

# A Public Awareness List:

## How Modern Conflicts Are Fought Without Declared War

*(Often called Cold War, hybrid war, gray-zone conflict, or asymmetric warfare)*

**Comprehensive list** designed for the **American people** to better understand **modern conflict, pressure, and destabilization methods** affecting society today.

*It is an awareness framework—so people can recognize patterns, ask better questions, and engage in clearer civic dialogue.*

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### I. Psychological & Social Pressure Tactics

1. Fear amplification
2. Chronic anxiety induction
3. Gaslighting of communities
4. Normalizing hostility
5. Demoralization
6. Confusion as strategy
7. Moral exhaustion
8. Shame campaigns
9. Public humiliation
10. Reputation destruction
11. Social isolation
12. Ostracism
13. Silence as punishment
14. Intimidation without threats
15. Mockery to delegitimize
16. Dehumanizing language
17. Framing dissent as pathology
18. Trauma exploitation
19. Emotional invalidation

20.Manufactured helplessness

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## **II. Information, Media & Narrative Control**

- 21.Propaganda
  - 22.Disinformation
  - 23.Misinformation flooding
  - 24.Narrative monopolies
  - 25.Agenda setting
  - 26.Selective reporting
  - 27.Media blackouts
  - 28.Sensationalism
  - 29.Context stripping
  - 30.Historical revisionism
  - 31.Erasure of inconvenient facts
  - 32.False equivalence
  - 33.Algorithmic suppression
  - 34.Astroturf movements
  - 35.Echo chambers
  - 36.Coordinated messaging
  - 37.Weaponized anonymity
  - 38.Strategic leaks
  - 39.Headline manipulation
  - 40.Repetition saturation
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## **III. Political & Institutional Pressure**

- 41.Bureaucratic obstruction
- 42.Selective enforcement
- 43.Regulatory harassment
- 44.Weaponized audits

- 45. Administrative delays
  - 46. Licensing denial
  - 47. Legal intimidation
  - 48. Policy ambiguity
  - 49. Institutional capture
  - 50. Committee paralysis
  - 51. Funding manipulation
  - 52. Selective defunding
  - 53. Credential invalidation
  - 54. Accreditation pressure
  - 55. Jurisdictional conflicts
  - 56. Procedural exhaustion
  - 57. Non-response as strategy
  - 58. Policy whiplash
  - 59. Administrative overreach
  - 60. Quiet rule changes
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## **IV. Economic & Financial Warfare**

- 61. Sanctions
- 62. Trade pressure
- 63. Market manipulation
- 64. Price dumping
- 65. Currency pressure
- 66. Capital flight inducement
- 67. Credit denial
- 68. Banking exclusion
- 69. Insurance withdrawal
- 70. Contract cancellation
- 71. Supply chain disruption

- 72. Vendor intimidation
  - 73. Asset freezing
  - 74. Targeted boycotts
  - 75. Economic isolation
  - 76. Resource hoarding
  - 77. Subsidy weaponization
  - 78. Debt leverage
  - 79. Investment chilling
  - 80. Employment destabilization
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## **V. Cultural & Identity Manipulation**

- 81. Divide-and-conquer narratives
- 82. Identity polarization
- 83. Group antagonism
- 84. Value inversion
- 85. Norm erosion
- 86. Boundary confusion
- 87. Tradition delegitimization
- 88. Symbol desecration
- 89. Language redefinition
- 90. Cultural ridicule
- 91. Loyalty testing
- 92. Social conformity pressure
- 93. Cancel campaigns
- 94. Virtue coercion
- 95. Moral signaling enforcement
- 96. Heritage minimization
- 97. Cultural erasure
- 98. Identity reductionism

99.Manufactured grievance

100.Social fragmentation

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## **VI. Academic & Knowledge Control**

101.Ideological gatekeeping

102.Curriculum manipulation

103.Research suppression

104.Funding bias

105.Peer-review weaponization

106.Citation exclusion

107.Academic blacklisting

108.Expertise laundering

109.Dogma enforcement

110.Thought policing

111.Data cherry-picking

112.Statistical obfuscation

113.Terminology capture

114.Dissent marginalization

115.Knowledge monopolies

116.Credential inflation

117.Discourse narrowing

118.Theory shielding

119.Academic siloing

120.Intellectual intimidation

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## **VII. Legal & شبه-legal (Lawfare) Tactics**

121.Strategic lawsuits

122.Frivolous complaints

123.Venue shopping

- 124.Procedural stalling
  - 125.Compliance traps
  - 126.Legal cost intimidation
  - 127.Regulatory capture
  - 128.Selective prosecution
  - 129.Investigative overreach
  - 130.Confidentiality abuse
  - 131.Precedent distortion
  - 132.Retroactive rule changes
  - 133.Due-process erosion
  - 134.Settlement coercion
  - 135.Surveillance justification creep
  - 136.Whistleblower suppression
  - 137.Injunction abuse
  - 138.Administrative suspicion
  - 139.Legal ambiguity exploitation
  - 140.Rights chilling
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## **VIII. Surveillance & Digital Control**

- 141.Mass surveillance
- 142.Metadata exploitation
- 143.Informant networks
- 144.Behavioral tracking
- 145.Data profiling
- 146.Risk scoring
- 147.Predictive labeling
- 148.Watchlist ambiguity
- 149.Platform deplatforming
- 150.Shadow banning

- 151.Communication throttling
  - 152.Account flagging
  - 153.Identity verification pressure
  - 154.Digital exclusion
  - 155.Access denial
  - 156.Social mapping
  - 157.Loyalty monitoring
  - 158.Travel signaling
  - 159.Data weaponization
  - 160.Algorithmic bias
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## **IX. Hybrid, Proxy & Irregular Warfare**

*(Modern warfare often avoids uniforms, declarations, and clear battlefields)*

- 161.Proxy conflicts
- 162.Non-state armed actors
- 163.Cartel proxy violence
- 164.Narco-terrorism
- 165.Criminal insurgency
- 166.Parallel criminal governance
- 167.Drug-economy warfare
- 168.Fentanyl as population-level weapon
- 169.Community destabilization via drugs
- 170.Corruption of institutions
- 171.Human smuggling networks
- 172.Instrumentalized migration flows
- 173.Population pressure as leverage
- 174.Border destabilization
- 175.Asylum system overload
- 176.Demographic stress operations

- 177.Pandemic exploitation
  - 178.Public-health destabilization
  - 179.Medical supply manipulation
  - 180.Bio-economic disruption
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## **X. Infrastructure, Environment & Resource Pressure**

- 181.Energy disruption
  - 182.Water pressure tactics
  - 183.Food system interference
  - 184.Transportation disruption
  - 185.Housing destabilization
  - 186.Utility manipulation
  - 187.Environmental degradation leverage
  - 188.Disaster exploitation
  - 189.Emergency response overload
  - 190.Critical infrastructure neglect
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## **XI. Diplomatic & Strategic Ambiguity**

- 191.Plausible deniability
  - 192.Strategic ambiguity
  - 193.Diplomatic stalling
  - 194.Conditional aid
  - 195.Recognition withdrawal
  - 196.Forum domination
  - 197.Treaty ambiguity
  - 198.Back-channel manipulation
  - 199.Soft-power coercion
  - 200.Norm manipulation
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## **XII. Organizational & Community-Level Tactics**

- 201. Internal sabotage
  - 202. Leadership undermining
  - 203. Faction creation
  - 204. Loyalty fragmentation
  - 205. Resource starvation
  - 206. Role ambiguity
  - 207. Burnout induction
  - 208. Scapegoating
  - 209. Manufactured consensus
  - 210. Controlled opposition
  - 211. Attrition warfare
  - 212. Strategic incompetence
  - 213. Obstruction by compliance
  - 214. Delay tactics
  - 215. Community intimidation
  - 216. Civic disengagement pressure
  - 217. Trust erosion
  - 218. Long-term demoralization
  - 219. Normalization of instability
  - 220. Perpetual uncertainty
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### **Why this list exists:**

- To **name patterns, reduce confusion, recognize when pressure is systemic and to**
- To support **clearer, calmer civic dialogue**

Through our work we aim to build awareness, compassion, and agency.

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