

Psychological Terror as a Tool of Control

The Use of Terrorism Against One's Own Population and Its Long-Term Societal Consequences

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ABSTRACT

The use of terroristic tactics by a state or ruling authority against its own civilian population represents one of the most extreme forms of psychological control. Unlike conventional warfare, which targets external threats, internal terrorism seeks to fracture social cohesion, destabilize resistance, and engineer obedience through fear.

This white paper explores the psychological mechanisms behind state-sponsored terror, its strategic purpose, and its devastating long-term effects on mental health, governance, social trust, economic stability, and collective identity. While often framed as security or stabilization measures, such practices ultimately hollow out societies and produce enduring cycles of trauma, authoritarianism, and violence.

DEFINING TERRORISM USED AGAINST CIVILIAN POPULATIONS

When terrorism is used against a civilian population by its own governing structures or affiliated forces, it represents a shift from governance to domination. Internal terrorism is not about maintaining order or enforcing law; it is about engineering psychological submission. It is the calculated use of fear as a political instrument.

In this context, terrorism becomes a communication strategy. The violence itself is

not the final objective. The objective is what the violence teaches the population:

- That safety is conditional
- That dissent is dangerous
- That unpredictability is permanent
- That obedience is survival

This form of terrorism is designed to dismantle the psychological sense of agency. People are not only harmed physically but trained

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emotionally and neurologically to expect danger. The environment becomes one of continuous threat, where the nervous system remains locked in hyperarousal or collapse.

Unlike conventional repression, which seeks compliance through visible authority, laws, and enforcement mechanisms, terrorism functions through invisibility and unpredictability. It thrives on not knowing:

- Who is next
- When it will happen
- Why it happened
- Who can be trusted

This uncertainty destabilizes cognition itself. The mind cannot form reliable expectations, and without predictability, safety collapses. When predictability collapses, trust collapses. When trust collapses, collective organization becomes impossible.

Hypervigilance becomes the default psychological state. Civilians begin scanning:

- Their neighbors
- Their words
- Their actions
- Their thoughts

This transforms everyday life into a surveillance environment even without formal surveillance systems. People internalize the oppressor. The

population begins policing itself, censoring itself, and fragmenting its own social bonds.

Distrust spreads horizontally and vertically:

- Between citizens
- Between families
- Between communities
- Between individuals and institutions

Social cohesion dissolves because terror makes every relationship feel potentially dangerous. Connection becomes a liability.

Emotional paralysis is the final outcome. When fear becomes constant and unresolvable, people lose access to emotional processing. This produces:

- Numbness
- Dissociation
- Learned helplessness
- Emotional withdrawal

At this stage, the population may appear calm or compliant, but this is not stability. It is shut down. It is trauma-induced silence.

The civilian population becomes both:

- The target: because they are the ones being harmed
- The message: because their suffering is meant to instruct others

Each act of terror communicates:
“This can happen to anyone.”
“You are not protected.”
“Power is absolute.”
“Your life is conditional.”

Terrorism against civilians therefore functions as mass psychological conditioning. It does not merely punish behavior; it reshapes identity, perception, and collective reality. It teaches people how small they are meant to feel.

In this model, fear is not a side effect.
Fear is the product.

THE PSYCHOLOGY OF FEAR AS CONTROL

Fear & Compliance

Fear is not just an emotion; it is a biological override system. When fear is activated, the brain prioritizes survival over reasoning, immediacy over reflection, and compliance over autonomy. In populations exposed to terror, fear becomes a neurological training mechanism.

At the center of this process is the amygdala, the brain’s threat detection system. When terror tactics are used repeatedly, the amygdala remains in a state of chronic activation. This produces a population that is neurologically conditioned to expect danger. Once this happens, the prefrontal cortex—the region responsible for critical thinking, moral reasoning, planning, and dissent—loses influence. People literally lose access to higher cognitive functioning under sustained fear.

This is why terror is so effective as a tool of control. It does not require persuasion. It

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bypasses logic and goes straight to survival circuitry.

Terror tactics:

- Keep the nervous system in fight, flight, freeze, or collapse
- Short-circuit rational analysis
- Reduce long-term thinking
- Create dependency on perceived authority figures

When fear is constant, obedience becomes self-preservation.

Instead of asking:

“Is this right?”

People ask:

“Will this keep me alive?”

Instead of questioning authority, they seek proximity to it. Authority becomes psychologically reframed as safety, even when it is the source of harm. This is a classic trauma-bond dynamic at a societal level.

Fear-based compliance is not rooted in belief or loyalty. It is rooted in exhaustion. The human nervous system cannot remain in survival mode indefinitely. When threat is continuous, people eventually surrender psychologically—not because they agree, but because resistance becomes biologically unsustainable.

This creates learned compliance:

- Not chosen

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- Not reasoned
- Not ideological
- But conditioned

People stop challenging not because they believe in the system, but because their bodies have learned that challenge equals danger.

Short-term survival behaviors replace long-term societal thinking:

- Silence replaces speech
- Isolation replaces organizing
- Submission replaces self-expression
- Withdrawal replaces resistance

Terror also reshapes social norms. When people see others punished for speaking out, their nervous systems internalize the lesson. Fear becomes contagious. No additional violence is needed once the message is absorbed.

Over time, fear becomes:

- A regulator of behavior
- A social currency
- A boundary-setter
- A cultural norm

This is how terror transitions from an act into a system.

A terrified population does not need constant force applied. It polices itself. It censors itself. It fragments itself. It becomes easier to manage, control, and manipulate.

Fear-based control is powerful because it:

- Eliminates the need for persuasion
- Removes the need for truth
- Replaces trust with dependency
- Replaces courage with compliance

This is not governance.
It is neurological domination.

And once fear becomes the organizing principle of a society, freedom no longer requires chains. The chains are already inside the nervous system.

THE “SPOILING” STRATEGY

The “spoiling” strategy is one of the most psychologically insidious tools in political terror because it does not merely attack people—it attacks possibility. It is designed to destroy hope, cooperation, and the belief that peaceful solutions are viable.

In this framework, violence is not random. It is strategically timed and targeted to collapse trust in any leadership that advocates moderation, negotiation, or reform. When civilians are harmed, especially during moments when peace talks or social progress seem possible, the message becomes clear: *peace is dangerous, and safety only exists through force.*

The goal is to make moderation appear ineffective and naive.

Trauma shifts perception. After violence, populations instinctively look for protection. If moderate leaders cannot immediately stop the harm, they are seen as weak, incompetent, or incapable. Extremist or authoritarian actors then position themselves as the only ones “strong enough” to control chaos. Fear reframes brutality as strength.

This creates a psychological trap:

Moderation becomes associated with vulnerability.

Extremism becomes associated with security.

Once this narrative is installed, the public is no longer choosing between political philosophies—they are choosing between survival and perceived extinction.

The spoiling strategy works by collapsing the middle ground. It removes space for dialogue, compromise, or coexistence. When the center is destroyed, society is forced into binary thinking:

- Us vs. them
- Loyalty vs. betrayal
- Strength vs. weakness
- Obedience vs. death

This is how populations are polarized into extremes.

And polarization is power.

When people are traumatized, they seek certainty. Extremist frameworks offer absolute answers:

- Clear enemies
- Clear rules
- Clear punishments
- Clear loyalty lines

This psychological simplicity feels stabilizing to a nervous system overwhelmed by uncertainty.

Spoiling also manipulates collective memory. Every violent event becomes “proof” that peace was never possible. The public is conditioned to interpret negotiation not as hope, but as danger. Over time, the idea of reconciliation becomes psychologically threatening.

This is not accidental. It is engineered.

The strategy achieves multiple outcomes simultaneously:

- It discredits moderate leadership
- It radicalizes public opinion
- It justifies repression
- It normalizes authoritarian control
- It silences reform

And most dangerously, it reshapes identity. People no longer see themselves as citizens with agency, but as survivors in a war zone who must submit to whoever claims dominance.

Spoiling is not about winning public support.
It is about eliminating alternatives.

When the middle collapses, people stop choosing leaders based on values. They choose based on perceived capacity to inflict violence. Power becomes synonymous with fear generation.

That is how terror transforms governance into domination.

Not through persuasion.
Not through legitimacy.
But through the strategic destruction of hope.

PROVATION AS PSYCHOLOGICAL ENGINEERING

Provocation is a form of psychological engineering because it is designed not to win a conflict, but to shape perception. Its true target is not an enemy force, but the emotional response of the population. The strategy relies on a predictable truth of human psychology: when people feel threatened, they will surrender freedoms in exchange for perceived safety.

Provocation works by triggering shock, outrage, and panic. These emotional states narrow cognitive bandwidth. The nervous system shifts into survival mode, and the desire for immediate protection overrides concern for long-term consequences. In this state, populations become far more willing to accept measures they would normally resist.

The cycle looks like this:

A shocking act occurs.
Fear and anger surge.

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Demand for action intensifies.
Authorities respond with force.
Civil liberties are reduced.
Surveillance increases.
Militarization expands.

Each step is framed as necessary, temporary, and protective. Yet history shows these “temporary” measures rarely disappear once normalized.

Provocation creates moral permission for repression. Actions that would previously be viewed as authoritarian become reframed as responsible leadership. The emotional charge of the moment silences critical thinking and discourages dissent. Questioning power becomes equated with disloyalty or danger.

This is not accidental. It is engineered.

When populations are emotionally destabilized, they begin to confuse control with safety. Heavy policing, armed presence, data collection, and restricted movement feel comforting because they symbolize order in chaos. Fear redefines what feels acceptable.

Provocation also shifts blame. Instead of questioning the system, the public directs anger toward perceived enemies. This redirection protects those in power from accountability while deepening division among civilians. Social cohesion weakens as people turn against each other instead of examining structural causes.

Psychologically, provocation exploits three core vulnerabilities:

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1. **Threat reflex** – Humans instinctively support strong authority during danger.
2. **Cognitive overload** – Trauma reduces capacity for nuance and long-term reasoning.
3. **Moral simplification** – Fear encourages black-and-white thinking: good vs. evil, safe vs. unsafe.

In this state, complexity disappears. Policy becomes reactionary. Power expands quietly under the language of protection.

The most dangerous outcome of provocation is that repression becomes voluntary. People begin asking for their own containment. They request harsher laws, greater surveillance, stronger force. Not because it aligns with their values, but because their nervous systems crave relief from uncertainty.

This is psychological captivity disguised as security.

Over time, populations become conditioned to expect crisis and respond with submission. Each new provocation reinforces the belief that freedom is fragile and safety requires obedience. Democracy weakens not through overthrow, but through emotional exhaustion.

Provocation is not about chaos alone. It is about training a society to consent to its own restriction.

TERROR AS PSYCHOLOGICAL WARFARE

Terror, when used as a tactic against civilian populations, operates as psychological warfare on a collective nervous system. Its primary weapon is not destruction alone, but destabilization. It is designed to break a population's internal sense of order, safety, and coherence.

Human beings require predictability to feel secure. Routine, trust, and social stability regulate the nervous system. Terror intentionally dismantles this foundation. It replaces normalcy with uncertainty, forcing people into a permanent state of vigilance. When people no longer know what is safe, where danger comes from, or who can be trusted, psychological control is already underway.

Terror achieves this by:

Shattering predictability

When violence appears random or unavoidable, the brain cannot form patterns of safety. This unpredictability trains helplessness. People stop planning long-term because survival feels moment-to-moment.

Collapsing safety perception

Even once-secure spaces—homes, schools, markets, places of worship—begin to feel unsafe. The mind internalizes the belief that danger is everywhere. There is no refuge.

Overwhelming coping mechanisms

The human psyche has limits. Continuous exposure to threat overloads emotional processing systems. When coping collapses, people default to instinct, compliance, or emotional numbness.

Fragmenting social trust

Fear isolates. People begin to view one another with suspicion. Communities fracture. Collective solidarity dissolves. Without unity, resistance becomes impossible.

This is the strategic brilliance of terror: It does not just suppress action. It suppresses connection.

Terror creates a population that is:

- Hypervigilant
- Emotionally exhausted
- Psychologically fragmented
- Disconnected from community
- Disconnected from hope

Disorientation becomes the dominant psychological state. When people cannot orient themselves emotionally, socially, or morally, they cannot organize or challenge authority. Confusion replaces clarity. Fear replaces reasoning.

This is not accidental. Disorientation is the goal.

When terror persists, it reshapes identity:

- People begin to see themselves as powerless.
- Communities internalize vulnerability.
- The future feels inaccessible.
- Healing feels impossible.

Survival becomes the only objective. Creativity, resistance, compassion, and innovation disappear when a society is trapped in trauma physiology.

From a neuropsychological perspective, terror keeps populations locked in:

Sympathetic dominance (fight/flight)

Dorsal shutdown (freeze, collapse)

Both states inhibit higher cognitive functioning. This prevents critical thinking, long-term planning, and moral discernment. The population becomes neurologically unfit for sustained resistance.

Terror also disrupts meaning. When violence feels senseless, people struggle to make sense of reality. This existential destabilization weakens belief systems and cultural coherence. People begin searching for authority figures to restore certainty, even at the cost of freedom.

This is why terror is so effective:

- It disables imagination.
- It collapses hope.
- It fractures identity.
- It silences resistance before it begins.

Psychological warfare through terror does not require constant violence. Once fear is embedded, the mind sustains it. Memory, anticipation, and collective trauma become self-reinforcing mechanisms of control.

The population remains compliant not because force is always present, but because terror has been internalized.

And a population that has internalized fear does not need to be dominated externally. It has already been conquered internally.

IDEOLOGY AND MORAL DISENGAGEMENT

For violence to be enacted against one's own population, the greatest barrier is not logistical—it is moral. Most people possess an inherent ethical resistance to harming others, especially civilians. Ideology becomes the psychological bridge that allows this resistance to be bypassed.

Ideology functions as a moral anesthetic. It numbs empathy, suspends accountability, and reframes cruelty as virtue.

This process is known in psychology as **moral disengagement**: the cognitive restructuring that allows individuals or institutions to commit harmful acts without experiencing guilt or moral conflict.

Several mechanisms are commonly involved:

Dehumanization of civilians

Civilians are no longer seen as people, but as:

- “Enemies”
- “Traitors”
- “Subversives”
- “Obstacles”
- “Contaminants”

Language shifts from human descriptors to mechanical or animalistic ones. Once people are psychologically transformed into objects or threats, harming them feels permissible.

Empathy collapses when humanity is removed.

Framing dissent as danger

Any disagreement becomes:

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- A national security threat
- A moral betrayal
- An act of treason

This eliminates the concept of legitimate opposition. Questioning authority is equated with endangering lives. Fear replaces dialogue, and silence becomes framed as loyalty.

Moral absolutism

The world is divided into:

- Pure vs. corrupt
- Loyal vs. dangerous
- Us vs. them

There is no nuance. No complexity. No middle ground.

This binary thinking justifies extreme responses because compromise is seen as weakness or betrayal. Violence becomes “righteous.”

Justification of cruelty as “necessary sacrifice”
Suffering is reframed as:

- “Unavoidable”
- “For the greater good”
- “A temporary cost for stability”
- “The price of order”

This reframing is psychologically powerful because it allows perpetrators to view themselves as protectors rather than aggressors.

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Harm becomes an unfortunate duty rather than an ethical violation.

This ideological conditioning reshapes perception:

Compassion becomes weakness
Dissent becomes danger
Obedience becomes virtue
Violence becomes responsibility

Over time, cruelty is normalized. What once felt unthinkable becomes routine. The psychological shock fades, replaced by procedural acceptance. People stop asking whether something is right and begin asking only whether it is authorized.

This is the true danger of ideology-driven moral disengagement:

It doesn't just justify violence.
It rewrites conscience.

Once moral boundaries erode, brutality becomes systemic rather than exceptional. It becomes policy. Culture. Norm.

At that point, terror no longer feels like terror to those enforcing it.

It feels like order.
It feels like duty.
It feels like protection.

And that is when violence becomes most dangerous—not because it is chaotic, but because it is calm, organized, and morally insulated.

RECRUITMENT AND RADICALIZATION DYNAMICS

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Recruitment and radicalization do not occur in a vacuum. They flourish in environments where people are already psychologically destabilized. Terror conditions create exactly the emotional and social landscape that makes radicalization possible, and often inevitable.

When populations are living under chronic fear and deprivation, their nervous systems are in survival mode. Decision-making shifts away from long-term reasoning and toward immediate emotional relief and perceived protection. This is where recruitment becomes less about ideology and more about psychological rescue.

Poverty creates desperation.

When people cannot meet basic needs, they become more willing to accept extreme solutions. Security, food, status, or belonging offered by radical groups can feel like salvation. Scarcity weakens resistance because survival overrides moral hesitation.

Trauma creates vulnerability.

Unresolved trauma leaves individuals searching for meaning, control, and justice. Radical narratives provide:

- A reason for suffering
- A target for anger
- A promise of empowerment

This transforms pain into purpose. The individual no longer feels powerless; they feel chosen, needed, and righteous.

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Grief creates emotional urgency.

Loss demands explanation. Radical ideologies offer simple answers:

- “They did this to you.”
- “Justice must be taken.”
- “Violence is the only language they understand.”

This bypasses emotional processing and replaces healing with retaliation.

Powerlessness creates obedience.

When people feel they have no control over their lives, surrendering autonomy to a powerful authority can feel safer than navigating uncertainty alone. Violent leadership becomes a substitute for stability.

Radicalization feeds on four core psychological needs:

1. Belonging

Terror fractures community. Extremist groups rebuild identity through:

- Brotherhood
- Loyalty
- Shared suffering
- “Us versus them” unity

Isolation is replaced by instant family.

2. Meaning

Chaos feels unbearable without purpose.

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Radical ideologies turn trauma into destiny:
“You are not broken. You are chosen.”

3. Power

Victims of terror often feel invisible and helpless. Violence promises:

- Recognition
- Influence
- Fear-based respect

Power becomes intoxicating when dignity has been stripped.

4. Moral clarity

Complex reality is replaced with simple binaries:

Good vs evil
Oppressor vs warrior
Victim vs hero

This relieves psychological tension and removes ambiguity.

In these environments, trauma becomes the recruitment engine. Not because people want violence, but because violence is marketed as the only remaining form of agency.

What makes this especially dangerous is that recruitment under terror does not require persuasion. It requires exhaustion. When systems fail, identity becomes weaponized. When trust collapses, allegiance becomes survival.

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Radicalization is not a sign of inherent extremism.
It is a predictable outcome of prolonged fear, deprivation, and unhealed trauma.

This is why terrorism against civilian populations is self-perpetuating:
It manufactures the very conditions that guarantee future violence.

Terror creates trauma.

Trauma creates vulnerability.
Vulnerability creates recruitment.
Recruitment sustains terror.

Breaking this cycle requires more than security.
It requires healing.
It requires dignity.
It requires restoring safety before ideology can release its grip.

LONG-TERM PSYCHOLOGICAL IMPACTS ON THE POPULATION

Mass Trauma

When terror is used repeatedly against a civilian population, trauma stops being an individual experience and becomes a collective neurological condition. It reshapes how entire societies think, feel, and respond to the world. This is known as mass or collective trauma, and its impact extends far beyond the initial acts of violence.

PTSD becomes widespread, not exceptional. In stable environments, PTSD is considered a clinical diagnosis affecting a subset of people after extreme events. In terrorized populations, PTSD-like symptoms become normalized.

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Hypervigilance, intrusive memories, nightmares, emotional reactivity, and avoidance behaviors become common survival adaptations rather than signs of disorder. People live in a constant state of readiness for danger, even when none is immediately present.

Anxiety becomes a baseline emotional state. When unpredictability dominates daily life, anxiety is no longer situational—it becomes structural. Individuals experience:

- Chronic nervousness
- Anticipatory fear
- Panic responses to minor stressors
- Difficulty relaxing or feeling safe

The nervous system forgets what calm feels like.

Depression emerges as psychological exhaustion.

Prolonged exposure to terror drains hope. When people feel powerless, unheard, and trapped in cycles of instability, depression becomes a rational response to perceived futility.

Symptoms include:

- Emotional withdrawal
- Loss of motivation
- Feelings of meaninglessness
- Learned helplessness

This is not weakness; it is the collapse of psychological energy under sustained threat.

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Dissociation becomes a survival tool.
When reality becomes too overwhelming, the mind protects itself by disconnecting:

- Emotional numbing
- Detachment from the body
- Memory fragmentation
- A sense of unreality

While adaptive in the moment, dissociation disrupts identity, connection, and emotional processing over time.

Emotional numbing spreads across society.
When grief and terror are constant, emotional shutdown becomes a protective adaptation.
Entire communities may display:

- Reduced empathy
- Difficulty expressing joy or grief
- Flattened emotional expression
- Normalization of suffering

This creates a culture where pain is expected and tenderness feels unsafe.

Neurological imprinting across generations.
Children raised in terror environments do not need to experience direct violence to absorb trauma. They inherit it through:

- Parental stress patterns

- Emotional dysregulation
- Fear-based communication
- Survival-oriented worldviews

This creates intergenerational trauma, where fear becomes encoded in the nervous system before conscious memory even forms.

Their brains develop under the assumption that:

- The world is unsafe
- Trust is dangerous
- Authority is unpredictable
- Stability is temporary

Entire generations become neurologically wired for survival rather than flourishing.

Social consequences of mass trauma include:

- Difficulty forming secure relationships
- Increased aggression or withdrawal
- Distrust of institutions
- Breakdown of community cohesion
- Heightened susceptibility to authoritarian control

Trauma narrows perception. It reduces curiosity, creativity, empathy, and long-term thinking. A traumatized population is easier to govern

through fear because their nervous systems are already primed for obedience.

This is why terror is so psychologically devastating:

It does not just harm bodies.
It rewrites brains.
It reshapes culture.
It alters identity.

Mass trauma transforms societies from communities of possibility into populations of endurance. And when survival becomes the primary orientation, freedom becomes psychologically inaccessible.

Terror does not only traumatize individuals.
It conditions civilizations.

Erosion of Trust

When terror is used against a population, one of its most devastating outcomes is the systematic destruction of trust. Trust is the invisible infrastructure of any healthy society. It is what allows cooperation, vulnerability, community, and shared responsibility to exist. When trust collapses, fear becomes the organizing principle of daily life.

Trust between citizens begins to fracture first. People become unsure of who is safe and who is dangerous. In environments shaped by terror:

- Neighbors are no longer assumed to be allies
- Strangers are viewed with suspicion

- Community members may be perceived as informants or threats

- Silence becomes safer than honesty

Fear teaches people that visibility is dangerous. Speaking openly, organizing, or showing dissent becomes a liability. This creates isolation and weakens collective strength.

Trust between citizens and institutions deteriorates rapidly.

When violence originates from or is enabled by authority structures, the population learns that:

- Protection is conditional
- Justice is selective
- Truth is manipulated
- Safety is not guaranteed

Hospitals, police, courts, and government agencies cease to be seen as neutral or protective. Instead, they are viewed as unpredictable, politicized, or complicit. This destroys the foundational belief that institutions exist to serve the public.

Once institutional trust collapses, people stop seeking help.

They avoid reporting crimes.

They disengage from civic participation.

They stop believing accountability exists.

Family trust structures are also disrupted. Fear infiltrates intimate relationships. Parents become hypervigilant and controlling. Children are raised in survival mode. Communication

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becomes guarded. Emotional expression feels unsafe because vulnerability could lead to danger.

Families may:

- Avoid discussing reality openly
- Normalize silence
- Teach children compliance over authenticity
- Internalize fear as responsibility

Love becomes protective, not expressive.

Community bonds weaken and fragment. Communities thrive on shared safety, mutual aid, and cooperation. Terror replaces those with:

- Social withdrawal
- Suspicion
- Self-preservation
- Fragmentation into smaller, guarded units

People stop gathering.
They stop organizing.
They stop trusting collective solutions.

Surveillance replaces solidarity.
In a terrorized society, people learn that:

- Watching others is safer than trusting them

- Reporting behavior is rewarded
- Obedience is protection
- Silence is survival

The social fabric shifts from mutual care to mutual monitoring. Community becomes a system of observation rather than connection.

This creates a psychological environment where:

- Cooperation feels dangerous
- Compassion feels risky
- Unity feels unrealistic

Fear becomes the organizing logic of relationships.

Erosion of trust is one of terror's most powerful weapons because it destroys resistance without requiring continuous violence. Once people no longer trust one another, they cannot organize. Once they no longer trust institutions, they disengage. Once they no longer trust themselves, obedience becomes automatic.

A population that cannot trust cannot unify.
A population that cannot unify cannot resist.
A population that cannot resist becomes governable through fear alone.

This is not accidental.
It is strategic psychological architecture.

Societal Fragmentation

Societal fragmentation is one of the most predictable outcomes of fear-based control

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systems. When terror is introduced into a population, unity becomes a threat to power, so division becomes a strategy of survival for the system enforcing it.

Fear-driven environments intensify ethnic, political, and religious divisions because fear seeks targets. When people feel unsafe and powerless, the nervous system looks for someone to blame. This makes populations highly susceptible to narratives that identify “others” as the source of danger. Differences that once coexisted become exaggerated into fault lines.

Ethnicity becomes politicized.
Religion becomes weaponized.
Political beliefs become identities rather than perspectives.

What were once cultural distinctions become psychological battlegrounds.

Scapegoating becomes normalized because it provides emotional relief.
Blaming an external group gives fear somewhere to land. It creates an illusion of control and clarity in an otherwise chaotic environment. Instead of confronting systemic oppression, people are redirected to fight one another.

This serves those in power because:

- It diverts attention from structural causes of suffering
- It keeps populations divided and distracted

- It prevents collective resistance
- It transfers rage away from the system and onto vulnerable groups

Marginalized communities are often the first targets because they are already socially vulnerable, politically underrepresented, and easier to isolate.

Cooperation collapses because survival replaces solidarity.

In terror-based systems, people stop asking: “How do we protect each other?”

And start asking:
“How do I protect myself?”

Trust-based collaboration becomes risky. Organizing feels dangerous. Even compassion feels like a liability. People withdraw into smaller and smaller identity groups, seeking safety in sameness instead of strength in unity.

This creates a landscape of fragmented loyalty:

- Political tribes
- Religious enclaves
- Ethnic silos
- Ideological camps

Each group becomes defensive, reactive, and suspicious of the others. Dialogue becomes impossible because fear has replaced curiosity.

Unity becomes biologically inaccessible. When the nervous system is in survival mode, it

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cannot hold empathy, nuance, or complexity. Cooperation requires safety. Collective healing requires trust. Terror removes both.

Instead of shared humanity, people begin to operate from:

- “Us vs. them” thinking
- Zero-sum survival logic
- Emotional reactivity
- Moral absolutism

Fragmentation is not an accident. It is a psychological consequence of fear used as governance.

A divided society is easier to control.
A fragmented population cannot mobilize.
A fearful community cannot organize.

When terror becomes the organizing principle, unity becomes a liability rather than a strength.

Political Polarization

Political polarization is one of the most dangerous psychological consequences of terror-based governance. When fear becomes the dominant emotional climate, nuance collapses. The nervous system no longer has the capacity to hold complexity, uncertainty, or balanced reasoning. People are pushed toward extremes because extremes feel safer than ambiguity.

Moderate voices disappear because moderation requires safety.

It requires time, reflection, and the ability to

tolerate opposing ideas without perceiving them as threats. In terror-driven environments, neutrality is interpreted as weakness, and balance is seen as indecision. People who seek dialogue, compromise, or shared understanding are silenced, ridiculed, or accused of complicity.

Extremes dominate discourse because they provide emotional clarity. They offer simple answers to complex pain. They divide the world into good and evil, allies and enemies, loyalty and betrayal. This binary thinking feels stabilizing to traumatized nervous systems because it reduces cognitive load and creates the illusion of certainty.

Once polarization sets in:

- Facts become secondary to identity
- Loyalty becomes more important than truth
- Emotional alignment replaces critical thinking
- Belief systems harden into survival positions

Compromise becomes betrayal because cooperation feels dangerous.

In polarized systems, compromise is framed as weakness, treason, or moral failure. To soften one's stance is to risk being targeted, excluded, or punished. This traps individuals into rigid identities that cannot evolve without fear of annihilation.

Political positions stop being opinions and become psychological armor.

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Instability becomes permanent because resolution becomes impossible. When extremes dominate, there is no space for healing, negotiation, or integration. Each side exists in a constant state of threat perception. The system becomes self-perpetuating:

Fear fuels extremism.
Extremism fuels fear.
And moderation becomes extinct.

This creates a society that is permanently dysregulated:

- Always reactive
- Always defensive
- Always preparing for conflict
- Never able to rest in safety

Polarization is not just ideological. It is neurological. It reflects a population stuck in survival mode, unable to access the parts of the brain responsible for empathy, creativity, long-term planning, and collective care.

A polarized society is easier to control because it is too busy fighting itself to challenge the structures that created the fear in the first place.

Instability becomes the norm.
Division becomes culture.
And trauma becomes political identity.

Economic Drain

Terror-based control creates an economy built on fear rather than sustainability. Instead of investing in life-affirming systems that support human development, resources are redirected into systems designed to monitor, contain, and suppress the population.

Budgets that should nourish society are consumed by:

- Surveillance technology
- Intelligence operations
- Law enforcement expansion
- Militarized response units
- Detention and incarceration systems
- Border control and population monitoring

This shift transforms the state into a security apparatus rather than a service provider. The economy becomes structured around containment instead of care.

Surveillance becomes more expensive than education.
Security budgets eclipse healthcare funding.
Militarization replaces community development.

The result is a nation that spends enormous resources managing fear instead of preventing suffering.

Healthcare collapses because trauma is not treated—it is normalized.
Hospitals become overwhelmed, mental health

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systems remain underfunded, and preventative care disappears. Illness becomes reactive rather than addressed at its root. Trauma-related disorders rise while treatment accessibility declines.

Education deteriorates because intellectual freedom requires safety.

Fear stifles curiosity, creativity, and critical thinking. Schools become sites of behavioral control instead of growth. Underfunded systems produce disempowered populations that are easier to manage but less capable of innovation.

Infrastructure erodes because long-term planning requires stability.

Roads, water systems, housing, energy grids, and public transportation suffer neglect.

Emergency response replaces sustainability planning. Everything becomes temporary, reactionary, and fragile.

Economically, terror governance creates a closed loop:

Fear demands security.

Security drains resources.

Drained resources weaken society.

Weak societies generate more fear.

This cycle ensures permanent instability while enriching industries that profit from crisis:

- Private security contractors
- Surveillance technology firms
- Weapons manufacturers

- Prison corporations
- Data monitoring agencies

These systems thrive when fear is permanent. Peace becomes economically inconvenient.

For civilians, this translates into:

- Higher taxes with fewer benefits
- Reduced access to care
- Fewer social services
- Increased poverty
- Declining quality of life

The population pays for its own containment.

Economic drain under terror governance is not accidental. It is strategic.

It shifts power away from public wellbeing and concentrates it in institutions that thrive on instability. The more traumatized a society becomes, the more profitable its control systems grow.

A society investing in fear cannot invest in its future.

Authoritarian Expansion

Authoritarian expansion is not a side effect of terror-based control—it is its natural outcome. When fear becomes the dominant emotional climate of a society, power consolidates upward.

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Control becomes justified as “protection,” and repression is reframed as “stability.”

To manage the chaos that terror itself creates, governments begin to:

- Centralize authority
- Weaken democratic processes
- Criminalize dissent
- Expand executive power
- Reduce judicial oversight

Civil liberties slowly disappear, not all at once, but incrementally. Each loss is framed as temporary. Each restriction is justified as necessary. Over time, “temporary measures” become permanent structures of control.

Surveillance becomes normalized. Citizens are monitored under the guise of safety. Privacy is redefined as suspicious. Transparency is demanded from the people, while opacity is protected for the state.

What once required warrants becomes automatic. What once required justification becomes routine. What once required consent becomes enforced.

Fear conditions compliance. People stop asking whether policies are ethical and begin asking whether they are “safe.” Freedom is traded for perceived protection.

Repression becomes procedural. Laws are rewritten to criminalize protest, restrict speech, and limit assembly. Political opposition becomes labeled as extremism. Criticism becomes framed as destabilization. Truth becomes reframed as threat.

This creates a psychological shift in the population:

Safety is equated with obedience. Questioning authority becomes dangerous. Silence becomes survival.

The more terror destabilizes society, the more authoritarian structures expand to contain it. This creates a closed feedback loop:

Terror creates fear. Fear justifies control. Control produces repression. Repression generates resentment and trauma. Trauma fuels further instability. Instability invites greater control.

Fear becomes the governing language.

Over time, populations adapt to authoritarianism not because they agree with it, but because they are exhausted. Compliance becomes neurological conditioning. The nervous system chooses safety over freedom. Survival over sovereignty.

Authoritarian expansion under terror is not merely political—it is psychological engineering. It reshapes identity, behavior, and perception.

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Citizens stop seeing themselves as participants in society and begin seeing themselves as subjects within it.

When fear becomes governance, freedom becomes memory.

Cycles of Violence

Cycles of violence are the inevitable consequence of unhealed trauma. When terror is used as a governing mechanism, it does not end conflict—it reproduces it. Trauma does not disappear on its own. It seeks expression, resolution, or release. When those pathways are blocked, it turns outward as retaliation or inward as self-destruction.

Trauma breeds retaliation because pain demands meaning.

When people are harmed without justice, accountability, or repair, anger becomes the language of survival. Retaliation is not always ideological; it is often neurological. The nervous system seeks to restore power after violation. Violence becomes a way to reclaim agency in a world that has made individuals feel powerless.

Trauma breeds radicalization because it creates psychological vulnerability.

Grief, fear, humiliation, and rage are fertile ground for extremist ideologies. These ideologies offer:

- A clear enemy
- A sense of belonging
- Moral certainty

- A promise of power and purpose

For traumatized individuals, radicalization provides identity when identity has been shattered. It transforms personal pain into collective mission. Violence becomes framed as justice. Destruction becomes framed as liberation.

Trauma breeds future conflict because it alters generational wiring.

Children raised in terror-influenced societies inherit:

- Hypervigilance
- Emotional dysregulation
- Distrust of authority
- Distrust of safety
- Normalization of violence

They grow up in nervous systems calibrated for threat, not peace. This means conflict becomes familiar. Calm becomes foreign. Stability feels unsafe because it is unknown.

Unhealed trauma becomes cultural memory. It embeds itself into:

- Parenting styles
- Education systems
- Social norms
- Political ideologies

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- Community relationships

Violence becomes anticipated.
Conflict becomes expected.
War becomes inevitable.

The society becomes self-perpetuating in violence because every act of terror creates the psychological conditions for the next one. Each generation inherits wounds they did not choose and are not given tools to heal. Instead, they are given narratives that justify repeating harm.

This creates a closed trauma loop:

Terror creates trauma.
Trauma seeks meaning.
Meaning becomes ideology.
Ideology justifies violence.
Violence creates new trauma.

And the cycle continues.

Breaking this cycle requires more than ceasefires or policy reform. It requires trauma repair at a societal level:

- Truth-telling
- Accountability
- Psychological rehabilitation
- Restorative justice
- Cultural healing

Without these, violence is not an event.
It is a legacy.

And when terror governs, peace is never the goal.

Stability through fear is.

THE PSYCHOLOGICAL PARADOX

The use of terror against a civilian population creates a profound psychological contradiction. In the immediate sense, it can appear “effective.” Fear suppresses dissent. Silence replaces protest. Compliance increases. But what is created is not stability—it is fragility disguised as order.

Terror produces obedience without trust. People comply not because they believe in the system, but because they are trying to survive it. This creates a population that follows rules outwardly while emotionally disengaging inwardly. There is no loyalty, only endurance. No consent, only submission. The social contract collapses and is replaced by a hostage dynamic between the state and its people.

Social legitimacy is destroyed because authority becomes associated with harm. Legitimacy requires perceived moral rightness. Terror erodes this completely. Once a government or power structure becomes the source of fear rather than protection, it loses its ethical standing. Power may remain, but respect disappears. And power without legitimacy must rely on escalating force to sustain itself.

Economic viability collapses because fear suffocates productivity.
Healthy economies require:

- Creativity

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- Trust
- Investment
- Stability
- Cooperation

Terror environments destroy all five. People cannot innovate when they are hypervigilant. They cannot invest when tomorrow is uncertain. They cannot collaborate when betrayal feels inevitable. Entire economic systems become survival-based rather than growth-based.

Emotional stability deteriorates at the population level.

Chronic fear dysregulates the nervous system. This results in:

- Increased aggression
- Increased despair
- Decreased empathy
- Impaired judgment
- Fragmented communities

A society in constant survival mode cannot engage in long-term thinking. It becomes reactive, impulsive, and volatile.

Moral authority is lost because cruelty becomes normalized.

When violence becomes governance, ethics become negotiable. Once harm is justified as “necessary,” the distinction between protection and oppression vanishes. Moral language

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collapses into power language. Whoever holds force defines truth.

This creates the paradox:

The system produces compliance but destroys coherence.

It creates obedience but erodes loyalty.

It enforces control but eliminates consent.

The population becomes:

- Externally obedient
- Internally fractured
- Emotionally unstable
- Psychologically exhausted

Such a society is not governable in any meaningful sense. It must be continuously restrained, monitored, and suppressed because it cannot regulate itself through trust or shared values.

Terror produces order without peace.

Structure without safety.

Silence without stability.

And this is the psychological paradox:

The very tactic used to maintain control ultimately destroys the foundations that make control sustainable.

A terror-governed population is compliant, but it is also:

- Traumatized

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- Economically weakened
- Socially fragmented
- Morally disoriented

Which means it is not stable.
It is volatile.

Terror does not build nations.
It erodes them from the inside out.

CONCLUSION

State-sponsored terror is not an expression of power. It is the admission that power has failed. When a government or authority turns its force against its own people, it reveals that it no longer knows how to lead through legitimacy, trust, or shared values. Terror becomes a substitute for consent. Fear replaces moral authority. Control replaces relationship.

This is not strength.
It is psychological desperation.

It is the moment when leadership abandons the human bond and chooses domination instead.

Terror reshapes the meaning of citizenship. People are no longer participants in a collective future. They become hostages to uncertainty. Survival becomes the primary objective, replacing dignity, creativity, and agency. When people must focus on staying alive, they cannot build, imagine, or heal.

Belonging is replaced by fear.
Community becomes dangerous.

Connection becomes risky.
Silence becomes safety.

The social fabric that once allowed cooperation, identity, and continuity disintegrates.

What remains is a hollowed society:

- Generations neurologically shaped by trauma
- Institutions that rely on force instead of trust
- Systems that demand compliance rather than cultivate loyalty
- Populations that appear stable but are internally fractured

Terror does not create unity. It creates fragmentation masked as order.

Authoritarian systems born from terror must constantly escalate control.
Because fear is not sustainable. It requires constant reinforcement:

More surveillance
More punishment
More militarization
More repression

Every increase confirms instability rather than strength.

And this is why terror ultimately collapses:

It cannot generate legitimacy.
It cannot generate trust.

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It cannot generate loyalty.
It cannot generate peace.

Only obedience.

But obedience without belief is fragile.
Compliance without consent is temporary.
Control without legitimacy is unsustainable.

True stability comes from:

- Safety
- Belonging
- Dignity
- Participation
- Moral credibility

These cannot be manufactured through violence.

The psychology is unequivocal:

Terror may command bodies, but it alienates minds.
It may silence voices, but it radicalizes memory.
It may control behavior, but it destroys allegiance.

A society ruled by fear is not governed.
It is restrained.

And restraint always fails when pressure becomes unbearable.

State-sponsored terror creates:

- Traumatized generations who inherit fear as normal
- Authoritarian systems that cannot exist without repression
- Institutions that appear powerful but are structurally brittle
- Cycles of violence that regenerate themselves through unresolved trauma

Control achieved through terror carries its own expiration date.
It collapses under the weight of its own brutality.

Because no system survives long-term without legitimacy.
And legitimacy can never be terrorized into existence.

AUTHOR DISCLOSURES AND ETHICS STATEMENT

The author affirms that this white paper is an independent scholarly and educational work developed for the purpose of public awareness, psychological understanding, and the promotion of ethical, trauma-informed, and human-centered approaches to social governance, mental health, and collective well-being.

This paper does not represent the position of any government, political party, or institution. It is grounded in interdisciplinary research across psychology, trauma studies, sociology, political psychology, neuroscience, and human rights frameworks. All interpretations are presented in good faith and reflect the author's commitment

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to academic integrity, ethical responsibility, and social justice.

No conflicts of interest exist in the creation of this work. The author has no financial, political, or institutional incentives that would bias the analysis or conclusions presented. This paper was not commissioned by any external entity and was produced without external funding.

The author recognizes the sensitivity of the subject matter and approaches it with respect for individuals and communities who have experienced violence, displacement, oppression, and psychological harm. The intention is not to incite fear, hostility, or political aggression, but to illuminate the psychological mechanisms of control and trauma so that prevention, healing, and accountability can be strengthened.

This work adheres to the following ethical principles:

- **Non-maleficence:** The content is designed to minimize harm and avoid sensationalism.
- **Respect for Human Dignity:** All people are recognized as deserving of safety, agency, and psychological integrity.
- **Trauma-Informed Awareness:** The author acknowledges that exposure to discussions of terror, violence, and oppression may be activating for some readers and encourages engagement at a pace that supports emotional safety.

- **Educational Purpose:** This paper is not intended as a diagnostic or therapeutic document, but as a framework for understanding, advocacy, and ethical policy reflection.

- **Cultural Sensitivity:** The author recognizes the diverse historical and cultural experiences of trauma and avoids universalizing or oversimplifying suffering.

No individual participants were directly studied, interviewed, or experimented upon in the creation of this paper. Therefore, no human subject data collection or Institutional Review Board (IRB) approval was required. All referenced experiences reflect existing literature, historical documentation, and established psychological research.

The author also affirms that this work rejects the normalization of violence, authoritarianism, and psychological coercion in any form. It stands in opposition to all practices that dehumanize populations, suppress autonomy, or weaponize fear as governance.

This white paper is offered in service of:

- Ethical governance
- Trauma-informed policy
- Psychological liberation
- Collective healing
- The restoration of dignity in social systems

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The ultimate ethical position of this work is clear:
Power that relies on terror is not leadership.
Control that destroys humanity is not governance.
And no system that traumatizes its people can ever claim moral legitimacy.

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