



PREPARE.
TRAIN.
DEFEND.

TIP OF THE WEEK

RECOGNIZE PSYCHOLOGICAL CONTROL BEFORE IT BECOMES PHYSICAL CONTROL.

- 1**
ISOLATION BEGINS
Someone tries to separate you from others or limit your outside input.
- 2**
INFORMATION IS FILTERED
You're only given selective facts or pressured to ignore other viewpoints.
- 3**
EMOTIONS ARE MANIPULATED
Fear, guilt, pressure, or false urgency is used to influence your decisions.
- 4**
YOUR CONFIDENCE IS UNDERMINED
You start questioning your instincts, judgment, or memory.
- 5**
PRESSURE TO COMPLY INCREASES
You're pushed to go along, even when something feels off.
- 6**
YOU START JUSTIFYING IT
You catch yourself explaining away behavior you would normally question.

**BOTTOM LINE: CONTROL DOESN'T START WITH FORCE.
IT STARTS WITH INFLUENCE.**

A prepared citizen doesn't just recognize threats—
they recognize **manipulation** before it turns into danger.

★ SPARTAN FIREARMS TRAINING GROUP, LLC ★

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