


AnchorHaven Debrief Program – Signs & Patterns Checklist

A private self-reflection tool for survivors of Targeting, MILAB, and SSP experiences

 *Note: This is not a diagnostic tool. It is for personal awareness only. Many of these experiences may overlap, and having some signs does not automatically confirm involvement. Always use discernment.*

Section 1 – General Survivor Patterns

 *Tick all that apply:*

- Periods of **missing time** or gaps in memory.
 - Recurring dreams with unusual intensity (military, ET, labs, space, training).
 - High sensitivity to **electromagnetic fields** or technology malfunctions around you.
 - Feelings of being “watched” or **monitored**.
 - Sudden, intense **sleep disturbances** or waking at consistent times (e.g., 3–4 AM).
 - Physical **marks or bruises** on waking without known cause.
 - Heightened intuition or psychic perception after traumatic/strange events.
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Section 2 – Targeted Individual (TI) Indicators

 *Tick if you notice:*

- Unusual **electronic interference** (phones, WiFi, devices cutting out).
- Voices or sounds perceived as external **V2K (voice-to-skull)** phenomena.
- Social **isolation tactics** (relationships breaking down, smear campaigns, odd community targeting).
- Persistent sense of **being stalked** or followed.
- Sleep deprivation or induced fatigue.
- Medical issues with no clear explanation (burning sensations, headaches, neurological symptoms).

Section 3 – MILAB (Military Abduction) Markers

Tick if you notice:

- Dreams or flashbacks involving **military uniforms, labs, injections, or training drills.**
 - Strong recall of being in **underground bases, hangars, or sterile environments.**
 - Memories of **medical experimentation** or procedures without consent.
 - Intense fear of hospitals, needles, or authority figures in uniform.
 - Sudden **phobias or PTSD responses** with no clear trauma source.
 - Encounters with both **ETs and military personnel** in the same scenario.
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Section 4 – SSP (Secret Space Program) Markers

Tick if you notice:

- Memories of serving in **off-world locations** (Mars, Moon, or star systems).
 - Repeated themes of **20-and-back**, age regression, or being “returned younger.”
 - Recollections of **advanced ships, technology, or weaponry.**
 - Feeling deep resonance with **galactic star races** or space-based missions.
 - Sudden knowledge of **physics, star systems, or advanced healing** you weren’t taught.
 - Flashbacks of wearing **space suits, insignia, or being in fleets.**
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Section 5 – Integration Notes

- Which sections had the most ticks? _____
- How do these patterns align with your lived experience?

- What emotions came up as you filled this out? _____
- What support do you feel you need at this stage? _____