

# **Anatomy of a Victim**

An Educational Overview of Exploitation, Psychological Control, and Liberation

# Anatomy of a Victim

Manipulation, Exploitation & Liberation

## TRAITS OF A VICTIM

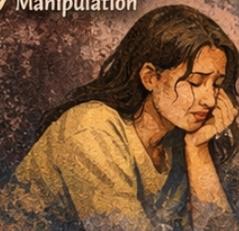


- ✓ Empathic & Trusting
- ✓ Idealistic & Dreamer
- ✓ Isolated or Vulnerable



## PSYCHOLOGICAL TORTURE

- ✓ Humiliation
- ✓ Fear & Lies
- ✓ Manipulation



Gaslighting

Isolation

## THE PUPPETEER

Threats

Control

## DOLLS OF CONTROL

• Objectified

Manipulated

The Loyalist

The Recruiter

The Spy

## Network of Exploitation

- Cult
- Trafficking Ring
- Corrupt Group

## Cutting the Cords

## RESTORING FREEDOM & IDENTITY

♦ Exposing the Truth

♦ Empowering the Victims

## **1. Understanding Victimization**

Victimization is not a personality flaw by any means. It is a relational dynamic created when an exploiter identifies vulnerability and systematically leverages it for control.

## **2. Traits Exploiters Target**

- Empathy and compassion
- Idealism and vision
- Isolation or transitional vulnerability

## **3. Methods of Control**

- Love bombing and excessive validation
- Information harvesting
- Isolation and divide tactics
- Gaslighting and reality distortion
- Intermittent reward cycles

## **4. Psychological Impact**

Objectification, humiliation, fear conditioning, manipulation, and identity erosion are common outcomes of sustained coercive control.

## **5. Breaking the Cords**

Liberation occurs through transparency, documentation, structural intervention, legal accountability, law reform, and trauma-informed recovery support.

→ **Most Importantly, Restoring Identity and Freedom**

Healing includes rebuilding boundaries, restoring community, accessing therapeutic support, and reclaiming narrative **agency**.

**See: <https://polarisproject.org/survivor-stories/>**