior
5. **Exercising Power:** Sadistic behavior
6. **Reality Contact:** Delusional behavior.

In this sequence, each new phase in development superimposes its pathological personality traits on top of the previous phase's traits. Many dictators hide their histrionic behavior until later stages in their development as a dictator.

These pathological personality traits are the dictator's "superpowers" which allow them to gain and maintain dictatorial power – at the expense of increasing the suffering of others.

Eventually, these dictatorial "superpowers" prove to be so destructive to others' wellbeing that the whole dictatorial regime collapses.

Personality Traits Exposed in a Dictator's Development

DEVELOPMENTAL PHASE	DICTATOR BEHAVIOR
<p>1. Seeking Attention:</p> <p>How does the leader gain attention to attract followers?</p>	<p>✗ Drama-Seeking Showman: (Criticizes current leaders) <i>(Histrionic Behavior)</i></p> <p>Seeks constant attention, stirs conflict/drama, exaggerates threats, promotes fear/prejudice, self-promotes instead of problem-solving.</p>
<p>2. Seeking Authority:</p> <p>How does the leader gain authority within his movement?</p>	<p>✗ Selfish Narcissist: (States he should be the new leader) <i>(Narcissistic Behavior)</i></p> <p>Seeks praise for his superiority, exploits people, ignores others' feelings, acts rude/arrogant.</p>
<p>3. Overcoming Opposition:</p> <p>How does the leader overcome opposition to his movement or leadership?</p>	<p>✗ Suspicious Grudge-Holder: (Attacks Rivals) <i>(Paranoid Behavior)</i></p> <p>Seeks to eliminate all rivals, distrusts everyone, sees plots everywhere, holds grudges, questions loyalty, overreacts to criticism.</p>
<p>4. Gaining Power:</p> <p>How does the leader gain power for his movement or regime?</p>	<p>✗ Criminal Leader: (Criminally gains power) <i>(Antisocial/Dissocial Behavior)</i></p> <p>Is authoritarian, breaks laws/rights, lies/cheats, feels no remorse, recklessly risks safety, and impulsively acts without planning.</p>
<p>5. Exercising Power:</p> <p>How does the leader use his power to enact policies?</p>	<p>✗ Cruel Leader: (Cruelly uses power) <i>(Sadistic Behavior)</i></p> <p>Harms people with cruelty; intimidates, bullies, is violent, callous, and enjoys causing suffering.</p>
<p>6. Reality Contact:</p> <p>How does the leader retain contact with reality?</p>	<p>✗ Delusional Leader: (Becomes drunk with power) <i>(Delusional Behavior)</i></p> <p>Believes he is infallible, invincible, and all-powerful – rejects advice or feedback, doesn't learn from mistakes, never admits when wrong, and makes catastrophic mistakes.</p>

<p>7. Final Outcome:</p> <p>What is the outcome of all the previous phases?</p>	<p>✗ Disastrous Failure:</p> <p>Repeats mistakes, ignores failures, makes disastrous decisions, and triggers catastrophe.</p>
--	--

How Outside Help Facilitates a Dictator’s Development

PHASE	DICTATOR’S PROBLEM	DICTATOR’S BEHAVIOR
<p>1: Seeking Attention</p>	<p>Histrionic Behavior Needs constant attention and drama</p>	<p>Drama-Seeking Showman: To gain attention, says shocking things, attacks others, and inflames fear, suspicion, hatred, and prejudice. Enjoys the thrill of creating controversy, conflict, political polarization, and division.</p> <p>Outside help: Hard times like job losses make people listen. TV, radio, or social media spread his words fast. Angry or divided groups (e.g., after a lost war) readily believe his false promises and conspiracy theories.</p>
<p>2: Seeking Authority</p>	<p>Narcissistic Behavior Acts like he’s the people’s strongman savior</p>	<p>Selfish Narcissist: Promotes himself as being the superior strongman who will save the nation and “make it great again”. Promotes hyper-nationalism, need for glory (“Make Germany Great Again”), and scapegoating minority groups. His followers believe his constant lying and see his arrogance and self-promotion as “strength” and “standing up” for the common people.</p> <p>Outside help: Weak or divided politics lets him stand out. People upset about unfairness or lost pride join in. Some powerful people back him for their own gain.</p>

<p>3: Overcoming Opposition</p>	<p>Paranoid Behavior Becomes very distrustful and eliminates rivals</p>	<p>Suspicious Grudge-Holder: Becomes increasingly suspicious of his rivals within his party and removes them to consolidate his own party leadership. He and his followers use bullying and intimidation to keep the public in line and silence all opposition. His propaganda further inflames fear, suspicion, hatred, and prejudice.</p> <p>Outside help: Shaky governments make it easy to take over a political party. Real or made-up dangers (like protests) are used to justify violent crackdowns.</p>
<p>4: Gaining Power</p>	<p>Antisocial Behavior Becomes openly dishonest, corrupt, impulsive, and reckless</p>	<p>Criminal Leader: Fires disloyal people, puts friends/family in charge, and creates an armed militia to terrorize the nation (e.g., ICE). Steadily becomes more lawless, steadily destroys democracy, and dismantles the rule of law. Purposely increases political chaos and uses a crisis (real or fake) as an excuse to seize emergency powers. He and his inner circle plunder the nation's wealth while cutting social services and increasing military spending. In this phase, the dictator drops his mask and publicly shows his greed, dishonesty, irresponsibility, impulsiveness, and recklessness.</p> <p>Outside help: Business leaders give financial kickbacks to the dictator to secure government support for their businesses. Other nations ignore the dictatorship or cooperate with it for their own gain.</p>

<p>5: Exercising Power</p>	<p>Sadistic Behavior Becomes cruel to stay in control</p>	<p>Cruel Leader: Establishes a police state and starts a reign of terror which harshly punishes dissidents and scapegoated minorities. He and those who enforce his sadistic rule are given total legal immunity. He starts wars to seize land and resources. In this phase, his ruthlessness, callousness, and total lack of morality finally become publicly visible. His wars, corruption, and mismanagement severely harm the economy and accelerate inflation. The dictator's goal is to <u>gain</u> and maintain power.</p> <p>Outside help: Allies in other dictatorships form military alliances with the dictator.</p>
<p>6: Reality Contact</p>	<p>Delusional Behavior Believes he's omnipotent, ignores advice, makes catastrophic mistakes</p>	<p>Delusional Leader: Becomes delusional and a megalomaniac who believes that he is infallible, invincible, and allpowerful. Demands total obedience, ignores advice, and makes catastrophic mistakes because no one is allowed to question him. At the end of a dictator's regime, there is a total restriction of the freedom of speech and the press. At the end, the goal of the dictator is to just retain his power, wealth, and his life. Thus, the dictator must have total information control over his nation to suppress any internal revolt.</p> <p>Outside help: Government controlled media hides problems. His military and political alliances support the continuation of his dictatorship.</p>

7: Final Outcome	Catastrophic Collapse Refuses to admit mistakes until everything falls apart	Disastrous Failure: Bad decisions pile up and finally catastrophic mistakes cause the collapse of his rule. Outside help stops: When things get too bad, money dries up, allies abandon him, and people rebel. Usually after the collapse of one dictatorship, a new aspiring dictator starts the cycle again.
-------------------------	--	---

Preventing a dictatorship is possible if authoritarian actions are halted early, within the first 3 phases. After the third phase, stopping full dictatorship becomes extremely challenging. Some aspiring dictators initially hide the first two phases from public view.

- **Ask AI: What are the phases in the development of a dictatorship?**
- **Ask AI: Who are the most powerful dictators currently?**

Victim, Villain, Rescuer

Initially the aspiring dictator states that he and the common people are **victims** of **villains** (phase 1). Then he states that he is the strongman **rescuer** that will save the nation (phase 2) by eliminating its internal enemies (phase 3). Once he obtains national political power, it becomes obvious that he is the real **villain** who is a **criminal** (phase 4), a **sadist** (phase 5), **delusional** (phase 6), and a **disaster** for his nation (phase 7).

7 Phases in Humanitarian Leadership



PHASE	ROLE	HUMANITARIAN LEADER'S BEHAVIOR
1: Seeking Attention	Activist:	<p>Draws attention to injustice, suffering, or moral issues without seeking self-promotion.</p> <p>Outside help: Good economic times make people open to positive ideas. Media spreads helpful messages. Similar-minded groups join in.</p>
2: Seeking Authority	Role Model:	<p>Inspires followers to action by showing humility, compassion, and dedication to the humanitarian cause.</p> <p>Outside help: Stable politics let everyone join in. People proud of their country (e.g., from fair laws) get motivated. Supportive groups or donors help spread the word.</p>

<p>3: Overcoming Opposition</p>	<p>Trusted Ally:</p>	<p>Gains leadership of the humanitarian movement by seeking allies, building trust, and cooperation.</p> <p>Outside help: Strong governments make teamwork safe. Real successes (like community wins) build confidence. Positive stories in media encourage more trust.</p>
<p>4: Gaining Power</p>	<p>Law-Abiding Leader:</p>	<p>Promotes humanitarian, democratic, law-abiding, cautious, and conscientious government.</p> <p>Outside help: A healthy economy promotes this phase. A free press and fair alliances with other likeminded political groups support these ethical changes. Community needs (e.g., homelessness, unfair taxation) create chances to help.</p>
<p>5: Exercising Power</p>	<p>Compassionate Leader:</p>	<p>Promotes compassion, forgiveness, truth, and reconciliation in government.</p> <p>Outside help: A free press and accurate government statistics (e.g., unemployment rate, national debt) document the need for social change. Learning from, and allying with, other humanitarian countries accelerate reconciliation and repair of relationships.</p>
<p>6: Reality Contact</p>	<p>Sage:</p>	<p>Shows realistic self-awareness, open-mindedness, accepts expert advice and feedback, learns from mistakes, and admits when wrong.</p> <p>Outside help: A free press, the rule of law, and lack of corruption are essential for this phase.</p>
<p>7: Final Outcome</p>	<p>Humanitarian Legacy:</p>	<p>Fixes problems, avoids repeating mistakes, avoids huge errors, and improves others' wellbeing.</p> <p>Outside help that lasts: When humanitarian leadership is strong, people thrive, allies stay, and social and economic progress continues.</p>

- **Ask AI: Who were the world's greatest humanitarian leaders?**
- **Ask AI: What are the common features of great humanitarian leaders?**
- **Ask AI: In the last 100 years, why have there been more authoritarian governments than humanitarian ones?**
- **Ask AI: Currently, which of the superpowers (USA, China, Russia, India, Europe) are becoming more authoritarian?**

DictatorWarning.com: Chapter 4

PRESIDENT TRUMP'S LEADERSHIP

© 2026 Phillip William Long MD. All rights reserved





Seeking Attention

An aspiring dictator seeks attention by [attacking opponents and stirring fear and prejudice](#), hoping fame will draw followers and funding. He thinks [repeating a lie makes it believable](#) and that it's simpler to exploit fear and hatred than kindness and compassion. His need for applause ignores facts, exaggerates crises, or provokes conflict so he can stay in the public's attention. During this phase, the main characteristic of the aspiring dictator is his **attention-seeking**.

***Fame** has a major impact on politics and business. In 2025, Tesla accounted for just **4%** of U.S. light vehicle sales but nearly **90%** of all the sector's stock market value (which included the stock market value of GM, Ford, and all other US passenger car manufacturers). This overvaluation of Tesla stocks is mainly due to Elon Musk's reputation and branding rather than [actual performance](#). The **brand images** of Musk and Trump highlight how **showmanship often outweighs results**.*



Seeking Authority

The aspiring dictator presents himself as the nation's savior, using "us versus them" rhetoric and promoting his own [superiority](#). Because of his narcissism, the aspiring dictator is very good at branding his image. He claims only he can replace the current "corrupt" government, consistently promoting his image of strength and decisiveness. His growing power heightens his sense of superiority and entitlement, making him increasingly unreceptive to feedback. During this phase, the main characteristic of the aspiring dictator is his **arrogance**.



Overcoming Opposition

Using intimidation and threats of physical harm, the aspiring dictator consolidates total control over his political movement. He promotes conspiracy theories and recasts himself as the people's champion who will [take revenge](#) against the "[vermin](#)" he suspects as being "[enemies of the people](#)" and "[enemies within](#)". The aspiring dictator purposely increases his followers' suspicion and hostility as a "divide and conquer" strategy. He uses fear to keep people distracted, divided, and easier to control. During this phase, the main characteristic of the aspiring dictator is his **distrust**.



Gaining Power

Once the [aspiring dictator gains power](#) in government, he removes those deemed disloyal from the civil service and military. He views any questioning of his decisions as betrayal. He fills key positions with loyalists and suppresses dissent. He no longer bends the rules, he [demolishes the rule of law](#). The aspiring dictator then becomes an absolute dictator by finding or creating a [“threat to national security”](#) to seize all power and run the government with total lack of accountability. The dictator, his family, and his henchmen [make themselves rich](#) and powerful by [stealing from the rest of the people](#). The dictator’s hunger for fame, riches, and power grows insatiable - more is never enough. During this phase, the main characteristic of the dictator is his **lawlessness**.



Exercising Power

To enforce obedience, the dictator increases attacks against all those who would oppose him. He demonizes a minority group and establishes a police state to jail or [deport them](#). The evilness and cruelty of his dictatorial rule steadily escalate. The dictator uses cruelty to look strong and to intimidate others to obey and fear him. He justifies the suffering he causes as necessary. The dictator delegates power to sadists who [derive pleasure from inflicting suffering](#) by unleashing a [reign of terror](#) or war. During this phase, the main characteristic of the dictator is his **cruelty**.

The budget and manpower of the US Department of Homeland Security is now larger than the budget and manpower of the US Marine Corps.



. Actual Trading Card of Himself Sold by President Trump

Reality Contact

Convinced of his own infallibility, near-divine invincibility and power, the dictator demands absolute obedience, ignores advice, and fosters an extreme personality cult. He governs with [“a view that there’s nothing he can’t do. Nothing, zero, nothing.”](#) The dictator does everything he can to increase his reputation as the superman-savior of his nation. Since [no one is allowed to question his decisions](#), the dictator makes serious mistakes. During this phase, the main characteristic of the dictator is his **delusional omnipotence**.



Final Outcome

Unable to admit failure, the dictator doubles down on mistakes and finally makes catastrophic misjudgments. The dictator's persistent attention-seeking, arrogance, distrust, lawlessness, cruelty, and delusional omnipotence finally bring about his defeat. The dictator finally runs out of money, troops, and ideas. One final catastrophic misjudgment turns into a fiasco which brings about his defeat. During this final phase, the main characteristic of the dictator is his **collapse**. This disaster paves the way for a new aspiring dictator to rise and potentially repeat the cycle (phases 1 to 7).



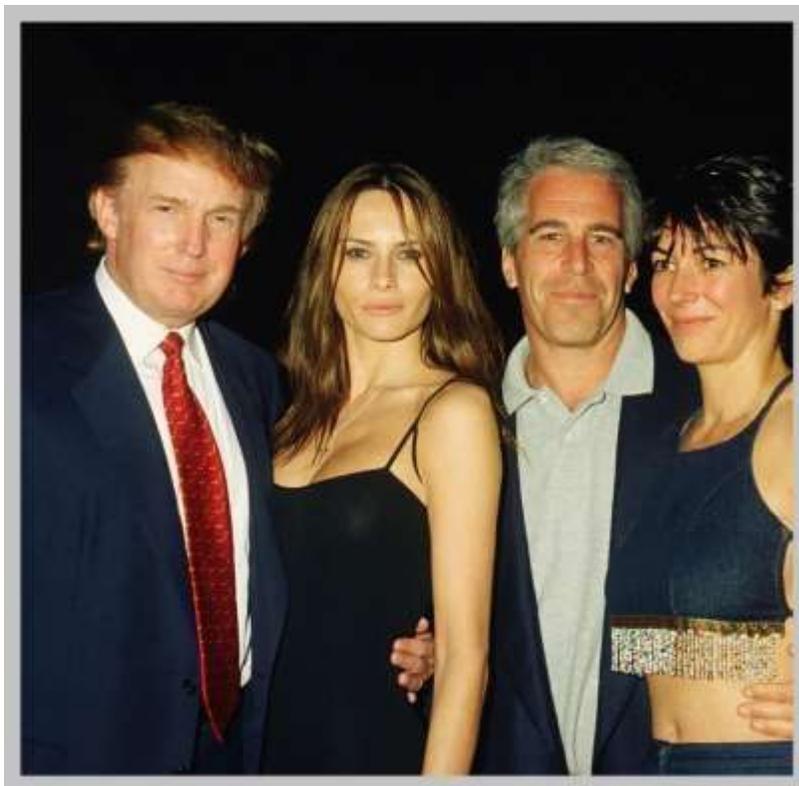
Elon Musk
@elonmusk



Time to drop the really big bomb:

[@realDonaldTrump](#) is in the Epstein files. That is the real reason they have not been made public.

Have a nice day, DJT!



El Salvador Extermination Prison



[Inside the Salvadoran mega-prison where US deportees live](#)

[CECOT Prison – Inside El Salvador’s Mega Jail | World’s Toughest Prison - YouTube](#)

CECOT Prison is an **extermination facility**. It is just a matter of time before most of its inmates die due to disease. The government knows this. This **extermination-by-disease** is their “final solution” to the problem of how to kill these prisoners. No firing squads, no gas chambers, no hangings - just waiting for a lethal epidemic to break out in this overcrowded, filthy prison.

Expanded Topics

Throughout this book:

- Topics will be first introduced in **abbreviated** form (with their titles in **black**).
- Topics then may be repeated in **expanded** form (with their titles in **blue**) which can be skipped. Questions to **ask AI** are also shown in **blue**.